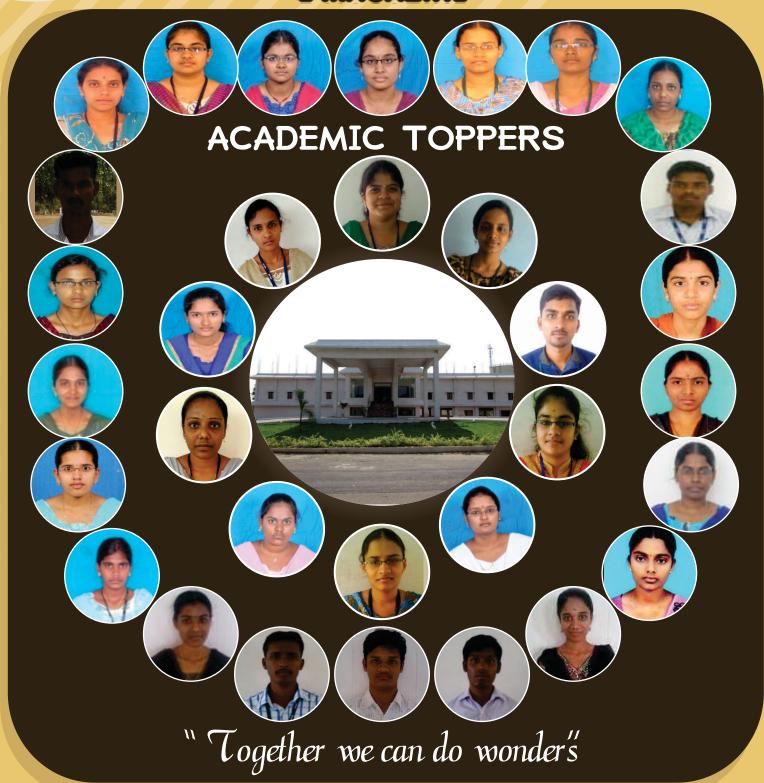


JANAM TALENTZ

E-MAGAZINE



JAYAM COLLEGE OF ENGINEERING AND TECHNOLOGY

NALLANUR, DHARMAPURI - 636 813

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EDITORIAL NOTE

Together We Can Do Wonders...

Success comes to those who dare to do great things. It takes committed, persistent efforts to reach the destination. We are successfully coming out with the fourth issue of the E magazine. The issue highlights on the academic toppers of all the students, how to overcome the stress, a student perspective of Jayam Vision 2020, know about Hypertension, known places in Bengaluru but unknown information about the places, what to focus after completing the plus 2 education and some of the wonderful whatsapp messages to ponder upon.

The months of April and May are meant for the students to get started with their preparation for the university examination. Wishing you all to get success in all the forth coming exams.



Prof. K.Elamvazhuthi,
Editor

The greatest saint Thirumoolar in his historic master piece Thirumanthiram said over 3000 years back.....

தானே தனக்குப் பகைவனும் நட்டானும் தானே தனக்கு மறுமையும் இம்மையும் தானே தனக்கு வினைப்பயன் துய்ப்பானும் தானே தனக்குத் தலைவனும் ஆமே

– திருமூலா் (திருமந்திரம்)

"you are the friend and enemy of your own self, you only have the capacity to get rid of the sins of current births & and you can become the leader of your own self"...The main content of the poem is that knowing and understanding about self will lead you to achieve greater success and laurels in ones life.

The greatest thought ever "Success is never achieved by the size of BRAIN, but it is always achieved by the size & quality of our thoughts. But the quality of our thoughts depends on the people we meet in our life" "Difficulties are placed on our way to inspire greater efforts; we must take them as challenges and turn them into opportunities. The greatest discovery of your life time is to discover yourself".

God has 3 answers for each prayer; 1. Yes, 2. Wait 3. I have another plan. But he never and ever says "No".

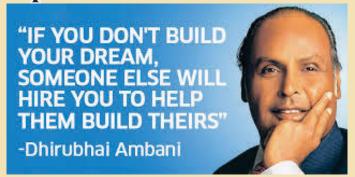
Hope the fourth issue gives you a lot of interesting facts and articles and makes you wiser day by day. Keep reading and keep contributing.

"Together We Can Do Wonders"

Achievers Speak.....







Contents for JAYAM TALENTZ

- 01

Bangalore Places & its History

Whatsapp Messages	- 03
• What Next After +2	- 04
Stress Management Techniques	- 05
Jayam Vision 2020 - A Student perspective	1e - 07
• ICTACT at Jayam Campus	- 08
World Hypertension Day - 17th May	- 09
• Placement Highlights - May 2015	- 10
 Academic Toppers 	- 11

Bangalore places & its History

Marathahalli

Halli in Kannada means village. A fighter aircraft named Marut had an accident in this area; So the area is called Marathahalli.

BTM Layout

BTM Layout (an abbreviation of Byrasandra, Tavarekere and Madivala Layout)

Malleswaram

Malleswaram, located in the north-west of Bangalore, derives its name from the famous Kaadu Malleshwara temple.

HSR Layout

Hosur Sarjapur Road Layout (popularly known as HSR Layout) is a relatively new suburb located to the southeast of Bangalore, India. The layout, which is built on land reclaimed from the Agara lake, is located between Hosur Road and Sarjapur Road.

Arekere

Are in Kannada means half. Kere in Kannada means a water reservoir or pond. The origin of the name "Arekere" comes comes from a water reservoir which is in the area.

Banashankari

Banashankari is a neighborhood in South Bengaluru. It gets its name from the Banashankari Amman Temple on Kanakapura Road, one of Bengaluru's oldest and most famous temples, which was constructed by Subramanya Shetty in 1915.

Basavanagudi

The name "Basavanagudi" refers to the Bull Temple that is located here. It is a monolith statue of the Nandi Bull. Basava in Kannada, the local language, means Bull and Gudi means temple. Hence, the name Basavanagudi

Basaveshwaranagar

It is named after poet-king Basaveshwara. Basaveshwaranagar is also known to have a 100 year old tree "The Big Banyan Tree - Dodda Aalada Mara" which was a home for hundreds of monkeys now a known public park in the vicinity.

Domlur

Domlur is a small township located in the eastern part of Bangalore city in India. Earlier it was known as Bhagat Singh Nagar, but for some unknown reasons, it is better known as Domlur. There is a debate over the exact meaning of Domlur. From what can be deciphered from old people living in the area, Domlur is a word derived from Tombalur, a kind of flower which is used to worship Lord Shiva. This is further supported by the inscriptions found in Chokkanathaswamy temple in Domlur, which is believed to be constructed by Cholas

Electronics City

Electronics City is an electronics industrial park spread over 332 acres (1.3 km²) in Konappana Agrahara and Doddathogur villages, just outside Bangalore, India. It houses more than a hundred industries, including IT industry leaders such as Wipro, Hewlett-Packard, Motorola, Infosys, CGI, Siemens, ITI, Satyam etc. The area is maintained by Keonics, which provides all the necessary infrastructure.

Halasuru

Halasuru formerly known as Ulsoor, is one of the oldest neighbourhoods in the Indian city of Bangalore. It has a predominant Tamil speaking population and is renowned for its numerous temples and rather narrow streets.

Hebbal

Once indicative of the North endpoint of the city. Though originally famous for Hebbal Lake, it is now better known for the serpentine maze of flyovers The flyover spanning a length of 6.25 kilometres over all the loops combined, is the longest flyover in India. The lake is well known for the park, the boating facility and for the bird watching opportunities.

Jayanagar

Jayanagar means - literally - "Victory City". Jayanagar was traditionally regarded as the southern end of Bangalore. The "South End Circle", wherein six roads from different areas meet, and the historic Ashoka Pillar

(which was to mark the southern end of the city) bear this fact. While newer extensions have taken away this distinction from Jayanagar, it still remains one of the more southern parts of the city.

JPNagar

The Jayaprakash Narayan Nagar (JP Nagar) was basically a residential area. J P Nagar is home to many prominent singers, actors and artists. Famous residents of this locality include Kannada actor and politician Ambareesh, playwright and actor Girish Karnad, former Karnataka chief minister H.D. Kumaraswamy and actress Tara.

Jeevanbheemanagar

Originally, the area was reserved for employees of LIC (Jeevan Bheema) and KPWD. Therefore the area predominantly consists of LIC quarters (types L,M,N,P) and KPWD quarters (types A,D).

Kengeri

In it flows the river vrishbhavati which carries the entire sewage of bangalore in it making kengeri somewhat smelly but there is a need to manage sewage treatment properly in the Indian state of Karnataka.

Koramangala

Koramangala was not too long ago, a sought after residential locality with its wide boulevards and posh bungalows. The crime rate has increased considerably over the past few years. Though the civic authorities are trying hard to cope with the unprecedented stress of improvising the infrastructure, a lot needs to be done.

Rajajinagar

Rajajinagar got its name from Rajaji the great freedom fighter from Southern part of India. It has many schools and colleges that gives the best coaching. It boasts of having the highest number of bar and restaurants in Bangalore.

Rajarajeshwari Nagar

Rajarajeshwari Nagar received its name from the famous Rajarajeshwari Nagar temple that is located just over one kilometer from the arch.

Sadhashivnagar

Sadashivanagar is arguably the most elite and expensive neighborhood in Bangalore, India, and is fashionable among politicians, movie stars, and most of the city's millionaires who can afford homes there. As the "Beverly Hills of Bangalore," having an address in Sadashivanagar connotes a high level of prestige, success, and/or fame.

Thyagarajanagar

Thyagarajanagar is one of the oldest localities in Bangalore. It is part of Basavanagudi in South Bangalore. This area is home to several religious temples and is the only area where you can find religious songs hitting the charts everyday.

Vijayanagar

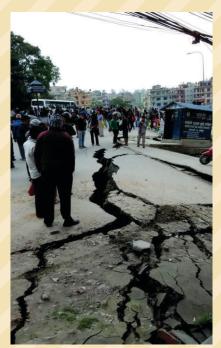
It derives its name from the Vijayanagara empire that flourished in south India during 15th and 16th centuries. Vijayanagar East is popularly known as RPC Layout (Railway Parallel Colony Layout), since this layout is along the railway track. It has been recently renamed as Hampi Nagar. Hampi was the capital of the Vijayanagar Empire. Vijayanagar also houses a large Public Library, which is one of the largest in Karnataka.

Whitefield

Until the late 1980s, Whitefield was a small village which was a retirement colony for Anglo-Indians. It remains a legacy of the British rule in India. It is renowned for Sathya Sai Baba's ashram called Brindavan and as a haven for a number of multinational information technology companies.

That's the history of main places in Namma Bangalore

Whatsapp Message



Devastating Earthquake at Nepal..



Casia species- Seen only during April & May months





தேடி சோறுநிதந் தின்று - பல சின்னஞ் சிறுகதைகள் பேசி - மனம் வாடித் துன்பமிக உழன்று - பிறர் வாடப் பலசெயல்கள் செய்து - நரை கூடிக் கிழப்பருவ மெய்தி - கொடுங் கூற்றுக் கிரையெனப்பின் மாயும் - பல வேடிக்கை மனிதரைப் போலே - நான் வீழ்வே னென்று நினைத் தாயோ?

- மகா கவி பாரதியார்









If you fail, never give up because

F.A.I.L. means "First Attempt in Learning"

End is not the end, in fact

E.N.D. means "Effort Never Dies"

If you get No as an answer, Remember

N.O. means "Next Opportunity"

So let's be positive

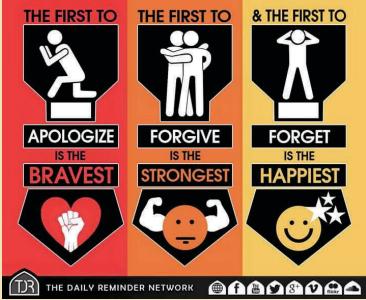


Our Mech Engineers creative efforts...

If you build an army of 100 lions and their leader is a dog, in any fight, the lions will die like a dog. But if you build an army of 100 dogs and their leader is a lion, all dogs will fight like a lion.

Napoleon Bonaparte





What NEXT? www.after12thwhat.com Medical Paramedical Engineering Management Commerce Courses - B.E/B.Tech Diploma/UG Courses Courses Courses Courses Courses Courses (4 Years) (3 Years) (2/3 Years) (3 Years) (3 Years) (3 Years) (3/5 Years) (5 Years) MBBS - Allopathy Aeronautical Engineering BUMS - Unani Aerospace Engineering B.Sc - Physics **BHMS** - Homeopathy Agricultural Engineering B.Sc - Chemistry BAMS - Ayurveda B.Sc - Botany ATC (9 Marc Architecture Engineering BSMS - Siddha B.Sc - Zoology Automobile Engineering BNYS - Naturopathy **B.Sc - Mathematics** Automation & Robotics Engineering BDS - Dental **Avionics Engineering** B.Sc - Computer Science (100 Hours) **BVSc - Veterinary** B.Sc - PCM **Bio Medical Engineering** B Sc - CBZ Bio Technology Engineering Articleship B.Sc - Dietician & Nutritionist Civil Engineering (Work under a C.A) Nursing B.Sc - Home Science Chemical Engineering Pharmacy B.Sc - Agriculture Science Ceramic Engineering Clear Final Exam Anaesthesia Technician B.Sc - Horticulture Computer Science Engineering Become a C.A Cardiac Care Technician Construction Tech Mngt B.Sc - Forestry Cathlab Technician Electronics & Comm Engineering B.Sc - Sericulture Clinical Optometry Electrical & Electronics Engineering B.Sc - Oceanography LLB Dental Hygiene **Environmental Science Engineering** B.Sc - Meteorology BA + LLB B.Sc - Anthropology **Dental Mechanic** Information Science Engineering B.Com + LLB **Dental Technician** B.Sc - Forensic Science BBM + LLB Industrial Engineering B.Sc - Food Technology BBA + LLB Health Inspector Industrial Production Engineering B.Sc - Dairy Technology Medical Imaging & Tech Instrumentation Technology **B.Sc - Hotel Management** Medical Lab Tech Marine Engineering BCA Medical Records Tech B.Sc - Fashion Design Medical Electronics Engineering BCS Medical X-ray Tech Mechanical Engineering B.Sc - Economics Nuclear Medicine Tech **B.Sc - Mass Communication** Mining Engineering Occupational Therapist Manufacturing Science Engineering B.Sc - Electronic Media Operation Theatre Tech **Naval Architecture** B.Sc - Multimedia Ophthalmic Assistant Polymer Technology B.Sc - 3D Animation Physiotherapy Silk Technology Engineering Radiographic Assistant Carpet Technology Engineering Radiotherapy Tech **Textile Engineering** Rehabilitation Therapy Respiratory Therapy Tech Blood Transfusion Tech Advertising **Business Management** CA - Chartered Accountant BA - General Bank Management CMA - Cost Management Accountant Criminology **Event Management** CS - Company Secretary (Foundation) Integrated Courses Hospital Management **Economics** B.Com - Regular BS/MS/M Tech/M Sc/MA/MBA Hotel Management B.Com - Taxation & Tax Procedure Fine Arts (4/5/6 Years) **Human Resource Mgmt** B.Com - Travel & Tourism Foreign Languages Logistics & Management Home Science B.Com - Bank Management B.Com - Professional Biological Sciences Interior Design Life Sciences BBA/BBM - Regular Journalism BFM - Bachelors in Financial Markets Earth & Atmospheric Sciences Library Sciences Applied Physics, BMS - Bachelors in Management Studies Physical Education Mathematics BAF - Bachelors in Accounting & Finance Political Science Certified Stock Broker & Investment Analysts Physics, Chemistry & Maths Psychology BioInformatics / BioTechnology Social Work Certified Financial Analyst Computer Science Engineering Certified Financial Planner Sociology Geo Technology & Geo Info Certified Investment Banker Travel & Tourism Mass Communication JOB / Post Graduation (

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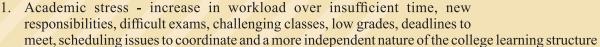
Stress Management Techniques

Introduction

Stress is a pressure people feel in life. For most people, stress is a negative experience. Stress is an integral part of life, especially for a college student. There are a number of techniques to help college students minimize the stress they are feeling. Managing stress will help you cope with the daily pressures of college and give you more time and energy to enjoy your college experience.

This Stress Management techniques and tips for College Students will help to navigate the stressors of college life more successfully.

Stressors are anything that cause or increase stress. Below are a few examples:



- 2. Social stress creating a new social network, separation from home and finding less parental support, living with a roommate, balancing school work with friends or part-time jobs and dealing with the demands of young adult relationships
- 3. Dating—relationship problems may add to the pressure/stress of academics.
- 4. Extracurricular some students may feel pressured to make extracurricular activities a part of their daily routine to the point where every hour of the day is accounted for.
- 5. Peers peer pressure is a major stressor, especially pressure that is negatively influenced.
- 6. Time Management one of the biggest stressors does not know how to plan and execute daily activities such as class, work, study time, extracurricular activities, and time alone.
- 7. Money some student find themselves thinking more about money than they do anything else. Money is a huge stressor that college students face.
- 8. Parents—yes, even parents can become stressors. Pressure from parents to succeed is a great stressor. The symptoms of stress that a college student may experience are
 - Body symptoms -- ulcers, back ache, gastrointestinal problems
 - · Mind symptoms -- racing thoughts, trouble concentrating, feeling confused
 - Emotional symptoms -- irritability, anger, resentment, anxiety
 - Spiritual -- feel distant from God, don't think much about Him
 - Relational -- feel distant from loved ones, no heart to heart sharing, conflicts

TECHNIQUES

Time management: Colleges across the country agree that time management is a major hurdle for college students. Finding the balance between coursework, major projects, studying, socializing, and a job is a daunting task. Factor in a relationship and sleep, and it's easy to understand how the ability to manage time wisely is a big factor in reducing stress. TIPS: Use a notebook, planner or a software program to help you keep track of due dates, work schedules, etc. Learn to plan ahead and avoid procrastination.

Goals: Goal setting may sound like the opposite of stress management but it isn't. With realistic goals, you will have something concrete to work toward and the light at the end of the tunnel can be seen. TIPS: Make sure your goals are realistic. Set many smaller goals, like steps toward the large goal. For example, the final project for a course might include steps such as research, outlining, writing, proofing, rewriting, and final draft.

Priorities: This is another stress management technique that, when done correctly, will be a help, not a hindrance, to stress management. Combined with time management, setting priorities will keep you on schedule. College students will certainly put their course work/classes at the top of their list

of priorities, but don't forget to include things like "down-time" and relaxation. TIPS:

Use lists to prioritize. You may have daily, weekly and monthly lists.

Exercise, Nutrition and Sleep: These are basic needs and aren't really techniques, but they're important enough to mention. A healthy life as a college student requires that first technique above to pull off. If managed right, you should be able to fit in 30 minutes of exercise (at least 3 or 4 times per week), get yourself to the cafeteria for 3 squares a day (or 2), and get 7 or 8 hours of sleep. College students regularly don't get enough sleep, so shooting for 7 or 8 is a good goal. It may sound unrealistic, but you will notice a difference in your level of stress just by taking care of yourself. TIP: Get a job at your college's fitness center,



Prof. P.Vimalanathan., Assistant Professor, Department of Management Studies

weight room or swimming pool. Depending on your duties, you may be able to do your job and exercise at the same time.

Talking about it: Managing your stress can be a little less daunting if you have someone to talk it over with. Voicing your concerns to a friend will deflate some of that built up stress. Whether you talk about a specific stress causing event or talk about stressing-out in general, you will feel better. The added benefit is that by opening up to a friend, you may help them out also. They are probably feeling stressed too. You may even be able to help each other de-stress by doing something fun together.

A diary or journal: This may not appeal to everyone and may seem like more work than it's worth to others, but for those who enjoy writing; this is another way to cope with the stress of college life. Like talking to a

friend, getting your thoughts down on paper (or in your computer) puts those feelings where you can examine them and work on a strategy to manage your stress.

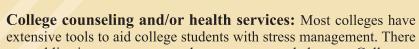
Money management: Most college students are broke. You are not alone. But learning how to budget your money, spend wisely, and pay your bills on time is important on two counts. One, it's necessary for your survival, and two, good money management can lower your stress level. You will certainly have less stress if your checking account isn't running in the negative. TIP: Check out college programs and workshops on money and budgeting. Take advantage of any advice given.



Relaxation techniques: The most simple, yet effective of these is deep breathing. Another simple relaxation technique is visualization or imagery. By visualizing a favorite place (such as a beach), and imagining the sounds, sights, textures and tastes of that place, will encourage your body to let go of some stress. Other relaxation techniques are: PMR (Progressive Muscle Relaxation,) meditation, yoga. TIP: Deep

breathing can be done anywhere. Try it right before an exam. While your fellow students scan their notes, sit back, close your eyes, and take some quiet deep breaths.

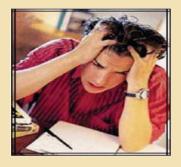
No quick solutions: Tobacco and alcohol are tempting when you're stressed-out. The cigarette or bottle of beer may temporarily quiet down your stress, but the feeling won't last. Don't use these or other drugs as a coping tool. Learn to manage your stress without them. If you can't, then seek help.



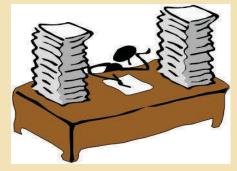
are publications, programs and peer groups to help you. Colleges anticipate student stress and provide workshops on coping skills, guest speakers, and activities designed to help you deal. The topics may include time management, recognizing stress, money management, relationships, study habits, etc.

LAUGH you've heard the expression "Laughter is the best medicine." It's true. Laughter is one of the best stress-busters there is. Conjuring up a big belly laugh out of nowhere might be impossible when you're under stress, but there are ways to utilize this stress management technique. Rent a comedy or go to the theatre to see one. Flip through your cable stations until you find a sit-com and take a half hour break while you beat some stress. The internet is another place to find laughter. There are sites devoted to the joke of the day, comics, animations, and more. Check them all out. If possible, share your laughter with a friend. Double the laughter means double the stress relief.

Conclusion: College students who can deal with stress effectively maintain their health and well-being are able to focus during classes, and get better grades! Remember, college is supposed to be enjoyed, not endured - it's important to keep college stress under control.







JAYAM VISION 2020

A Student Perspective.....

2015 JAYAM COLLEGE.

JAYAM COLLEGE IS THE DEVELOPING COLLEGE IN THE DISTRICT OF DHARMAPURI. NOW THE JAYAM COLLEGE IS SAID TO BE THE BEST COLLEGE IN THE DISTRICT OF DHARMAPURI. IN JAYAM COLLEGE THEY HAVE NINE COURSES IN UG AND THERE ARE NINE COURSES IN PG. JAYAM POLYTECHNIC IS THE BEST IN THE DISTRICTS OF SALEM, DHARMAPURI AND KRISNAGIRI. THEY ARE SHOWING 100% RESULT IN EVERY YEAR. THEY ARE PLACING ABOVE 75% OF STUDENTS IN VARIOUS COMPANIES.

IN THIS YEAR JAYAM COLLEGE PROFESSOR'S GOT THE BEST TEACHING AWARD. JAYAM COLLEGE CONDUCTED THE XETA (NATIONAL CONFERENCE). FROM ALL THE DEPARTMENTS NEARLY 200 STUDENTS HAVE PARTICIPATED.

2020 JAYAMAUTONOMOUS COLLEGE

IN THIS YEAR JAYAM COLLEGE IS GOING TO BE THE BEST COLLEGE IN HOSUR, SALEM, KRISHNAGIRI AND DHARMAPURI DISTRICTS. JAYAM COLLEGE IS GOING TO BE THE MOST COMPETITIVE AMONG ALL THE AFFILIATED COLLEGES IN ANNA UNIVERSITY COUNSELLING. THE STUDENTS SHOUD HAVE ABOVE 185 (CUT OFF) WILL BE THE ELIGBLITY TO SELECT THE JAYAM AUTONOMOUS COLLEGE DURING ADMISSION.

JAYAM AUTONOMOUS COLLEGE WILL HAVE THE PARTNERSHIP WITH THE COMPANIES LIKE HCL, TVS MOTOR COMPANY, L&T, TCS, TVS, HONDA, ETC..., JAYAM AUTONOMOUS COLLEGE IS GOING TO PLACE ALL THE STUDENTS IN THE CAMPUS INTERVIEW ITSELF. JAYAM AUTONOMOUS COLLEGE IS GOING TO BE IN THE TOP 50 RANK IN ANNA UNIVERSITY ACADEMIC RESULTS.

JAYAM GROUPS HAVE STARTED THE JAYAM ARTS AND SCIENCE COLLEGE IN THE YEAR 2015. THEY ARE GIVING GOOD EDUCATION TO THE STUDENTS. THE STUDENTS ARE GOING TO FEEL THAT WE ARE STUDYING IN THE TOP MOST COLLEGES IN THE DISTRICT OF DHARMAPURI.

JAYAM POLYTECHNIC THE TOP MOST 30^{TH} RANK COLLEGE IN TAMILNADU. THE STUDENTS STUDIED IN JAYAM POLYTECHNIC WILL BE WORKING IN TOP COMPANIES.

JAYAM ENGINEERING AUTONOMOUS COLLEGE IS THE TOP 50 RANK IN ANNA UNIVERSITY RESULTS AND PLACEMENT. THEY ARE GOING TO PLACE ALL THE STUDENTS IN TOP MOST BEST COMPANIES. JAYAM COLLEGE PROFESSORS ARE ALL BEST AND MOST TRAINED PROFESSORS. IN THIS YEAR THEY ARE GOING TO GET THE BEST TEACHING AWARD IN TAMILNADU.

IN JAYAM COLLEGE THE STUDENTS ARE STUDYING THROUGH THE INTERNET. THE STUDENTS ARE NOW HAVING THE CONFIDENT TO INTRACT WITH THE IIT AND NIT PROFESSORS. JAYAM ENGINEERING COLLEGE STUDENTS PROJECTS WILL BE PUBLISHED IN ALL THE TOP MOST JOURNALS & MAGAZINES.

JAYAM ENGINEERING SPORTS STUDENTS HAVE BEEN PLACED NO.1 IN ALL THE GAMES LIKE ZONALS, TIES, STATE MATCH AND NATIONAL SPORTS MEET. JAYAM

SPORTS STUDENTS HAVE THE ELIGIBILITY TO PLAY IN INDIAN TEAM FOR ALL GAMES.

THE NEWS CHANNELS LIKE PUTHIYA THALAIMURAI, SUN NETWORK, JAYA NETWORK ARE GOING TO SPONSOR THE JAYAM AUTONOMOUS COLLEGE.

IN THE YEAR 2022 JAYAM INSTITUTION GOING TO START THE JAYAM MEDICAL COLLEGE TO SERVE THE PEOPLE. **COMING SOON....2025**JAYAM UNIVERSITY.....



N.KARTHICK B.E MECH-III YEAR

BANKING FINANCIAL SERVICES AND INSURANCE (BFSI)

Short Term Course of ICTACT at Jayam Campus

The BFSI is a short term course conducted by ICT Academy of Tamil Nadu for unemployed Arts and Science Graduates who passed out during 2013 -14, across the state of Tamil Nadu. This training program is to develop the skills in Banking Financial Services and Insurance and fully sponsored by Government of Tamil Nadu through Tamil Nadu Skill Development Corporation (TNSDC). Free course Material was provided to the participants.

Domain Skills on Banking, Financial Services and Insurance

- · Soft skills and Customer Service Skills
- · PC Skills for Professionals
- · Finance and Insurance service Skill

Course Duration:

This is a Short Term training of 150 hours and conducted for 20 days from 17/4/2015 to 20/5/2015. Training was conducted for 40 Unemployed Graduates from various disciplines in Arts and Science at Jayam College of Engineering and Technology.



WORLD HYPERTENSION DAY

17th May

Hypertension is a disease which is worldwide and affected more than 1 billion people and is predicted to increase 1.5 billion by 2025. Hypertension is the primary risk factor for heart disease and stroke. World Hypertension Day (WHD) has been an initiative of the World Hypertension League to raise hypertension awareness. The theme of WHD is *Know Your Numbers* with the goal of Increasing high blood pressure (BP) awareness in all populations around the world.

The aim is to heighten the awareness of hypertension in all spheres – among the public, families, professionals, policy makers and politicians. In the past two years, many countries have taken an active part in promoting awareness through a number of initiatives in their respective countries. Every year May 17 is observed as World Hypertension Day. Controlled blood pressure is less than 140 mm Hg systolic and less than 90 mm Hg.

FACTORS THAT AFFECT BLOOD PRESSURE:

- Amount of water and salt in the body.
- Condition of kidneys, nervous system or blood vessels.
- > Hormone levels.

TIPS TO CONTROL & PREVENT HIGH BLOOD PRESSURE:

- Try to use herbs or spices, rather than salt, to add the flavor.
- Choose low-sodium alternatives for foods and beverages.
- ➤ Physical activity for 20 minutes on most days of the week can lower the blood pressure.
- Eat two cucumbers every day for two weeks.
- Lose extra weight.
- ➤ Monitor regularly the blood pressure to control it.

Foods that are given in the below picture reduces the blood pressure.

Vanithaa. GV III year ECE

World Hypertension League



TRAINING & PLACEMENT HIGHLIGHTS- MAY 2015

Mindtree Innovative Learning Centre(MILC): The following ten final year first batch of MILC students were shortlisted to undergo the final phase of rigorous training with Dr. Raja, Founder & CEO, Radix Learning Bangalore. The training will be given for 15 days from 8th June to 23rd June at International Institute of Information Technology (IIIT) Electronic City, Phase 1, Bangalore. Mindtree Ltd is totally sponsoring the training program cost to the students. Once they complete the program successfully, they might be absorbed as software engineers in Mindtree Ltd if found matching to their requirements.

CSE Dept: *Vanitha

* Aruna

* Vengammal

* Sethumadhavan

IT Dept: * Vivekraj

* Manjunath

* Prabakaran

* Udhayakumar

MCA Dept: * Arun

* Tamilarasan

JCET Management & Principal wishes them all good luck and successful career.

31st May 2015:

The following four students were shortlisted and attended the final interview for NY Systems @ Carnival Info Park, Kakkanad, Cochin on 31st May 2015 Sunday.

Suganya(MCA) *Vijayalakshmi(MCA) *Sathya(ECE)

· Swetha(EEE)

16th May 2015:

On campus recruitment drive was conducted for all the final year students on 16th May 2015 Saturday for 3 companies viz NY Systems, Systech Solutions & Ideas and Innovations Squared. Online aptitude tests were conducted for the interested students.

8th May 2015:

Principal, Placement Officer and all the HODs went to JSW Ltd, Mettur plant on 8th May 2015, Friday and met CEO Mr. D. Ravichandaran and Mr. BE Rajendran, AVP HR and the minutes of the meeting is being mentioned below:

- * JSW CEO has agreed to allow the Pre final year students (current 3rd year) for summer Vacation training for 3 weeks. The students from Mechanical & EEE departments can only participate. Around 10 members will be selected from the current batch itself. Those students can select their final year Projects also after the training program.
- * For CSE, IT & MCA students recruitment, JSW Soft Bangalore can be contacted.
- * JSW is interested to associate for MS Research activities in JCET as JSW R&D centre is approved by Anna university, Chennai.
- * JSW is interested to involve the students for doing practical study on Solid Wastes accumulated in the Plant. Civil students of JCET can be permitted to do the project work in the college campus and enable them to come out with useful products like bricks and try to get Patents for the same. JSW will support with all the necessary facilities. MOU can be signed once the students start some research activities.
- * Recruitment assistance will be provided if the students are fulfilling the JSW norms. JSW CEO suggested the engineering students to study SAIL/BHEL entrance test books for performing well in the selection test.
- * JSW will permit the senior executives of the Plant to JCET for Skill Development Programs to the students on regular intervals. Placement Officer shall interact with JSW AVP in this regard.
- * JSW will permit the industrial visits to students and the faculty members to limited strength of 15 nos only. JCET PO will organize for the same at the earliest for the faculty members before end of May.









JAYAM COLLEGE

OF ENGINEERING AND TECHNOLOGY

(An ISO 9001:2008 Certified Institution)



DHARMAPURI - 636 813

ACADEMIC TOPPERS- ALL DEPTS- AS ON ODD SEM (2015-16)

SL.N	REGN NO	NAME	YEAR	DEPARTMENT	RANK
1.	611013621320	UDAYASANKAR.R	III	MCA	1 ST
2.	611013621002	JAYASRI.G	III	MCA	2^{ND}
3.	611014621006	RAJESH.M	II	MCA	1 ST
4.	611014621003	MUARLI.M	II	MCA	2 ND
5.	611014104017	THENMOZHI.S	II	BE CSE	1 ST
6.	611014104004	DEEPA.V	II	BE CSE	2 ND
7.	611013104003	ANURADHA C	III	BE CSE	1 ST
8.	611013104005	ATCHAYA M	III	BE CSE	2 ND
9.	611012104030	NIVETHA.C	IV	BE CSE	1 ST
10.	611012104304	KEERTHANA.M	IV	BE CSE	2 ND
11.	611012205008	KAVIARASI. A	IV	BTECH IT	1 ST
12.	611012205015	RASHMI. A	IV	BTECH IT	2 ND
13.	611012106039	KEERTHANA.S	IV	BE ECE	1 ST
14.	611012106030	INDHUMATHI.P	IV	BE ECE	2 ND
15.	611012106086	RANJITH.M	IV	BE ECE	1 ST
16.	611012106060	NIVETHA.K	IV	BE ECE	2 ND
17.	611012106119	VANITHAA.G.V	IV	BE ECE	1 ST
18.	611012106087	REVATHI.M	IV	BE ECE	2 ND
19.	611013106006	ARSHIYA AFROZ S	III	BE ECE	1 ST
20.	611013106020	ISHWARYA G	III	BE ECE	2 ND
21.	611013106068	SEEMA.G	III	BE ECE	1 ST
22.	611013106081	UMAMAGESHWARI.I	P III	BE ECE	2^{ND}
23.	611014106004	ARSHITHA.K.V	II	BE ECE	1 ST
24.	611014106014	PAVITHRA.K	II	BE ECE	2 ND
25.	611011114091	R.S.PRABAKAR	IV	BE MECH	1 st
26.	611011114043	JAYAKUMAR. B	IV	BE MECH	2 ND
27.	611012114108	SATHYA SUNDARAM	III	BE MECH	1 ST
28.	611012114050	KARTHIKEYAN. B	III	BE MECH	2 ND
29.	611013114100	SATHIHSHKUMAR. G	II	BE MECH	1 ST
30.	611013114039	JAGADEESH	II	BE MECH	2 ND



JAYAM ARTS & SCIENCE COLLEGE

Affiliated to Periyar University, Salem Nallanur, Dharmapuri - 636 813

Tel: 04342 235235 (30 Lines), Mobile: 99422 77777

E-mail: contact.jasc@gmail.com

ADMISSIONS O

Courses Offered

B.Sc. Maths

B.Sc. Comp. Sci.

B.Com.,

B.B.A.,

B.A. English

Salient Features

- Dedicated & Highly qualified faculty.
- Excellent Ambiences.
- Spacious & Modern Class rooms
- Fully & well equipped laboratories
- Digital & Wi-Fi Library
- Separate Hostel for Boys &
- Foot ball / hockey / playgrounds / basket ball / volley ball / badminton, Tennis courts
- Bus facility to all corners of the District.



Computer Lab

Class Room









One More lewel in The Crown of lavam Institutions

GROUP OF EDUCATIONAL INSTITUTIONS

NALLANUR, DHARMAPURI - 636 813.

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