

SOLID STATE

Matter :- Everything in our surroundings is known as matter that can be categorized into three states. In our day to day life solids plays a crucial role to pursue different purposes.



Under normal conditions, there are three distinct states of matter:

Solids :- Solids are relatively rigid and have fixed shapes and volumes. for example, A rock is a solid.

liquids:- liquids have fixed volumes but flow to assume the shape of their containers, such as a beverage in a can.

Gases :- Gases have neither fixed shapes nor fixed volumes and expand to completely fill their containers.

Whereas the volume of gases strongly depends on their temperature and pressure (the amount of force exerted on a given area), such as air in an automobile tire,

Characteristics of solid state

1. They have definite shape due to strong Intermolecular forces of attraction.
2. They have distinct boundaries.
3. They have a fixed volume.
4. They cannot flow.
5. They have negligible compressibility due to negligible distance between the neighbouring molecules.
6. They possess a tendency to uphold their shape when exposed to external force.
7. They break under force but it is difficult to change their shape so they are rigid.
8. They have high density and do not diffuse at all.

Types of Solids

(a) Crystalline solids: In a single crystal the regularity of arrangement of the pattern extends throughout the solid and all points are completely equivalent. ex-NaCl

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Solid State Electrochemistry II Vladislav V. Kharton, 2012-12-21 The ideal addition to the companion volume on fundamentals methodologies and applications this second volume combines fundamental information with an overview of the role of ceramic membranes electrodes and interfaces in this important interdisciplinary and rapidly developing field Written primarily for specialists working in solid state electrochemistry this first comprehensive handbook on the topic focuses on the most important developments over the last decade as well as the methodological and theoretical aspects and practical applications This makes the contents equally of interest to material physical and industrial scientists and to physicists Also available as a two volume set

Analysis and Design of Analog Integrated Circuits Paul R. Gray, Paul J. Hurst, Stephen H. Lewis, Robert G. Meyer, 2024-01-31 ANALYSIS AND DESIGN OF ANALOG INTEGRATED CIRCUITS Authoritative and comprehensive textbook on the fundamentals of analog integrated circuits with learning aids included throughout Written in an accessible style to ensure complex content can be appreciated by both students and professionals this Sixth Edition of *Analysis and Design of Analog Integrated Circuits* is a highly comprehensive textbook on analog design offering in depth coverage of the fundamentals of circuits in a single volume To aid in reader comprehension and retention supplementary material includes end of chapter problems plus a Solution Manual for instructors In addition to the well established concepts this Sixth Edition introduces a new super source follower circuit and its large signal behavior frequency response stability and noise properties New material also introduces replica biasing describes and analyzes two op amps with replica biasing and provides coverage of weighted zero value time constants as a method to estimate the location of dominant zeros pole zero doublets including their effect on settling time and three examples of circuits that create doublets the effect of feedback on pole zero doublets and MOS transistor noise performance including a thorough treatment on thermally induced gate noise Providing complete coverage of the subject *Analysis and Design of Analog Integrated Circuits* serves as a valuable reference for readers from many different types of backgrounds including senior undergraduates and first year graduate students in electrical and computer engineering along with analog integrated circuit designers

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web 1 chest pull sit or stand with your feet shoulder width apart loop theraband around each palm put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position

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web 13 arm extension a hold one end of the band in each hand with arms shoulder width apart b bring both hands to your chest one arm keeps the band to your chest while your other arm straightens to your lap c slowly return

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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web mar 30 2022 incline bench press this works the pectoral muscles in the front of your chest the anterior deltoids at the front of your shoulders and your triceps at the upper back of your arms for the exercise position you want to sit nearer the front of your chair then lean back slightly and rest your shoulders and upper back on the back of your chair