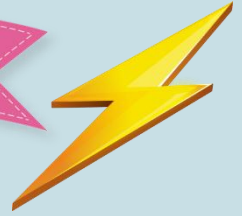


# SKCT DIGEST

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WHAT HAPPENED  
TODAY



ACTIVITIES

EVENTS

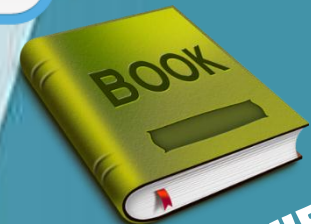
MEETINGS &  
DISCUSSIONS

DID U KNOW??

INTERESTING  
ENGINEERING

MOTIVATIONAL  
ZONE

AWARENESS  
CORNER



REVIEW

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## ACTIVITIES



**ECE Department** - III-year ECE students actively participated in art and mind games as a part of vibrant hour activities.



**CSE Department** - OSI Club Activity was conducted for the students.



**SoM**- Group discussion was organised for the Final Year Students on the topics Consumer relationship in India and Is USA's interruption is necessary for India Pakistan Issue?

**SoM**- Snap talk was delivered during Consumer Behaviour hour on the topic "Basic elements of learning".



## MEETINGS & DISCUSSIONS



**IT Department** – A Meeting was conducted by Ms.D.Ranjani AP/IT -Social Media coordinator with the following faculty members

Ms A Little Judy AP/EEE, Ms S Shalini AP/ECE, Ms S Rajalakshmi AP/S&H

**Mechanical department** - Faculty Members Mr.R.Harikrishnan, Mr. S.Vinodh Kumar, Mr.K.Umanath conducted Course committee meeting-II for the subject "Statistical process control and quality management".



## EVENTS



**SoM-** A programme was organised by CMA on the topic Quality Control handled by Mr.Sandheep.B , Assistant Manager, PSG Hospitals. The following students attended – Mr. Shakkell, Mr. Gokul, Ms. Sowmiya.



## INTERESTING ENGINEERING

### **Nybble – World's Cutest Open Source Robotic Kitten**

Boston Dynamics' Spot Mini, which looks like a dog, may have left us with the impression that robots of the future will be scary but Nybble might change this opinion. Nybble is a small and cute cat-shaped robot which sits, walks, stands on its hind limbs, and can learn to perform many more new tricks. Nybble is not meant to be a full-fledged robot but an STEM toy based on Raspberry Pi designed to teach kids about how to assemble, program, and even hack robots. So whether it is to watch a cute robot kitten learn tricks or fight out with others of its form, Nybble is surely one of the cutest and most awesome inventions one can think of.



# MOTIVATIONAL ZONE



WHATEVER IS WORRYING YOU  
RIGHT NOW, FORGET ABOUT IT.  
TAKE A DEEP BREATH, STAY  
POSITIVE AND KNOW THAT  
THINGS WILL GET BETTER.



## WHAT HAPPENED TODAY

**1863** President **Abraham Lincoln** issues "eye-for-eye" order to shoot a rebel prisoner for every black prisoner shot

**1893** **Fatima Jinnah, Mother of Pakistan**, sister and close adviser of Muhammad Ali Jinnah, born in Karachi, Bombay Presidency, British India (d. 1967)

**2003** The last 'old style' **Volkswagen Beetle** rolls off the assembly line in Mexico

**2018** Official Malaysian investigation into the disappearance of **Flight 370** is unable to determine what happened



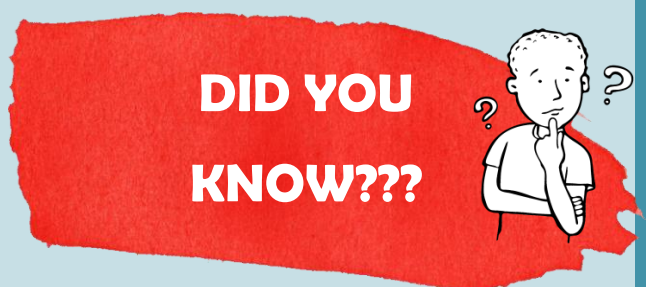
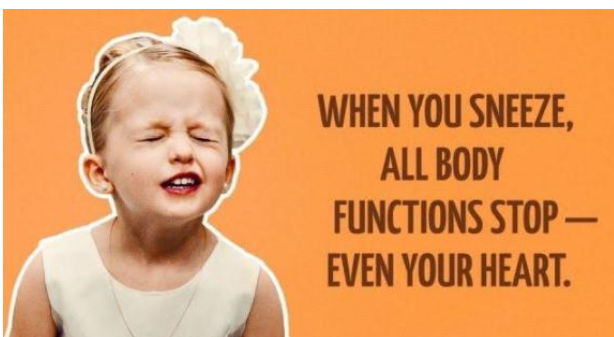
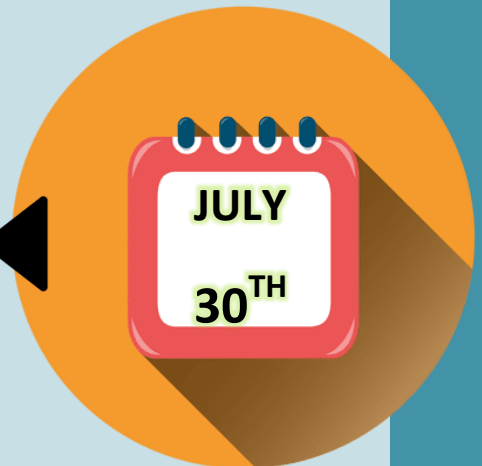
Volkswagen Beetle



Fatima Jinnah



Malaysian Flight 370



## HEALTH TIPS

### Wrong Body Position Can Give Neck And Waist Pain, Know What Is The Right Remedy

If you are standing or sitting in the same position for hours continuously, you might have pain in the body which is a common problem. These problems often occur in a sitting job. These include groin, neck and chest pains. If you don't understand your illness even after a continuous test, check your position once. This may give you relief.

#### Cases of growing back pain

Many recent researches have revealed that cases of neck and back pain is rising among young people. While yet the joint pen was supposed to be a sign of aging. The problem of joint pain is now being seen in young people as well as by sitting continuously.

This disease is associated with lifestyle.

90 percent of people suffer from back pain at some stage of their life. Sometimes it becomes so serious that it seems to be difficult to work. The problem of waist and neck pain among working people is increasing rapidly, especially among young people who do desk jobs in the IT industry or BPOs or sit in front of computers for several hours.

#### Keep Right Body Position

The biggest factor that can increase body pain is the wrong body position. Failure to heal body position worsens the alignment of the spinal cord. This causes pain in the lower back and neck. To avoid waist pain, always sit straight to the waist and backwards in such a way that the weight of the body is equal on both the hips. It is also important not to sit in the same position for more than 30 minutes.

#### Take Your Remedy

##### Stay Active

Be physically active, exercise regularly and do yoga. Walking is helpful in increasing the bone mass. Regular workouts keep the weight under control, which does not put extra pressure on the muscles.

##### Take a break

Sitting in the same position for several consecutive hours is messing with your health. So it's important to take a break from the middle of it.

Get up from your chair once every hour and stretch your neck and waist for 30 seconds.

## AWARENESS CORNER

### The Fatal Four



1.  
INAPPROPRIATE  
SPEED



2.  
DRIVER  
DISTRACTIONS  
Most commonly  
mobile phones



3.  
LACK OF  
SEAT BELT



4.  
ALCOHOL OR  
DRUG IMPAIRMENT

# BOOK REVIEW



## **The Catcher in the Rye**

**J.D. Salinger**

The hero-narrator of *The Catcher in the Rye* is an ancient child of sixteen, a native New Yorker named Holden Caulfield. Through circumstances that tend to preclude adult, secondhand description, he leaves his prep school in Pennsylvania and goes underground in New York City for three days. The boy himself is at once too simple and too complex for us to make any final comment about him or his story. Perhaps the safest thing we can say about Holden is that he was born in the world not just strongly attracted to beauty but, almost, hopelessly impaled on it. There are many voices in this novel: children's voices, adult voices, underground voices-but Holden's voice is the most eloquent of all. Transcending his own vernacular, yet remaining marvelously faithful to it, he issues a perfectly articulated cry of mixed pain and pleasure. However, like most lovers and clowns and poets of the higher orders, he keeps most of the pain to, and for, himself. The pleasure he gives away, or sets aside, with all his heart. It is there for the reader who can handle it to keep.

J.D. Salinger's classic novel of teenage angst and rebellion was first published in 1951. The novel was included on Time's 2005 list of the 100 best English-language novels written since 1923. It was named by Modern Library and its readers as one of the 100 best English-language novels of the 20th century. It has been frequently challenged in the court for its liberal use of profanity and portrayal of sexuality and in the 1950's and 60's it was the novel that every teenage boy wants to read.

