SSE NEWSLETTER

MAY MONTH EDITION
It is a 15 day internship exposure for the I and II year students of Mechanical department to University Putra Malaysia. This is the first internship with University Putra Malaysia which paves way for the future endeavours. Other than knowing technical aspects of a University, team coordination, leadership quality, owning responsibilities are some of the concepts that inculcates within us in a natural way, which an academic syllabus does not possess.

The internship included the visit of INTROP (Institute of Tropical Forestry & Forest Product), which has advanced lab materials like injection molding machines and Faculty of Forestry, where they maintain tress and other natural resources.

At INTROP students had many guest lectures which includes topics like Automotive application and categories of paper products, Nanocellulose and CNF, Differential Scanning Calorimeter (DSC), Thermal Mechanical Analyzer (TMA), Thermal Gravimeter Analyzer (TGA). Students also had an IV to UniKL (University Kuala Lumpur) Malaysian institute of Aviation Technology MIAT international, to know about monolithic CRPF and thermoplastic application and the Engine of the Airbus A380.

On the whole this internship helps to gain valuable experience and accomplishments to add to the resume and enhance the application to graduate school.
A semester abroad program that changed my career

“Needless to say it was one of the significant events in life having done final year project through one semester abroad program in this Prestigious ancient University especially in the School of Chemical Engineering & Analytical Science, where I am associated with.” Proudly says Refa Philo.R, Final year civil engineering student, Saveetha School of engineering, a part of SIMATS.

The University of Manchester has several partner universities across the globe and can therefore its students experience professionalism and global culture abroad.

“I have access to multiple things over the campus such as areas to study, computers, food stalls and just places to sit and socialise, which makes it a very comfortable place to be throughout the day, I have thoroughly enjoyed my time at Manchester University” She further opens up.

Refa Philo continues, “It is one thing to experience a country’s culture when you visit for vacation, but it’s completely different when you immerse yourself in the culture as you live and study there. Stepping out of India to study in a foreign country will open the door to cultural experiences, unique customs, new languages and unfamiliar traditions. You become part of your new environment when you study abroad, contributing your own unique background and ideas while learning new customs and discovering new ways of doing things. Seeing the world through an open-minded perspective makes you a culturally aware global citizen, and that is a passport that will benefit you wherever you go.”

SAP(Semester Abroad Program) of SSE is a big opportunity for the students to explore and experience engineering education outside our country. We have signed MoUs with various foreign Universities and have sent many students to do a semester abroad. This international exposure has widened their intellectual horizons and also has given them a platform to progress with their higher studies abroad.

“This work would not have been possible without the contribution of many people. Especially Dr.Gyorgy szekely and his students for all the support. Also I sincerely thank our Director madam Mrs. Ramya Deepak, Saveetha School of Engineering. I register my special thanks to Dr. D. Dhanasekaran, Principal, SSE and Dr.B. Ramesh, Vice Principal and Dr. Needhidasan H.O.D Department of Civil Engineering, also Dr. A.Deepak , Associate Dean-International Affairs for the support given to me in the successful conduct of this Program.” with this long list Refa Philo extends her heart felt thanks.
Outdoor Activities

Swachh Bharat Abhiyan – Clean India Implemented at SSE

"Cleanliness was very close to Mahatma Gandhi’s heart. A clean India is the best tribute we can pay."

Placement & Training Team

A great initiate by the whole team of SSE on defying odds to find success

Mechanical Department

"Reversing deforestation is complicated; planting a tree is simple."

Planting is done by CSE Department

CSE Department

S&H Division of English

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved SSE always believes in it

ECE Department

S&H Division of Chemistry
GETTING AN INTENSIVE EXPOSURE TO A TOPIC THROUGH PRESENTATIONS AND DISCUSSIONS LED BY MULTIPLE EXPERTS IS WHAT MAKES A STUDENT’S CAREER A VALUABLE ONE. TECHNICAL UNDERSTANDING OF A SUBJECT LIMITS ITSELF WITH TECHNICAL KNOWLEDGE. BUT A TALK FROM AN EXPERT OF A PARTICULAR TECHNICAL FIELD, UNVEILS THE EXPERIENCES, AND PAVES WAY FOR A NEW PERCEPTION OF THE SAME TECHNOLOGY.

EXPERT TALK OFFERS A CHANCE TO DEBATE ISSUES RELATED TO THE FIELD, SHARE EXPERIENCES AND EXCHANGE PERSPECTIVES AND ACTS AS A MOTIVATIONAL FACTOR TO ACHIEVE GOALS. THIS RENEWED MOTIVATION HELPS TO PURSUE GOALS AND FIND ENTHUSIASM REKINDLED.

MR.K.INBAVIJAYAN, INTERNATIONAL ARBITRATOR TALKED ON 'ENGINEERING PROFESSIONALS ON DISPUTE MANAGEMENT'

MR.SURESH BALACHANDAR, SUCCESSFUL ENTREPRENEUR GAVE A TALK ON ENTREPRENEURISM AND IT'S ESSENTIALITIES
The competition was initiated and conducted by five tireless ebullient teaching faculties, Dr.T.Ruso, V.Parthiban, Ms.A.K.Reshmy, C.Bharathi and S.K.Kiruthiga. Among the 35 registered students 10 participated the competition and Vignesh first year CSE and Nanda Sai Kumar second year CSE won the first and second prizes respectively. As the competition was to develop website design, students used HTML, CSS, DHTML, PHP and MySQL software to achieve it.

Winners of the competition
Vignesh I year CSE -
http://cse.sse.saveetha.com/vignesh.html - First Prize

Nanda Sai Kumar II year CSE -
http://cse.sse.saveetha.com/nanda.html - Second Prize
A workshop on the topic ‘Python-Kivy Mobile App Development’ was organized for the I Year and II Year CSE students of Saveetha School of Engineering on 19/05/2018. Kivy App is a cross platform mobile application. Dr. T. Ruso, Mr. Rineesh, Mr. C.Vasanthakumar, Faculty members of CSE Department coordinated the event. Dr. T. Ruso focused on the python and kivy program. First he demonstrated python MySQL database connectivity. Then he trained the students to install kivy package in Ubuntu 17. Example programs were demonstrated. Around 20 students from I Year and II CSE participated in the workshop. The students were very well motivated to include mobile computing area for their final year projects. At the end of the talk, questionnaire session was conducted. This workshop is a really a kick start for our department students who wish to do their final year projects in mobile computing area.
EATING IS A NECESSITY. BUT BEING HEALTHY IS MANDATORY.

DR. RATHNA, HEAD OF DEPARTMENT, ANESTHESIA SPECIALIST SIMATS
Working as an Anaesthesiologist, Professor, Head of Department at SIMATS and managing households as an active mom and woman at home is quite complicated but healthy food habits, little of yoga and meditation I follow makes things go on smooth.

Many people who struggle with their health or weight say they've tried every diet or food plan under the sun, without any long-term success. The changes they make end up being short term and their old eating habits soon return, leaving them disheartened and demoralised. The reality is that there's no need to cut whole food groups or deny yourself the pleasure of eating. On the contrary, limiting your nutritional intake will only make you feel tired, lethargic and lacking any willpower to make sensible food choices. The key to success lies in developing healthy eating habits that will not only help you reach your goals, but will also leave you feeling full and with plenty of energy to do everything you want to do. Healthy eating habits are all about putting changes in place that are sustainable in the long term.

Here are a few eating habits which, once you've made them part of your routine, will have you set up for life.

1. Eat Healthy Unprocessed Food
Many of the packaged foods we buy today are aimed at convenience and involve the minimum of preparation time on our part - but they're not that healthy. Packaged foods tend to be higher in fat, salt and sugar than food cooked from scratch, while lacking nutrients and fiber. Get into the habit of preparing meals from unprocessed foods and you will reap the health benefits. This means cooking with fresh vegetables, lean meat, eggs and milk and eating plenty of fruit, nuts and legumes.
2. Switch to Healthy Whole Grains
Whole grains offer far more nutrients and fibre than their refined "white" varieties. Whole grains tend to have a lower GI (glycaemic index), so they help keep you feeling fuller for longer and maintain your energy levels and concentration,. On the taste side, whole grains have more texture, flavour and nuttiness than refined ones.

3. Change to Healthy Cooking Methods
The more you "do" to your food, the less it does for you. So avoid things like deep-frying, which drenches your food in unnecessary calories, and boiling vegetables until they're drained of colour, as this will sap them of nutrients.

4. Eat Healthy Portion Sizes
In today's supersized world, it can be hard to know what a healthy portion looks like. All the advertising we see seems to be aimed at encouraging us to eat and drink a lot. Plate sizes in restaurants get bigger and bigger, as do the servings themselves. So it's little wonder that many of us consume more than we need on a daily basis, as our eating habits have changed without us even realising it.

5. Understand Healthy Eating-Out Options
Restaurants and cafes can seem like a minefield, not least because their portions are often much bigger than we need. It's also tempting to go for the less healthy menu options. But that doesn't mean you can't put healthy eating habits in place when you're out with friends. I would suggest using the plate-portioning guide to help you when eating out. And you don't have to eat everything on your plate.

6. Water: Nature's Healthy Drink
Last but not least, Water is essential for life - it's required for digestion, absorption and transportation of nutrients, for elimination of waste and to regulate body temperature. A healthy amount of drinking water for men to drink is 2.6 litres per day and women should have 2.1 litres (or 8 to 10 cups per day).

7. A Food Diary Will Help Your Healthy Eating Habits
Keeping a diary of everything you eat and drink throughout the day will give you a clear picture of how much you're consuming and how healthy it is. It's not until we write everything down that we can see where to improve.
Want to expand your reach? Poem of the month

THE POET IS A LIAR WHO ALWAYS SPEAKS THE TRUTH.

Jean Cocteau

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