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MECHZINE



A STUDENT
INITIATIVE
TECHNICAL MAGZINE

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EDITOR:
T.Satya sai - Y19ME125

ASSOCIATE EDITOR:
B.Bobby - Y20ME014

DESIGNER :
R.Rahul Sai - L22ME143

MEMBERS:
B.Sanjeeva Rao - Y20ME019

K. Sai Tarun - Y21ME042

FACULTY ADVISORS:

Dr.K.Srinivas - Prof.&Head

Dr. S. Radhika - Associate Prof.

Ms.Sneha H Dhoria -Asst.prof

CONTACT INFORMATION



rvrmechzine@gmail.com



www.facebook.com/rvrmechzine

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BREAKING THE STIGMA: MENTAL HEALTH AWARENESS ON CAMPUS



- K. HEMANTH
ARTIHCUS GLOBAL

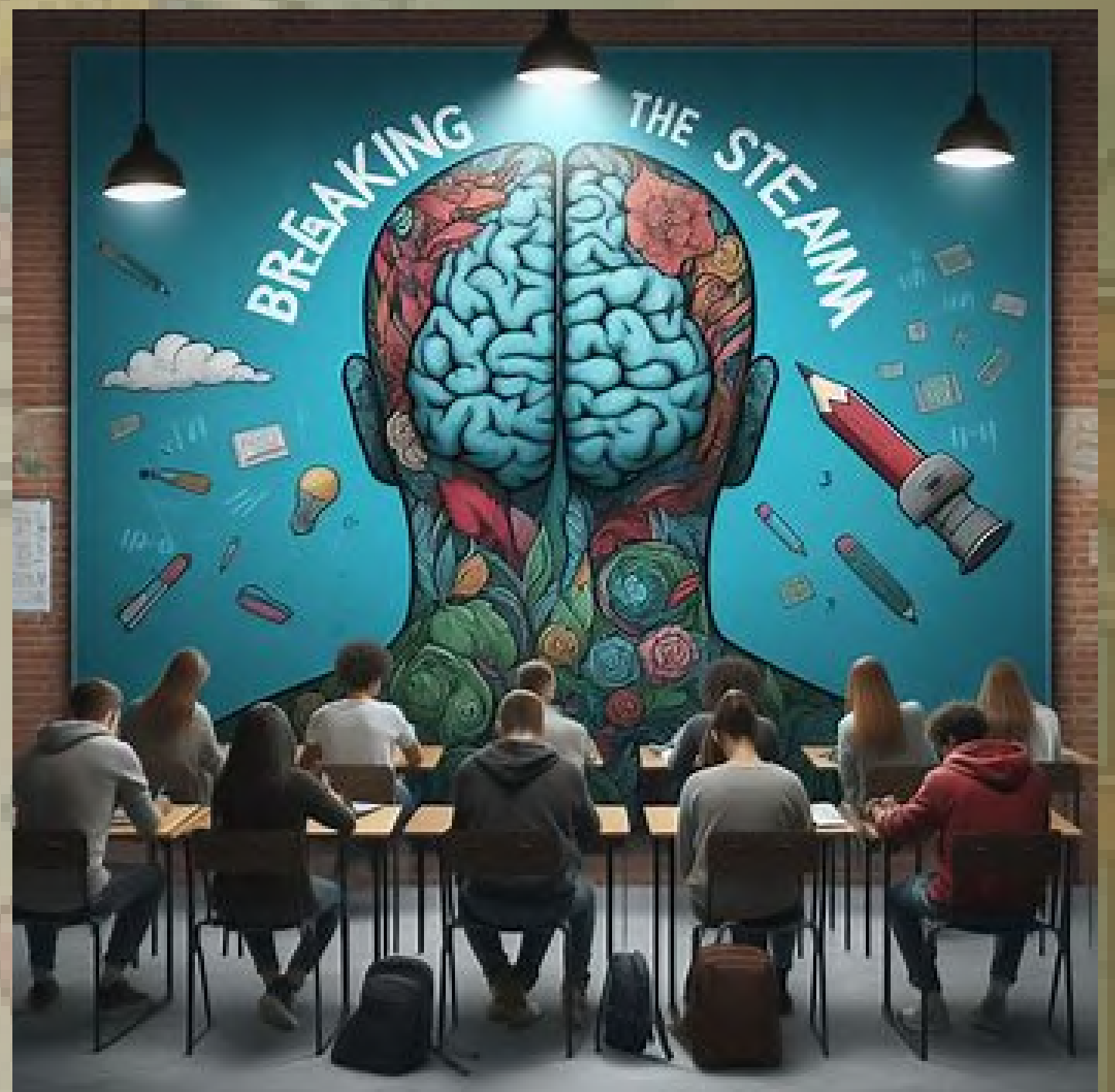
In recent years, the conversation surrounding mental health has gained significant traction, challenging the stigma and silence that once shrouded this crucial topic. College campuses worldwide are witnessing a growing movement aimed at fostering openness and support for mental health issues among students.

College life, often depicted as a time of excitement and growth, also poses significant challenges. The pressure to excel academically, navigate social circles, financial worries, and the transition to independence can all impact students' mental well-being.

Sadly, stigma remains a barrier to seeking help. There's a misconception that admitting to mental health struggles signifies weakness or failure, perpetuating silence. However, mental health challenges deserve as much attention as physical health issues, and seeking support is a brave step towards healing.

Moreover, colleges must ensure accessibility and inclusivity of mental health services, addressing barriers like cost and cultural competence.

Breaking the stigma necessitates a collective effort from students, faculty, staff, and administration. By advocating for resources and supporting one another, we can create a campus culture where every student feels supported on their journey towards mental well-being. Together, let's build a campus where mental health is prioritized, and support is readily available to all who need it.



Thankfully, colleges are increasingly prioritizing mental health. They offer resources like counseling services and peer support groups to support students. Education plays a crucial role, empowering students to recognize symptoms and access resources through workshops and awareness campaigns.

Reducing stigma requires challenging stereotypes and fostering open conversations about mental health experiences. Peer support groups provide vital community and solidarity for students navigating mental health challenges.

EMBRACING DIVERSITY: VOICES FROM STUDENT ORGANIZATIONS

-REDDI RAHUL SAI
L22ME143



Student organizations in college are vibrant spaces where diversity thrives, nurturing inclusivity and empowering individuals from various backgrounds. These groups serve as microcosms of society, reflecting diverse perspectives and experiences.

Embracing Diversity: Student organizations encompass a range of perspectives, from cultural clubs to academic societies, providing platforms for unheard voices. They celebrate the rich tapestry of beliefs and identities within the campus community.

Fostering Unity: Boundaries dissolve within these groups as students unite over shared passions, fostering meaningful connections. Differences in race, ethnicity, religion, and socioeconomic status become less significant, fostering friendships and collaborations..

Looking Forward: Nurturing inclusivity and empathy within student organizations is essential. By celebrating differences and championing equity, we create a future where every voice is valued, and every individual feels a sense of belonging.

MASTERING THE ART OF TIME MANAGEMENT: BALANCING ACADEMICS AND EXTRACURRICULARS



- Dr.K.Praveen Kumar

Associate Professor

In the whirlwind of college life, students are often challenged to juggle a multitude of responsibilities. From attending classes to participating in extracurricular activities and maintaining a social life, time can seem like a scarce commodity. However, mastering the art of time management is crucial for academic and personal success. In this article, we explore strategies for striking a balance between academics and extracurriculars to ensure a fulfilling college experience.



PRIORITIZATION

Start by identifying what matters most and allocate time accordingly. Create a to-do list categorizing tasks based on urgency and importance to prevent valuable time from being wasted.:



DISCIPLINE AND SELF-CONTROL

Start by identifying what matters most and allocate time accordingly. Create a to-do list categorizing tasks based on urgency and importance to prevent valuable time from being wasted.:



UTILIZE TECHNOLOGY

Leverage productivity tools and apps like Google Calendar or Trello to organize schedules, set reminders, and track progress on tasks, streamlining workflow and facilitating collaboration.



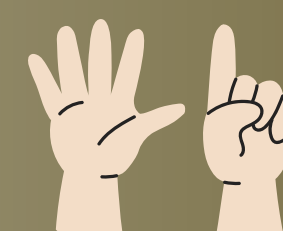
SELF-CARE

Schedule regular breaks to recharge and rejuvenate, emphasizing activities such as mindfulness, hobbies, or simply going for a walk to maintain physical and mental well-being.



EFFECTIVE COMMUNICATION

Be proactive in communicating scheduling conflicts or academic concerns with professors, advisors, and club leaders to foster understanding and alleviate stress.



DELEGATION AND COLLABORATION

Be proactive in communicating scheduling conflicts or academic concerns with professors, advisors, and club leaders to foster understanding and alleviate stress.

UNLEASHING POWER: THE LEGACY OF THE DODGE CHALLENGER



- B.SANJEEVA RAO

Y20ME019



Design and Engineering: From its inception, the Challenger was engineered to dominate the road. With powerful engine options like the Hemi V8 and the supercharged Hellcat, it offers an exhilarating driving experience. Its muscular exterior, bold lines, and distinctive grille pay homage to its heritage while incorporating modern design elements.



Performance: Behind the wheel of a Dodge Challenger, drivers experience the thrill of immense power with every press of the accelerator. With advanced suspension systems and technology like launch control, the Challenger delivers unparalleled handling and control, ensuring an unforgettable driving experience.

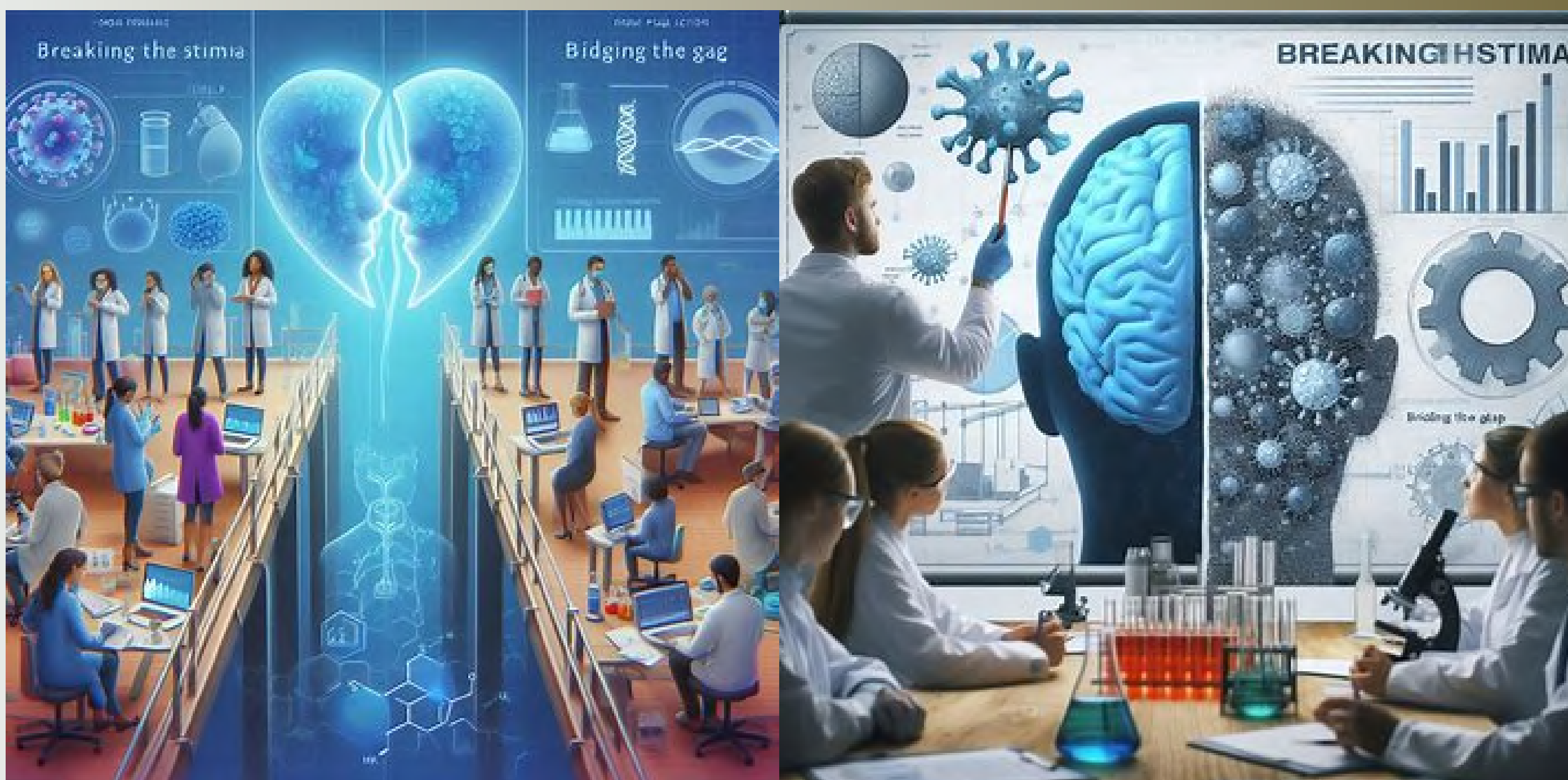
Reflecting on its legacy, it's clear that the Dodge Challenger continues to captivate hearts and minds with its timeless design and exhilarating performance. From its humble beginnings to its status as a cultural phenomenon, the Challenger represents the enduring spirit of American automotive innovation.

BRIDGING THE GAP: INNOVATIVE RESEARCH PROJECTS BY COLLEGE STUDENTS – FROM LAB TO PUBLICATION



- Mr.Ch.Deva Raj
Assistant Professor

College campuses are hubs of groundbreaking research, where students play a pivotal role alongside esteemed professors. From sparking curiosity to publication in academic journals, student research journeys are driven by passion and perseverance.



1. **Curiosity Ignited:** Students embark on research quests fueled by a thirst for knowledge, guided by experienced mentors across diverse fields.

2. **Interdisciplinary Collaboration:** Collaborative projects bring together students from various backgrounds, fostering creativity and innovation.

3. **Overcoming Challenges:** Facing setbacks with resilience, students refine methodologies and expand their understanding of the subject matter.

4. **Culmination in Publication:** Months or years of dedicated effort culminate in peer-reviewed

articles or conference presentations, validating their hard work and contributing to the field.

5. **Impact Beyond Academia:** Students disseminate findings through outreach programs, inspiring future scientists, while also acquiring invaluable skills for their future careers.

In conclusion, college student research exemplifies the power of curiosity, collaboration, and perseverance, shaping the future of scientific inquiry and fostering a culture of excellence on campuses worldwide.

EMBRACING WELLNESS: EXPLORING FITNESS TRENDS ON CAMPUS

In an era where the pursuit of wellness has become a focal point for many, college campuses are not exempt from the trend. As young adults navigate through rigorous academic schedules, extracurricular activities, and social engagements, prioritizing physical and mental health has become increasingly vital. Across campuses worldwide, students are embracing various fitness and wellness trends to promote healthy lifestyles and foster holistic well-being.

The Rise of Campus Fitness Culture:

Gone are the days when the college experience was solely defined by academic pursuits. Today, students are actively seeking ways to incorporate fitness into their daily routines. Whether it's hitting the gym, attending group fitness classes, or exploring outdoor activities, the campus has become a hub for wellness enthusiasts.

Group Fitness: Strength in Community:

One of the most prominent trends in campus fitness is the popularity of group fitness classes. From high-intensity interval training (HIIT) sessions to yoga and dance classes, students are finding motivation and accountability in exercising together. These classes not only provide an opportunity to break a sweat but also foster a sense of community and camaraderie among participants.

Outdoor Adventures: Exploring Nature's Gym:

Many colleges are blessed with scenic surroundings, providing the perfect backdrop for outdoor activities. Hiking, biking, and running trails offer students a chance to connect with nature while staying active. Moreover, outdoor recreational sports leagues encourage friendly competition and teamwork, further enhancing the sense of belonging within the campus community.

Mind-Body Practices: Nurturing Mental Wellness:

In addition to physical fitness, students are increasingly recognizing the importance of mental well-being. Mind-body practices such as yoga, meditation, and mindfulness have gained popularity for their ability to reduce stress, improve concentration, and promote overall mental clarity. Wellness centers and student organizations often offer workshops and classes to introduce students to these beneficial practices.

Tech-Driven Fitness Solutions:

Technology has revolutionized the way students approach fitness and wellness. From fitness tracking apps to virtual workout platforms, tech-driven solutions have made it easier for students to monitor their progress, access personalized workout routines, and stay motivated. Wearable fitness devices have also become a common sight on campus, empowering students to take charge of their health in real-time.

Promoting Inclusivity and Accessibility:

As the conversation around fitness and wellness evolves, there is a growing emphasis on promoting inclusivity and accessibility. Colleges are striving to create welcoming environments where students of all backgrounds and abilities feel empowered to participate in fitness activities. This includes offering adaptive sports programs, providing accessible facilities, and promoting body-positive initiatives that celebrate diversity.

Conclusion:

The landscape of fitness and wellness on college campuses is vibrant and dynamic, reflecting the diverse interests and aspirations of today's students. From group fitness classes to outdoor adventures and mindfulness practices, there is no shortage of opportunities for students to prioritize their health and well-being. By embracing these trends and promoting a culture of holistic wellness, colleges can empower students to thrive academically, socially, and personally throughout their college journey. So let's lace up our sneakers, roll out our yoga mats, and embark on this wellness journey together, one step at a time.

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KNOW A GADGET

KNOW A FACT

- The world's largest desert is not the Sahara, but Antarctica. While we often think of deserts as hot, a desert is defined by its low precipitation, and Antarctica fits the bill.
- A group of flamingos is called a "flamboyance."
- Bananas are berries, but strawberries aren't.
- A day on Venus (the time it takes for Venus to rotate once on its axis) is longer than a year on Venus (the time it takes for Venus to orbit the sun once).

FIND



- What can be measured but has no length, width, or height?
- I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
- If you have me, you want to share me. If you share me, you haven't got me. What am I?
- The more you take, the more you leave behind. What am I?

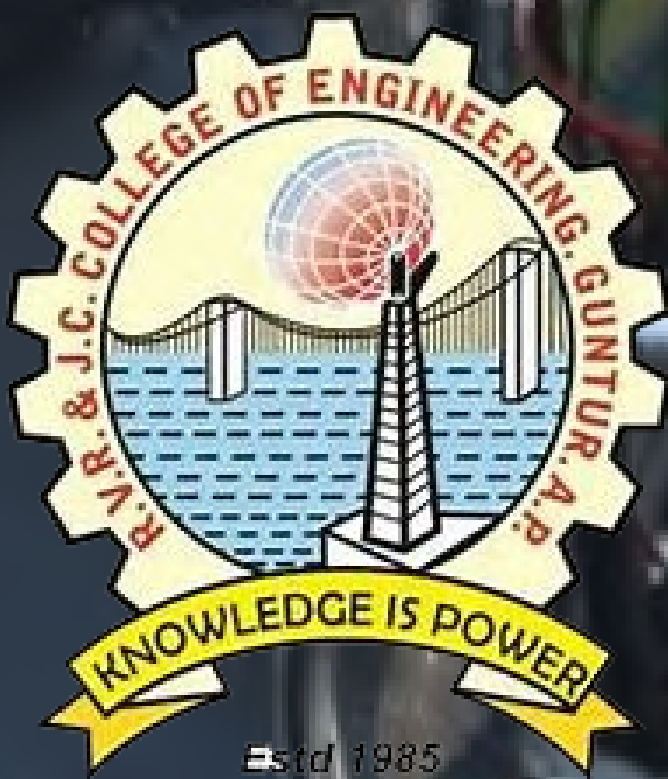


PRICE: \$69.00 ON AMAZON

You can start your day with a wide range of tech functions thanks to the Tribit Home Bluetooth Speaker. It has an alarm clock, a Bluetooth speaker, an FM radio receiver, and a pair of USB charging ports.

You could connect your phone and other accessories to it while you sleep. Then, the Tribit wakes you at the right time with you and your gadgets fully recharged.

The FM radio receiver may seem like a gimmick, so it is great that the Tribit speaker lets you play your tunes. Insert an SD card or link to your media player to start your day with your tunes.



**DEPARTMENT OF MECHANICAL
ENGINEERING
R.V.R & J.C COLLEGE OF ENGINEERING
(AUTONOMOUS)
Chandramoulipuram, Chowdavaram
Guntur-522019
Andhra Pradesh**