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START A HEALTHY LIFESTYLE

“It is health that is real wealth and not pieces of gold and silver”

The above golden words of our father of nation Mahatma Gandhi holds good when it comes to moral elevation that stems out of disciplined life through the physical instrument of once own body in which the divine tune of life is played by the heavenly orchestrator god. That insists there is nothing more important than good health in our life and that it actually pays to pay attention to nurturing of good habits that results in building in a sound body where sound mind abides by. People of good health can enjoy each and every moment of happiness throughout their life.

A 30 minutes of regular exercise daily can keep you away from doctor. A balanced diet coupled with good habits can actually push longevity and life span. Once the habit of exercising is cultivated you will realize that it reduces stress and helps you to sleep better. Drinking plenty of water is also a healthy habit which maintain the balance of body fluids and helps keep skin looking good. Getting enough sleep is also a very crucial factor of keeping once health hale and hearty. A minimum of six to seven hours of sleep is required for a healthy adult. In fact, in a deep state of sleep the body and the mind recuperates and rejuvenates from old traumatic impressions, ware and tare of daily routine. In this context, early to bed and early to rise is the golden rule of good health.

The following tips would help lead healthy vigorous life:

- ✧ At three healthy meals a day (breakfast, lunch, and dinner); it is important to remember
- ✧ that dinner does not have to be the largest meal.
- ✧ The bulk of food consumption should consist of healthy foods, such as fruits,
- ✧ vegetables, whole grains, and fat-free or low-fat milk products.
- ✧ Incorporate lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans
- ✧ and nuts) into a healthy diet.
- ✧ Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients.

START A HEALTHY LIFESTYLE

- Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Healthy snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.

Besides the above suggested tenets, it is highly recommended for people who would like to lead a long and healthy life to dedicate some quality time to nurture our skill and adapt to the environment at present where you are in. Get along with positive people, visit new places and explore new things. This is one of the healthiest habits and makes you feel better. Keep a track of your goals and to do list daily, this will motivate you. Avoid fast, junk food. This may lead to deteriorating health conditions and may even lead to cancer in case of prolonged consumption.



To top it all little self-introspection and meditation on a regular basis would help retain and sustain mental health and well-being.

Healthy body is the home for healthy soul!!!

MOHAMMED SHAHEER.

I B.Tech IT A
Shaheerashhab15@gmail.com



INTEGRATED SYSTEM OF MEDICAL TEST FOR HUMAN BODY UNDER ONE DEVICE

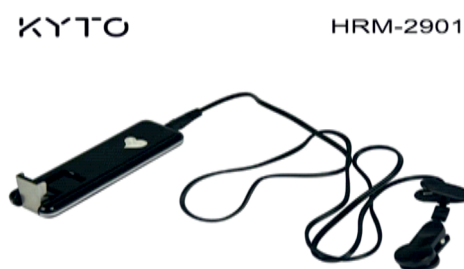
I am excited to write about ISMT. Now a day many devices and technology have been used for different medical purposes. For example, blood test is administered for diabetes, ECG for heart ailments and BP apparatus for blood pressure.



In general patients are recommended to undergo needless list of check-ups such as blood test, urine test, blood pressure, heart rate etc. One wonders why can't all these slew of tests be integrated under one check-up mechanism which would be cost effective, less time consuming and above all mitigate the apprehension and anxiety of the middle class.

HEART RATE SENSOR

The heartbeat sensor is based on the principle of photo phlethysmography. It measures the change in volume of blood through any organ of the body which causes a change in the light intensity through that organ (a vascular region). In case of applications where heart pulse rate is to be monitored, the timing of the pulses is more important. The flow of blood volume is decided by the rate of heart pulses and since light is absorbed by blood, the signal pulses are equivalent to the heart beat pulses..



BLOOD PRESSURE INDICATOR

It is common for people to monitor their blood pressure using blood pressure indicator at home. We may need to do this to manage or treat a certain condition. If you do this, you should keep a record or log of the measurements. The record shows your doctor how your blood pressure changes throughout the day. If you take medicines to control your blood pressure, it will help document if they are working. Measuring your blood pressure at home is a good way to take part in managing your health.



INTEGRATED SYSTEM OF MEDICAL TEST FOR HUMAN BODY UNDER ONE DEVICE

DIGITAL MONITOR

Digital monitors are more popular for measuring blood pressure. They often are easier to use than aneroid units. The digital monitor has a gauge and stethoscope in one unit. It also has an error indicator. The blood pressure reading displays on a small screen. This may be easier to read than a dial. Some units even have a paper printout that gives you a record of the reading. Inflation of the cuff is either automatic or manual, depending on the model. Deflation is automatic. Digital monitors are good for hearing-impaired patients, since there is no need to listen to your heartbeat through the stethoscope. There are some drawbacks to the digital monitor. Body movements or an irregular heart rate can affect its accuracy. Some models only work on the left arm. This can make them hard for some patients to use.



GLUCOSE METER



A glucose meter is a medical device for determining the approximate concentration of glucose in the blood. It can also be a strip of glucose paper dipped into a substance and measured to the glucose chart. It is a key element of home blood glucose monitoring (HBGM) by people with diabetes mellitus or hypoglycemia. A small drop of blood, obtained by pricking the skin with a lancet, is placed on a disposable test strip that the meter reads and uses to calculate the blood glucose level. The meter then displays the level in units of mg/dl or mmol/l.

Since 1980, a primary goal of the management of type 1 diabetes and type 2 diabetes mellitus has been achieving closer-to-normal levels of glucose in the blood for as much of the time as possible, guided by HBGM several times a day. The benefits include a reduction in the occurrence rate and severity of long-term complications from hyperglycemia as well as a reduction in the short-term, potentially life-threatening complications of hypoglycemia.

CONCLUSION

As these all devices are functioning separately in day to day life why it can't be integrated under a single roof. This might not be a great idea but it may reduce problems like financial issues in poor family, it will reduce the stress level of the patients by knowing the precise reports in home. This idea of integration would mean a fresh lease of life and shot in the arm for the patients who are of middle class and below poverty line.

RAMANATHAN.S

I BE ECE A

Maitoram2025@gmail.com



STAGGERING LIFE IN THE WOBBLING EARTH

In this fast world 90% of the population does not care for perspectives of others. Everyone seems to be caught in the trap of fault finding or nit-picking and doesn't quite really understand why they engage in such a malignant act. Such a practice only alienates the bond of relationship disrupting the fabric of cohesion and co habitation. Such a practice or habit is not the sudden off-spring of emotional immaturity rather it is a long-drawn, accumulated practices and set of believes among which the individual is being brought up and it takes a toll in his relationship with society in turn. Therefore criticizing or finding only fault with the people and society around is only a reflection of a wrong mental conditioning and shallow perspective of a society.

Self-confidence stems out of self-esteem and self-fulfilling prophecy. In this world of marketing and advertisement one needs to project himself/herself as being successful and build a valuable brand name so that the others repose faith and confidence in his/her endeavour. This premise could be misunderstood as self- imposing and grandiloquence. Thus this projection of one's self or set of believes or attitude about oneself is subjected to constructive criticism not to destructive critique of fault finding.



In the postmodern world of relativism people don't find meaning in them and system around them, they don't find meaning in self-worth and constantly in the rat race of self-



effacing comparisons with the old and new, tradition and modern up-bringing etc., in the process try to find fault taking a convincing middle path of relativism.

In olden days people valued everything and approached with holistic perspective that is life is made up of the inevitable dichotomies of good and bad, happiness, despair, ups and downs etc., On the other hand the present fast paced life of modernity people approach life with an eye to immediate self-gratification which leads to misery and disillusionment.

This is the reason people are too fast. As they grow fast they lose their responsibilities fast, happiness fast, worries fast, so they wanted to take another step fast to be matured which is not the flow of life or natural scheme of things.

STAGGERING LIFE IN THE WOBBLING EARTH

It takes ten complete period for foetus in the into a matured, full-happens if a baby is time, say 6 months. Baby be born as a pre- This is exactly the case generation that seeks for immediate sensual and senseless satisfaction.

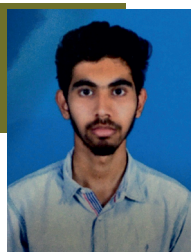


months of gestation mother's womb to grow fledged baby. Think what delivered before its due thus delivered would only matured and vulnerable. with the modern

This results in unhealthy mental attitudes, we won't be able to understand others as well. Given the conditions, we could neither live our life in present nor are we able to think of the future as we are constantly caught in the vortex of the fast paced life.

Let me explain this with an analogy of building a house. We all live in our own house for our protection. To provide a safe abode the house must be constructed properly and it will take its own due course of time if it is meant to withstand the vagaries of volatile climatic conditions. Therefore the builders must build the house with perfection, if he is too haste in building the house the cement won't stick properly to the rod and the rod won't be balanced to stand the house, so the house might be collapsed and does haste makes waste. Everything in this world have certain limitations, for us it is time duration. Everything takes its own time to give a proper output, if the output is too early or too delay problem arises.

The same condition suits for humanity. As people are fond of instant happiness they instantly lose the happiness as well. So they travel in the direction to get temporary happiness every time rather to get permanent happiness which is just mere a state of mind.



JANARTHANA KRISHNA.V

I ECE B

Janarthana1326@gmail.com

COFFEE POWDER PAINTING



T.Dharun

I year Automobile Engineering
dharunsiva70@gmail.com