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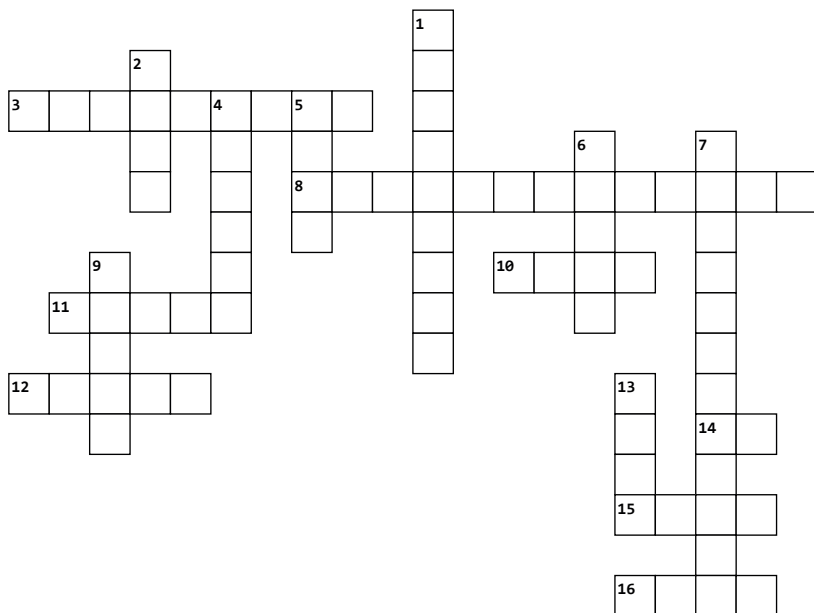


CAMPUS LINK

Students & DIGITAL AGE



Puzzle - Students & Digital Age



Across

3. "Bad company corrupts good _____.
Choose online friends wisely. (1 Corinthians 15: 33)
8. Timothy 2: 22 says to flee youthful passions and pursue _____.
10. Colossians 3: 23: "Whatever you do, work at it with all your heart, as working for the _____."
11. What should a student guard above all else? (Proverbs 4: 23)
12. Romans 12: 2 says, "Do not conform to the pattern of this _____."
14. In the digital world, honesty still matters — "Let your 'Yes' be 'Yes' and your 'No,' be _____." (Matthew 5: 37)
15. Philipians 4: 8 encourages us to think about things that are true, noble, and _____.
16. Digital pride can be a trap. Proverbs says "Pride goes before _____."

Down

1. Psalm 101: 3 — "I will set no _____ thing before my eyes."
2. Jesus often withdrew to do this (Luke 5: 16); a digital detox principle.
4. "I can do all things (use technology wisely) through _____ who strengthens me." (Phillipians 4: 13)
5. Be quick to listen and slow to speak — use your _____ wisely. (James 1: 19)
6. "_____ your heart, for everything you do flows from it." Proverbs 4: 23).
7. This fruit of the Spirit (Galatians 5: 22–23) helps us control our screen time.
9. "Above all else, guard your _____." (Proverbs 4: 23)
13. "Your word is a _____ to my feet and a light to my path." (Psalm 119: 105)

Rush, fill up your correct answers in the boxes, take photograph (Pg. 2) and send us along with your details such as name, place, EU/EGF & mobile no. to ruthsimoncollins1997@gmail.com/9841826902 before 20th July. The names of first 10 winners will be published in the upcoming issue and the first 3 winners will get Campus Link Magazine for one year (free subscription).

Digital Devices and Divine Discernment

The digital world, spanning social media, apps, and virtual platforms, is integral to life at home, college and work. While offering immense benefits, it also challenges faith, studies, and relationships. Technology is to be used in ways that honor God.

Empowered by Tools for Excellence: The digital age grants students unparalleled access to information, shifting reliance from traditional textbooks and libraries to online tools like scholarly articles and video lectures. Digital tools enhance learning, collaboration, and networking, empowering academics and careers, fostering global connections, addressing social issues, and seamlessly integrating faith into personal and professional lives.

Enfeeble the Dark Side of the Digital Era: While these tools are beneficial, they can lead to distractions, comparisons, and digital fatigue, hindering spiritual growth. Constant notifications disrupt relationships and responsibilities. Christians must prioritize their identity as God's children (Gal 2:20) over online success, guarding their hearts and seeking wisdom from Scripture and mentors. The digital era blurs boundaries between work, faith, and personal life, increasing risks of burnout, and ethical compromises. Amid academic pressures, digital materialism, and immorality, focusing on meaningful connections, Bible study, and fellowship is essential to remain grounded in God's truth.

Engage Divine Discernment in Digital Life: Technology can enhance spiritual growth but should not replace personal communion with God. Establish screen-time boundaries, prioritize Scripture, prayer, rest, and stillness to hear His voice. Use digital tools intentionally to align with biblical principles (Prov 4:23), promote justice and compassion, inspire others and share the good news. Balance online interactions with in-person fellowship, emphasizing Christ-centered relationships (Prov 27:17) and praiseworthy values (Phil 4:8). Maintain work-life balance by disconnecting for family, self-care, and God, honoring rest as commanded (Ex 20:8-10).

The digital age presents both opportunities and challenges for us. Technology can enhance academic learning, faith, and global connections but demands vigilance against distractions, comparisons, and moral pitfalls. We must root ourselves in Scripture, cultivate meaningful relationships, and establish clear boundaries to navigate the digital age with integrity and purpose, steadfast in our identity in Christ alone.

May the Lord empower us with Scripture-based discernment in this digital life!



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A Theology of Digital Media: Image, Presence, and Proclamation

66.5% of the world's population uses the internet and the average screen-time is 6 hours and 40 minutes (Data Reportal, 2024). The rise of digital media has revolutionized how we communicate, connect, and form identity. Social media, messaging apps, video content, and AI-driven algorithms are no longer neutral backdrops to life; they shape values, relationships, and even geo-politics. This calls for a rigorous theological understanding and response.

Is digital media merely a neutral tool? How does God see our on-line lives? Can faith truly flourish in a mediated environment? These questions demand our attention.

Digital media is not morally neutral; it is a tool that both reflects and reshapes human nature, relationships, and witness. A theology of digital media must draw from creation, incarnation, and mission to assess its redemptive potential and dangers.

A. Creation and the Image of God (Gen 1:26–28)

We are made in the image of a communicative, relational, and creative God (*Imago Dei*), in other words, we are created in His “*social image*.” God speaks creation into being and entrusts humanity with naming, stewarding, and multiplying. Digital media reflects this creative impulse

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— a platform where people design, shape, and share.

However, the same technology that enables creation also invites distortion. Identity can be fragmented through avatars, curated feeds, and performative content. As Andy Crouch notes, *“Technology is most dangerous when it helps us do the things we want to do faster and easier, without asking whether those are the things we should be doing”* (Crouch, *The Tech-Wise Family*, 2017).

B. The Fall: Fragmentation and Mediation (Genesis 3; Genesis 11)

The fall introduces alienation — from God, one another, and ourselves. Digital media, while enhancing connection, often deepens disconnection through disembodied interaction, voyeurism, and deception. In Genesis 11, the Tower of Babel exemplifies humanity’s use of technology for self-glory rather than God’s glory.

Digital platforms can become modern towers of Babel — monuments to human achievement and pride. They amplify the brokenness of the human heart and often serve as echo chambers that elevate self over truth. One way it does so is by curating content that we are most likely to appreciate, this includes posts, friends suggestions, news and other content. So, instead of exploring content organically, you

are fed what the algorithm wants you to consume (sometimes it can be based on the users’ choices and at other times the platform or the donor/sponsor).

It is even more dangerous when most digital media apps run on the business model of keeping us hooked to platforms to either generate data for commercial use or to show advertising to sell products and the way they do that is by making things easy to use and by rewarding us with a sense of achievement. This allows digital platforms to become the “Babylon” of modern day where they exploit our time and attention for their profit and control.

Hence, we can see the reality of total depravity impacting the digital realm as much as it has impacted the physical realm.

C. Incarnation and Embodiment (Jn 1:14; 1 Jn 1:1)

“The Word became flesh and dwelt among us” (Jn 1:14). God’s self-revelation is not abstract or mediated; it is incarnational. The tactile nature of Jesus’ ministry underscores the importance of presence. As John testifies, *“We have heard . . . seen with our eyes . . . touched with our hands”* (1 Jn 1:1).

Digital media, by contrast, often mediates presence at the cost of

embodiment. This raises the theological question: Can true fellowship exist in virtual spaces?

Bonhoeffer, in *Life Together*, emphasized presence and community. His theology of presence challenges the idea that digital connection can replace face-to-face fellowship. Similarly, Augustine's principle: "Use things, enjoy God" (Augustine, *Confessions*) reminds believers not to idolize tools.

Communication within the Trinity — the eternal exchange of love and truth — models how communication ought to reflect relational, truthful, and loving engagement. Today all kinds of relationships are forged online from friendships to marital to business and professional. Digital media allows us to hide or distort our truth in newer ways. In such a scenario, how do we overcome the limitations – we need to be more intentional in our approach to add the human touch even more but also wise to recognise the deception.

This is where we need more research especially on the impact of virtual and augmented reality. This is also an area where generations differ. Gen Alpha has never seen a non-internet world, hence, their understanding of communication from their infancy is impacted tremendously by digital media and

so they do not seem to differentiate between mediated and unmediated interactions as other generations.

In such a context can we limit incarnation to just a physical incarnation, is not our responsibility to take the gospel to "the ends of the earth" which in other words can mean the frontiers of human civilization. This in the first century would have referred to the geographical and ethnic boundaries but I believe in our day and age this relates to the newer realities where more of us are spending time, investing our minds, and living our lives.

D. Proclamation and Media in Scripture

The Bible is itself mediated through various forms — orality, scrolls, letters, and eventually print. Paul strategically used letters to nurture and teach churches from a distance. The printing press catalyzed the Reformation, spreading Scripture and theological ideas widely. Luther's pamphlets were the 16th century equivalent of viral content. This shows that **media, when used wisely, can serve God's mission.**

Could digital media be today's "Roman road"? With intentionality, platforms like YouTube, Instagram, and podcasts can carry the gospel far beyond geographical boundaries. But the content must be rooted



Lead

in truth, not diluted for virality at the same time we must be willing to change our ways of presentation to better suit the medium.

E. New Creation and the Hope of Redemption (Rev 21–22)

God redeems not only individuals but cultures and tools. The vision of Revelation includes people from every tribe and tongue, suggesting that all languages — including digital ones — can be part of God's redemptive plan.

Thus, a theology of digital media should not only critique but also imagine redeemed digital practices marked by holiness, truth, and mission.

Practical Implications for Individuals:

- Develop a media rule of life: schedule screen time, limit apps, prioritize devotion.
- Practice digital Sabbath or a daily digital audit: intentional tech-free days to reconnect with God and others.
- Engage online as whole persons: with truth, humility, and grace.

For UESI and the Church:

- Teach digital discernment as part of spiritual formation.
- Equip digital missionaries: content creators, influencers, and pastors with theological tools.

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- Integrate technology in worship wisely: livestreams can serve the isolated but should not replace embodied gathering.
- Regulate online meetings and engagements to avoid information overload and digital fatigue.

For Coders, Influencers and/or others involved in the development of Digital Media:

- Explore a biblical model for digital media to replace the current business model.
- Build safeguards into the platforms to reduce dependence and exploitation.
- Maximise the “human touch” within the realms of artificial reality.

The final question remains:

“In a world full of noise, will we be echoes — or prophetic voices?”

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The Tale of Two Worlds: Faith in the Digital Age

Aaron, a college student in Bangalore, wakes up each morning to the chime of his smartphone. Before his feet touch the ground, he's already immersed in WhatsApp messages, Instagram stories, and the latest news. His life is entwined with the digital world — constantly connected, yet increasingly isolated. Despite the endless stream of updates and online engagement, Aaron often feels disconnected: from himself, from those around him, and from God.

This tension between connection and disconnection is a defining paradox for millions of young Indians. The internet has revolutionized access to information, but it's also brought along a wave of mental, emotional, and spiritual challenges. Social media offers instant connec-

tivity but fosters comparison and anxiety. Online validation often overshadows deeper, more lasting fulfillment. In this digital reality, how can one remain rooted in truth and faith?

Though the Bible predates our technological world by millennia, its timeless wisdom speaks directly to the heart of today's digital dilemmas. From the battle against distraction to the search for identity, God's Word offers clarity and direction for college students striving to live faithfully in the digital age.

The Tyranny of Distraction: "Be Still and Know"

Aaron frequently finds himself spiraling into the rabbit hole of endless content. Five-minute videos become hour-long binges; messages interrupt study sessions and

quiet times. Distraction isn't just a nuisance — it's a way of life.

Scripture offers a counter cultural call to stillness. Ps 46:10 urges, ***"Be still, and know that I am God."*** Even Jesus, surrounded by crowds and demands, regularly withdrew to pray in solitude (Lk 5:16). Silence is not just a break from noise; it's space for spiritual restoration.

Habits for Digital Stillness:

- **Begin your day with Scripture before screens.** Anchor your morning in God's Word rather than notifications.
- **Designate 'quiet zones' in your schedule.** Protect blocks of time each day for prayer, reflection, or journaling — completely offline.
- **Use digital tools to help you unplug.** Apps like "Forest" or "Stay Free" can support focused, undistracted time with God.

The Comparison Trap: "You Are Fearfully and Wonderfully Made"

Scrolling through Instagram, Aaron sees friends vacationing abroad, seniors landing high-paying jobs, and influencers flaunting their perfect bodies. He sighs, feeling inadequate. This culture of comparison and self-doubt is fuelled by social media, where people showcase their best moments, leaving out their struggles.

The Bible, however, reminds us that our worth is not defined by how many likes we get but by the God Who created us. Ps 139:14 declares, ***"I praise You because I am fearfully and wonderfully made."*** God created each of us uniquely, with a purpose far greater than the social media validation.

Shifting the Focus:

- **Audit your feeds.** Unfollow accounts that fuel envy or insecurity. Follow voices that encourage faith, authenticity, and hope.
- **Celebrate others without comparing.** Practice gratitude and recognize your own journey as uniquely designed by God.
- **Affirm your identity daily.** Meditate on Eph 2:10 — *"For we are God's masterpiece..."*

Truth in an Age of Misinformation

The digital world is a constant stream of headlines, hot takes, and viral content. Aaron often wonders what to believe — especially when popular narratives challenge his Christian faith.

Jesus offers a powerful promise in Jn 8:32: ***"Then you will know the truth, and the truth will set you free."*** The early Christians in Berea exemplify this mindset, as ***they "examined the Scriptures every day"*** (Acts 17:11). In a world of manipulated truths, God's Word remains a steady compass.



Building Discernment:

- **Fact-check through trusted sources.** Don't be quick to react — be slow to believe and even slower to share.
- **Make the Bible your lens.** Read Scripture not only devotionally but critically — asking how it shapes your worldview.
- **Engage with mentors.** Have conversations with spiritually mature believers when you're uncertain about cultural or ideological trends.

Digital Addiction and Self-Control: “Master, Not Slave”

“I’ll just check one more post . . . ” Aaron tells himself. Hours pass. It’s not just time that’s lost — it’s energy, motivation, and often, peace.

Digital addiction is real. Whether through reels, gaming, or endless news cycles, the grip of compulsive use weakens our focus and damages our well-being. Pro 25:28 warns, *“Like a city whose walls are broken through is a person who lacks self-control.”*

Breaking the Cycle:

- **Replace, don’t just remove.** Instead of doom-scrolling, develop life-giving routines: exercise, reading, music, or creative expression.
- **Use screen time intentionally.** Set time limits on apps, and stick to them. Choose content that encourages, not numbs.

- **Invite accountability.** Share your digital goals with a friend who can check in and pray with you.

The Identity Crisis: “Who Am I?”

Online, Aaron can reinvent himself — choosing what to show and what to hide. But the more he curates an image, the more distant he feels from his true self. The pressure to be ‘liked’ online often comes at the cost of authenticity.

The Bible speaks directly to this struggle. *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession . . . ” (1 Pet 2:9).* In Christ, identity is not performed; it is received. **Our value is not based on virtual applause, but on divine adoption.**

Living Authentically:

- **Anchor your worth in Christ.** Regularly revisit Scriptures that define your true identity.
- **Be real with others.** Invest in relationships that go beyond likes and comments. Vulnerability fosters true community.
- **Use your platform purposefully.** Let your online presence reflect God’s love, truth, and grace — not just personal highlights.

Walking in Digital Wisdom

We live in a world where digital connection is nearly unavoidable. **But the key question isn’t whether we**

use technology — it's whether it forms us or we form it.

Technology can be a tool for good: to learn, connect, inspire, and share the gospel. But when left unchecked, it can subtly reshape our minds, our relationships, and our hearts. Paul's words in 1 Cor 10:31 offer a guiding principle: **"So whether you eat or drink or whatever you do, do it all for the glory of God."**

So, what does it look like to live wisely in the digital age?

- **Be intentional, not impulsive.** Ask: Does this habit help me grow in faith? Or does it distract me from it?
- **Cultivate depth in a shallow world.** Seek out real conversa-

tions, spiritual disciplines, and lasting friendships.

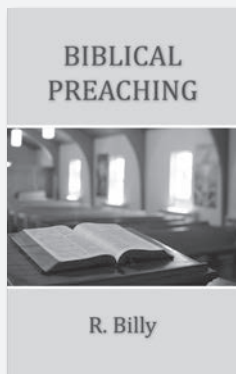
- **Stay connected — to Christ.** Let Him be the source of your identity, peace, and direction.

In a culture that celebrates speed, may we choose stillness. In a world obsessed with image, may we cling to truth. In a time of constant noise, may we listen closely for God's voice.

Aaron's story isn't just his — it's ours. And while the challenges are real, so is the invitation: to live digitally aware, but spiritually grounded. To be connected, but not consumed. To walk boldly with Christ in a world that constantly vies for our attention.



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Cybersecurity and Online Safety

We all spend a lot of time online — whether for studies, chatting with friends, or just scrolling through social media. The internet is an amazing place, but it also comes with risks like cyberbullying, online fraud, and privacy issues. So, let's talk about how we can stay safe and use the digital world wisely!

1. Cyberbullying – More Harmful Than We Think

We all have seen or heard about cyberbullying — people getting trolled, receiving mean comments, or even being threatened online. The worst part? It doesn't stop at school or college; it follows us home, making life stressful and affecting our mental health.

Cyberbullying may seem like just words, but it deeply impacts a person's confidence, emotions, and sometimes even leads to depression or self-harm. It's not something to be taken lightly. Young people especially feel vulnerable, as their digital identity plays a big role in their self-image.

If you or someone you know is being cyberbullied, here's what you can do:

- **Don't respond** – Bullies want attention, so ignoring them is the best way to stop them.
- **Block & report** – Almost every social media app has a block and report feature — use it!
- **Talk to someone** – A friend, a teacher, or even a family member can help you deal with it.

- **Spread kindness** – Instead of joining negativity, let's use social media to encourage and build each other up. *Phil 4:8* reminds us to focus on things that are noble and pure.

Remember, being silent or watching it happen also fuels cyberbullying.

Be an upstander, not a bystander.

2. Keeping Your Data Private

Ever noticed how you talk about something, and suddenly ads for that same thing pop up everywhere? That's because our data is being tracked! Many students don't realize how much information they give away online. Hackers and scammers love it when we overshare!

Here's how to protect yourself:

- **Use strong passwords** – Avoid easy ones like '12345' or your birthdate. Use a mix of letters, numbers, and symbols.
- **Turn on 2-step verification** – This adds an extra layer of security.
- **Think before posting** – Personal details, location, or daily routines shouldn't be public.
- **Watch out for scams** – Never click on weird links or share your OTP with anyone.

Also, try not to use public Wi-Fi for accessing banking or sensitive information. Public networks can

be easily hacked.

Pro 22:3 says, "The prudent see danger and take refuge." A wise person is careful about their online presence!

3. Safe Internet Practices

The internet is full of traps, and if we're not careful, we can easily fall for them. Whether it's phishing scams, fake websites, or malware, staying cautious is key.

Some helpful tips:

Check before clicking – If a message or email looks fishy, it probably is!

- **Use secure websites** – Always look for 'https://' before entering any personal details.
- **Limit screen time** – Spending too much time online can affect mental health and productivity.
- **Be mindful of content** – What we watch and read shapes us. *Ps 101:3* says, "I will not set before my eyes anything that is worthless." Choose wisely!

Install reliable antivirus software and keep your devices updated. These simple habits go a long way in preventing cyber threats.

4. Cybercrime – What to Do If Something Goes Wrong?

Online fraud is real, and students are easy targets. If you ever lose



money in an online scam, don't panic — act fast!

Steps to follow:

- Report immediately at <https://www.cybercrime.gov.in>
- Call the Cyber Helpline – 1930 (Must report within 24–48 hours for action)
- Lost your phone? Block it at <https://www.sancharsaathi.gov.in> or <https://www.ceir.gov.in>

Also, keep digital proof — screenshots, transaction IDs, or any suspicious emails. It helps in the investigation.

Cybercrimes can affect mental peace, financial stability, and personal identity. Knowing your rights and being aware of the process to report cybercrime makes a big difference.

5. Why Setting Limits is Important

Many students lose money in online gaming, subscriptions, or scams because they don't set spending limits. Having a financial boundary protects you from unnecessary expenses and fraud.

Ways to be responsible online:

- Enable spending limits on your banking apps.
- Avoid saving card details on random websites.

- Take breaks from social media – It's good for mental peace!
- Unsubscribe from unnecessary emails and services that you don't use.

Jesus said in Mt 6:19-20, "Do not store up for yourselves treasures on earth." Technology is useful, but we must not let it control us.

Even in digital life, self-control is a virtue. Apps that track screen time and digital well-being can be great tools to maintain a healthy balance.

6. Digital Citizenship – Being a Light Online

Being online gives us a platform to influence others. As believers, we are called to be the light of the world — even in our digital spaces.

Practice digital citizenship by:

- Respecting others' opinions even if you disagree.
- Avoiding gossip, slander, or hate speech.
- Encouraging positivity, sharing hope, and promoting truth.
- **We're not just users of technology — we're stewards of it.** Use your voice to uplift others and **make social media a space for grace.**

Conclusion

The internet is a great tool, but we need to be smart and responsible in how we use it. By staying aware, setting limits, and using technology wisely, we can protect ourselves and make the digital space a safer place for everyone.

As the missionary William Carey said, "Expect great things from God;

attempt great things for God." This includes our online lives too! Let's make sure our digital habits honor God and reflect wisdom.

So, let's be mindful, prayerful, and wise in our online journey. Stay safe, stay smart, and use technology for good!



Sanjay David Janga is currently studying B. Tech in Computer Science with a specialization in Cyber Security at the Central University of Jammu. He is in 3rd year and involved with the EU as the Secretary of Samba ICEU.

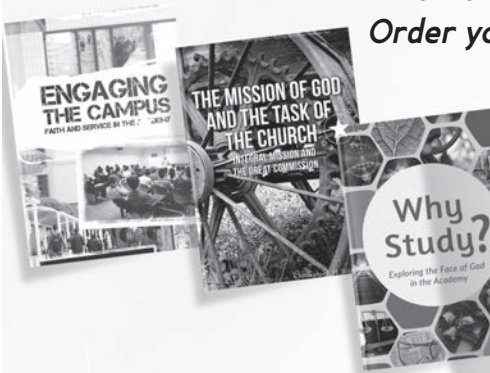
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Plugged In, Worn Out

Navigating Mental Health In The Digital Age



Wake-Up Call for Students Living in a World of Scrolls, Stories, and Screen Time

“We weren’t created to be constantly connected to a screen, but to a Saviour.”

In today’s world, life without a screen seems almost impossible. From on-line classes to study groups, entertainment to social media, students are constantly plugged in. The digital space is not just a tool, it’s a lifestyle. But this constant connectivity comes at a cost. Slowly and silently, it begins to affect what’s happening inside us — our mental health, focus, self-worth, and even our peace of mind.

Let’s be honest: although technology has improved education and brought the world closer, it’s also brought along challenges we’re still trying to understand. One of the most urgent among them is **digital well-being**.

1. Screen Time and Mental Health: When Too Much is Too Much

Have you ever picked up your phone to reply to one message, and then suddenly found yourself on Instagram 40 minutes later? You’re not alone. Research shows that excessive screen time, especially beyond 6–7 hours a day, can increase symptoms of **anxiety, stress, and depression** in young people.

Students today are multitasking more than ever — studying with one tab open, music in the background, and a group chat buzzing with memes. While it feels like we’re getting a lot done, the brain is actually getting **overloaded**, leading to reduced attention span, restlessness, and burnout.

2. Digital Addiction: The Invisible Trap

It's not just about how long we use our phones — it's about how **dependent** we've become on them. Ever felt restless when your phone battery is low? Or a weird urge to check your phone even when there are no notifications? That's digital addiction creeping in.

Constant scrolling releases dopamine — the brain's feel-good chemical — similar to what happens with junk food or gambling. Over time, our brains start craving that dopamine hit again and again, forming a cycle that's hard to break.

Students often lose sleep, skip meals, or delay assignments just to stay connected. Slowly, we start valuing our online life more than our real one.

3. Online Peer Pressure and Self-Esteem: The Comparison Game

Social media can be a fun place — until it becomes a mirror showing you everything you're not. Someone's vacation, someone's relationship, someone's top marks, someone's fashion sense — it all seems perfect, and we feel left behind.

This comparison game deeply affects **self-esteem**, often leading to feelings of not being "good enough." We start measuring our worth by likes, followers, and how 'aesthetic'

our feed looks. We feel pressured to maintain an image online, even if it's far from who we truly are.

This online peer pressure is silent but powerful — it affects how we dress, talk, behave, and even think.

4. Digital Detox and Mindfulness: Taking Back Control

The solution isn't to throw away our phones or delete all apps — technology is here to stay. The real challenge is to use it **wisely and intentionally**.

A **digital detox** is not about disconnecting forever — it's about finding space to breathe, think, and just be. Whether it's turning off notifications, taking a break from social media, or having phone-free hours, these small steps can make a big difference.

Mindfulness — being fully present in the moment — helps reduce anxiety and boost focus. Simple habits like journaling, meditating, walking without your phone, or even just sitting quietly for 10 minutes can help your mind reset.

Tips for Students to Maintain Digital Well-being

- Use apps that monitor your screen time and set daily limits.
- Prioritize face-to-face conversations over virtual ones when possible.



- Create no-phone zones like your study table or bedtime.
- Practice “digital fasting” — take one day a week where you limit your phone usage.
- Follow pages/accounts that inspire, not those that trigger insecurity or comparison.
- Balance online time with offline hobbies — reading, drawing, cooking, or just going outside.

The Bigger Picture: A Gentle Biblical Touch

In the midst of this noisy, fast-paced digital world, we’re reminded of a timeless truth — **we were not created to be constantly connected to a screen, but to a Saviour.**

The Bible doesn’t mention smart-phones, but it offers powerful principles on how to live wisely and intentionally. Rom 12:2 encourages us: ***“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”***

As students navigating the digital age, let’s strive not only for academic excellence but also for **mental peace, emotional balance, and spiritual clarity**. Technology is a wonderful servant but a terrible master. Let’s be wise in how we use it.

Let us be a generation that’s not just digitally smart, but mentally strong and spiritually grounded.

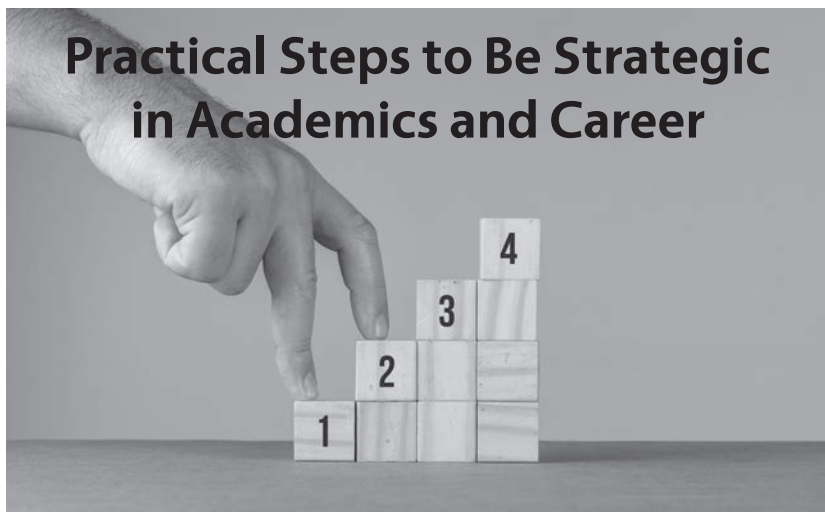


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Practical Steps to Be Strategic in Academics and Career



What drives us to pursue success in our studies and careers? Is it the desire for fulfillment, the joy of achievement, or the need to make a meaningful impact on the world? With countless options and opportunities available, how can we find the clarity and confidence to take that first step toward our goals? As we plan our paths, how can we ensure that our faith and principles remain central to our decision-making process? How does the way we communicate, persuade, and consider ethics shape our success and influence our academic and professional lives?

1. Pray: Ask God for Wisdom before Making Choices

The first step in being strategic is to pray. Prayer is simply talking to God. It's like having a conversation with a wise and loving friend who knows

everything. When you are faced with a decision about your studies or career, praying can help you gain clarity and peace.

Why Pray? God sees the big picture. He knows what's best for you, even when you don't. Some Christians argue that God knows everything before we ask, so why should we pray? The Bible says in Jam 1:5, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." This means God wants to help you make wise choices.

How to Pray: You can pray anytime, anywhere. Find a quiet place where you can focus. Start by thanking God for the good things in your life. Then, convey to Him the decision you need to make. Be specific. For example, *"God, I'm not sure which course to take next semester. Please*



guide me to the one that will help me learn the most and use my talents for good."

Listen for Guidance: Prayer isn't just about talking; it's also about listening. After you pray, pay attention to your thoughts, feelings, and the advice of trusted people. God often speaks to us in subtle ways. Sometimes, a Bible verse might stand out to you, or a friend might offer helpful advice.

Pray Consistently: Don't just pray when you're in a crisis. **Make prayer a regular part of your life.** The more you communicate with God, the more you'll sense His direction in your life.

Example: Let's say you're trying to decide between two job offers. One job pays more, but it doesn't seem very meaningful. The other job pays

less, but it's in a field you're passionate about. Before you make a decision, spend time in prayer. Ask God to show you which job aligns with His purpose for your life. He might lead you to choose the job that allows you to make a positive impact, even if it means sacrificing some financial gain.

2. Plan: Set Goals That Honor God

Once you've prayed and sought God's guidance, it's time to make a plan. Planning involves setting clear goals for your academic and career journey. These goals should not only help you succeed but also honor God.

Why Plan? A plan gives you direction and purpose. It helps you stay focused and motivated. Prov 16:9 says, "In their hearts humans plan their course, but the Lord estab-



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lishes their steps.” This means we should make plans, but we should also trust that God will guide us along the way.

Set SMART Goals: SMART goals are Specific, Measurable, Achievable, Relevant and Time-bound.

Be Specific: Instead of saying, “*I want to do well in college/working place,*” say, “*I want to get an A grade/appreciation in my math class/working place.*”

Measurable: How will you know if you’ve achieved your goal? For example, “*I will study for two hours every day.*”

Achievable: Set goals that are challenging but realistic. Don’t try to do too much at once.

Relevant: Make sure your goals align with your values and your overall purpose. Are you studying something that you care about? Is your career path meaningful to you?

Time-bound: Set a deadline for achieving your goals. For example, “*I will finish reading this book by the end of the month.*”

God-Honoring Goals: Think about how your goals can glorify God. Can you use your skills and knowledge to help others? Can you be a positive influence in your workplace or school? Col 3:23-24 says, “Whatever

you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”

Write Down Your Plan: Putting your plan in writing makes it more real. You can use a journal, a planner, or a digital document. Review your plan regularly and make adjustments as needed.

Example: Let’s say you want to become a doctor. A God-honoring goal might be: “*I will study hard to get into medical school so I can use my skills to care for the sick and share God’s love with them. I will volunteer at a local clinic for two hours a week to gain experience and help those in need. I will also pray for my patients and colleagues.*”

3. Accountability: Partner with Mentors to Stay on Track

Accountability means being responsible to someone for your actions and progress.

Why Accountability? Prov 27:17 says, “As iron sharpens iron, so one person sharpens another.” This means we need each other to grow and improve. Mentors can offer guidance, support, and encouragement when we’re facing challenges.

Find a Mentor: A mentor is some-



one who is more experienced than you and who can offer advice and support. Look for someone who is successful in your field and who shares your values. This could be a professor, a supervisor, a pastor, or a trusted friend.

Meet Regularly: Schedule regular meetings with your mentor. Use this time to discuss your progress, challenges, and goals. Ask for feedback and advice. Be open to **constructive criticism**.

Be Honest: Be honest with your mentor about your struggles and setbacks. Don't try to pretend that everything is perfect. Your mentor can't help you if you're not being honest about your challenges.

Be Accountable: Follow through on your commitments. If you say you're going to do something, do it. Your mentor is there to help you, but ultimately, you are responsible for your own success.

4. Balance: Prioritize and Use Bible Verses for Guidance

Life can be hectic, and it's easy to get overwhelmed. It's important to find balance in your life so you can focus on what matters most. This means prioritizing your time and using Bible verses for guidance.

Why Balance? Eccl 3:1 says, "There is a time for everything, and a season for every activity under the

heavens." This means we need to find a balance between work, rest, and relationships. If we focus too much on one area of our life, we'll neglect the others.

Prioritize Your Time: Make a list of everything you need to do. Then, prioritize the tasks based on their importance and urgency. Focus on the most important tasks first. Learn to say no to things that are not essential.

Schedule Rest and Recreation: Don't forget to schedule time for rest and recreation. This could be spending time with family and friends, exercising, reading, or pursuing a hobby. Taking breaks will help you recharge and avoid burnout.

Memorize Scripture: Memorizing Bible verses can help you stay focused on God's truth and resist temptation. Choose verses that are relevant to your goals and challenges.

Example: If you're feeling overwhelmed by your studies, take a break to spend time in prayer and read the Bible. Verses like Phil 4:6-7 ("Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your

hearts and your minds in Christ Jesus”) can help you find peace and perspective. Also, schedule time for activities you enjoy, like spending time with loved ones or pursuing a hobby.

Conclusion

However, being strategic in your academic and career journey involves more than just setting goals and working hard. It also involves

seeking God’s guidance, partnering with mentors, and finding balance in your life. By following these practical steps, you can achieve your goals while honoring your faith and making a positive impact on the world. Remember to pray, plan, seek accountability, and prioritize and to use the wisdom of the Bible to guide your steps. May God bless you.



David Ravikiran is serving as the coordinator for UESI-Delhi. Originally from Andhra Pradesh, he moved to north India in obedience to God’s call for ministry. He holds an MSc in Chemistry from Andhra University and a Master of Divinity from Presbyterian Theological Seminary. He worked as a research scientist in the R&D department and as a science teacher.

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Students and Digital Age

In today's digital age, students are growing up in a world vastly different from that of the previous generations. The internet, smartphones, and social media have transformed how they learn, communicate, and interact with the world. While these advancements offer incredible opportunities, they also present unique challenges. By turning to the wisdom found in the Bible, students can find guidance and strength to navigate this complex landscape.

The Quest for Validation:

Social media platforms like Facebook, Instagram and Snapchat

often create a culture of seeking validation through likes, comments, and streaks. This can lead to a sense of worth being tied to online approval rather than intrinsic value. The Bible reminds us of our true worth in God's eyes:

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made," Ps 139:13-14.

Students should remember that their value comes from being created by God, not from the number of likes or streaks they maintain. Embracing this truth can help them find confidence and peace beyond social media metrics.

The Temptation of Unholy Actions:

The privacy and seeming temporary nature of online interactions can sometimes tempt students to commit wrong actions, thinking they can erase their digital traces. However, the Bible reminds us that all our actions, whether secret or open, are seen and will be called to account:

“For God will bring every deed into judgment, with every secret thing, whether good or evil”, Eccl 12:14.

Students should be mindful that their actions online have consequences and that true repentance and seeking forgiveness are essential. Living with integrity, both online and offline, is crucial in honouring God.

Leading to Christ’s Salvation and Sanctification:

Amid the digital age’s challenges, students can turn to Christ for salvation and sanctification. The Bible offers the promise of redemption and transformation through Jesus:

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come”, 2 Cor 5:17.

By accepting Christ’s salvation, students can experience a renewed life, free from the pressures and

temptations of the digital world. Sanctification is an ongoing process where they grow in holiness and become more like Christ, guided by the Holy Spirit.

Embracing Knowledge and Wisdom:

The digital age provides students with unprecedented access to information. With just a few clicks, they can learn about any topic under the sun. However, it’s essential to approach this vast sea of knowledge with discernment. The Bible reminds us of the value of wisdom:

“The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction”, Prov 1:7.

Students should seek not just information, but true understanding and wisdom. This means critically evaluating sources, seeking truth, and applying knowledge in ways that honour God and benefit others.

Balancing Screen Time and Real Life:

With the allure of social media, online games, and streaming services, it’s easy for students to spend excessive time on their devices. While technology can be a valuable tool, it’s crucial to maintain a healthy balance. The Bible offers timeless advice on moderation:

"All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be dominated by anything", 1 Cor 6:12.

Students should strive to use technology in ways that enhance their lives without becoming enslaved to it. This might involve setting limits on screen time, prioritizing face to face interactions, and engaging in physical activities.

Cultivating Positive Online Behaviour:



The anonymity of the internet can sometimes lead to negative behaviours, such as cyberbullying or spreading misinformation. Students are called to be a light in the digital world, reflecting Christ's love and truth in their online interac-

tions. The Bible encourages us to speak with kindness and integrity:

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear", Eph 4:29.

By being mindful of their words and actions online, students can contribute to a more positive and uplifting digital community.

Finding Rest and Renewal:

The constant connectivity of the digital age can lead to burnout and stress. It's important for students to find time for rest and spiritual renewal. The Bible emphasizes the importance of rest:

"Come to me, all who labour and are heavy laden, and I will give you rest", Mt 11:28.

Taking regular breaks from technology, spending time in nature, and engaging in prayer and reflection can help students recharge and maintain their well-being.



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Digital Age

When Jesus prayed for His disciples, He prayed that they be not taken out of the world, but that they be protected from the evil one (Jn 17:15). Similarly, there is a sense in which believers cannot be fully detached from the technological advancements of this world, but are called to be a light that shines in the darkness that engulfs the digital kingdom (Mt 5:14-16).

Mankind has been thrust into the **'Digital Age'**, the present era in which everything depends on the widespread use of the Internet, and the majority of information is stored on computers, phones and cloud. This shift has profoundly impacted the social, political, and economic activities. How should a Christian

student navigate through this increasingly digitalized world? What should a believer be mindful of?

Indeed, it is imperative for students to understand the pros and cons of this development, the various pitfalls, and the ways in which it can be put to good use. But most of all, we must consider what the Bible teaches us - so that our every action, even in the digital space, would be for the glory of God (1 Cor 10:31).

Delivered Student

Firstly, the role of a student is to study and learn their lessons, which is the primary purpose of being in an institution and not elsewhere. This may even be considered 'work,' and the effort put into it is largely reflected in academic performance and results. As a believer, however,

that purpose is elevated to the most beautiful and powerful purpose of all: to do it in the name of the Lord Jesus (Col 3:17). This does not call for neglecting one's studies, but for putting forth the best effort, so that one's work may be commended, even by others (1 Thes 4:11-12).

The digital world has provided tools for everyone to access valuable information from around the globe. Academic notes and educational videos can be used as study material and a supplement to one's education. All of this is easily accessible to students, and it should be utilized effectively. It can also be used to quickly gather news and stay updated on current events.

However, the ease of access can become an impediment to a student's growth. It can lead to dependence on the internet and artificial intelligence, rather than improving the student's talents, creativity, diligence, and abilities. Moreover, it should be understood that the online space, even with its vast amount of information, must not be the only source of knowledge. Not only can this lead one astray and foster pride, but all the treasures of wisdom and knowledge are instead found in Christ (Col 2:3). Therefore, even in the digital age, the student must recognize the true source of wisdom (Prov 9:10) and walk with the Lord.

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Desires of the Flesh

With just a tap of the finger, students can now watch and enjoy all the entertainment the world has to offer. Given that content and algorithms are designed with the sole purpose of showing the most entertaining and engaging material to maximize watch-time, it is no surprise that people, both young and old, are glued to their phones and computers.

All this can lead to a plethora of physical and mental problems, making it difficult for students to use their time for studying their lessons or for personal devotion with God. Overindulgence in worldly pleasures increases one's attachment to them, which the Bible clearly tells us not to do (1 Jn 2:15), as all these things are perishing and not of God (1 Jn 2:16-17). Students must be wary not to fall in love with the dying world, but to set themselves apart for the special purpose of being a vessel usable for God (2 Tim 2:21).

Digital for Christ

The Scriptures tell us to present our bodies as a living sacrifice and not to be conformed to the world (Rom 12:1-3). We must ask ourselves if our eyes and ears are truly used for Christ, or if they are constantly fixated on worthless things (Ps 119:37). With the world at our fingertips

through the internet, we are exposed to many influences. Students can easily be swayed by unbiblical teachings that pervade and pervert the mind, making them captive to empty deceit, which Scripture warns us against (Col 2:8).

There are ways to use our bodies for the glory of Christ—by using the internet to grow spiritually and mentally. The ease of access can instead be utilized by listening to sermons and gospel music. The vast online world has also provided Bible commentaries, articles, stories, and books by godly people. All of these are ways to bring Christ with us into the digital world and to use these tools in the proper way.

Dictate on Social Media

Social media, brought about by the digital age, is a double-edged sword and may be the most significant topic when discussing the internet world. It is a place where etiquette and basic respect between people are often lost, where chaos is stirred by individuals hiding behind the mask of anonymity, and, sadly, where many believers fail to walk with Christ.

Our light should shine even on social media, handling the things we say and uploading with careful consideration (Eph 4:29). It is also a place rife with pointless arguments and insults, where believers must



take care not to engage in ignorant controversies, but to patiently teach others (2 Tim 2:23-25). Social media can instead be used by students to witness for Christ, by promoting the Word of God and proclaiming the works of Jesus. It is a powerful outreach tool where online friends can be informed about and invited to fellowships and important events.

Do it with Christ

The digital age, with all its potent venom, can become a healing tonic depending on the person. As written in 1 Cor 10:23-24, the student must always ask: Is this helpful? Is it beneficial? Does it contribute to character development and edify spiritual life? By staying vigilant and prayerful (Mt 26:41), the student can go digital WITH Christ and FOR Christ.



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A Starry Sky



It was an autumn night in my childhood when we stepped out of the house for a stroll. Suddenly,

the power went out, and the sky, studded with stars, revealed itself in full splendor.

"I can spot almost twenty stars!" I exclaimed to my mother, pointing upward with my small hands.

"Only twenty?" She laughed softly. "I can spot more than fifty! And if you look carefully, you might find over a hundred."

A hundred stars? I was astonished. "Show me too!" I pleaded.

She led me to a clearing where no lights obscured the heavens. We sat down together.

"There—look carefully. Do you see that bright star? Now look around it. There's another. And over there—that faint cluster—that's a galaxy. I can count fifty stars just in that small patch," she said.

And truly, as I gazed intently, the stars seemed to bloom before my eyes, growing sharper and more numerous. Spellbound by their quiet brilliance and my mother's keen vision, we counted nearly one hundred and twenty stars that night.

Even now, the stars awaken in me the same deep awe, filling my heart with faith and tranquility. They remind me of the hands that hung them across the endless sky — the same hands that also crafted me. If He holds those celestial diamonds with such care, how much more secure am I within His grasp?

Amid the chaos of everyday life, we need to pause and contemplate the beauty of the Savior.

All it takes is the simple trust of a child, allowing our hearts and eyes to be filled with wonder as we behold His glory. We must lay the weight of this world down upon Him, the One who holds us in the palm of His hands.

It requires not just a fleeting glance at the Word of God, but patient contemplation, as He reveals His lovely attributes one by one.

We need to meditate on His ruddy cheeks, once stained with blood flowing from a brow pierced with thorns, to reflect on His nail-pierced hands, where He has engraved our very image.

To know Jesus as the ever-present Comforter, the Lily of the Valley and the Rose of Sharon. And even when we stumble again and again, to remember – His arms are ever open, overflowing with love for us, calling us back to Him.

Shifa Guhagarkar is working as a doctor and lives in Wardha, She has been associated with the EU for the last 8 years. She was an EU student at Jodhpur, and is now an EGF member at Wardha. Also, currently a member of CND committee.



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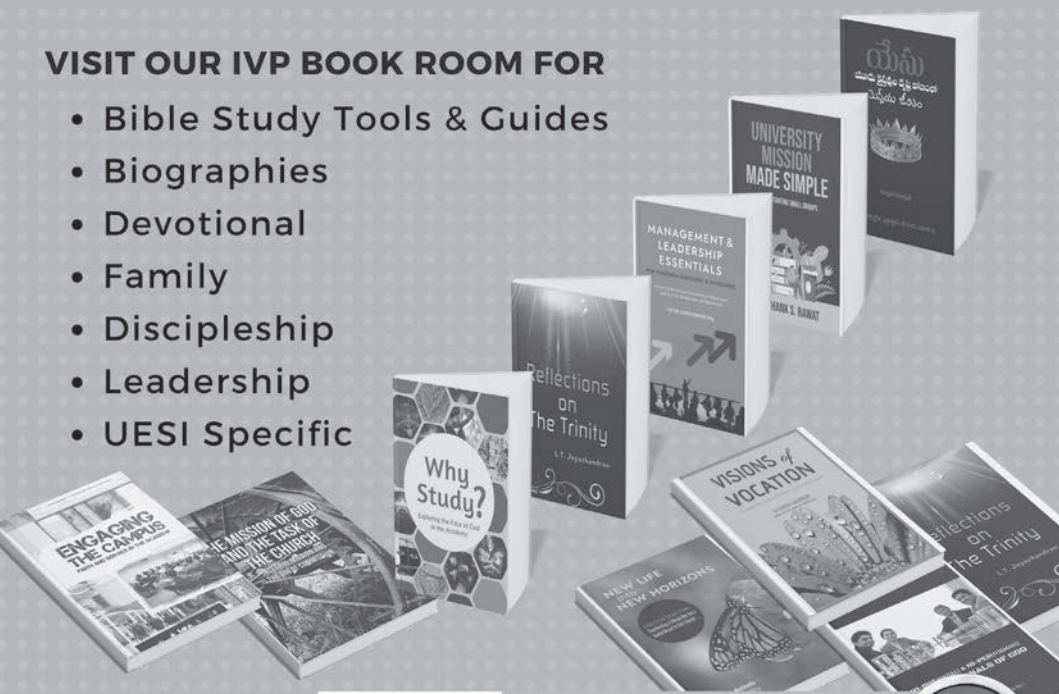
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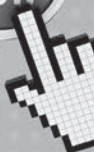
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