



**KERALA ENGINEERING GRADUATES ASSOCIATION OF
NORTHEAST AMERICA (KEAN)**
264 Concord Drive, Paramus, NJ 07652
www.keanusa.org

NEWSLETTER

July 2017



New Jersey Regional Meeting

New Jersey regional meeting successfully held at St. Thomas Catholic Church Hall, 510 Elizabeth Avenue, Somerset, NJ 08873 on June 24th @ 5:00 pm. The meeting brought together over 100 participants. It was aimed to introduce the latest technological development, and Stress Management techniques that put you in control.

Santosh Menon, CEO- Globalsoft Solutions presented a keynote speech topic in "Artificial Intelligence, Machine Learning & Internet of Things". Dr. Prasad Akavoor & Dr. Vijay Reddy presented a keynote speech topic in "Stress Management". All the speakers delivered very informative and thought provoking presentations.

The evening took on a much more fun and enjoyable with variety of songs by Siji Anand, Suma Nair, Somi Paul, and Jinu Jacob. And dances by malini Nair & Team, Sophia Mathew & Team.

Newsletter Chairperson : Giji Philip; gijiphilip@gmail.com



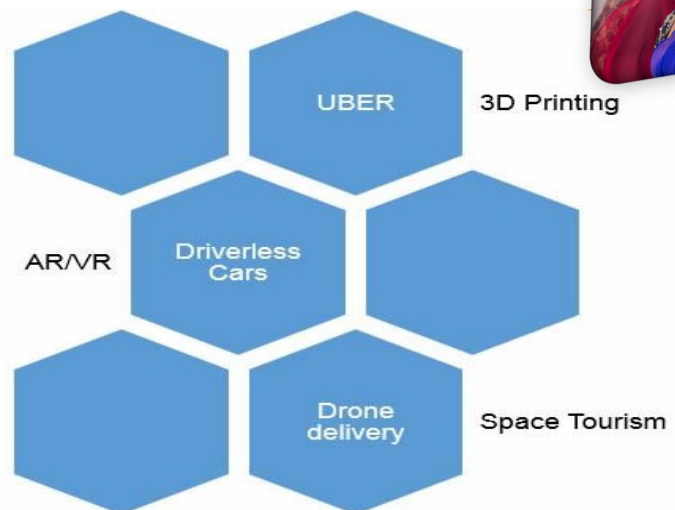
Why are we interested in knowing more about AI/ML/IoT etc?

**What does it take to
be living in this
NEW world?**

**We assume that web
shopping is normal!**

Artificial intelligence (AI)

The theory and development of computer systems able to perform tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages.



For more information, visit keanusa.org





Stress Management Workshop



Learn more @ keanusa.org

Definition ONE: Physical, mental, or emotional strain or tension resulting from adverse or very demanding circumstances.

Definition TWO: A condition or feeling experienced when a person perceives that demands exceed the personal and social resources he/she is able to mobilize

Definition THREE: In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension

Sources of Stress
Four basic sources

Environmental	<ul style="list-style-type: none"> Bombards us with demands to adjust Weather, pollens, noise, traffic, pollution, etc.
Personal/Social	<ul style="list-style-type: none"> Cope with social/personal stressors that demand time and attention E.g., job interviews, deadlines, competing priorities, work presentations, interpersonal conflicts, financial problems, loss of loved ones
Physiological	<ul style="list-style-type: none"> Rapid growth of adolescence, lack of exercise, poor nutrition, inadequate sleep, illness, injuries, aging E.g., includes muscle tension, headaches, upset stomach, anxiety, depression
Psychological	<ul style="list-style-type: none"> Our brain interprets changes in our environment and the body determines when to turn on our stress responses Thinking too much, worrying,....





KERALA ENGINEERING GRADUATES ASSOCIATION OF NORTHEAST AMERICA (KEAN)

264 Concord Drive, Paramus, NJ 07652
www.keanusa.org

NEWSLETTER

July 2017



Lots of good speeches were made and appreciated by the participants. All the speakers delivered very informative information. There was ample time for participants to “meet and greet,” and to network. Special thanks to all who were involved in putting together the meeting. It's a huge effort to make this meeting so great. Everyone had so much fun from the beginning till the end. Kudos to the entire team!

