

Name of School : JAYAKERALAM HIGHER SECONDARY
SCHOOL, PULLUVAZHI (PO), Ernakulum District, Kerala
State , Kerala State

Type of Unit : Souhrida Club

Name of Career Guide/ :

Souhrida Co- Coordinator : DR. V. SANALKUMAR

Mobile No: : 9447874283

E- Mail : v.sanalkumar@gmail.com

Web site: www.archaeologyofkerala.com

Participants : XI Humanities and Science Students of
Souhrida Club Members

Dr. V. SANALKUMAR

Recipients of Best Higher Secondary State and National Awards

Jayakeralam HSS, Pulluvazhi, Ernakulam District, Kerala State

E mail:v.sanalkumar@gmail.com

Web site: [www.archaeology of kerala.com](http://www.archaeologyofkerala.com)

Ph: 9447874283

INSPIRE THROUGH EXHIBITIONS

Introduction

All students are naturally enthused to acquire knowledge and are capable of learning by their own activity and creativity. Students while getting chance to acquire knowledge through interaction with people and natural , environment , by their creative skills they construct knowledge by linking new ideas to their

existing ideas and knowledge. In order to arouse creativity among students community, their discoveries through field trips, inventions and innovations in humanities, Computer Science ,Science, Mathematics and Commerce students should get opportunities on learning through activities, experiments, observations and technological modules. Conducting and Participating Participation at the School level , District level, State level and to National level exhibition programs and familiar with these will help to get encouragement to under takes students initiatives. To foster higher order thinking level and familiar with the advanced technological knowledge to the higher Secondary students, visiting of Arts and Science College level exhibitions are also important. The motive of these students level innovations and its exhibitions are to popularize technological education by innovations , using advanced technologies.

The Objectives

1. Exhibitions will give students to pursue their natural curiosity, creativity, innovations and discoveries.
2. Participating and viewing of exhibitions helps students thinks that we can acquire knowledge and can solve many problems faced by the society linking with man and environment relationships for achieving goals of self-reliance, socio economic and ecological development of the India and world.
3. To appreciate the role of Humanities and Science subjects in meeting the day today challenges of life such as lose of cultural heritages, environmental degradation, natural calamities, disasters management, e waste management, computer and electronic technology etc.

4. It will create awareness about environmental issues and concerns and inspire students to diverse innovative ideas towards their prevention and mitigation.
5. Students are naturally inquisitive and innovative in response to a variety of problems facing the nation and the society. Here students play a crucial role in solving problems confronting the society and act as a major instrument for achieving goals of heritage management, environmental hazard, fire and natural calamities issues etc. To recognize and encourage these powerful tools so that the problems confronting the society can be overcome through geography, science and technology led solutions.

Disaster management

The main objective of disaster management is to make general public and children aware about the issues and concerns of disaster management and to promote a shift in disaster management system from relies centric to preparedness centric.. The model prepared by the students with the guidance of concern teacher may give the following aspects.

1. It will provide better information dissemination and public address system in the event of disaster to prevent chaos and confusion.
2. It will help mechanism for creating awareness among general publics on large scale to handle situations during calamities.
3. Improvised devices for effective communication between various emergencies services from home to medical , police, military and other administrative bodies and governmental agencies.
4. It helps various measures for planning, preparedness and coordination of different agencies in the event of disaster and community level preparedness for the various man-made disasters.
5. Use of geostationary satellites in providing information pertaining to meteorological processes.
6. Technologies in forecasting and warning of earthquakes, lightening, fire, theft etc.
7. Innovative design of disaster management warning and alarm network.

INFORMATION ABOUT THE EXHIBIT - INNOVATION



Dr. V. Sanalkumar, Shri. Hozine Ansari and S.Gogul in front of the Smart home Seismograph- Attending Ernakulam District Level





Students visiting the exhibition of Smart Home and its construction

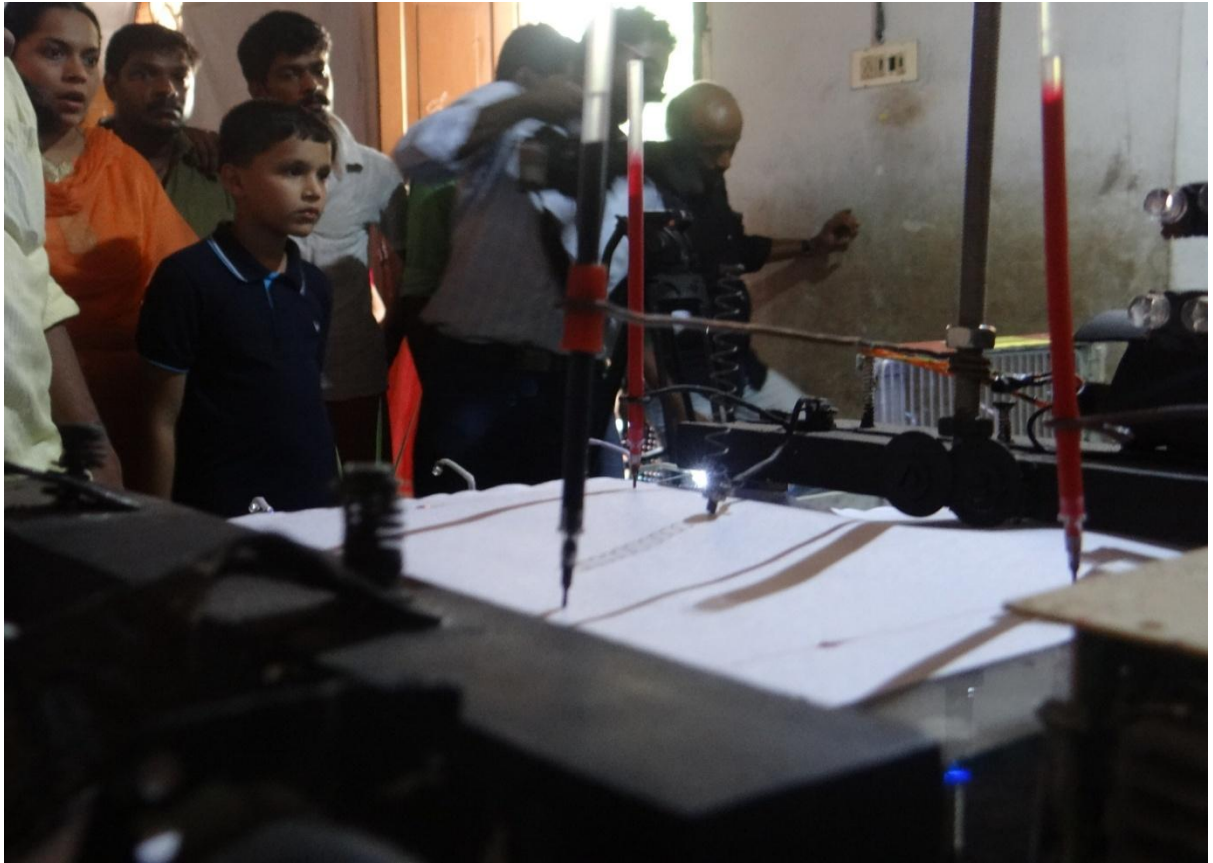


Electrified Smart Home & Underground Car porch with a garden to save space for Car parking and gardening- State Sasthrolsavam -Kollam





Seismic Predictor with Accessories



The intensity of Earth Quake vibrations recording in Seismic Predictor



Fire inside the home – Alarm will ring





Explaining to the Digital medias about the concept of Earthquake warning system and Smart Home

EXHIBITIONS-2015-2016

- 1. Historical Exhibitions**
- 2. Arts and Science Exhibitions**
- 3. Technological Exhibitions**

Venue:

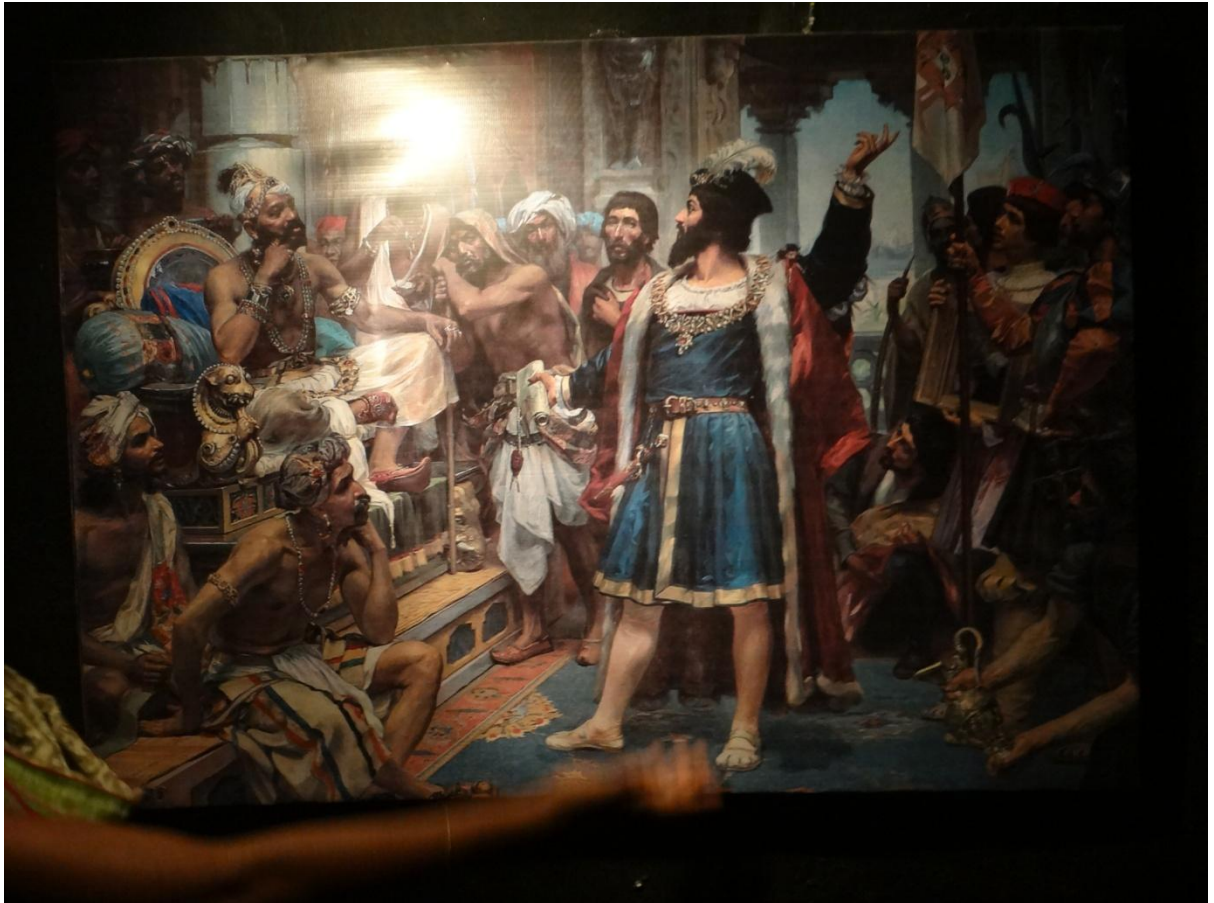
- 1. District Level School Exhibitions at SRV HSS, Ernakulam**
- 2. State Level School Exhibitions at Kollam:**
- 3. National Level Exhibition at Nirmala College, Muvattupuzha**
- 4. National Level Exhibitions at Mar Asthenesius College of Arts and Engineering, Kothamangalam**
- 5. National Level Exhibitions at Sree Narayana Gurukulam College of Engineering, Kadayiruppu**
- 6. College Level Exhibition: Kochin College of Engineering, Muvattupuzha**





COLONIALIZATION

Colonization (or colonisation) is an ongoing process of control by which a central system of power dominates the surrounding land and its components (people, animals etc.). The term is derived from the Latin word *colere*, which means "to inhabit". Also, colonization refers strictly to migration, for example, to settler colonies in America or Australia, trading posts, and plantations, while colonialism denotes with this, along with ruling the existing indigenous peoples of styled "new territories". Colonization was linked to the spread of tens of millions of Europeans all over the world. In many settled colonies, European settlers formed a large majority of the population. Examples include the Americas, Australia and New Zealand. These colonies were occasionally called "neo-Europes". In other places, European settlers formed minority groups, who were often dominant in their places of settlement. When European settlers started to settle land such as Australia, they regarded such landmasses as *terra nullius*. *Terra nullius* means "empty land" in Latin. In other words, the settlers treated the land as uninhabited and a "clean slate" for colonization and colonial rule. However, these ideas were untrue, as such landmasses were often inhabited by indigenous populations. For example, it was estimated that there were 250,000 native people in Australia during the time when Europeans tried to conquer Australia. A similar process of appropriating land by colonizers can be observed in the late nineteenth century during the colonization of West Africa by Europe. The accepted practice among cartographers at the time was to display unexplored landscapes as "blank spaces". Instead of interpreting "blank spaces" as limited geographical knowledge, imperialists saw them as vacant spaces awaiting colonists. Public perception of "blank spaces" was consistent with that of the colonizers; the illusion of "blank spaces" proved to be a successful trick. Laws encompassing the colonization of the Americas, such as Mexico's General Colonization Law were implemented from the 1820s.



INDUSTRIALIZATION

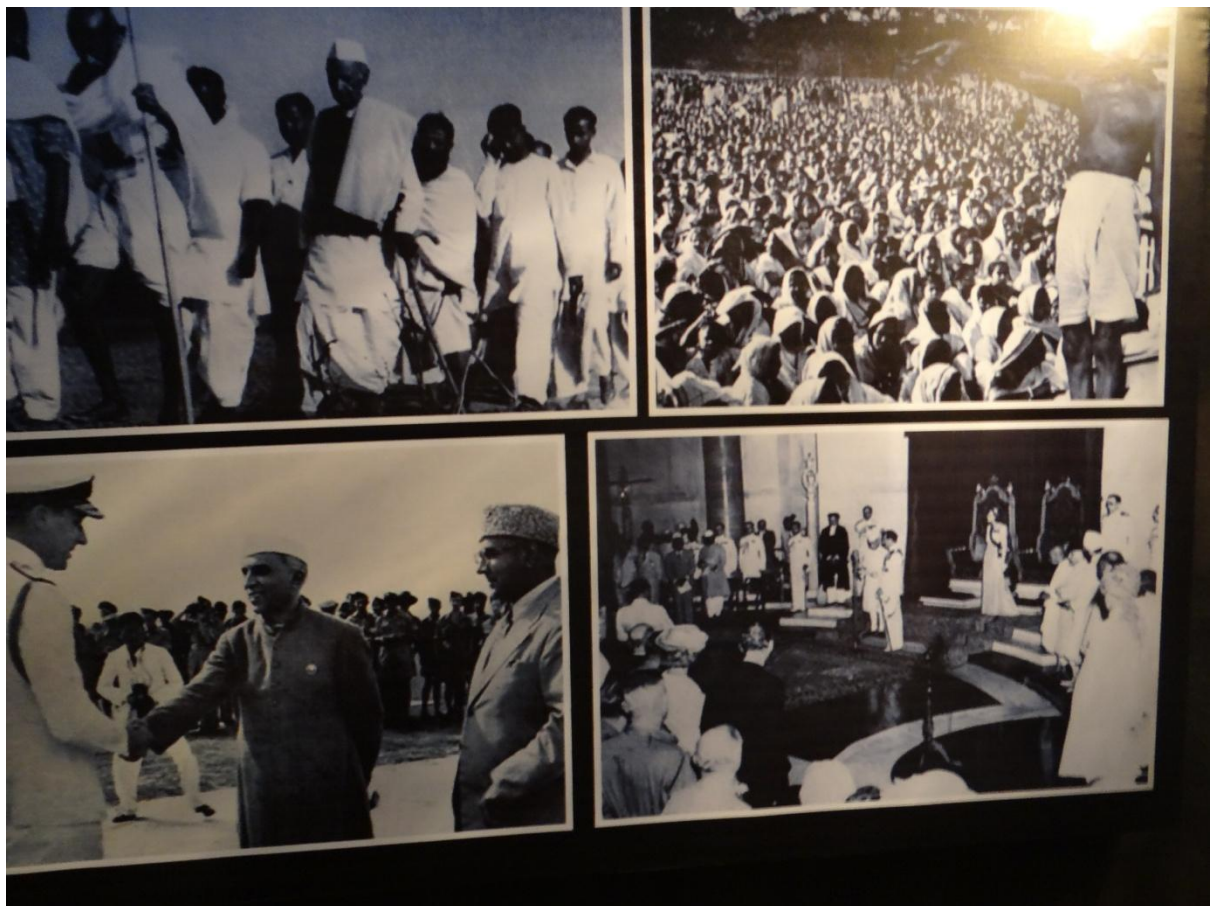
Industrialisation or Industrialization is the period of social and economic change that transforms a human group from an agrarian society into an industrial one, involving the extensive re-organisation of an economy for the purpose of manufacturing. As industrial workers' incomes rise, markets for consumer goods and services of all kinds tend to expand and provide a further stimulus to industrial investment and economic growth. The first transformation to an industrial economy from an agricultural one, known as the Industrial Revolution, took place from the mid-18th to early 19th century in certain areas in Europe and North America; starting in Great Britain, followed by Belgium, Germany, and France.^[1] Later commentators have called this the first industrial revolution. The second Industrial Revolution" labels the later changes that came about in the mid-19th century after the refinement of the steam engine, the invention of the internal combustion engine, the massing of electricity and the construction of canals, railways and electric-power lines. The invention of the assembly line gave this era a boost. By the end of the 20th century, East Asia had become one of the most recently industrialised regions of the world. There is considerable literature on the factors facilitating industrialisation and enterprise development.





PRE INDEPENDENCE PERIOD

Pre independence struggle makes India proud : The term pre independence India is quite complicated and may denote lots of developments along with declinations and if you wish for, you may focus on the entire course of Indian history starting from the ancient era to the national independence in 1947. Without a shred of doubt, this period can be delved into but may lead to sleepless nights in profusion. After all, this happens to form one of the glorious chapters of Indian history and thanks to the same, India or the perfect emblem of a multiethnic, multi-religious and multi-linguistic nation, for the first time, got hold of an exclusive-identity Indian. Prior to the same, there is the need of a critical analysis of first era of British India or pre independence India. It has to be accepted that British India brought about lots of decisive changes in the Indian scenario and the credit, in this regard, goes to the fact that imperialism has lots of merits as well. And the first of these is that there is the need of a strong and vigorous administration along with discipline in the social sphere. Truly, British India became able to introduce a strong discipline and through the set up of railways, But this honeymoon ended up soon when the mercantile interests of British supremacy got manifest., What did happen in 1857 as a result of minute conflagration in North India engulfed almost the whole of India before long. Even if British historians have tried best to put down or disgrace the same movement, it is regarded as the "First War of Indian Independence"- the first momentous event of pre independence India. Even if the first flare of independence struggle met an untimely death owing to British ferocity, the scenario changed soon. At this time it was Bengal, where the seeds of militant nationalism were witnessed to raise belligerent heads. Owing to Swami Vivekananda, Sri Aurobindo and Anushilan Samiti and Yugantar, militant philosophy, for the first time, was found to make a strong impression among the young generation. Maharashtra and Punjab were found to join the movement soon and the anti-partition struggle in Bengal that did dare to unsettle a "settlefact" .The movement for national liberation gained a national character before long owing to the emergence of Mahatma Gandhi in the Indian philosophy mesmerized the whole of India and history was created in an unusual manner for the first time. The civil-disobedience movement based on non violence rocked the entire British Empire and even 10, Downing Street, seat of British Government. The coveted independence, as a result, became a reality on August 15, 1947. Pre independence period of India and the glorious struggle for national liberation forms one of the greatest chapters of Indian history



INDIA INDEPENDENT : BRITISH RULE ENDS

CONSTITUENT ASSEMBLY TAKES OVER

MOUNTBATTEN'S APPOINTMENT AS GOVERNOR-GENERAL ENDORSED

COLOURFUL CEREMONY MARKS BIRTH OF NATION



NEW DELHI, Thursday.—At midnight tonight the Constituent Assembly, consisting of the chosen representatives of the Indian people, met in the Government House to inaugurate the new era of freedom and self-government for the Indian people.

The ceremony was presided over by the Governor-General, Lord Mountbatten, who, in a stirring address, declared that the British rule in India had come to an end and that the Indian people had now taken over the reins of power.

The Constituent Assembly, which was elected by the people of India, met in the Government House at midnight tonight to inaugurate the new era of freedom and self-government for the Indian people.

THE PLEDGE

The Constituent Assembly has taken a solemn pledge to work for the welfare and progress of the Indian people. It has also pledged to work for the unity and integrity of the Indian nation.

The Assembly has also pledged to work for the economic development of the Indian people and to work for the social justice of the Indian people.

THE NEW CABINET

The Governor-General has appointed a new cabinet to take over the administration of India. The cabinet consists of the following members:

Prime Minister: Jawahar Lal Nehru
Deputy Prime Minister: Vallabhbhai Patel
Minister for External Affairs: Jawahar Lal Nehru
Minister for Home Affairs: Bal Gangadhar Tilak
Minister for Finance: Bal Gangadhar Tilak
Minister for Education: Bal Gangadhar Tilak
Minister for Health: Bal Gangadhar Tilak
Minister for Labour: Bal Gangadhar Tilak
Minister for Law: Bal Gangadhar Tilak
Minister for Public Works: Bal Gangadhar Tilak
Minister for Railways: Bal Gangadhar Tilak
Minister for Transport: Bal Gangadhar Tilak
Minister for Agriculture: Bal Gangadhar Tilak
Minister for Industries: Bal Gangadhar Tilak
Minister for Commerce: Bal Gangadhar Tilak
Minister for Public Relations: Bal Gangadhar Tilak
Minister for Information: Bal Gangadhar Tilak
Minister for Press: Bal Gangadhar Tilak
Minister for Radio: Bal Gangadhar Tilak
Minister for Television: Bal Gangadhar Tilak
Minister for Cinema: Bal Gangadhar Tilak
Minister for Music: Bal Gangadhar Tilak
Minister for Dance: Bal Gangadhar Tilak
Minister for Theatre: Bal Gangadhar Tilak
Minister for Sports: Bal Gangadhar Tilak
Minister for Games: Bal Gangadhar Tilak
Minister for Recreation: Bal Gangadhar Tilak
Minister for Amusement: Bal Gangadhar Tilak
Minister for Entertainment: Bal Gangadhar Tilak
Minister for Leisure: Bal Gangadhar Tilak
Minister for Pastime: Bal Gangadhar Tilak
Minister for Hobby: Bal Gangadhar Tilak
Minister for Pastime: Bal Gangadhar Tilak
Minister for Hobby: Bal Gangadhar Tilak

THE PLEDGE

The Constituent Assembly has taken a solemn pledge to work for the welfare and progress of the Indian people. It has also pledged to work for the unity and integrity of the Indian nation.

The Assembly has also pledged to work for the economic development of the Indian people and to work for the social justice of the Indian people.

THE PLEDGE

The Constituent Assembly has taken a solemn pledge to work for the welfare and progress of the Indian people. It has also pledged to work for the unity and integrity of the Indian nation.

The Assembly has also pledged to work for the economic development of the Indian people and to work for the social justice of the Indian people.

THE PLEDGE

The Constituent Assembly has taken a solemn pledge to work for the welfare and progress of the Indian people. It has also pledged to work for the unity and integrity of the Indian nation.

The Assembly has also pledged to work for the economic development of the Indian people and to work for the social justice of the Indian people.

Help the Refugees
SHUJA
 STORES
 11, Connaught Place, Delhi.

The Hindustan Times

LARGEST CIRCULATION IN NORTHERN, NORTH-WESTERN AND CENTRAL INDIA

NEW DELHI, FRIDAY, AUGUST 15, 1947

INDIA INDEPENDENT : RULE ENDS

CONSTITUENT ASSEMBLY TAKES OVER

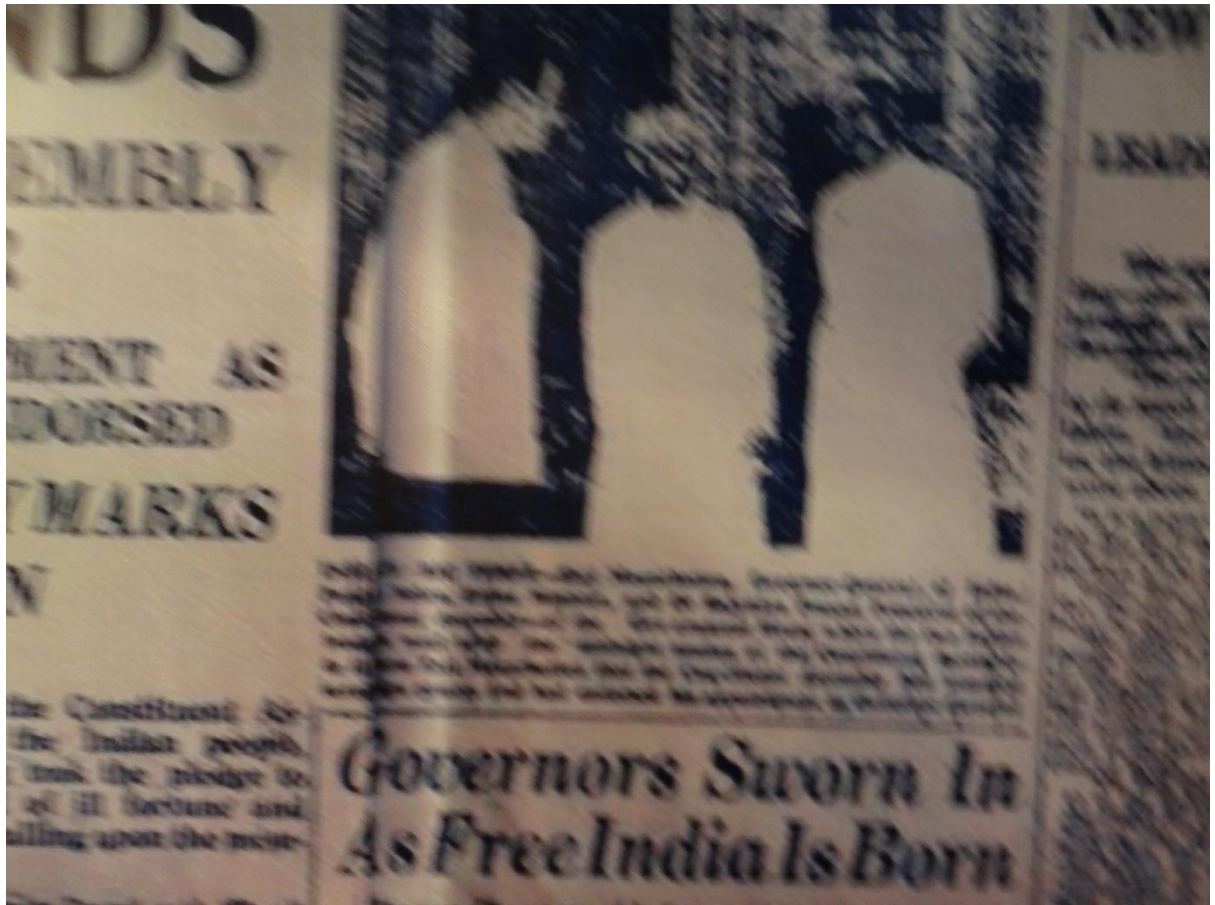
MOUNTBATTEN'S APPOINTMENT AS GOVERNOR-GENERAL ENDORSED

COLOURFUL CEREMONY MARKS BIRTH OF NATION

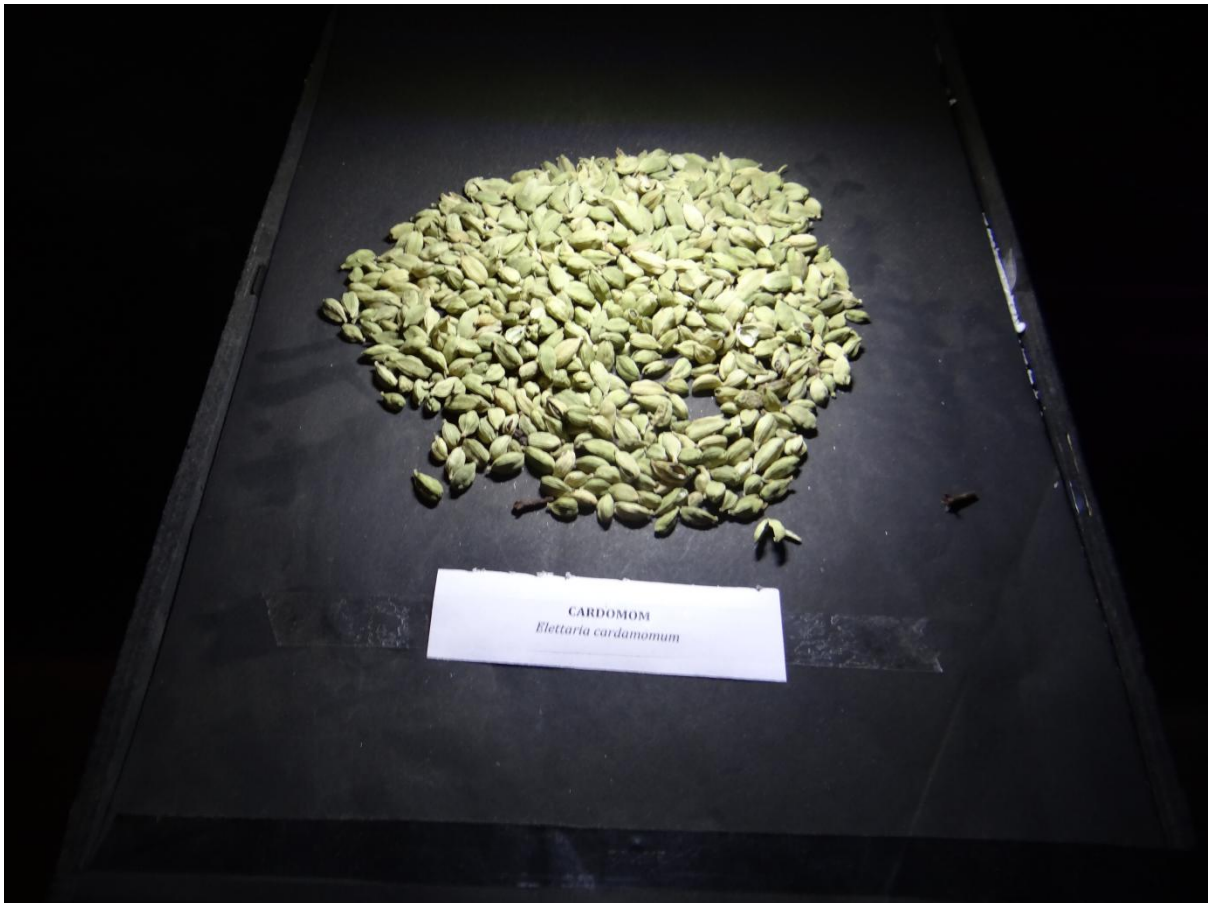
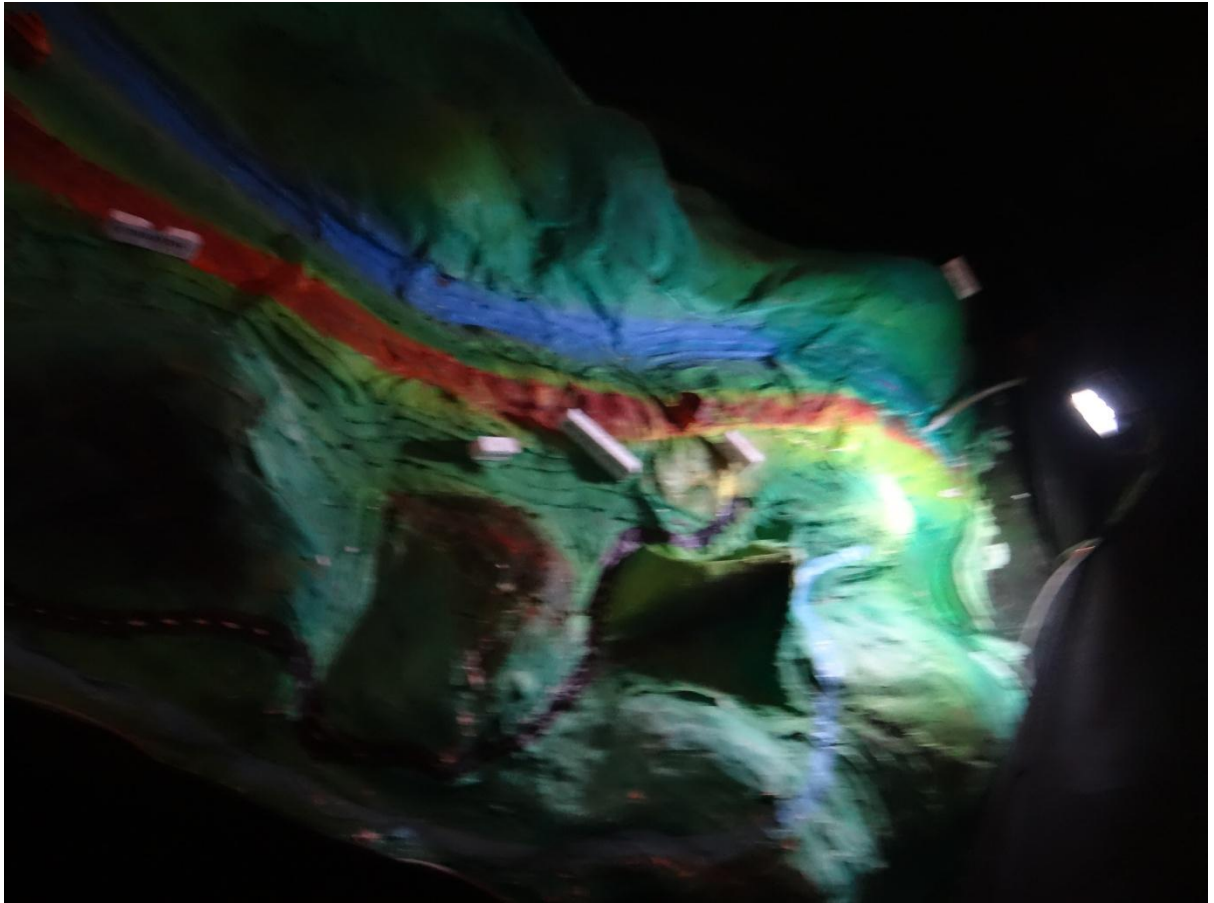


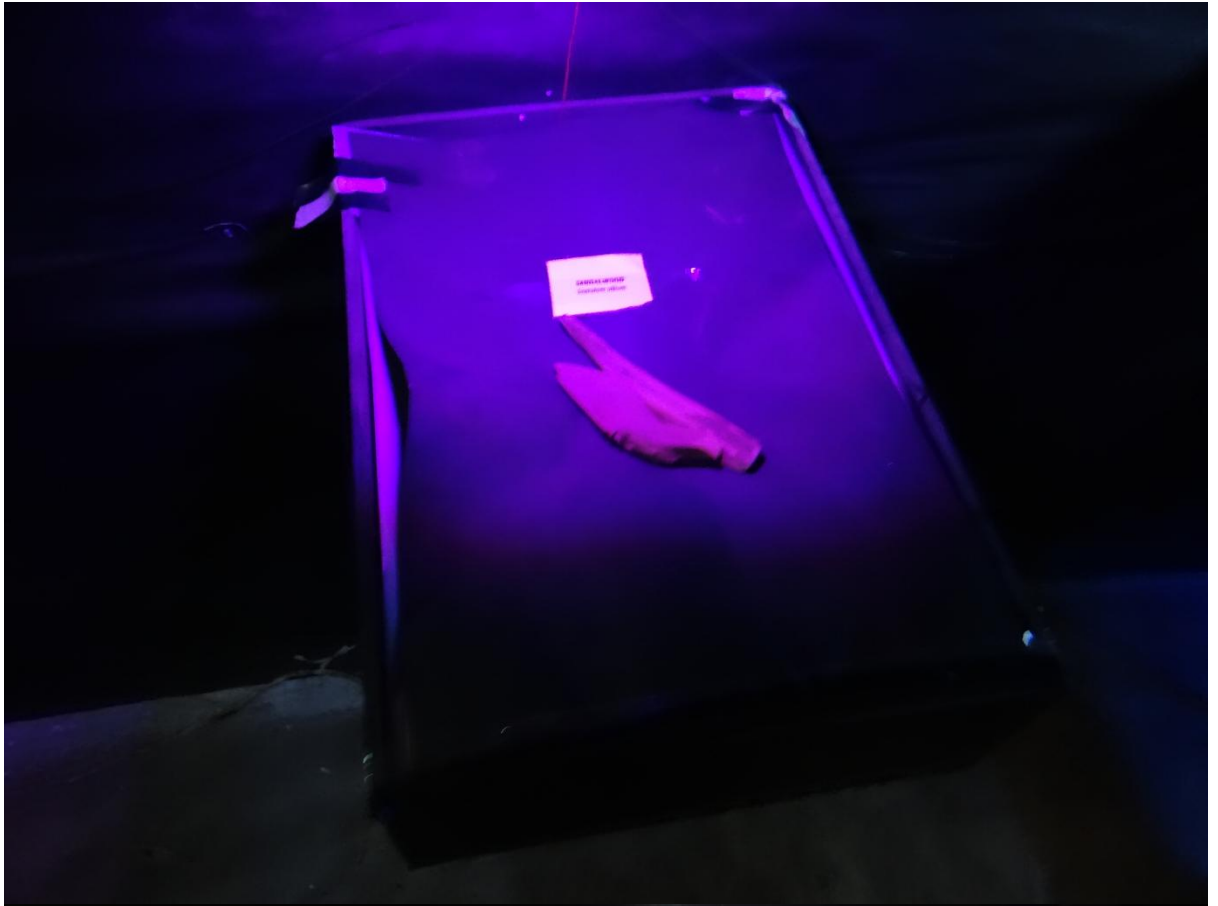
INDIAN 'BIG THREE'—Lord Mountbatten, Governor-General of India, Jawahar Lal Nehru, Prime Minister, and Dr. Rajendra Prasad, President of the Constituent Assembly—at the Government House where the two Indian leaders met after the midnight session of the Constituent Assembly to inaugurate the new era of freedom and self-government for the Indian people.

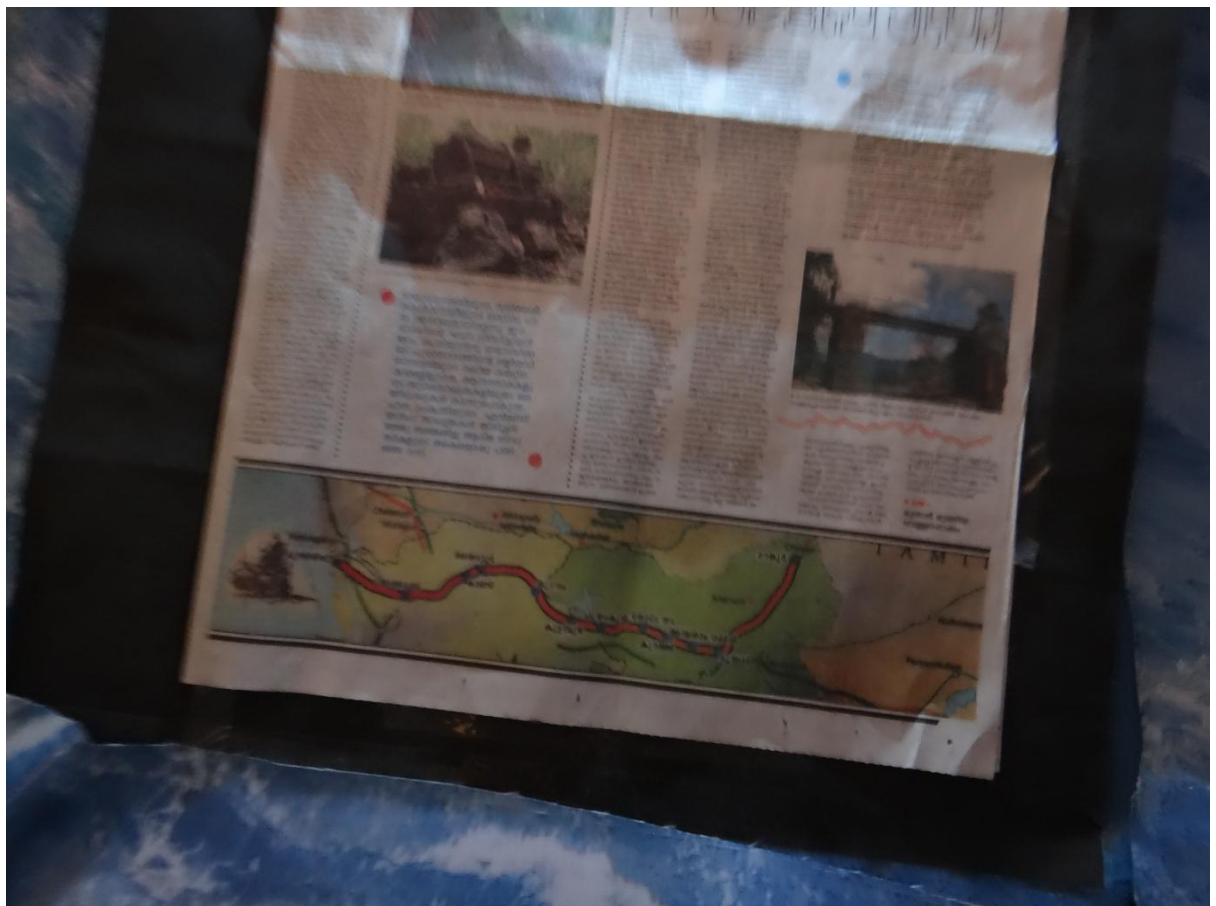
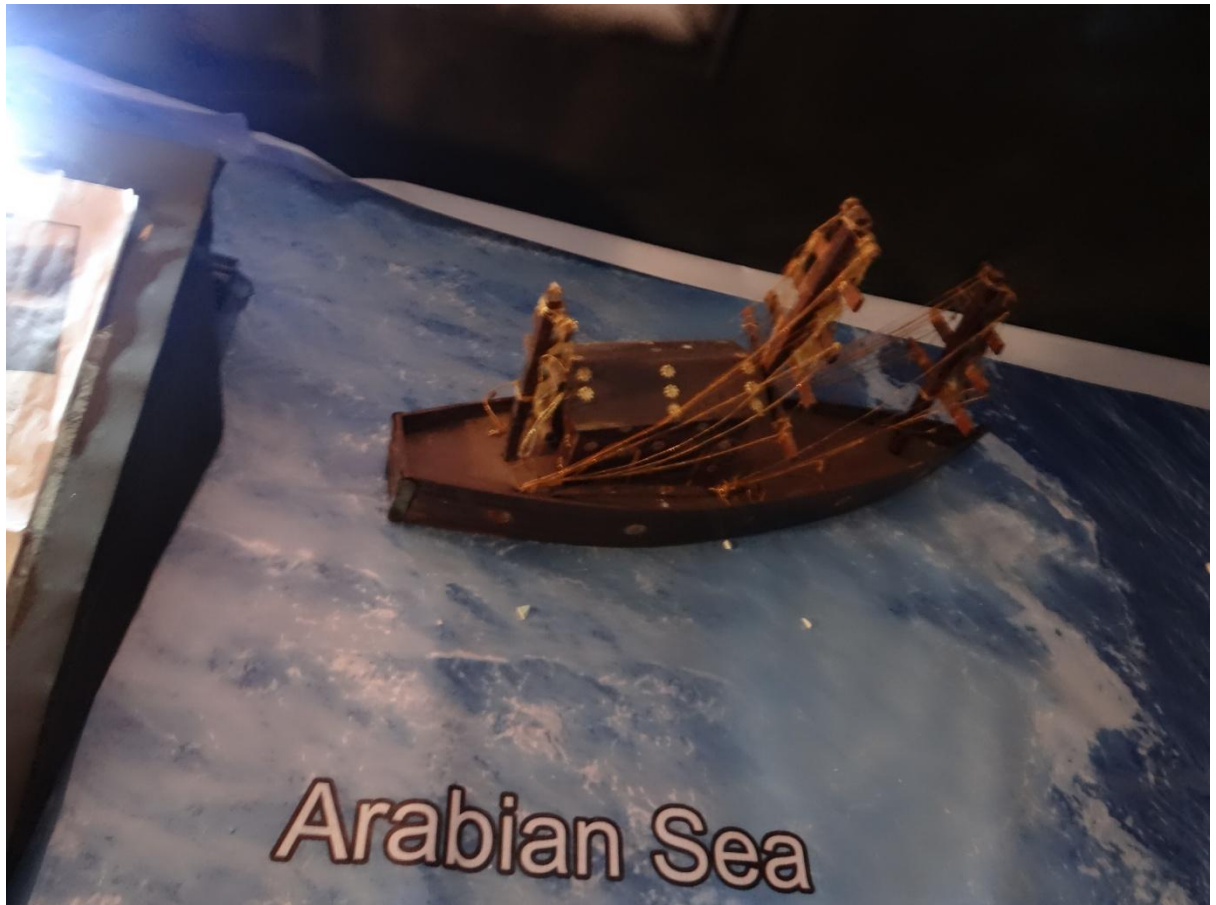
NEW DELHI, Thursday.—At midnight tonight the Constituent Assembly, consisting of the chosen representatives of the Indian people,

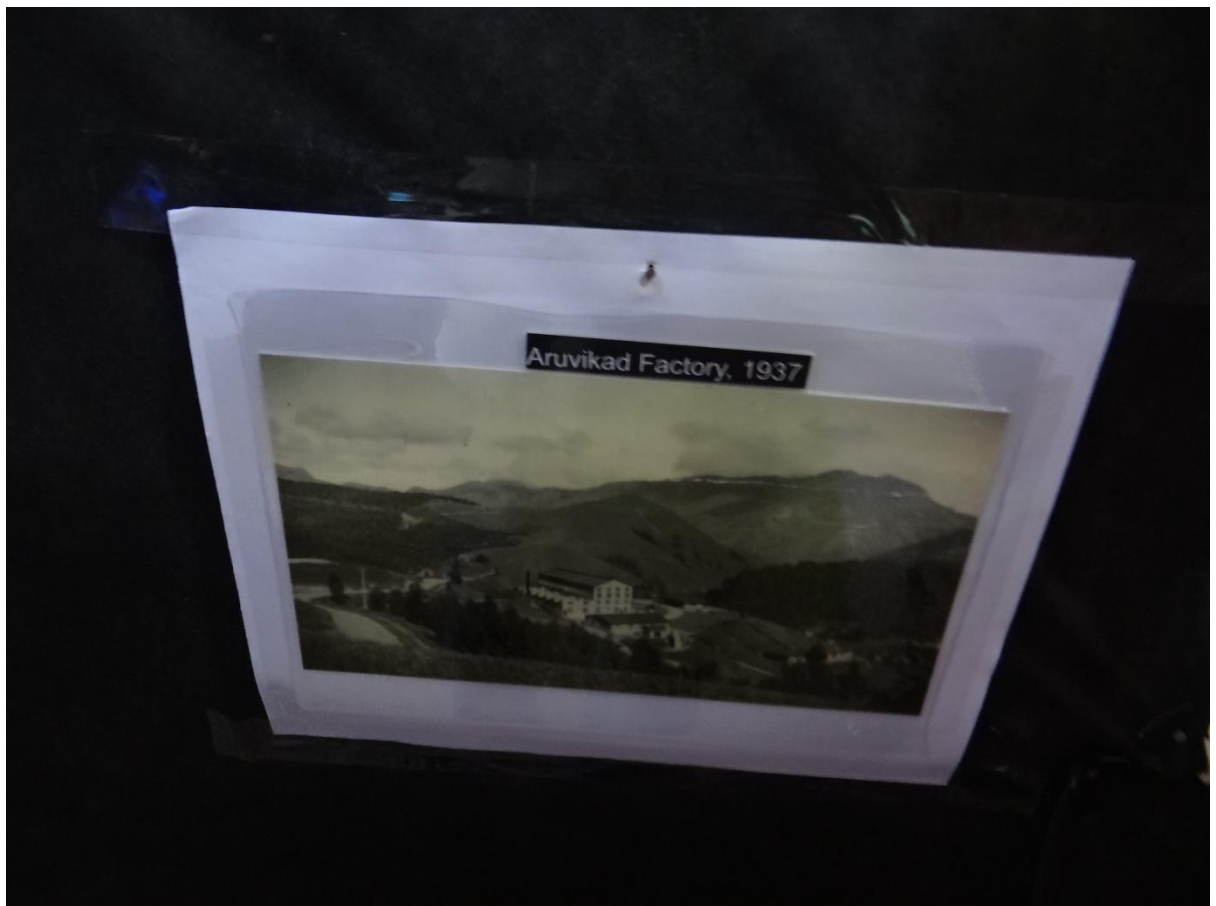
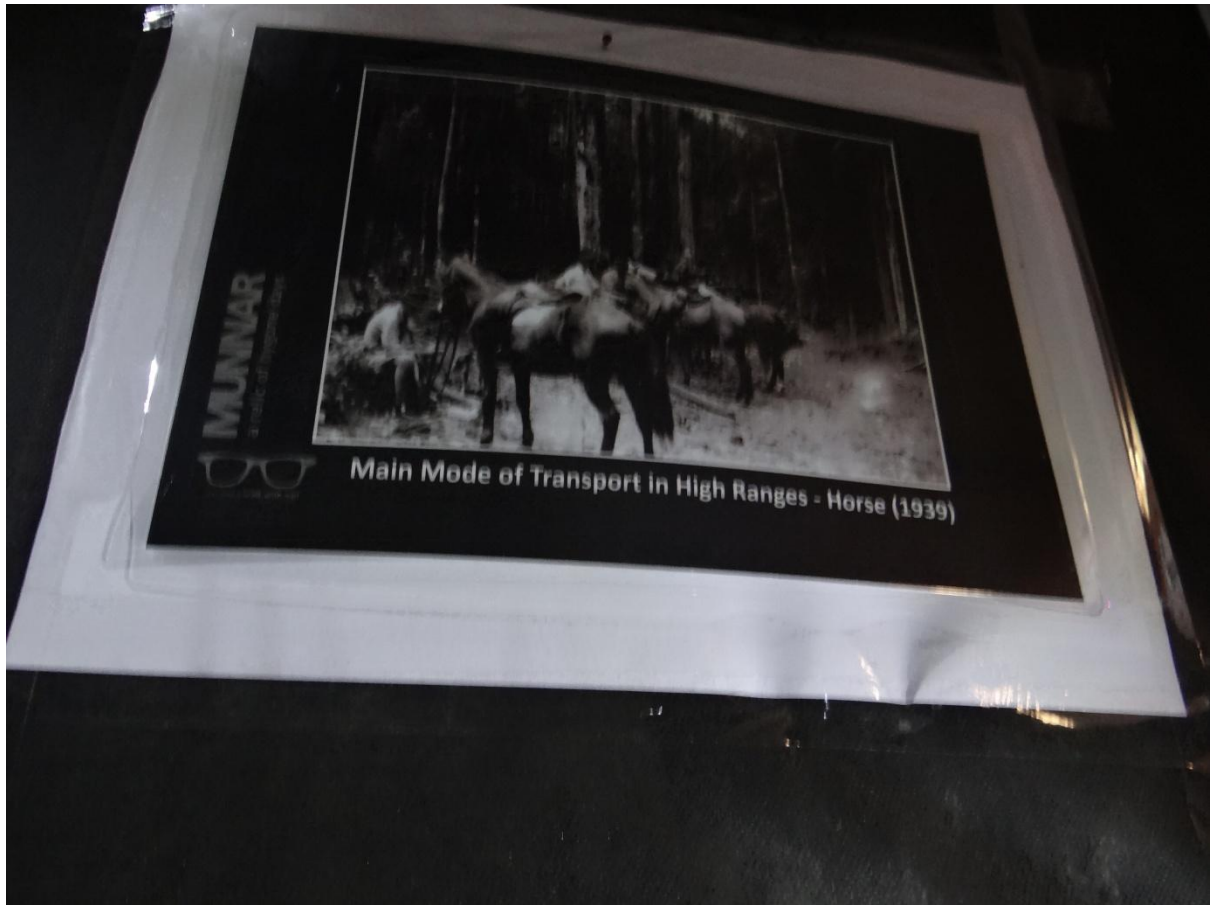


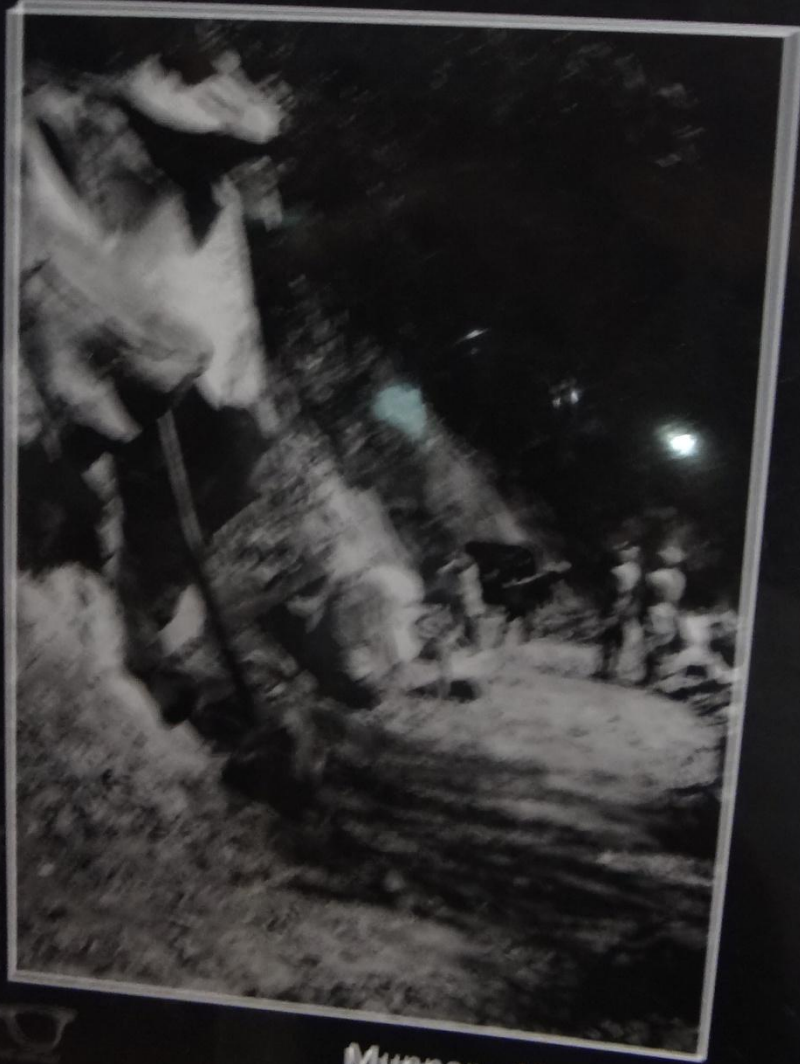












MUNNAR



**Munnar - Aluva Road
Construction Work in Progress**

MUNNAR
a relic of bygone days



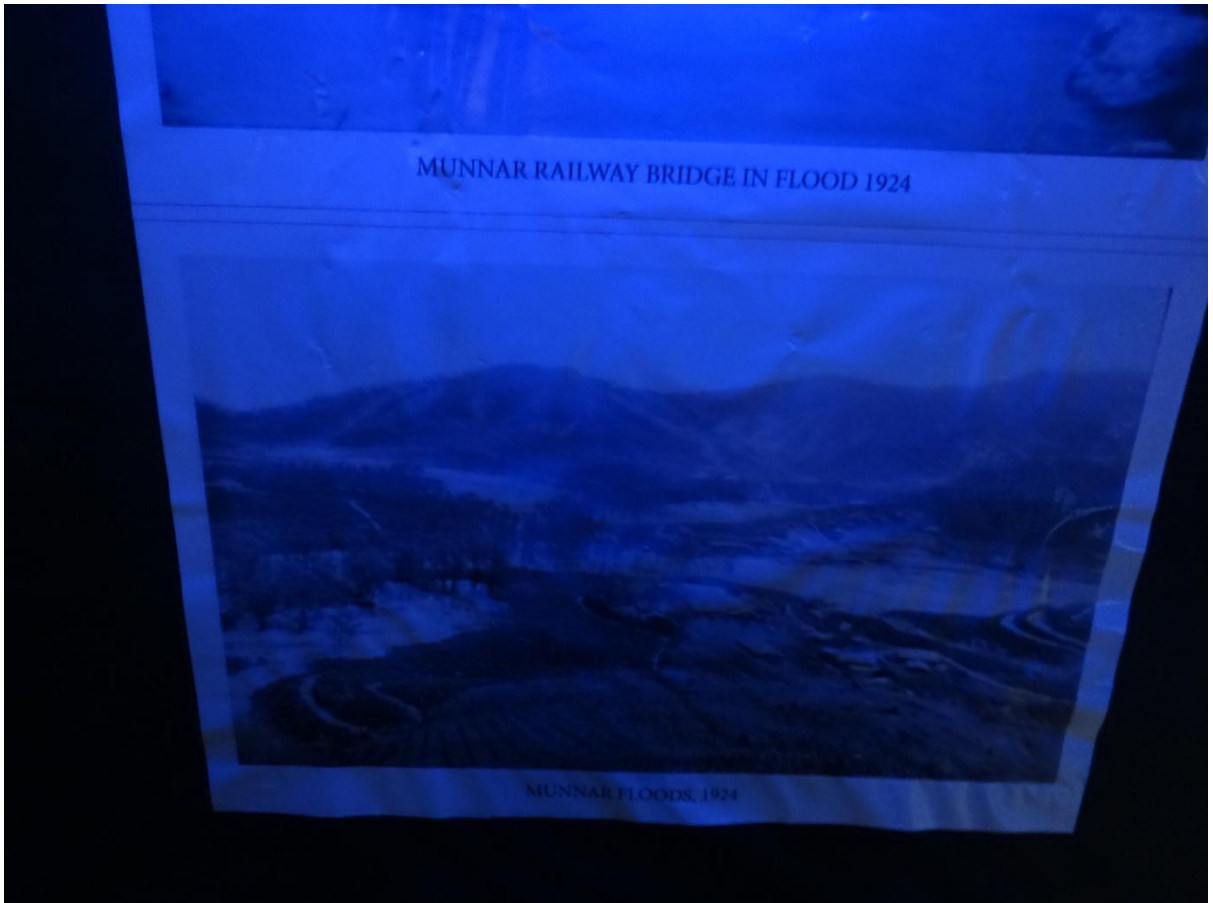
Tea Factory Boiler Manhandled up to
Top Station c.1920



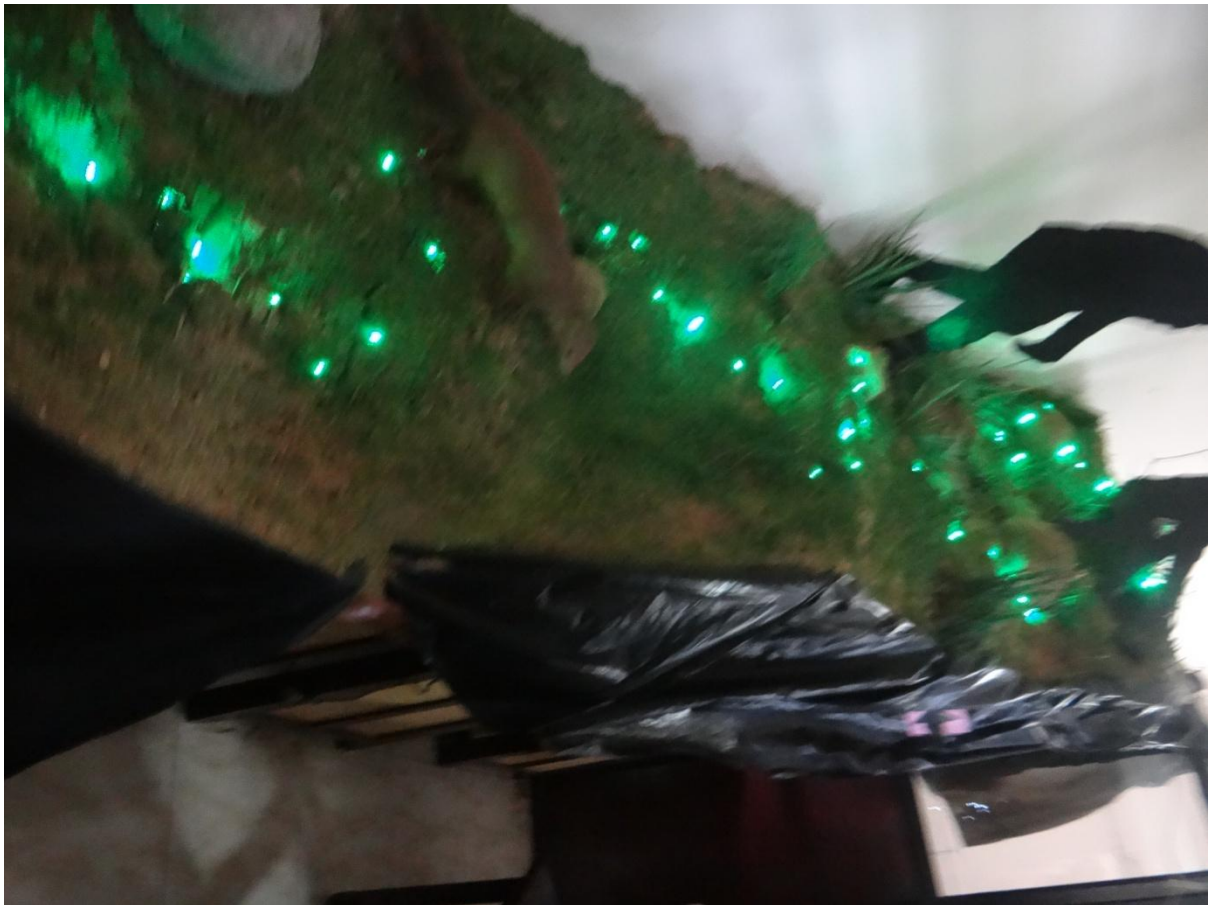
MUNNAR
a relic of bygone days



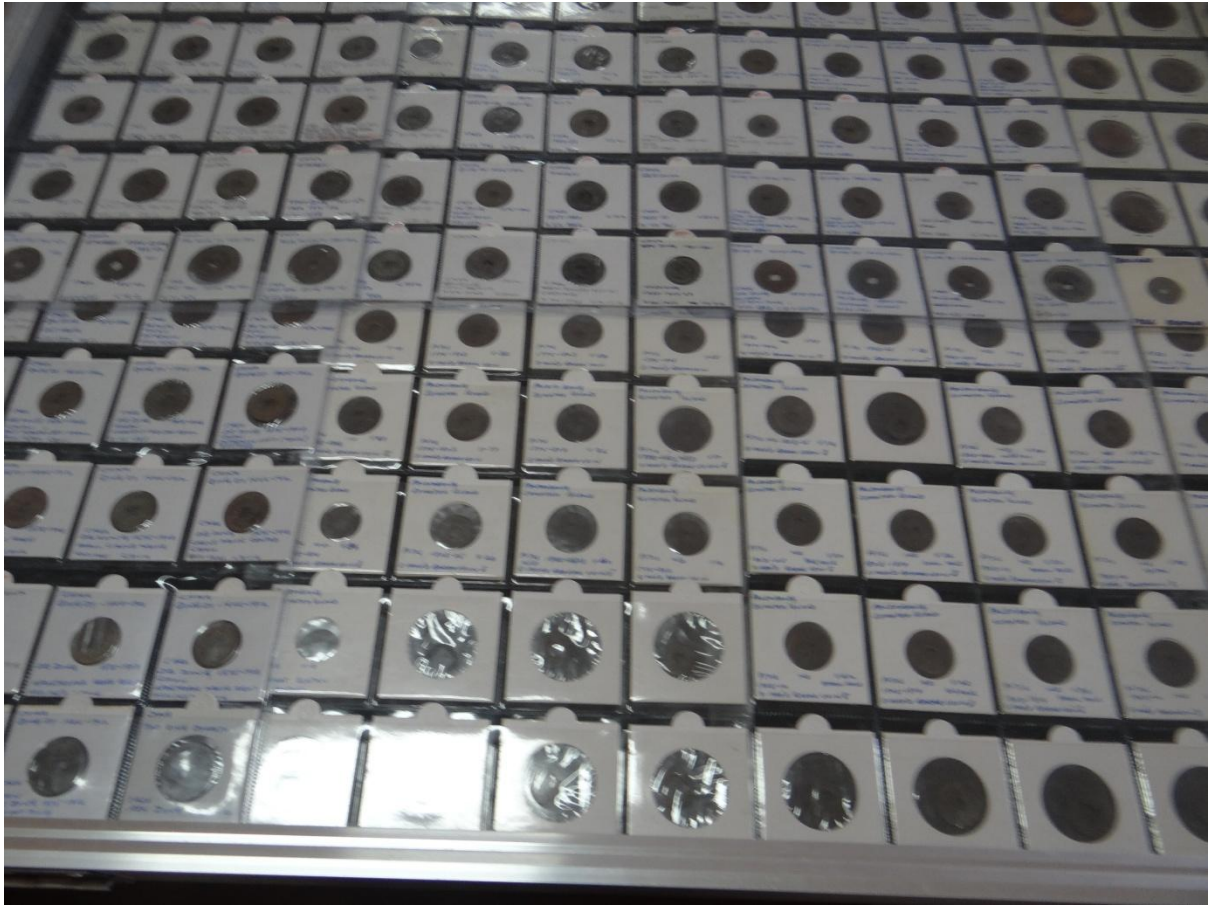
First Albion Lorry (1910)







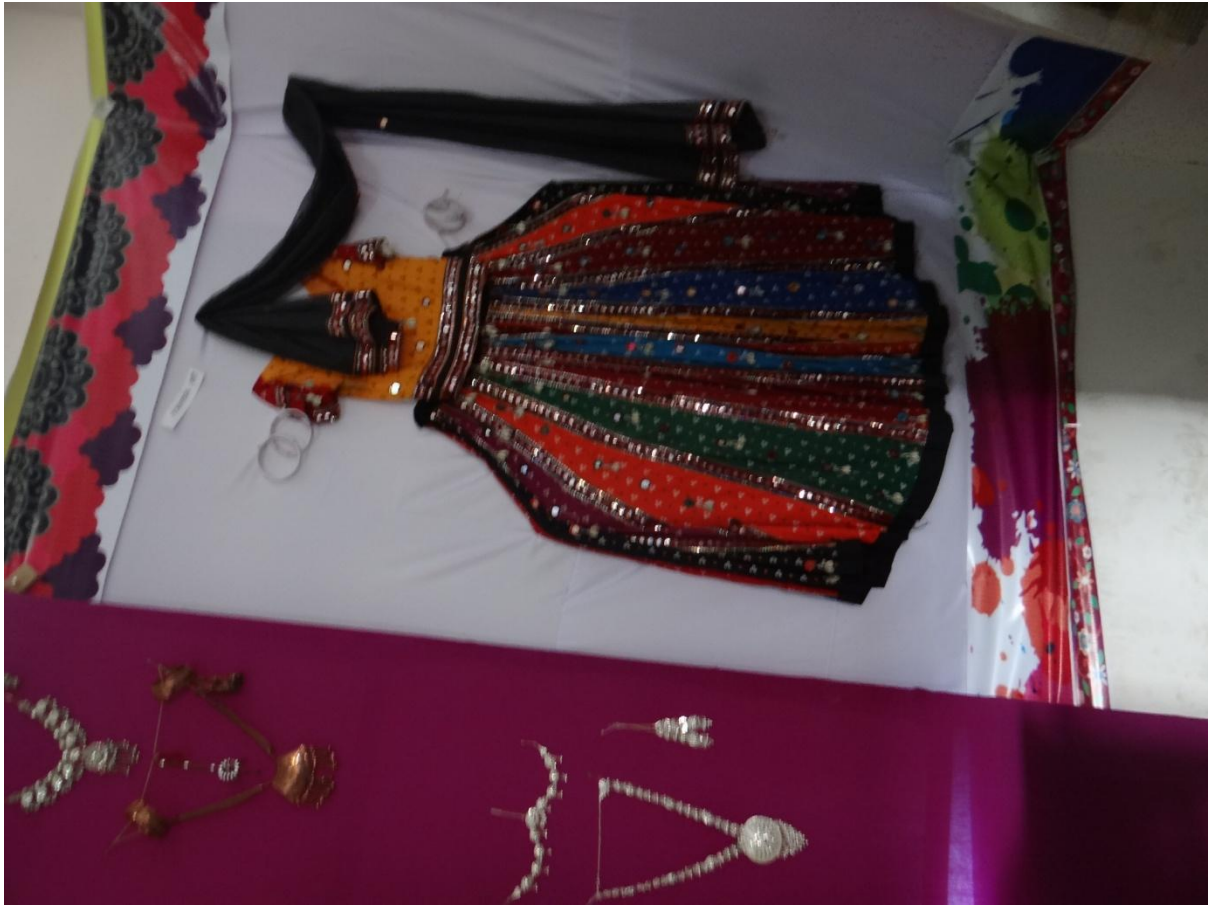








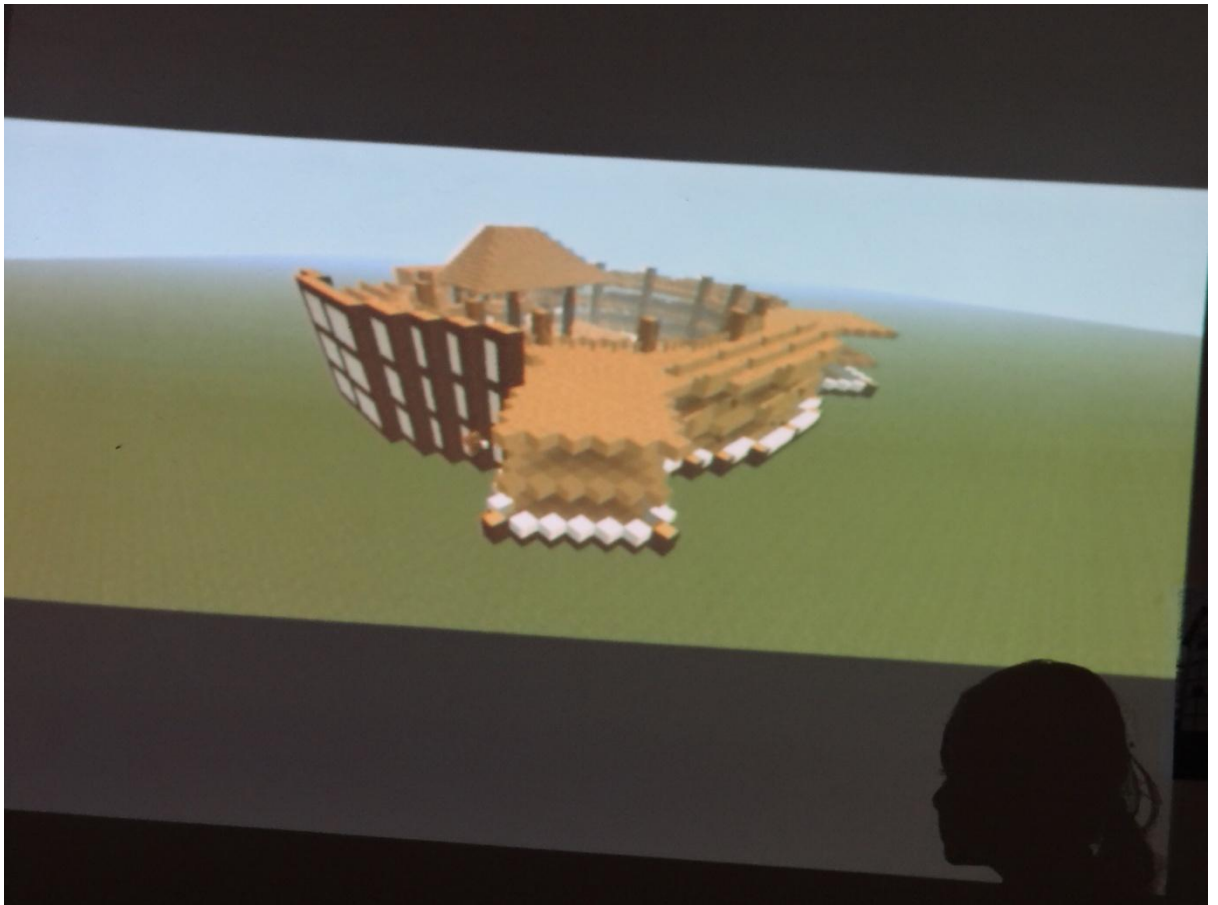
































ARJUNA ATHLETICS



MOHINDER-GILL



PREEJA-SREEDHARAN



NEELAM JASWANT
SINGH



PADMINI THOMAS



PARAMJITH



PT USHA



R GYANA EKARAN



RAJITHA MISTRY



SARASWATHI SAHA



RAMAKARAN SINGH



REETH ABRAHAM



SINIMOL



SABIR ALI



SHAKTHI SINGH



TINTU LUKA



SHANKARIYER



SHINY ABRAHAM



YADVENDRA VASISHTA

CHITRA K...



ARJUNA CRICKET



ARJUNA BADMINTON



ARJUNA BOXING



ARJUNA ATHLETICS



MOHINDER-GILL



PREEJA-SREEDHARAN



NEELAM JASWANT
SINGH



PADMINI THOMAS



PARAMJITH



PT USHA



R GYANA EKARAN



RAJITHA MISTRY



SARASWATHI SAHA



RAMAKARAN SINGH



REETH ABRAHAM



SINIMOL



SABIR ALI



SHAKTHI SINGH



TINTU LUKA



SHANKARIYER



SHINY ABRAHAM



YADVENDRA VASISHTA



CHITHRA KS

ARJUNA ATHLETICS



S CHAND



AJMER SINGH



ANASUYA-BAI



ANIL KUMAR



ANJU



ASHWINI NACHAPPA



ACHHA-SINGH



BAHAADUR SINGH



BAHADUR PRASAD



BHOGESWAR BARUVAH



CHAND-RAM



CHARLES BORROMEO



ETHIRA KSOMMAN



DEVENDRA JAJARIA



EDWARD



GOPAL SAINI



GURBACHAN SINGH
RANDHAWA



J J SHOBHA



JOGINDER SINGH



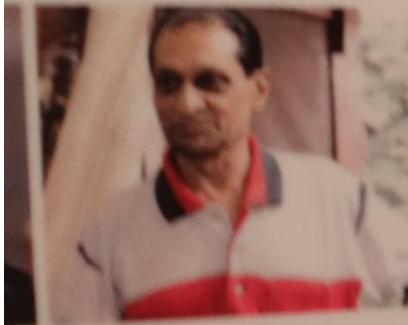
JOGINDERSINGH BEDI



JOSEPH ABH



JYOTHIRMOYEE S



KENNETH POWELL



KM BINU



KM BEENAMOL

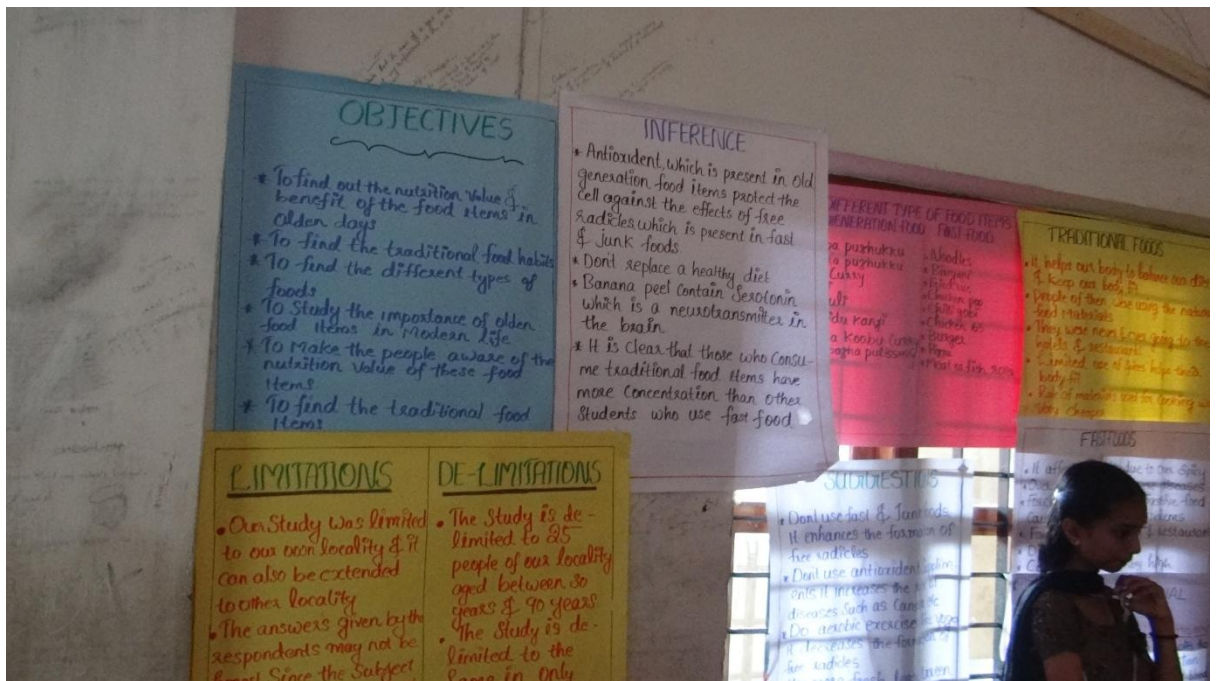


KRISHNA





















COMPUTER USAGE

Back Pain, Neck Pain, Shoulder Pain, Arm Pain, Bad Posture, Carpal Tunnel Syndrome, Fatigue, Tiredness, Cervicogenic Headache, Chronic Injuries, Headaches, Visual strain, Hand/Wrist Pain, Neck Pain, Shoulder Pain, Arm Pain, Bad Posture, Carpal Tunnel Syndrome, Fatigue, Tiredness, Cervicogenic Headache, Chronic Injuries, Headaches, Visual strain, Hand/Wrist Pain.

MUSCULOSKELETAL EFFECTS OF LONG DURATION COMPUTER USAGE

MEDICAL TRUST HOSPITAL
 M.G. Road, Kochi, India - 682 016. Ph: +91 484 2358031-11. Fax: +91 484 2358031.
 E-mail: info@medicaltrustrusthosp.org, www.medicaltrustrusthosp.com

IDEAL POSTURE

The ideal "normal" erect posture is one in which the line of gravity (the vertical line drawn through the body's centre of gravity) when viewed from each side runs:

- Through the mastoid process
- Just anteriorly the shoulder joint.
- Through (or just posteriorly) the hip joint.
- Just anterior to the centre of knee joint.
- Approximately 5 centimeters anteriorly to the ankle joint.

MUSCLE ACTION IN POSTURE

The balance posture of the body reduces the work done by the muscles in maintaining it in an erect posture

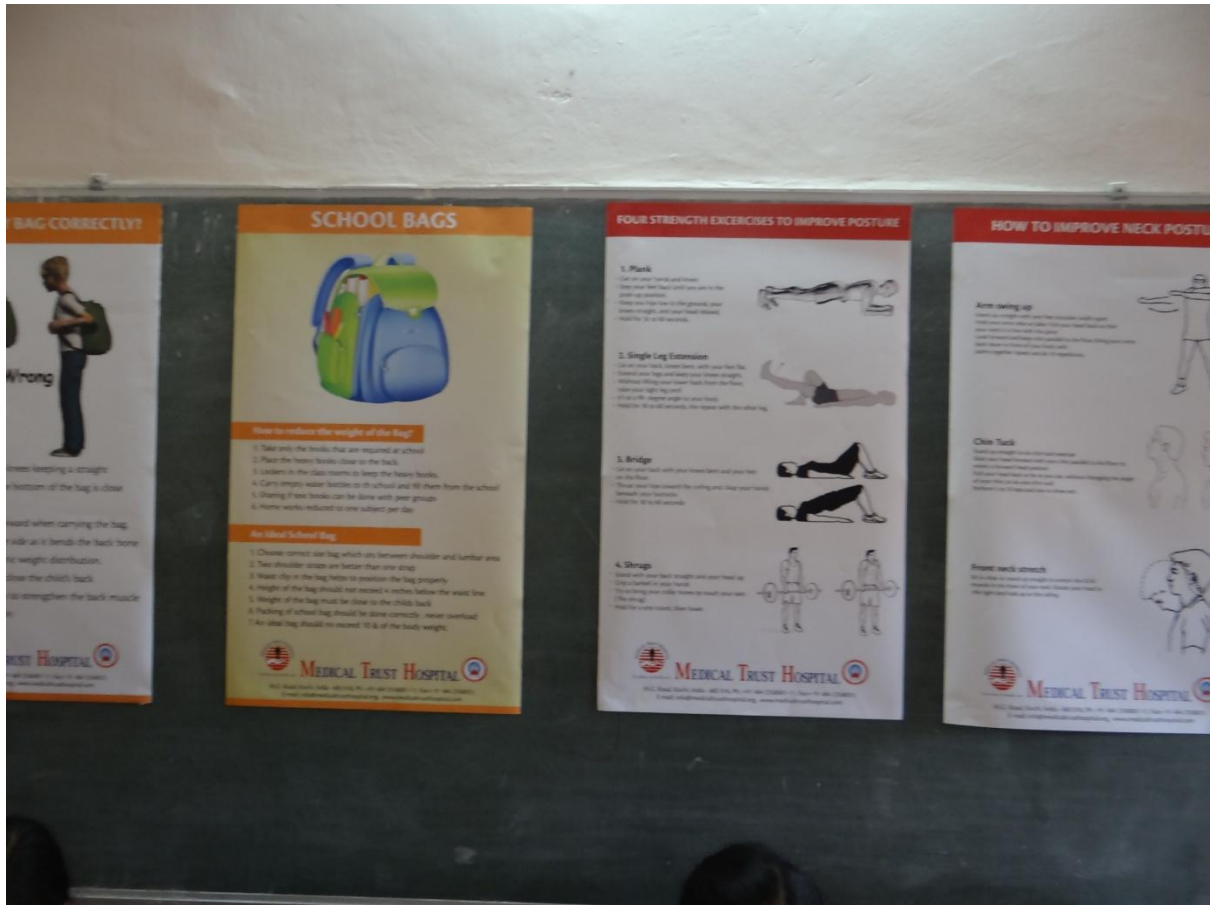
The intrinsic muscles of the feet are quiescent, because of the support provided by the ligaments

- Soleus is constantly active because gravity tends to pull the body forward over the feet. Gastrocnemius and deep posterior tibial muscles are less frequent active
- Tibialis anterior is quiescent (unless high heels are being worn)
- Quadriceps and the hamstring are generally quiescent
- Iliopsoas is constantly active
- Gluteus maximus is quiescent.
- Gluteus medius and tensor fascia latae are active to counteract lateral postural sway
- Erector spinae is active, counteracting gravity's pull forwards.
- The abdominal muscles remain quiescent, although the lower fibres of the Internal obliques are active in order to protect the inguinal canal.

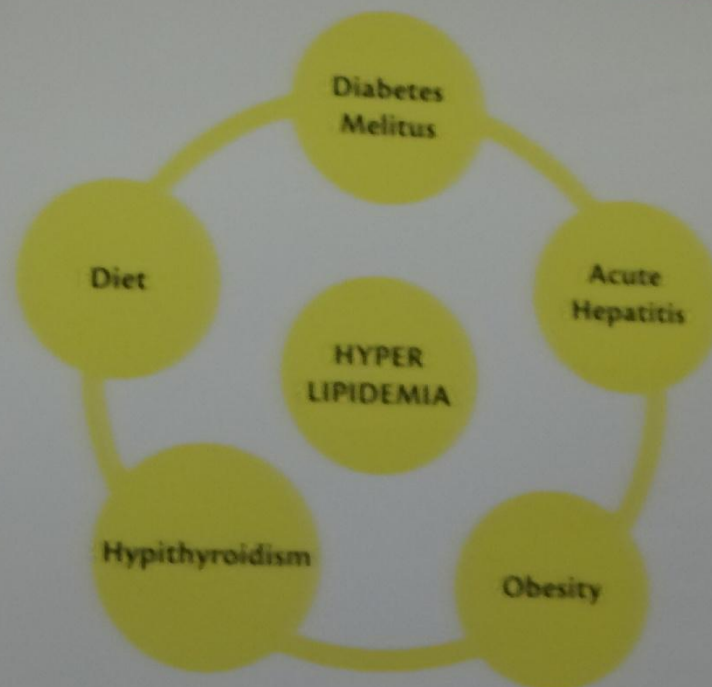
MEDICAL TRUST HOSPITAL
 M.G. Road, Kochi, India - 682 016. Ph: +91 484 2358031-11. Fax: +91 484 2358031.
 E-mail: info@medicaltrustrusthosp.org, www.medicaltrustrusthosp.com

Prevention of
Good appearance
Normal weight bearing

MEDICAL TRUST HOSPITAL
 M.G. Road, Kochi, India - 682 016.
 E-mail: info@medicaltrustrusthosp.com



HYPER LIPIDEMIA



HDL (High Density Lipoprotein - good Cholesterol)
reduces the risk of Heart Disease

LDL (Low Density Lipoprotein - bad Cholesterol)
Increases the risk of Heart Disease

NORMAL LIPID LEVELS

Optimal Total Cholesterol - Below 200mg/dl
LDL - Below 100 mg/dl
HDL - 60 or Above
Try Glycerides - Below 150



MEDICAL TRUST HOSPITAL



M.C. Road, Kochi, India - 682 016. Ph: +91 484 2358001-13, Fax: +91 484 2358003.
E-mail: info@medicaltrusthospital.org, www.medicaltrusthospital.com

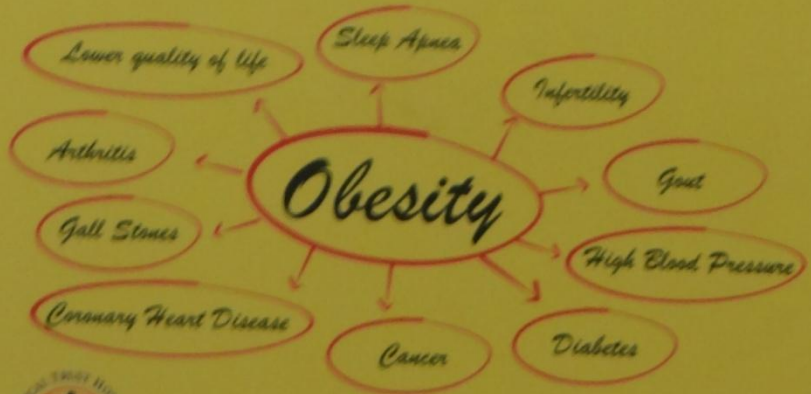


OBESITY

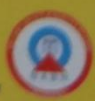
Check whether you are obese or not??

(Body mass Index) = Weight in KG /Height in M²

| BMI | Classification |
|-----------|-----------------------------|
| <18.5 | Underweight |
| 18.5-24.9 | Normal |
| 25-29.9 | Overweight |
| 30-34.9 | Obesity (class I) |
| 35.4-39.9 | Obesity (Class II) |
| >40 | Extreme obesity (Class III) |



MEDICAL TRUST HOSPITAL



M.C. Road, Kochi, India - 682 016. Ph: +91 484 2358001-11, Fax: + 91 484 2358031,
 E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com

Some things are little harder....

Are you afraid of these life style disease??
Don't Worry...

✓ **Exercise Daily**

- 4 to 5 times a week
- 10 min Warm up
- 20 to 30 min exercise
 - Aerobic exercise - walking, jogging, swimming etc
 - Flexibility exercise - stretching, ROM exercise
 - Resistance Training...
- 10 min cool down exercise



✓ **Avoid Junk Foods...**



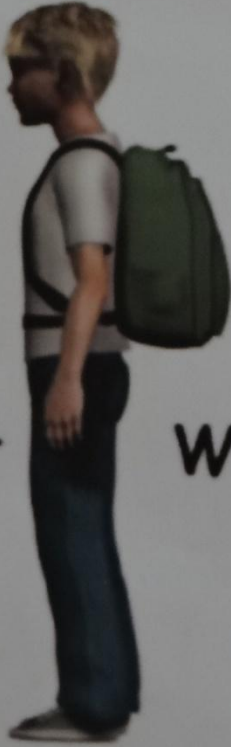
✓ **Quit Smoking**



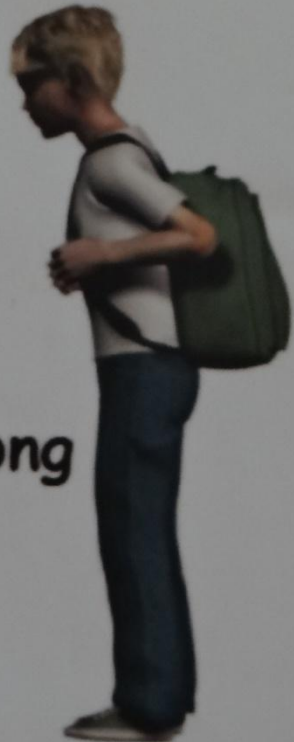
MEDICAL TRUST HOSPITAL



M.G. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax: +91 484 2358031,
E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com



Right

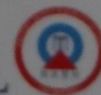


Wrong

1. Lift the bag by bending the knees keeping a straight back. Carry the bag so that the bottom of the bag is close to the waist line
2. Do not lean forward or backward when carrying the bag.
3. Do not carry the bag on one side as it bends the back bone sideward because of asymmetric weight distribution.
4. Weight of the bag must be close to the child's back
5. Encourage physical activities to strengthen the back muscle and reduce the risk of back pain



MEDICAL TRUST HOSPITAL



M.C. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax: +91 484 2358031,
E-mail: info@medicaltrusthospital.org, www.medicaltrusthospital.com

- Alcohol
- Junk foods
- Fast food daily
- No Exercise



If you are following this life style

BEWARE

You are the next candidate of these deseases

OBESITY

HIGH BP (HYPERTENSION)

DIABETES

HIGH CHOLESTEROL (HYPERLIPIDIMEA)

CANCER...etc



MEDICAL TRUST HOSPITAL



M.C. Road, Kochi, India - 682 916, Ph: +91 484 2358991-11, Fax: + 91 484 2358991,
E-mail: info@medicaltrusthospital.org, www.medicaltrusthospital.com

SCHOOL BAGS



How to reduce the weight of the Bag?

1. Take only the books that are required at school
2. Place the heavy books close to the back.
3. Lockers in the class rooms to keep the heavy books.
4. Carry empty water bottles to th school and fill them from the school
5. Sharing if text books can be done with peer groups
6. Home works reduced to one subject per day

An Ideal School Bag

1. Choose correct size bag which sits between shoulder and lumbar area
2. Two shoulder straps are better than one strap
3. Waist clip in the bag helps to position the bag properly
4. Height of the bag should not exceed 4 inches below the waist line.
5. Weight of the bag must be close to the childs back
6. Packing of school bag should be done correctly , never overload
- 7 An ideal bag should no exceed 10 & of the body weight.



MEDICAL TRUST HOSPITAL



M.G. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax:+ 91 484 2358031,
E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com

FOUR STRENGTH EXERCISES TO IMPROVE POSTURE

1. Plank

- Get on your hands and knees
- Step your feet back until you are in the push-up position.
- Keep your hips low to the ground, your knees straight, and your head relaxed.
- Hold for 30 to 60 seconds.



2. Single Leg Extension

- Lie on your back, knees bent, with your feet flat.
- Extend your legs and keep your knees straight.
- Without lifting your lower back from the floor, raise your right leg until it's at a 90-degree angle to your body
- Hold for 30 to 60 seconds, then repeat with the other leg.



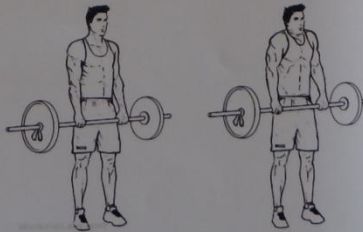
3. Bridge

- Lie on your back with your knees bent and your feet on the floor.
- Thrust your hips toward the ceiling and clasp your hands beneath your buttocks
- Hold for 30 to 60 seconds



4. Shrugs

- Stand with your back straight and your head up
- Grip a barbell in your hands
- Try to bring your collar bones to touch your ears (The shrug)
- Hold for a one-count, then lower.



MEDICAL TRUST HOSPITAL



M.G. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax: +91 484 2358031,
E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com

HOW

Arm swing u

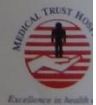
Stand up straight with your feet shoulder-width apart. Hold your arms relaxed at your sides. Your neck is in line with your head. Look forward and keep your feet back down in front of your feet. Palms together repeat.

Chin Tuck

Stand up straight with your feet shoulder-width apart. Slide your head forward and then backward to mimic a forward head posture. Pull your head back to the starting position. Perform 5 to 10 repetitions.

Front neck

Sit in a chair or stand with your feet shoulder-width apart. Tilt your head back and look up. The right and left neck muscles are engaged.



M.G. Road
E-mail: info@medicaltrushospital.org

OPTIMAL BODY POSITION FOR SEATED COMPUTER USERS

Optimal computer position

1. Top line of the monitor screen slightly below eye level
2. Monitor screen at approximately 20 to 26 inches from users eyes
3. Key board and monitor positioned in alignment in front of user
4. Key board height positioned such that the home row is approximately at the elbow level
5. Mouse positioned at elbow level and as centrally as possible
6. Chair: Seat and back rest height and angle adjusted to allow comfortable posture
7. Shelf height and location withing comfortable reach
8. Work surface at height to allow appropriate arm, wrist, and hand position while allowing adequate leg space

The top of your screen should be at eye level



MEDICAL TRUST HOSPITAL



M.G. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax: +91 484 2358031,
E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com



MEDICAL TRUST HOSPITAL



M.G. Road, Kochi, India - 682 016, Ph: +91 484 2358001-11, Fax: +91 484 2358031,
E-mail: info@medicaltrushospital.org, www.medicaltrushospital.com

POSTURE

Benefits of Good Posture

- Prevents Fatigue
- Good appearance
- Normal weight bearing

Results of Poor Posture

- Fatigue
- Height Reduces
- Neck / Back Pain
- Joint Pain
- Low immunity
- Headache



✓



✗



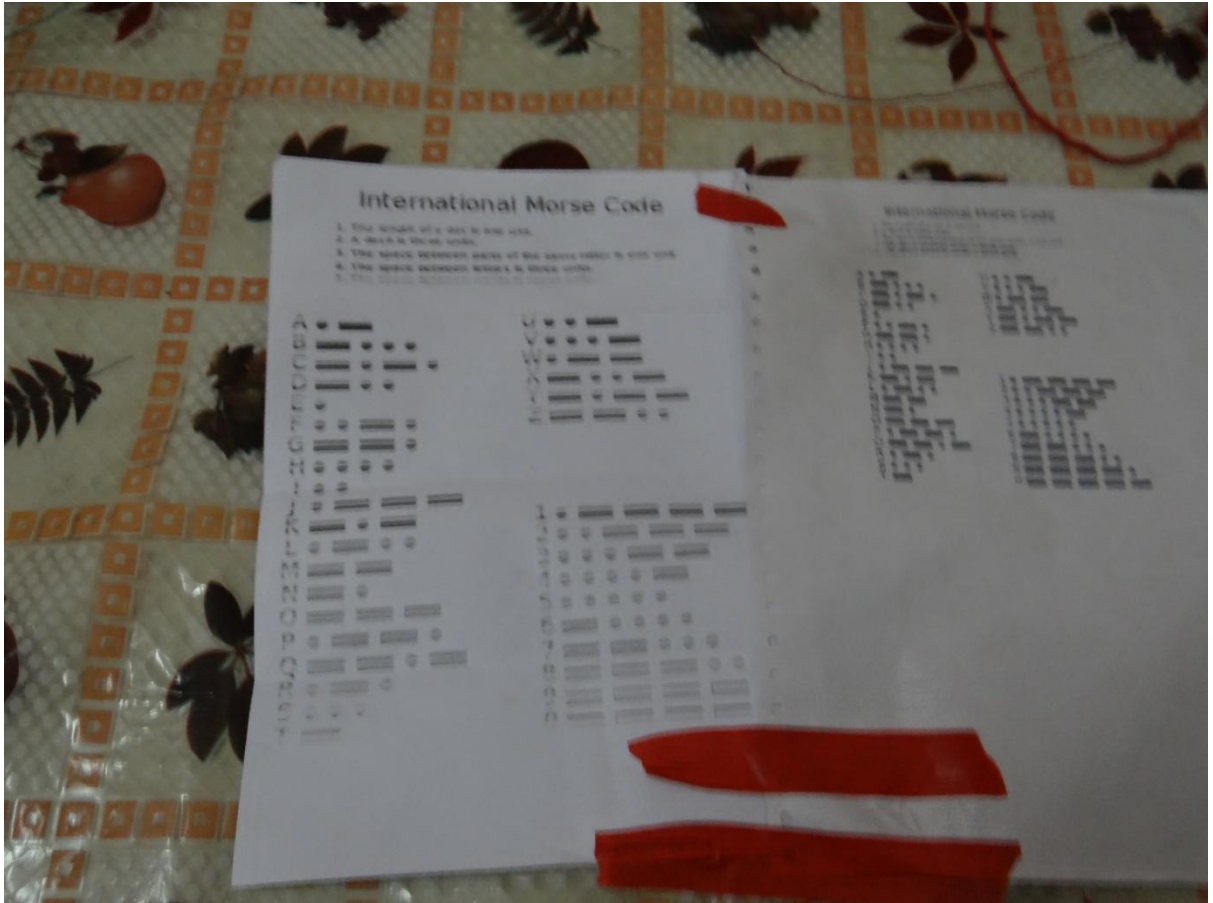



Jerzy Neyman (18.04.1894 - 05.09.1981). Contributions: First introduced the modern concept of hypothesis testing, Neyman-Pearson Lemma.

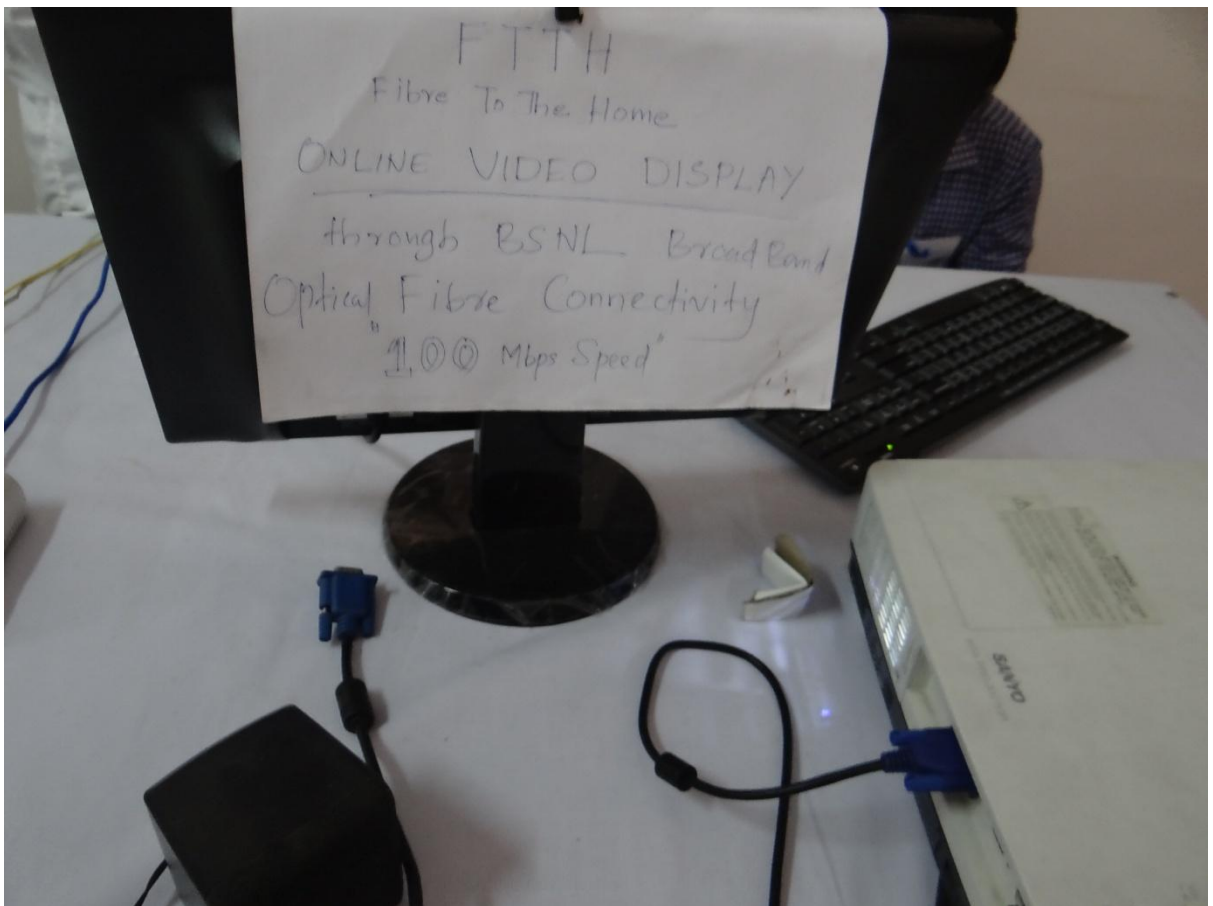


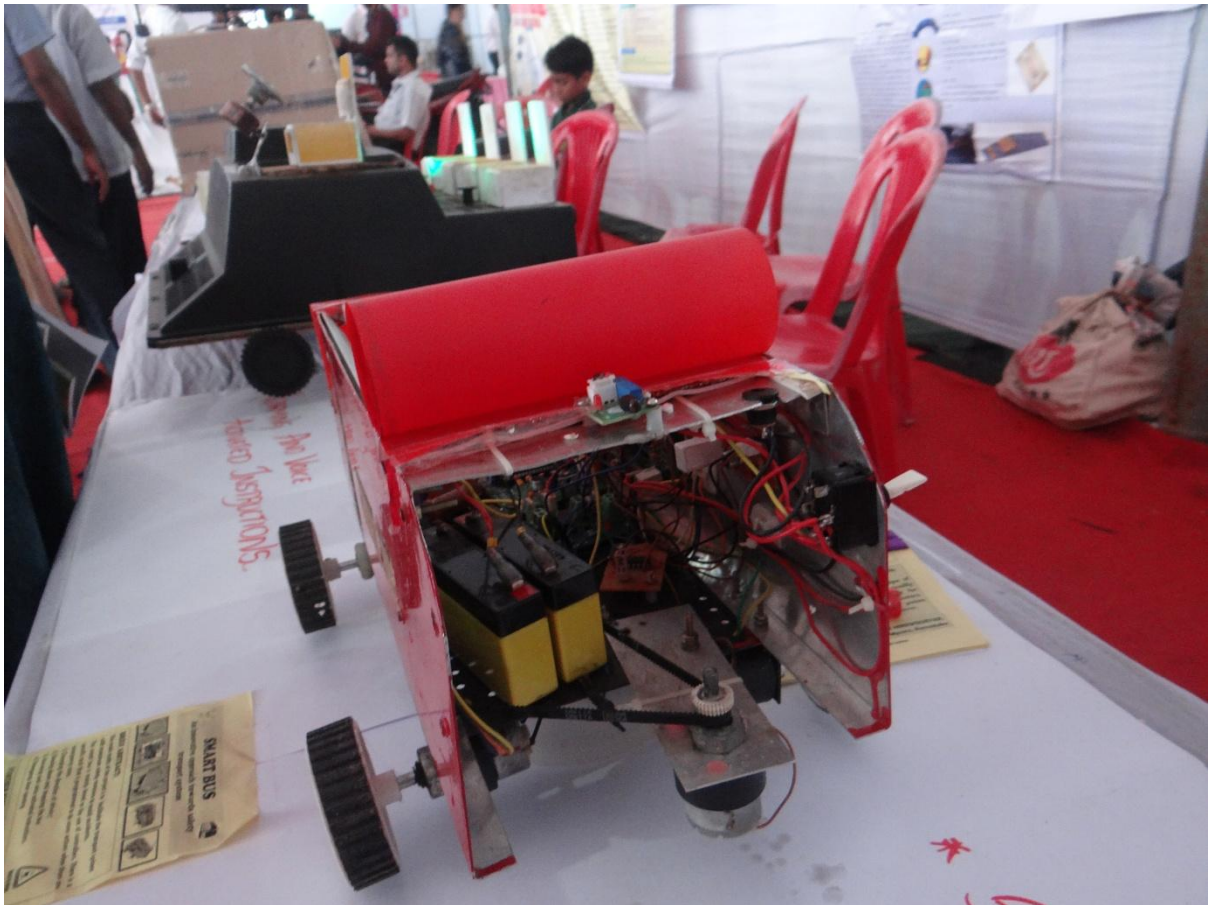
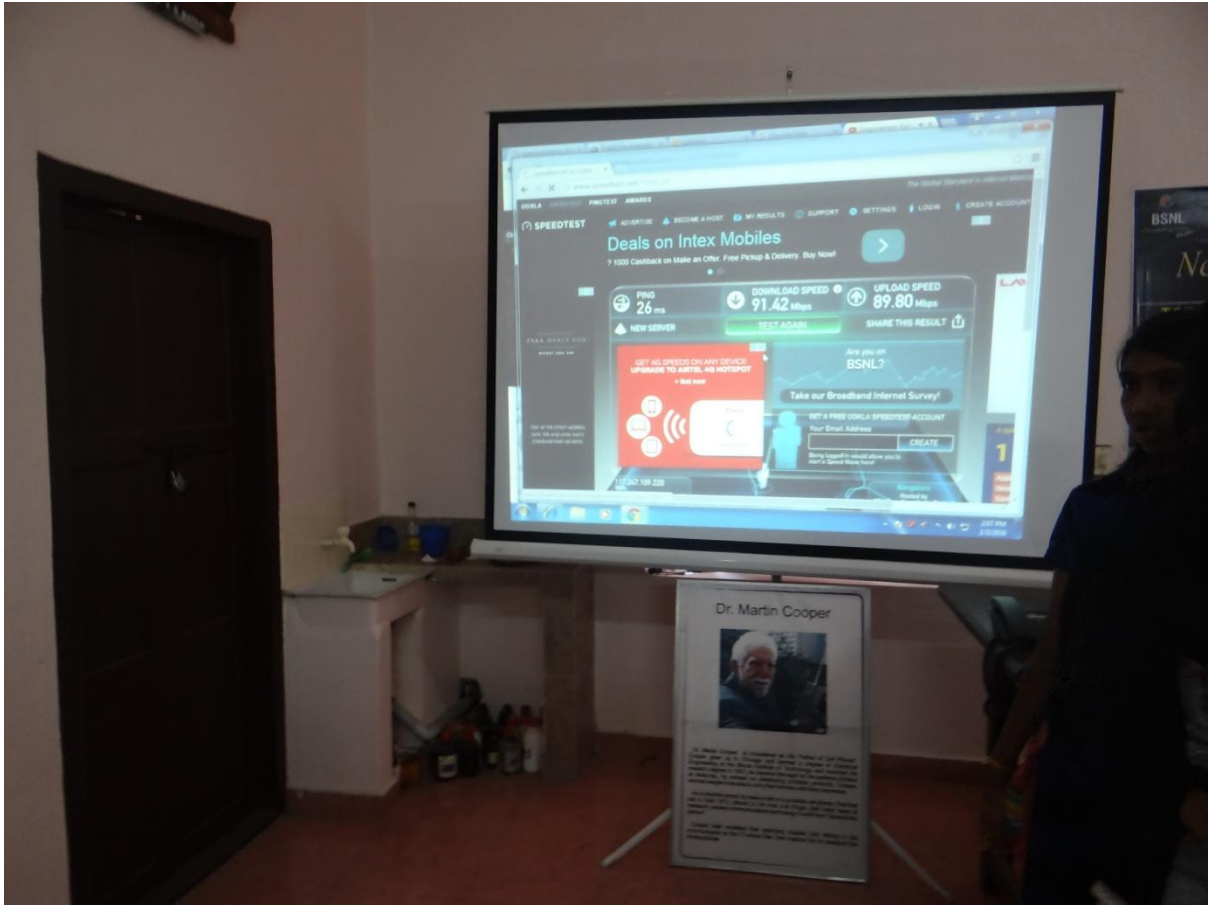












Narinder S. Kapany

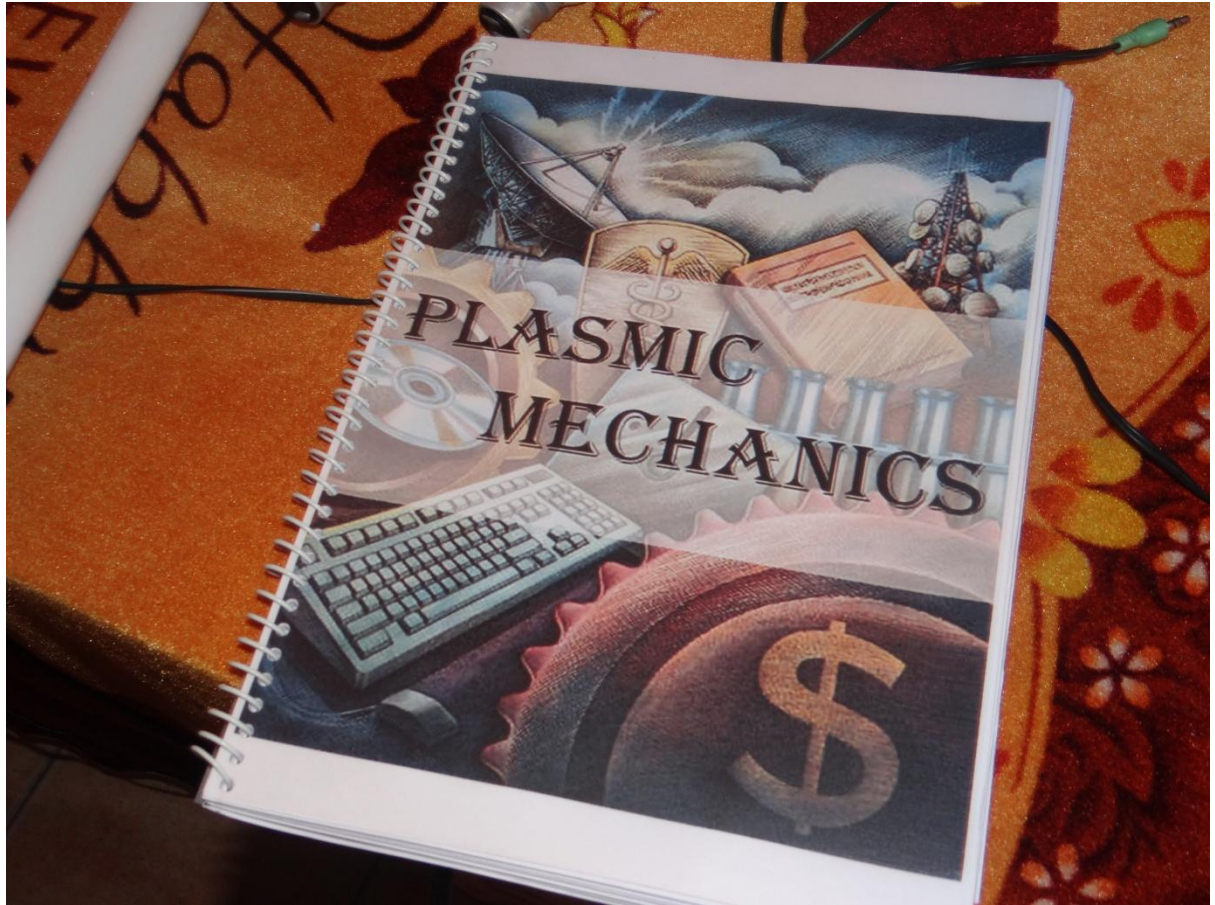


Dr. Narinder Singh Kapany, the "Father of Fiber Optics" is the person who first made high capacity telephones, high speed internet available and so many other such things possible. Narinder Kapany grew up in Chandigarh, India. In high school, a teacher told Kapany that light could travel only in a straight line. He took this as a challenge and made the study of light his life work.

A graduate of Agri University in India, he completed advanced studies in optics at the Imperial College of Science and Technology, London, and received his Ph.D. in 1956 for the study in optics which led to the development of fiber optics. In 1969 he founded Optics Technology, Inc.

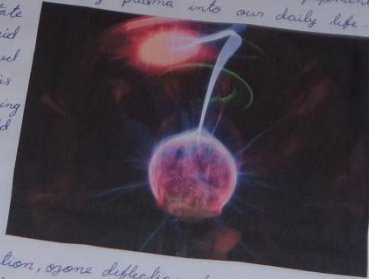
He was named as one of the seven "Unsung Heroes" by Fortune magazine in their "Businessman of the Century" issue. Dr. Kapany is arguably India's greatest contribution to the world, especially in telecom.

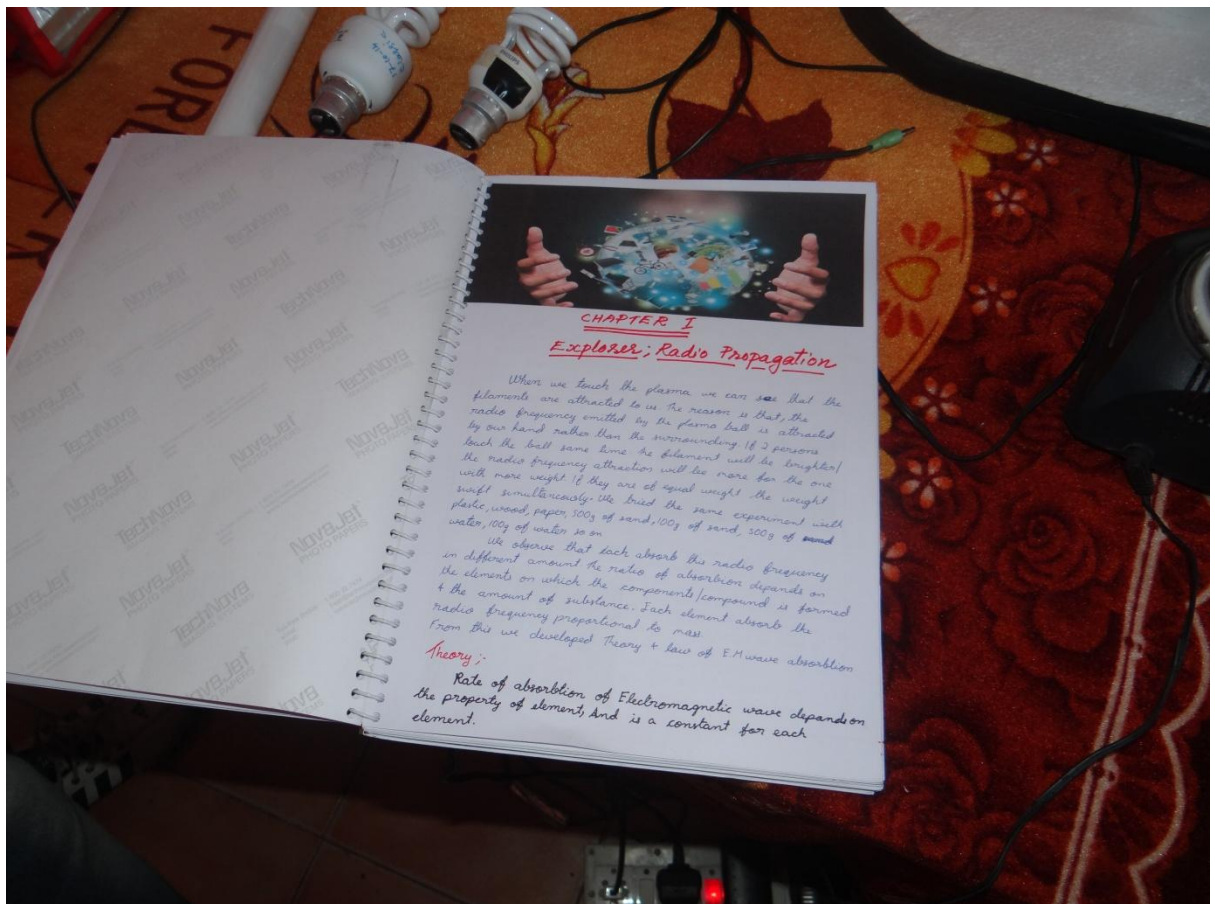




Agm

The project attempts to investigate the effects of Plasma the 4th state of matter on electronic & Mechanical equipments. By this we could imply plasma into our daily life. Plasma is the state of energy. It is said that the energy level in plasma state is infinity. By utilizing this energy we could upgrade the world into a whole new level. As a chain we could solve all our social problems. Power scarcity, pollution, ozone depletion etc. Plasmaic Mechanics will give man a chance to correct his mistake. This will help in the growth of green technology. "Preserve Nature & Promote Technology" let be our slogan.





CONTENTS

www.mondolithic.com

JDRD 2.0

CHAPTER I

Explorer; Radio Propagation

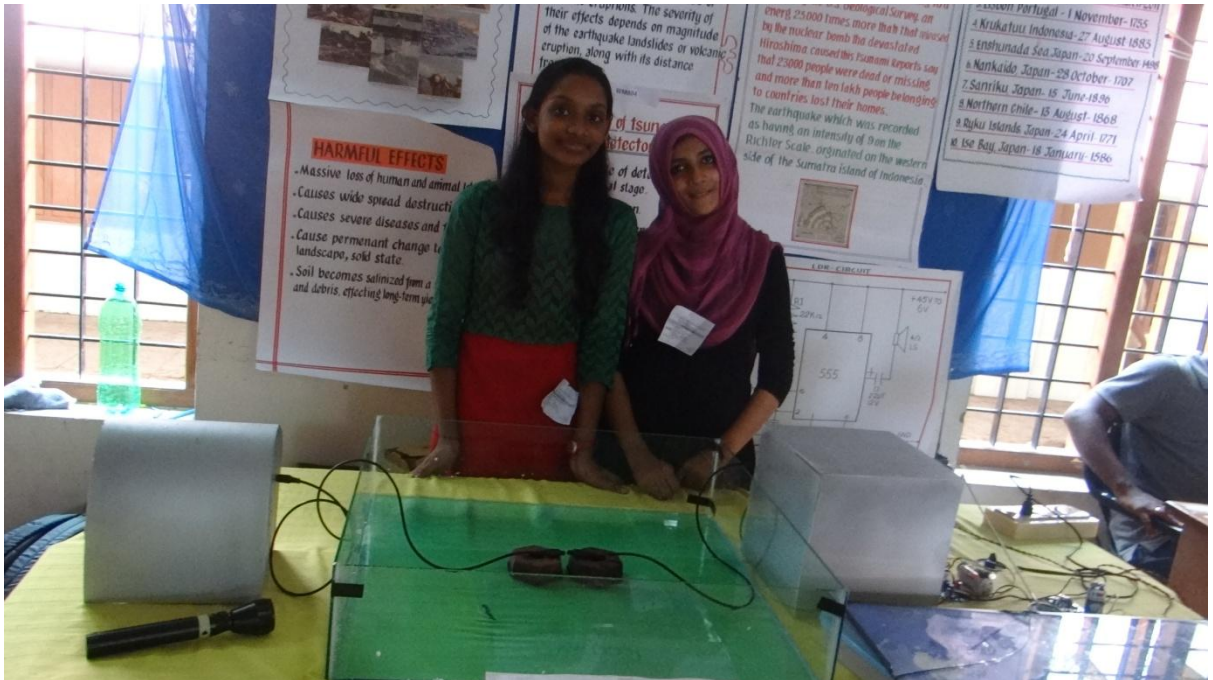
When we touch the plasma we can see that the filaments are attracted to us the reason is that, the radio frequency emitted by the plasma ball is attracted by our hand rather than the surrounding. If 2 persons touch the ball same time the filament will be brighter. The radio frequency attraction will be more for the one with more weight. If they are of equal weight the weight will be more for the one with more weight. We tried the same experiment with plastic, wood, paper, 100g of sand, 100g of sand, 100g of sand, 100g of water, 100g of water so on.

We observe that each absorb the radio frequency in different amount. The ratio of absorption depends on the element on which the components/compound is formed & the amount of substance. Each element absorbs the radio frequency proportional to mass. From this we developed Theory & law of EM wave absorption.

Theory:

Rate of absorption of Electromagnetic wave depend on the property of element, and is a constant for each element.



















MS - Normally closed
M1 - Normally opened
R1 - Relay 01

MODE I

ELECTRIC MODE

In this mode it runs in electric energy by reducing all pollutions (Like smoke, sound)

MODE: II

ENGINE MODE

In this mode the vehicle runs only in engine by using petroleum energy

MODE: III

AUTO MODE

In this mode the vehicle runs in different energies like petroleum and electric. In this mode the vehicle runs upto 30km using electrical energy and then above 30km. The processing unit gets a signal from sensor and it changes its driving mode from electric to petroleum. Thus it makes a great energy saving by reducing pollution.

ADVANTAGES

- High fuel efficiency
- Low engine maintenance
- Gets more than 100 km mileage in auto mode
- Low cost on implementation.
- Makes less pollution.
- Reduce sound pollution in electric mode.
- Gives comfort ride.

DISADVANTAGE

- May less variety of vehicle.









Live ...
Project



In
Public











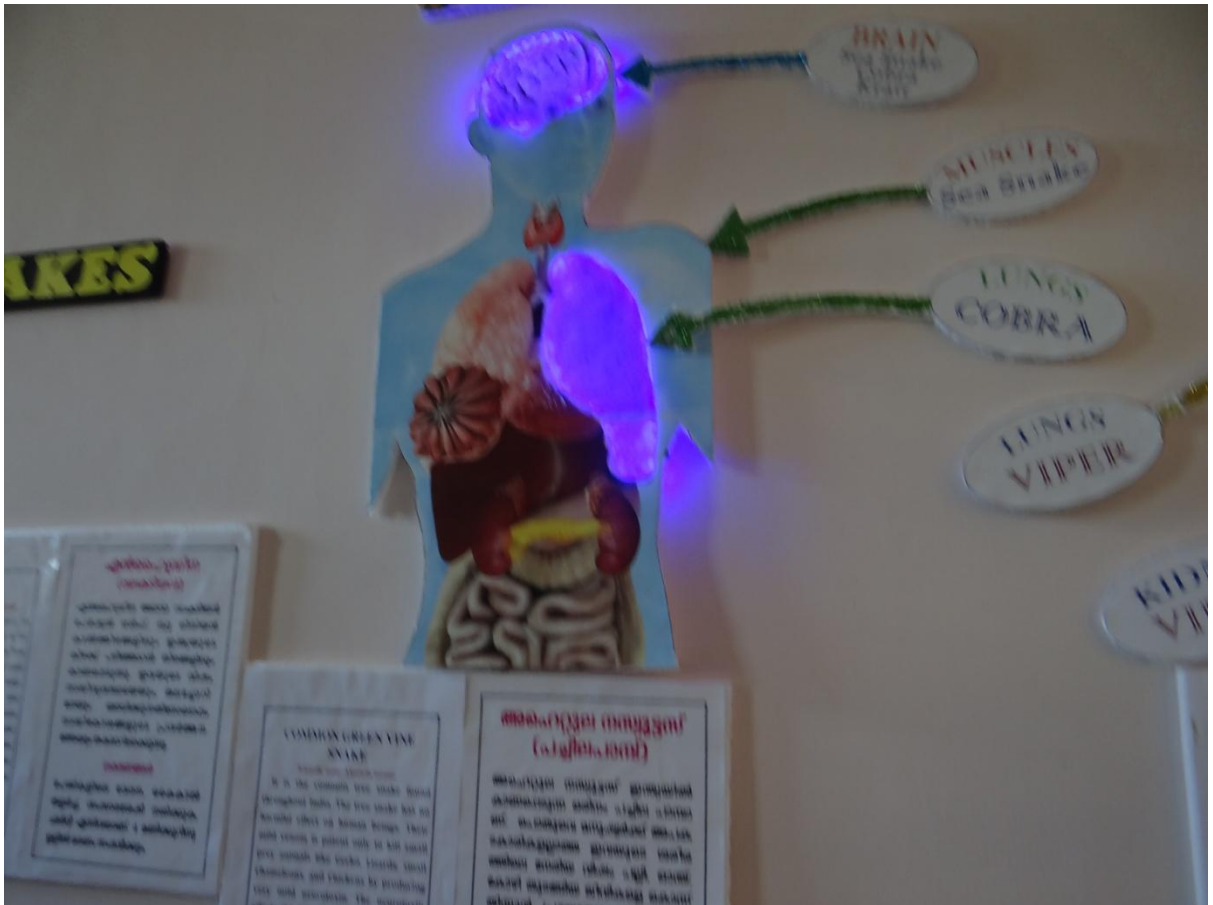


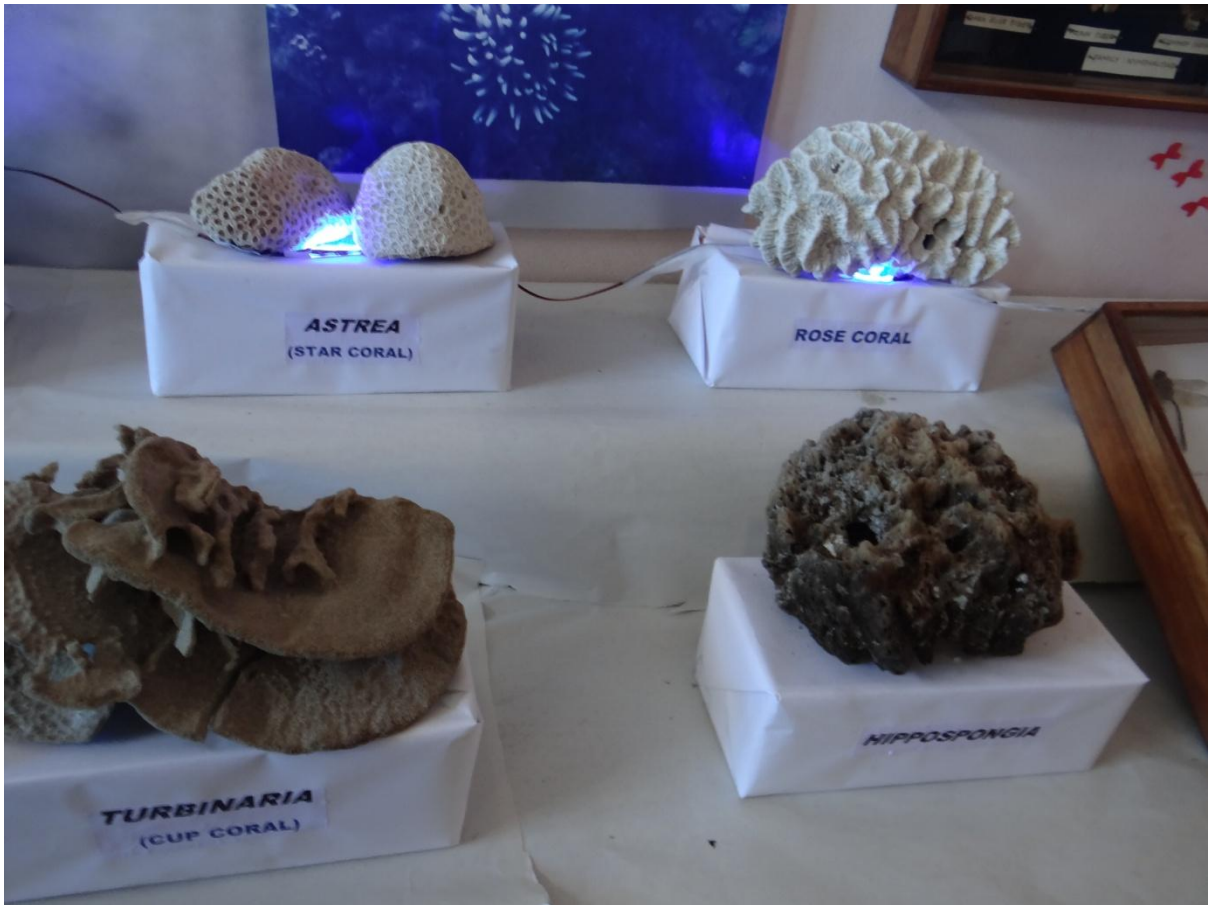






















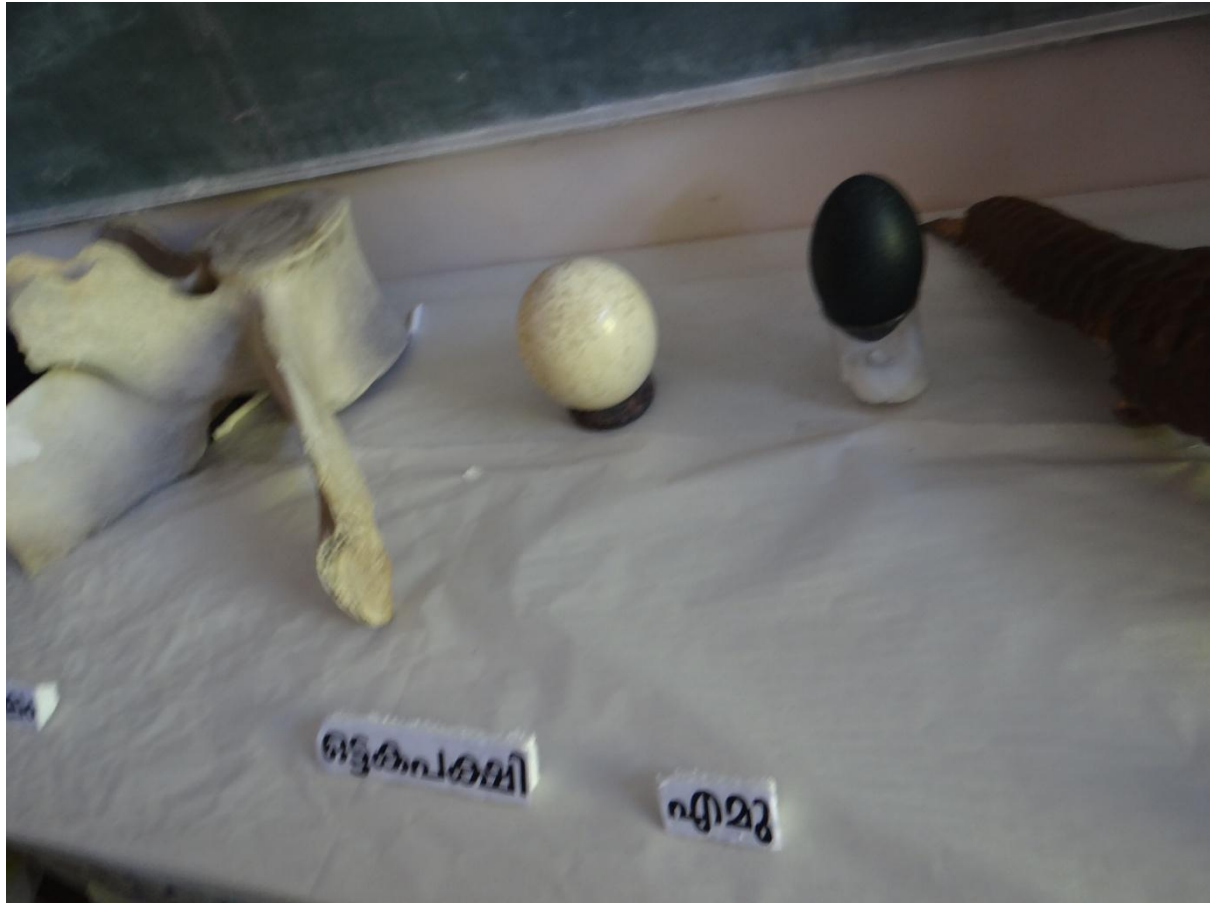


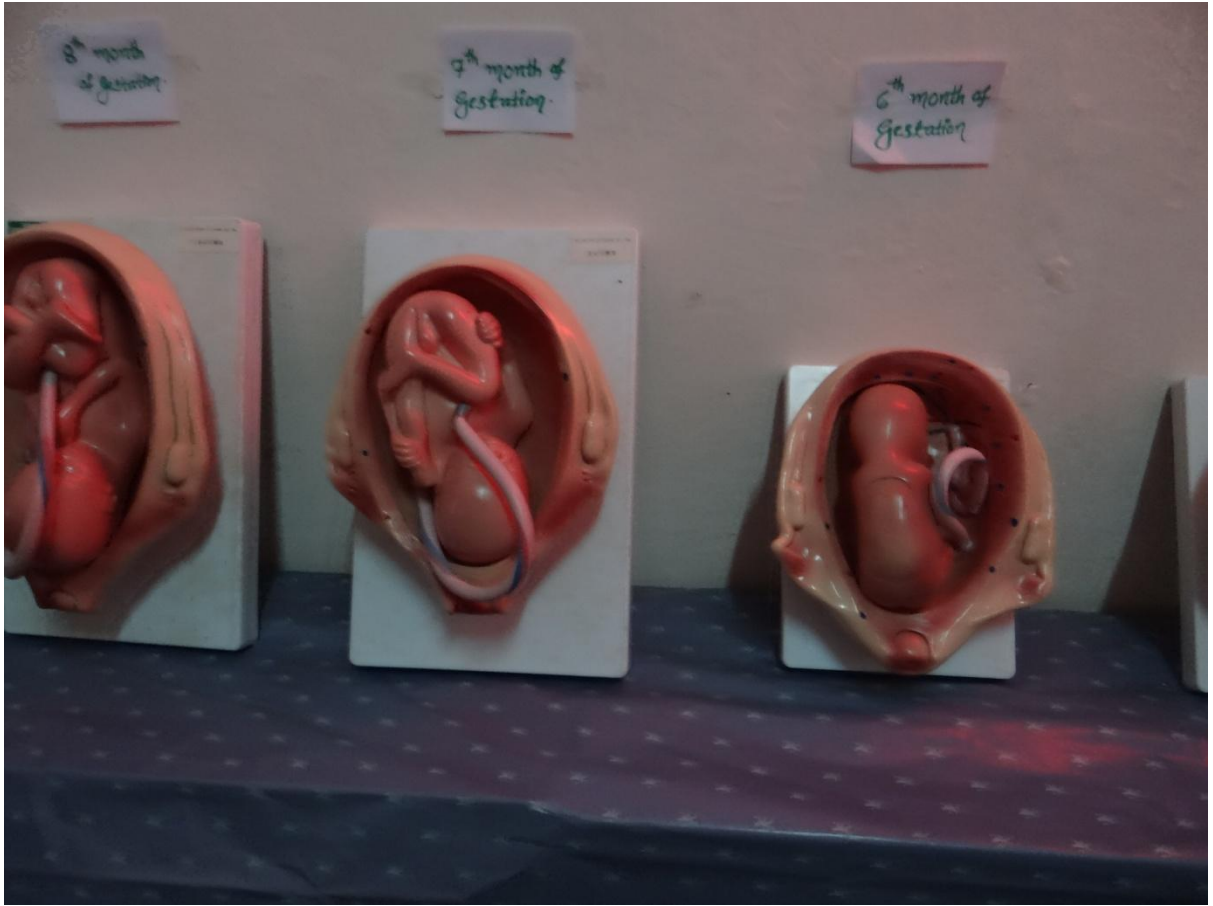


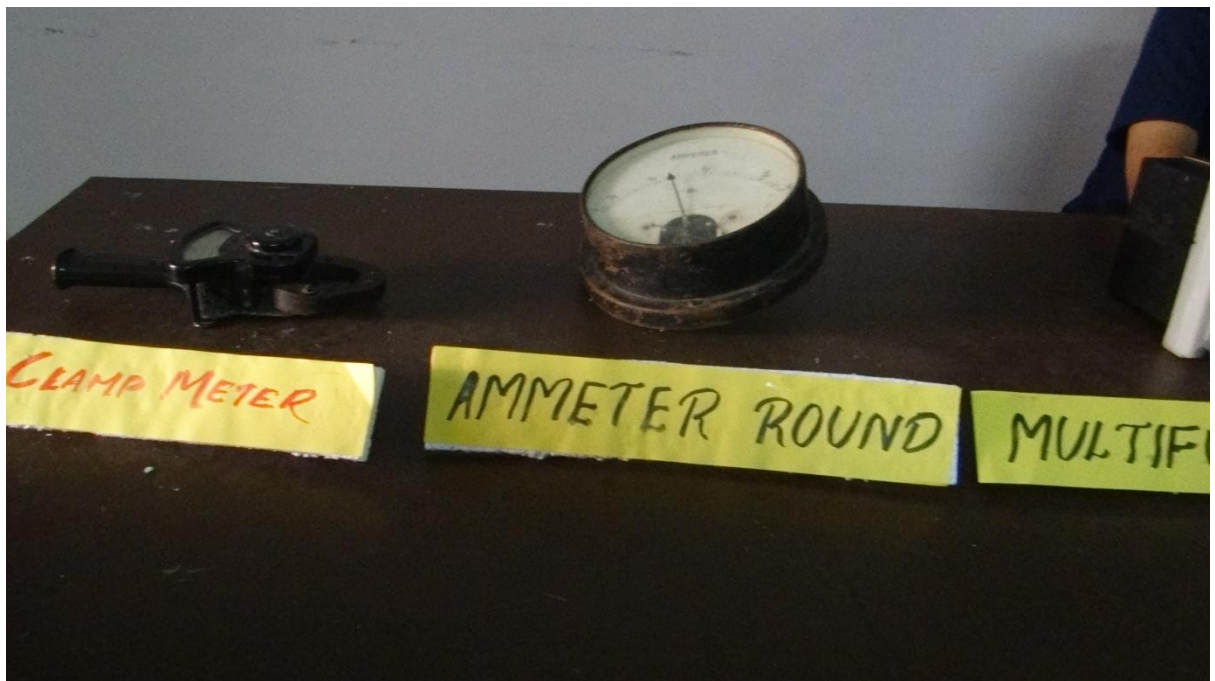
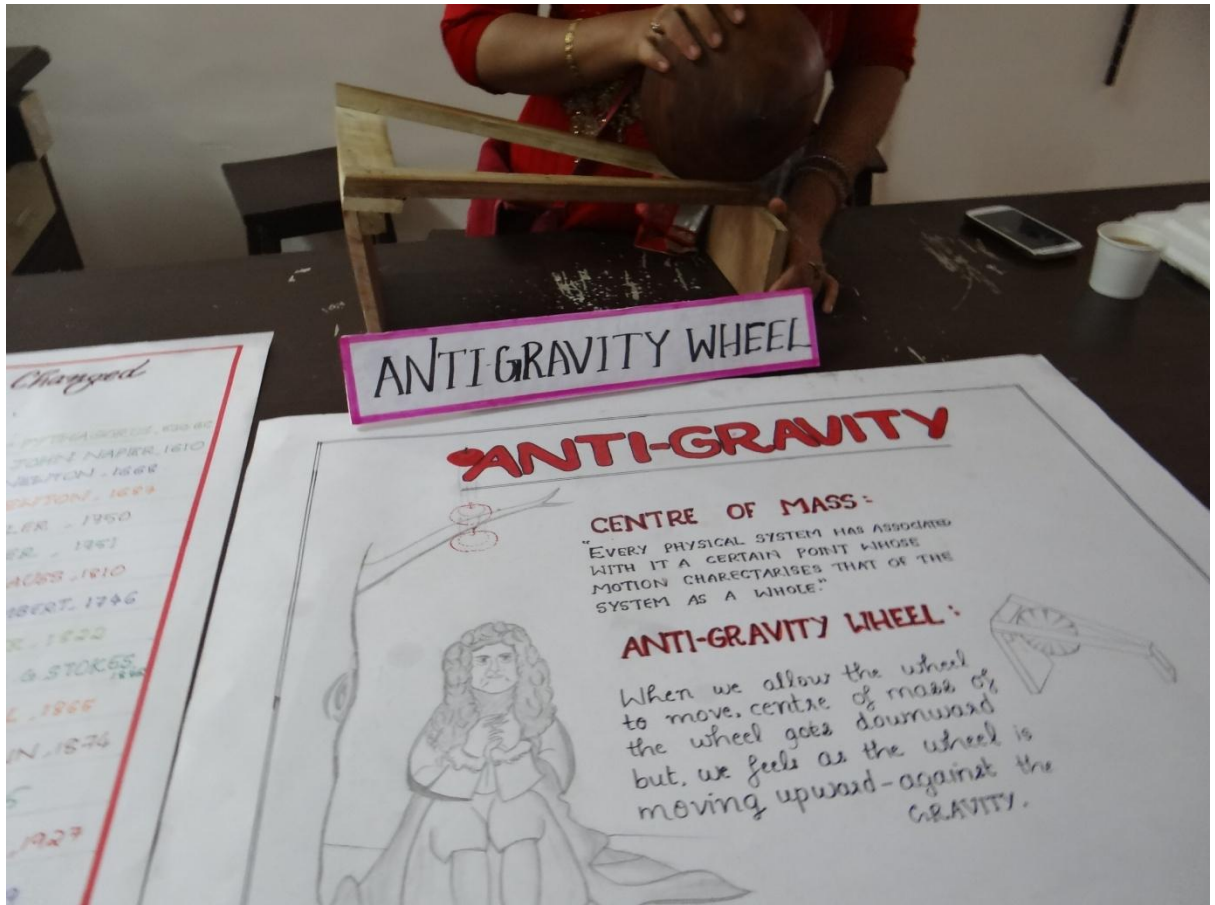


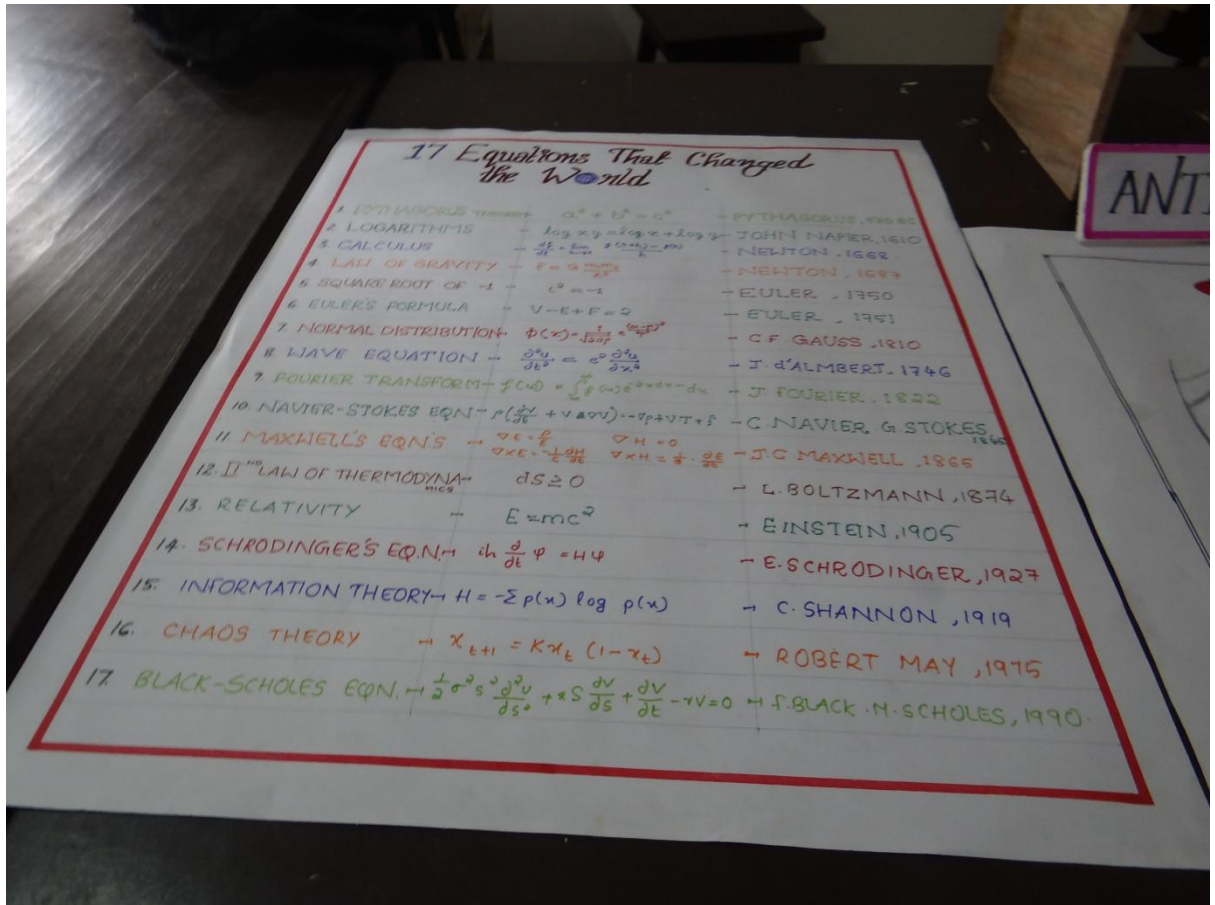




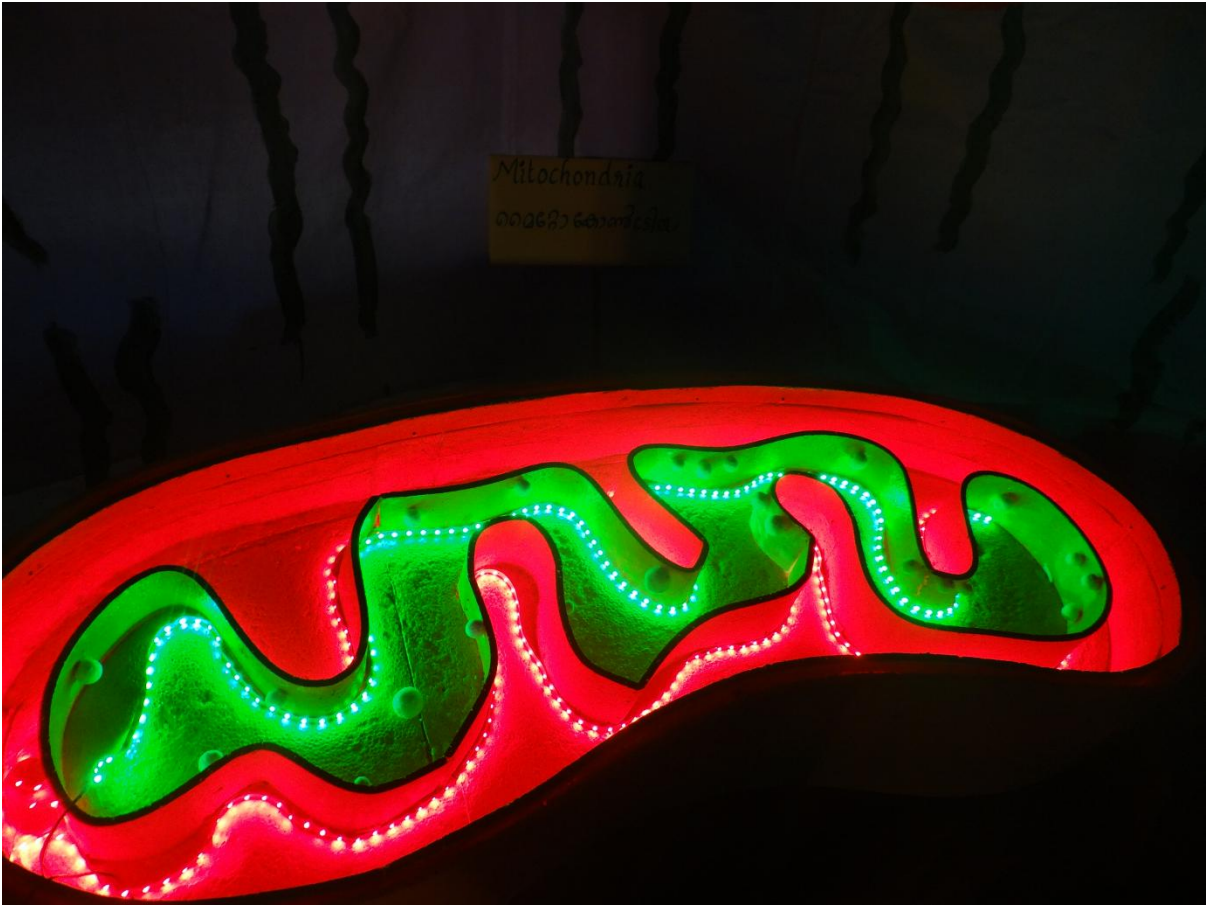


















THORACOPAGUS 4/5

