

WEBINAR ON

STRESS MANAGEMENT FOR PERFORMANCE QUALITY

DATE : 28-09-21 | TIME : 10:00 AM
PLATFORM : ZOOM

RESOURCE PERSON



Prof. Dr. C. P. Sunil Kumar FIE
ACADEMIC DIRECTOR SNGIST

Conducted by : Dept. of EEE, ECE, CE

ZOOM ID : 95660 84460 PASSWORD : 598052



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WEBINAR ON STRESS MANAGEMENT FOR PERFORMANCE QUALITY

The webinar on "Stress management For Performance Quality" was conducted on 28/9/2021 by the Departments of ECE, CE & EEE Prof. Dr. C.P Sunilkumar , Academic Director of SNGIST Group of Institutions handled the session. He delivered a prodigious class on the topic. Ms. Gopika U K, Associate Professor ECE Department delivered welcome speech and Ms. Shine Job, HOD, CE delivered vote of thanks. About 60 students from ECE, CE & EEE department has attended the session.



Stress Management Strategies

continued...

- Prayer and religious commitment.
- Develop your potential and special interests: sports, literature, music, dance, languages, technical skills, crafts.
- Vacations, mini-vacations, or mind vacations (where you sit quietly, close your eyes, and "go" to the mountains or seaside).
- Balance work and recreation.
- **Biofeedback techniques** (Biofeedback is a technique you can use to learn to control some of your body's functions, such as your heart rate) can help up to 80% of migraine headache sufferers. Acupuncture can also be effective.

PLACEMENT



Ms. Sreelakshmi Sivadas, student of ECE batch 2017-21 placed as analyst at Capgemini .
Congrats Sreelakshmi!



Ms. Riya Joseph, student of ECE batch 2017-21 got placed at astTECS as Quality Assurance.
Best Wishes Riya!

SNGIST GROUP OF INSTITUTIONS
Department of
Electronics & Communication Engineering

Congratulations
For Getting placed as

Analyst at
Capgemini

Quality Assurance at
***astTECS**

SREELAKSHMI SIVADAS
(B.Tech ECE , 2017-2021)

RIYA JOSEPH
(B.Tech ECE , 2017-2021)

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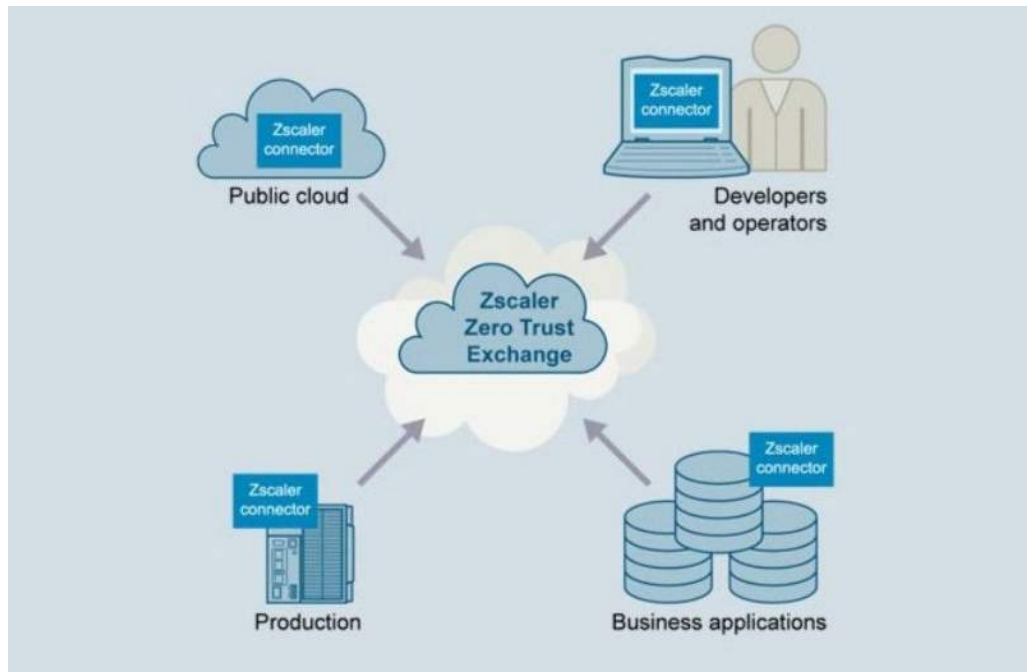
STUDENT'S CORNER

EDGE COMPUTING

Edge computing is a networking paradigm that focusses on placing processing as close as feasible to source of data to reduce latency and bandwidth usage. In simple words, edge computing is a distributed IT architecture that brings computing resources from clouds and data centers as near as possible. It can speed up the analysis process, allowing decision-makers to take action on insights faster than before. The origin of edge computing lie in content delivery networks to serve web and video content from edge servers that were deployed close to users. The aim of edge computing is to move the computation away from data centers towards the edge of the network, exploiting smart objects, network gateways to perform tasks and provide services on behalf of the cloud. It reduce latency while processing data and lowering network expenses. It enables data stream acceleration, including real-time data processing without latency. It has the potential to address the concerns of response time requirement, battery life constraints, bandwidth cost saving, as well as data safety and privacy. Edge computing works by capturing and processing information as close to the source of the data or desired event as possible. It pushes applications, data and computing power away from centralized points to the logical extremes of a network.



SWETHA RAMESAN
S7 ECE



Edge computing replicates fragments of information across distributed networks of web servers, which may spread over a vast area. To ensure acceptable performance of widely dispersed distributed services, large organizations typically implement edge computing by developing web server farms with clustering. The main idea behind edge computing is rather than bringing data closer to the data center, the data center is moved closer to the data. It has utilized technology advances and cost reductions for large-scale implementations have made the technology available to small and medium-sized businesses. Edge computing will drive the implementation in the future during the massive deployment of the internet of things sensors. So edge computing helps in flowing less data through networks which in turn increase performances and save cloud computing costs and also infrastructure costs. Some examples where this type of computing plays a dominant role are autonomous vehicles, industrial internet of things applications such as manufacturing, remote cloud service, power production. It is a viable solution for data-driven operations that require lightning-fast results and a high level of flexibility, depending on the current state of things. With edge computing, things have become even more efficient and also quality of business operations has become higher.

Editorial Board: Ms. Nivya K Venu, Assistant Professor, ECE