



SRMS

JULY 2023

Vol.: 7, Issue: 7

CAMPUS-ANVESHAN

**College of
Engineering,
Technology & Research**



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Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.

~Nelson Mandela



Principal’s Desk

SRMS College of Engineering, Technology and Research is one of the paramount institutions in India to offer engineering education with ‘hands on experience’. We value academic integrity and accountability and aim to create an open and transparent system that we deliver administratively as well. In all this we train our students to also remain sensitive to social responsibilities and ethical choices so that they respond to those around them with care and kindness. This we know is possible only through a collaborative, shared, and consultative work environment that we help foster through our teaching-learning in the classroom, in the sports field and in our co-curricular spaces. Our efforts are aimed at leveraging the intellectual and emotional capabilities of our vibrant student community.

I also laud the relentless efforts of our teachers for giving their utmost in bringing out the best in each student. But I would exhort the students to be always modest, humble and disciplined while being ready to expand the horizons of their knowledge and skills by dreaming big and working hard.

“We want that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one’s own feet.” – Swami Vivekanand

This is the spirit that must guide our intent and actions, one that will take SRMS College of Engineering, Technology and Research to even greater heights.

I am sure that the college, with its rich legacy, is the right place to nurture the young budding minds of our nation and transform their potential into successful careers thus resulting in nation development.

Dr. L. S. Maurya
Principal

Published by

SHRI RAM MURTI SMARAK COLLEGE OF ENGINEERING, TECHNOLOGY & RESEARCH

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Design Thinking Live Guest Lecture



The poster features the SRMS logo at the top left, followed by the text 'College of Engineering, Technology & Research' and 'Affiliated to Dr. A.P.J. Abdul Kalam Technical University (AKTU), Lucknow, U.P. | AKTU Code : 450'. The main title 'LIVE GUEST LECTURE ON "DESIGN THINKING : AN APPROACH TOWARDS GETTING SMART SOLUTION"' is prominently displayed. Below this, the date and time 'MONDAY, 03rd JULY 2023 03:00 PM to 04:00 PM' are listed. The venue 'Mini Auditorium, SRMS CETR, Bareilly' and target audience 'B.Tech Students & Faculty Members' are also mentioned. A Google Meet link is provided: <https://meet.google.com/fft-vpnc-jbf>. A portrait of Ms. Diksha Pandey is shown on the right, with her name and title 'Guest & Keynote Speaker: Ms. Diksha Pandey, Co-Founder & Director, Grokalp Limited, New Delhi' below it. The bottom left corner notes the organizing department: 'Department of Basic Science, SRMS CET&R, Bareilly'.

The Department of Basic Science at SRMS College of Engineering Technology & Research (CETR), Bareilly came up with a live guest lecture on the topic "Design Thinking: An Approach Towards Getting Smart Solution", on July 3, 2023, by Special Guest and Keynote Speaker, Diksha Pandey, Co-Founder & Director of Grokalp Limited, New Delhi. Being a Credit Manager at IBHF. She brought a wealth of knowledge and invaluable expertise to the table.

Exclusively tailored for B Tech students and faculty members, the live guest lecture took place at SRMS CETR Mini Auditorium from 3:00 PM to 4:00 PM. The event began with welcoming of Guest Speaker by Er KK Agarwal, HOD Basic Science & introduction of the theme by Er. Ankit Khandelwal, DSW. During an engaging knowledge-driven session, Diksha elaborated the functionality of the five-step design thinking process including Empathy, Define, Ideate, Prototype and User Testing.

The interactive and informative lecture on design thinking offered B Tech students and faculty members a comprehensive understanding of this innovative approach. Later, a vote of thanks was given by Dr. Rajiv Kumar Pandey, Chief Proctor, CETR. The MOC of the event was Ruchie Sah, Assistant Professor, Basic Science, CETR.

Students Shine with Spectacular Coding Showcase! (Zero Hour Activity)



With an aim to redefine the student's programming skills for competitive coding, the Department of Computer Science and Engineering at SRMS College of Engineering Technology & Research (CETR), Bareilly

Organized a Coding Competition as a part of their Zero Hour Activity that was a platform for tech enthusiasts to showcase their coding skills.

The competition was a thrilling battle of wits, consisting of five programming questions based on higher difficulty, medium and low level. The activity demonstrated the creativity, problem-solving abilities, and passion for technology among students.

Students were supposed to attempt three questions within a one-hour time frame, wherein first year students of CS-II namely Shikhar Agarwal, Abhay Pratap Singh & Shrey Bhatnagar were adjudged winners and stood First, Second & Third respectively.

Er Manvi Mishra, HOD CS Department; Er K K Agarwal, HOD Basic Science; Dr Rajeev Kumar Pandey, Chief Proctor and other faculty members of CETR were present to witness the exceptional coding brilliance of students.

ZERO HOUR ACTIVITY

Dare To Do the Things' Activity Sets Srms Engineering & Research Students Ablaze with Excitement (Zero Hour Activity)



The Verve Club of SRMS College of Engineering, Technology & Research (CETR), Bareilly organized a challenging yet fun filled task titled 'Dare to do the things' as a part of their Zero Hour Activity, wherein first & second year students of B Tech gave overwhelming participation.

The event kicked-off with series of daring challenges designed to ignite the creativity of students. The students were given challenging tasks & dares like dancing to a groovy beat, singing their hearts out, and solving tricky riddles. A total of 17 students participated, showcasing their skills, talents and courage. Later, the winners were announced, wherein B Tech-CS first year students namely Ritim Jauhari grabbed first position, while Ansh Chauhan earned the runner-up title.



Dr LS Maurya, Principal CETR; Dr Rajeev Kumar Pandey, Chief proctor; Er Ankit Khandelwal, DSW; all faculty members & students witnessed the action-packed activity that brought out the adventurous spirit in everyone.



- 1 July-National Postal Worker Day 2023
- 2 July- World UFO Day 2023
- 3 July- Guru Purnima
- 3 July- International Plastic Bag Free Day 2023
- 4 July -USA Independence Day
- 7 July - World Chocolate Day
- 10 July- Global Energy Independence Day
- July 11- World Population Day
- July 12- Paper Bag Day
- July 15- World Youth Skills Day
- July 17- World Day for International Justice
- July 18- Nelson Mandela Day
- July 20- International Moon Day
- July 20-International Chess Day
- July 22- National Mango Day
- July 24- National Thermal Engineers Day
- July 24- India's Income Tax Day
- July 26- Kargil Vijay Diwas
- July 28- World Hepatitis Day
- July 28- World Nature Conservation Day
- July 29- International Tiger Day
- July 31- World Ranger Day

Power BI



Very High Demand for Power BI Jobs

The scope for Power BI jobs are very high. Modern organizations are depending on data visualization and analysis for their decision making and require proficient employees in their organization which is only possible with Power BI training and Power BI certification. Taking Power BI in rational Power BI certification cost motivates aspirants to learn Power BI and look for better Power BI job opportunities. According to the IBM report the scope for Data developers, Data engineers and Data scientists was on rise and will touch between 7 to 8 lakh till 2021 in power BI jobs.

Power BI Jobs to look for during and post covid times:

Power BI Jobs in Demand in 2021

- ✓ Power BI developer
- ✓ Power BI Test engineer
- ✓ Power BI Trainer
- ✓ Power BI consultant
- ✓ Power BI analyst
- ✓ Power BI senior developer
- ✓ Power BI application developer
- ✓ Power BI specialist
- ✓ Senior Power BI lead
- ✓ Business Intelligence engineer
- ✓ Data engineer
- ✓ Senior BI analyst
- ✓ Power BI solutions architect
- ✓ Power BI project manager



The annual average power BI salary of power BI professionals depends on the IT industry, in which they are currently working. The power BI salary varies from company to company and also on the type of work assigned. The USA organisations are paying good to the skilled and experienced Power BI professionals and demand is always higher for them in Power BI or tableau.



Power BI

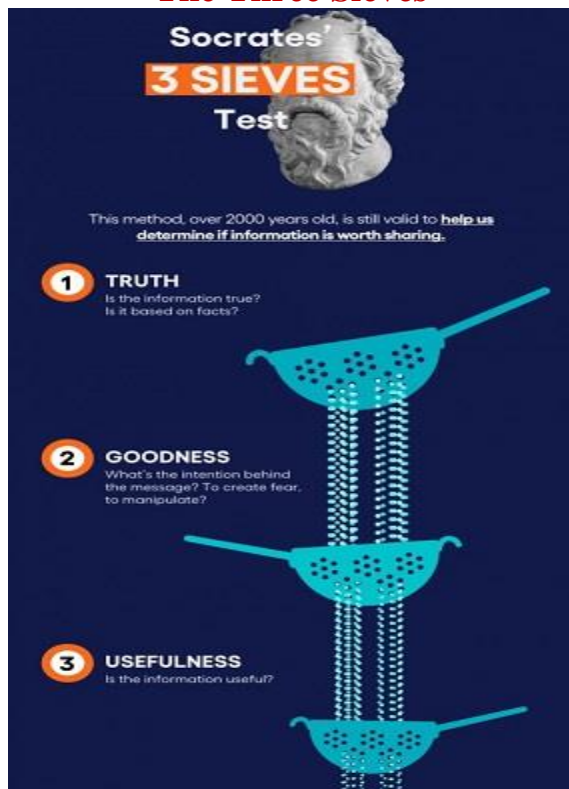


Below are the list of Power BI jobs and their median annual earnings in 2020.

Power BI Jobs Profile	Powerful BI Salary (Average Annual in \$)
Power BI Lead Developer	\$116,000
Power BI Architect	\$148,000
Senior Power BI Developer	\$112,000
Power BI Consultant	\$109,000
SAS Power BI Developer	\$107,000
Microsoft Power BI Developer	\$106,000
Power BI Developer	\$105,000
Microsoft BI Consultant	\$105,000
Power BI Report Developer	\$98,000
Power BI Specialist	\$79,000

Ms. Neha Sharma
Assistant Professor (CSE)

The Three Sieves



A man runs up to Socrates with information he thought the philosopher would like to hear:

Man – Let me tell you something about one of your friends!

Socrates – Wait a minute – said Socrates – Before you tell me, have you sifted this information through **the three sieves**?

Man – The three sieves? What do you mean?

Socrates – Let’s sift through what you want to tell me. We should always use the three sieves. If you do not know them, then pay close attention. The first is the sieve of **TRUTH**. Are you sure that what you want to tell me is **true**?

Man – Well, it’s what I overheard. I’m not exactly sure if it’s **true**.

Socrates – The second is the sieve of **GOODNESS**. Surely, you must have sifted this information through the sieve of goodness. Right?

Embarrassed, the man replied:

Man– I must confess that I did not.

Socrates – The third is the sieve of **USEFULNESS**. Did you really consider whether or not this information about my friend is **useful**?

Man– Useful? Actually, no, I did not.

Socrates said – If what you want to tell me is not **true, good or useful**, then it is better that you keep it to yourself.

“Gossip is a bad thing”. In the beginning it may seem enjoyable and fun, but in the end, it fills our hearts with bitterness and poisons us, too!

“Gossip is a bad thing”. In the beginning it may seem enjoyable and fun, but in the end, it fills our hearts with bitterness and poisons us, too!

How to apply the triple filter test

In everyday life, it’s not easy to define the true, the good, and the necessary. These are abstract concepts that are sometimes difficult to apply. That’s why there are also some additional questions that can help

you when it comes to applying the triple filter test:

Regarding the truth: Do I know for a fact that this information is true? Can I bet on it? Will I be able to prove it to anyone? Am I willing to compromise my reputation over this?

Regarding the good: Does it benefit me or the other person? Will it make them or me a better person and evoke positive emotions? Will the situation of those involved improve?

Regarding the necessary or useful: By knowing this message, will that person’s life or my life improve? Can that person take any practical action regarding this information or message? In what way does not knowing this information hurt or affect the other person?

As we pointed out at the beginning, Socrates’ triple filter test is particularly oriented at rumors or gossip. Applying it allows us to put a stop to annoying rumors that sometimes haunt us. However, it’s also valid for other types of messages, such as those we see in social networks.

“Strong minds discuss ideas, average minds discuss events and weak minds discuss people.”

— **Socrates**

*Dr. Rajeev Kumar Pandey
Professor
(Basic Science)*

What is Chandrayaan-3 Mission?



Chandrayaan-3 is India's third lunar mission and second attempt at achieving a soft landing on the moon's surface.

The mission took off from the Satish Dhawan Space Centre (SDSC) in Srihari Kota on July 14, 2023, at 2:35 pm.

It consists of an indigenous Lander module (LM), Propulsion module (PM) and a Rover with an objective of developing and demonstrating new technologies required for Inter planetary missions.

Mission Objectives of Chandrayaan-3:

To demonstrate Safe and Soft Landing on Lunar Surface

To demonstrate Rover roving on the moon and

To conduct in-situ scientific experiments.

Features:

The lander (Vikram) and rover payloads (Pragyan) of Chandrayaan-3 remain the same as the Chandrayaan-2 mission.

The scientific payloads on the lander aim to study various aspects of the lunar environment. These payloads include studying lunar quakes, thermal properties of the lunar surface, changes in plasma near the surface, and accurately measuring the distance between Earth and the moon. The propulsion module of Chandrayaan-3 features a new experiment called Spectro-polarimetry of Habitable Planet Earth (SHAPE). SHAPE aims to search for smaller planets with potential habitability by analyzing reflected light.

Changes and Improvements in Chandrayaan-3:

The landing area has been expanded, providing flexibility to land safely within a larger designated area. The lander has been equipped with more fuel to enable longer-distance travel to the landing site or alternate locations. The Chandrayaan-3 Lander has solar panels on

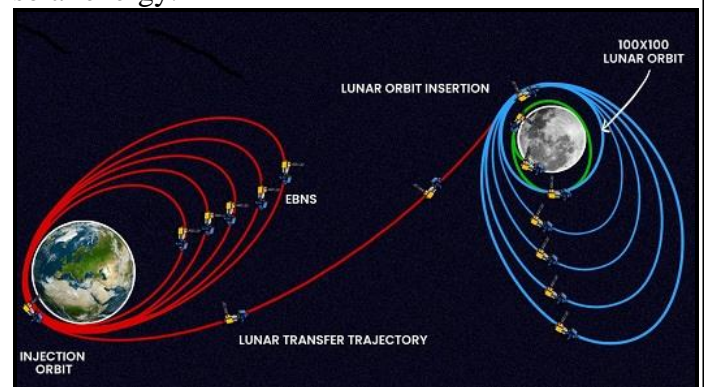
four sides, instead of only two in Chandrayaan-2. High-resolution images from the Chandrayaan-2 orbiter are used to determine the landing location, and physical modifications have been made to enhance stability and sturdiness.

Launch and Timeline:

The LVM3 M4 launcher has been successfully utilized to launch Chandrayaan-3

Around 16 minutes after the LVM-3 lifted off, the spacecraft separated from the rocket. It entered into an elliptic parking orbit (EPO). Chandrayaan-3's journey is estimated to take approximately 42 days, with a landing scheduled for August 23, 2023 at the lunar dawn.

The lander and the rover will have a mission life of one lunar day (about 14 Earth days) as they work on solar energy.



What is the Importance of Landing near the Lunar South Pole?

Historically, spacecraft missions to the Moon have primarily targeted the equatorial region due to its favourable terrain and operating conditions.

However, the lunar South Pole presents a vastly different and more challenging terrain compared to the equatorial region. Sunlight is scarce in certain polar regions, resulting in perpetually dark areas where temperatures can reach to -230 degrees Celsius. This lack of sunlight and extreme cold pose difficulties for instrument operation and sustainability.

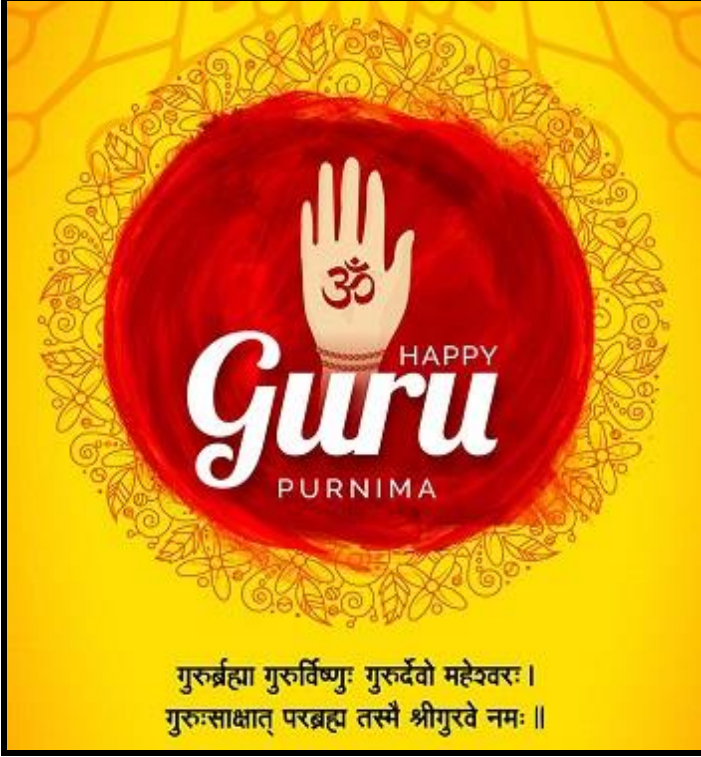
The lunar South Pole offers extreme and contrasting conditions that pose challenges for humans but it makes them potential repositories of valuable information about the early Solar System.

It is crucial to explore this region which could impact future deep space exploration.

*Mr. Laxmi Narain
Lab Instructor
(Basic Science)*

GURU PURNIMA

Guru Purnima: Celebrating the Divine Connection Between Teachers and Disciples



Every year, on the full moon day in the Hindu month of Ashadha (June-July), a significant and auspicious festival known as Guru Purnima is celebrated across India and in various parts of the world.

Guru Purnima is a day dedicated to honoring and expressing gratitude to the Gurus or spiritual teachers who have guided and enlightened us on our path of learning and self-discovery. The festival holds immense importance in various spiritual traditions and plays a vital role in maintaining the timeless Guru-Disciple relationship.

The Origin and Significance:

The roots of Guru Purnima can be traced back to ancient times in India, where the Guru or spiritual guide was held in the highest regard. The word "Guru" itself is derived from Sanskrit, where "Gu" means darkness or ignorance, and "Ru" denotes the dispeller.

Thus, a Guru is the one who dispels the darkness of ignorance and leads the disciple towards the light of knowledge and wisdom.

Celebrations and Observances:

Guru Purnima is a day of reverence, reflection, and celebration. Devotees and disciples gather at temples, ashrams, and spiritual centers to pay homage to their Gurus.

The celebrations often begin with early morning rituals, including prayers, chanting of hymns, and offering of flowers and fruits at the Guru's feet. This symbolic act represents the disciple's dedication and surrender to the wisdom and guidance of the Guru.

The Role of Guru in Modern Society:

In today's fast-paced and ever-changing world, the role of a Guru remains as relevant as ever. While the context and forms of learning may have evolved, the essence of the Guru's guidance and wisdom continue to be crucial in helping individuals navigate the complexities of life. Whether it's in the realm of spirituality, academics, arts, or any other discipline, a Guru provides invaluable insights and support to their disciples.

Furthermore, the Guru-disciple relationship goes beyond the mere transfer of knowledge. It is a profound connection where the Guru not only imparts wisdom but also serves as a source of inspiration, motivation, and emotional support. A true Guru leads by example, embodying the principles they teach, and guides their disciples towards self-realization and personal growth.

Conclusion:

Guru Purnima serves as a beautiful reminder of the significance of the Guru in our lives and the immense impact they have on shaping our journeys. It is a day to express our gratitude, love, and respect to those wise souls who have selflessly shared their knowledge and guided us on the path of enlightenment.

Just as the moon shines brightly on this auspicious day, may the light of wisdom bestowed by our Gurus illuminate our lives and lead us to a greater understanding of ourselves and the world around us.

*Mr. Ankit Saxena
Lab Instructor (CSE)*

IOT IN AGRICULTURE



IoT (Internet of Things) in agriculture, often referred to as “smart farming” or & precision “Agriculture” has the potential to revolutionize the way farming is done. By integrating various IoT technologies and sensors into agricultural practices, farmers can make data-driven decisions, optimize resource usage, and improve overall productivity and sustainability. Here are some key applications of IoT in agriculture:

1. Soil Monitoring: IoT sensors can be deployed in the soil to measure moisture levels, temperature, pH, and nutrient content. This data helps farmers understand soil health and make informed decisions about irrigation and fertilization, ensuring optimal crop growth.

2. Crop Monitoring: IoT devices such as drones and satellite imagery can be used to monitor crops in real-time. These devices can identify early signs of disease, pest infestations, or nutrient deficiencies, allowing farmers to take prompt action and reduce crop losses.

3. Precision Irrigation: IoT-enabled irrigation systems can deliver water precisely where and when it is needed. By analyzing data from soil moisture sensors and weather forecasts, farmers can avoid overwatering and optimize water usage, conserving water resources and saving costs.

4. Livestock Monitoring: IoT devices can be attached to livestock to track their health, location, and behavior. This data helps farmers in managing herd health, detecting illness, and monitoring animal movements.

5. Climate Monitoring: IoT weather stations can collect real-time weather data such as temperature, humidity, and wind speed. This information aids farmers in making climate-based decisions, such as planting schedules and crop selection.

6. Smart Greenhouses: IoT can be used to control and monitor greenhouse environments automatically. Sensors measure temperature, humidity, and light levels, and automated systems adjust these parameters to create an optimal growing environment for crops.

7. Supply Chain Optimization: IoT can improve the efficiency of the agricultural supply chain by tracking and monitoring produce from farm to market. This enhances traceability, reduces wastage, and ensures better quality control.

8. Pest Control: IoT devices can detect the presence of pests and provide real-time alerts to farmers. Integrated pest management strategies can be implemented, reducing the reliance on pesticides and minimizing environmental impact.

9. Automated Machinery: IoT-enabled tractors and other farm machinery can be controlled remotely and optimized for efficiency. Automated machinery can also be used for precision planting and harvesting.

10. Data Analytics and Decision Support: The vast amount of data collected through IoT devices can be analyzed using AI and data analytics tools to gain insights into trends, patterns, and predictive models. This data-driven decision-making improves farm management practices.

IoT in agriculture has the potential to increase yields, reduce resource waste, and enhance sustainable farming practices. As technology continues to evolve, the integration of IoT into agriculture is expected to play a significant role in meeting the challenges of food security and resource management in the future.

Naveen Tiwari
B.Tech Second year

The Global Chip Shortage: Unveiling Our Dependence



Introduction: In recent times, the world has witnessed an unprecedented shortage of semiconductor chips, revealing just how reliant we are on these tiny electronic components. Initially triggered by the COVID-19 pandemic and its ensuing lockdowns, the chip shortage has continued to impact various industries long after the restrictions have eased. In this article, we delve into the reasons behind the shortage and explore the extent of our dependence on chips in today's interconnected world.

The Role of Chips: Semiconductor chips, also known as microchips or simply chips, are the backbone of modern technology. They power our smartphones, computers, vehicles, appliances, and a myriad of other devices we rely on daily. These small, intricate circuits enable the processing, storage, and transmission of information, making them indispensable in today's digital age. Their importance extends far beyond consumer electronics, as chips are integral components in industries such as automotive, healthcare, telecommunications, and manufacturing.

The Lockdown Impact: The global chip shortage initially arose during the COVID-19 pandemic when countries implemented strict lockdown measures. As manufacturing facilities shut down or scaled back production to ensure the safety of their workforce, the supply of chips plummeted. This disruption in the supply chain, coupled with the surge in demand for electronics and digital services as people adapted to remote work and entertainment, created a perfect storm.

Consumer electronics manufacturers and automakers were hit hardest, experiencing production delays and, in some cases, halting assembly lines.

Continued Impact: Despite the easing of lockdown restrictions, the chip shortage has persisted, affecting multiple industries and economies worldwide. Several factors contribute to this sustained impact. Firstly, the complexity of the semiconductor manufacturing process makes it challenging to ramp up production quickly. Building new fabrication facilities, also known as fabs, requires significant investments and time, thus hindering an immediate solution. Furthermore, the shortage of raw materials, such as silicon wafers, exacerbates the problem, as the demand for these materials has outpaced supply.

Dependence on Chips: The extent of our dependence on chips becomes evident when we consider the multitude of sectors relying on these components. In the automotive industry, chips power essential functions like engine control units, infotainment systems, and advanced driver assistance systems (ADAS). The shortage has forced automakers to reduce production or even temporarily halt the manufacturing of vehicles, leading to supply chain disruptions and delayed deliveries.

Beyond automobiles, sectors like healthcare heavily rely on chips for medical devices, diagnostic equipment, and advanced research. The shortage has hampered the production of vital medical devices, impacting patient care and impeding technological advancements in the field.

Conclusion: The shortage of semiconductor chips, which originated during the COVID-19 lockdowns, continues to impact various industries even as the world adapts to the "new normal." Our dependence on chips is undeniable, as they underpin essential functions across numerous sectors. The ongoing chip shortage has highlighted the vulnerability of global supply chains and the need for diversification and resilience. As we navigate this challenge, stakeholders must collaborate to address the immediate supply issues while also investing in long-term solutions to ensure a stable and sustainable.

*Shikhar Agarwal
CS 2 First Year*



Did You Know?

1. Kyriakos Mitsotaki has been elected as the Prime Minister of which country?

- [A] France
- [B] Greece
- [C] South Korea
- [D] Japan

Correct Answer: Greece

2. Which state/UT is associated with 'Swarnim Himalaya' campaign?

- [A] Assam
- [B] Uttarakhand
- [C] Himachal Pradesh
- [D] West Bengal

Correct Answer: Himachal Pradesh

3. 'Hasarius mumbai', which was discovered recently, belongs to which species?

- [A] Spider
- [B] Snake
- [C] Turtle
- [D] Cat

Correct Answer: Spider

4. National Centre for Good Governance (NCGG) successfully trained the civil servants from which country?

- [A] Sri Lanka
- [B] Maldives
- [C] Nepal
- [D] Bangladesh

Correct Answer: Maldives

5. Which country amended its Election Act to limit the disqualification of lawmakers to five years with retrospective effect?

- [A] Sri Lanka
- [B] India
- [C] Pakistan
- [D] Myanmar

Correct Answer: Pakistan

6. Which city is the host of 'International Conference on Green Hydrogen'?

- [A] Mysuru
- [B] Bengaluru
- [C] New Delhi
- [D] Pune

Correct Answer: New Delhi

7. As per the Financial Incentive scheme, what per cent of Gross State Domestic Product (GSDP) is available to the States for borrowing?

- [A] 0.25 %
- [B] 0.5 %
- [C] 1 %
- [D] 1.5 %

Correct Answer: 0.5 %

8. Which institution issued 'Guidelines on Information Security Practices' for Government Entities for Safe and Trusted Internet?

- [A] NASSCOM
- [B] CERT-In
- [C] CDAC
- [D] NITI Aayog

Correct Answer: CERT-In

9. Which Union Ministry announced a project to install Transponders in sea vessels?

- [A] Ministry of Defence
- [B] Ministry of Fisheries, Animal Husbandry
- [C] Ministry of Jal Shakti
- [D] Ministry of External Affairs

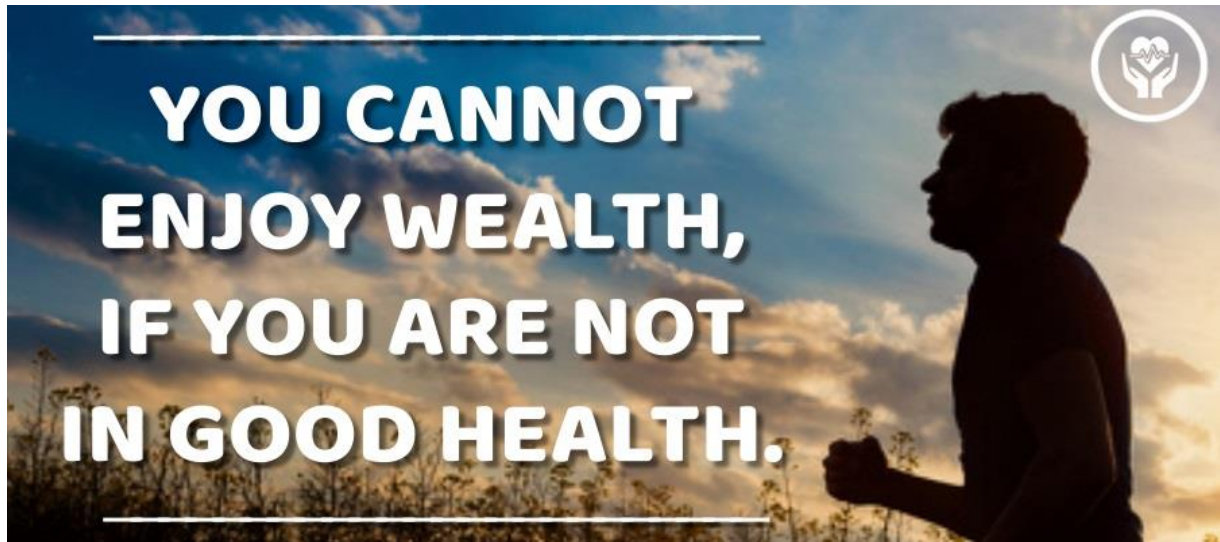
Correct Answer: Ministry of Fisheries, Animal Husbandry and Dairying

10. Which Indian Tennis player won his maiden title on the ATP World Tour- the Mallorca Championships?

- [A] Rohan Bopanna
- [B] Somdev Dev Varman
- [C] Yuki Bhambri
- [D] Ramkumar Ramanathan

Correct Answer: Yuki Bhambri

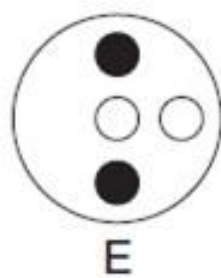
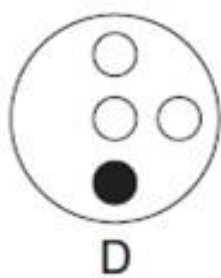
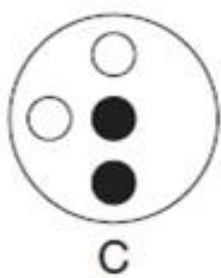
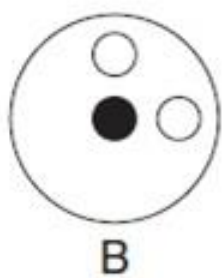
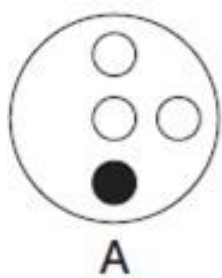
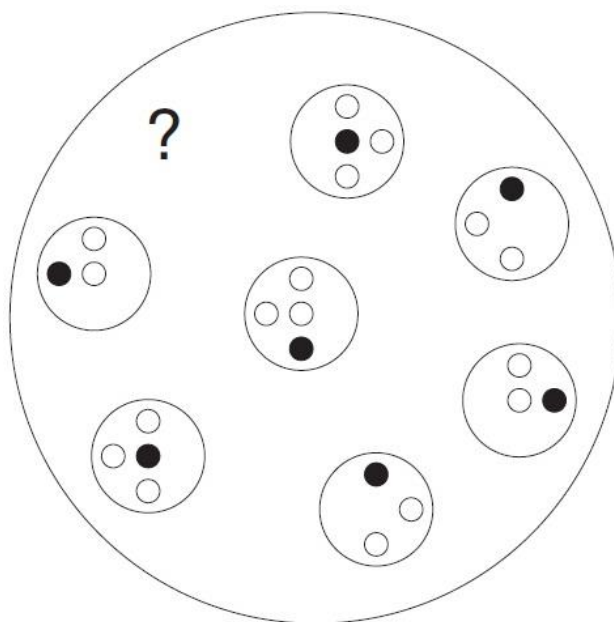
*Mr. Arun Kumar Sahu
Assistant Professor
(CS Dept.)*



- **Stay hydrated:** Drink plenty of water throughout the day to keep your body functioning optimally.
- **Eat a balanced diet:** Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.
- **Exercise regularly:** Engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week.
- **Get enough sleep:** Aim for 7-9 hours of quality sleep every night to support physical and mental well-being.
- **Manage stress:** Practice relaxation techniques like meditation, deep breathing, or yoga to reduce stress levels.
- **Practice good hygiene:** Wash your hands frequently, cover your mouth when coughing or sneezing, and maintain personal hygiene to prevent the spread of germs.
- **Protect your skin:** Use sunscreen to shield your skin from harmful UV rays and reduce the risk of skin cancer.
- **Regular health check-ups:** Schedule regular check-ups with your healthcare provider to monitor your health and catch any potential issues early.
- **Maintain a healthy weight:** Aim for a body mass index (BMI) within the recommended range to reduce the risk of chronic diseases.
- **Include probiotics in your diet:** Incorporate foods like yogurt, kefir, and fermented vegetables to support a healthy gut.
- **Take breaks from screens:** Limit screen time and take breaks to reduce eye strain and potential adverse effects on mental health.

THE PUZZLE

The Puzzle:
Which circle should replace the question mark?



Solution: Ans: A.

Sol. Each pair of circles are mirror images of each other.

Mr. Arun Kumar Sahu
Assistant Professor
(CS Dept.)

Think-

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.