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C programming basics for beginners ppt

Photo Courtesy: Flashpop/DigitalVision/Getty Images Whether in the form of a fizzy drink or flavored lozenges, cold and flu preventative supplements almost always highlight vitamin C as one of their key ingredients. So, what's so magical about vitamin C? Also known as ascorbic acid, vitamin C is critical to living healthily. Since the human body cannot spontaneously generate this nutrient, vitamin C must instead be absorbed from outside sources, such as vitamin supplements or foods that are naturally rich in it. What Does Vitamin C Do? Commonly found in cold and flu preventative supplements, vitamin C strengthens and speeds up immune system functionality. Though research does not indicate that vitamin C intake alone can prevent the onset of cold or flu, adequate daily intake may shorten the duration of an infection or lessen the severity of symptoms. Photo Courtesy: Catherine Falls Commercial/Moment/Getty Images Vitamin C is crucial for the maintenance of well being. For example, it plays a role in wound healing and helps maintain many essential body tissues. It also acts as a potent antioxidant and can repair damage from free radicals, which are linked to aging effects, and disease vulnerability. Additionally, vitamin C can also prevent anemia, since it helps the body increase absorption of dietary iron, another vital mineral that the body cannot spontaneously create.

Foods that contain high concentrations of vitamin C have been linked with a lower risk of cardiovascular disease, like heart attack and stroke. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. In addition, regular intake of vitamin C, along with other vitamins, has been linked to a decreased risk for developing age-related cataracts, a leading cause of visual impairment in the United States. Common Sources of Vitamin C Vitamin C can be easily obtained through the many different foods, including: Photo Courtesy: Akaradech Pramoonsin/Moment/Getty Images Citrus fruits and juices (orange, grapefruit, lemon, lime and tangerine) Berries Melons Mangoes Kiwi Tomato Broccoli Red peppers Spinach Squash Potatoes Cooking these foods may result in the loss of some of the vitamin content, so it is ideal to ingest them raw, either whole or juiced. Nowadays, there are also numerous packaged food products, like cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Vitamin C may also be labeled as "L-ascorbic acid" in supplement form, and most over-the-counter multivitamins contain the recommended daily amount of the vitamin. While it is a good source when an individual is in need of a vitamin C boost, supplements are not meant to replace a diet rich in naturally derived vitamin C. What Happens When You Have Too Much — or Too Little — Vitamin C? Vitamin C is a water-soluble vitamin that can be easily flushed out of the body via urination when it is not needed. Therefore, if the main source of vitamin C is from naturally occurring foods, it is near-impossible for excess vitamin C to produce side effects. However, taking excessive concentrated vitamin C supplements may lead to diarrhea or stomach upset. Photo Courtesy: Violeta Stoimenova/E+/Getty Images Since vitamin C-rich foods are so readily available nowadays, symptoms of inadequate vitamin C intake are also rare in the United States. However, malnourished individuals can experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Weakened tooth enamel Gum inflammation Severe vitamin C deficiency is referred to as scurvy. Scurvy can be easily treated with increased dietary or supplemental vitamin C. Since vitamin C is crucial in the detoxification of the body, a lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find that it takes longer than usual to recover from a cold or a physical wound. Daily Dosage Recommendations: The daily dosage recommendation for vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dosage for vitamin C is at least 75 mg daily for women and 90 mg for men. Since people who are pregnant, breast feeding, smoking or using oral contraceptives have a lower blood level of vitamin C than others, larger doses of vitamin C may be needed to achieve optimal results in these individuals. Those who have prior or current medical conditions may also require bigger or smaller dosage levels, as recommended by their healthcare providers. Resource Links: MORE FROM SYMPTOMFIND.COM 1. Presented By : Gaurav Juneja 2. Introduction C is a general purpose language which is very closely associated with UNIX for which it was developed in Bell Laboratories. Most of the programs of UNIX are written and run with the help of 'C'. Many of the important ideas of 'c' stem are from BCPL by Martin Richards. In 1972, Dennies Ritchie at Bell Laboratories wrote C Language which caused a revolution in computing world. From beginning C was intended to be useful for busy programmers to get things done easily because C is powerful, dominant and supple language. 3. Why Name 'C' was given to this language? Many of the ideas of C language were derived and taken from 'B' language. BCPL and CPL are previous versions of 'B' language. As many features came from B it was named as 'C'. 4. ABOUT "C" o C is a structured programming language o C supports functions that enables easy maintainability of code, by breaking large file into smaller modules o Comments in C provides easy readability o C is a powerful language. o C programs built from • Variable and type declarations • Functions • Statements • Expressions C programming language - Structured and disciplined approach to program design. 5. Structure Of "C" Programs Before going and reading the structure of C programs we need to have a basic knowledge of the following: 1. C's Character Set 2. C's Keywords 3. The General Structure of a 'C' Program 4. How To End A Statement 5. Free Format Language 6. Header Files & Library Functions 6. C's Character Set C does not use every character set and key found on modern computers. The only characters that C - Language uses for its programs are as follows: A-Z all alphabets a-z all alphabets 0-9 # % & ! { } [] 0 \$\$\$ \$ & & & | space . , ; \$ " + - / * = 7. "Keywords" are words that have special meaning to the C compiler. Their meaning cannot be changed at any instance. Serve as basic building blocks for program statements. All keywords are written in only lowercase. The keywords 8. #include #include void main() { - other statements } Basic Structure Of "C" Programs Header Files Indicates Starting of Program Entry Point Of Program 9. The files that are specified in the include section is called as Header File. These are precompiled files that has some functions defined in them. We can call those functions in our program by supplying parameters. Header file is given an extension .h. C Source file is given an extension .c. Header files 10. This is the "Entry Point" of a program. When a file is executed, the start point is the main function. From main function the flow goes as per the programmers choice. There may or may not be other functions written by user in a program. Main function is compulsory for any C program. Main function 11. Type a program. Save it. Compile the program - This will generate an .exe file (executable) Run the program (Actually the exe created out of compilation will run and not the .c file) In different compiler we have different option for compiling and running. Running a 'C' Program 12. The smallest individual units in a C program are known as tokens. In a C source program, the basic element recognized by the compiler is the "token." A token is source-program text that the compiler does not break down into component elements. C has 6 different types of tokens viz. 1. Keywords [e.g. float, int, while] 2. Identifiers [e.g. main, amount] 3. Constants [e.g. -25.6, 100] 4. Strings [e.g. "SMIT", "year"] 5. Special Symbols [e.g. {, }, [,]] 6. Operators [e.g. +, -, *] C - programs are written using these tokens and the general syntax. "C" language TOKENS Strin gs 13. Keywords in Ansi "C" switch typedef union unsigned void volatile while long register return short signed sizeof static struct int double else enum etern float for goto if auto break case char const continue default do 14. They are programmer-chosen names to represent parts of the program: variables, functions, etc. Cannot use C keywords as identifiers Must begin with alpha character or - followed by alpha, numeric, or - Upper- and lower-case characters are important (case-sensitive) Must consist of only letters, digits or underscore (_). Only first 31 characters are significant. Must NOT contain spaces (). The Identifiers 15. Constants in C are the fixed values that do not change during the execution of a program. Constants CONSTANTS Numeric constants Character constants Integer Constants Real Constants Single Character Constants String Constants 16. • Integer Constants - Refers to sequence of digits such as decimal integer, octal integer and hexadecimal integer. - Some of the examples are 112, 0551, 56579u, 0X2 etc. • Real Constants - The floating point constants such as 0.0083, -0.78, +67.89 etc. • Single Character Constants - A single char const contains a single character enclosed within pair of single quotes [' ']. For example, 'B', 'a', 'f' etc. • String Constants - A string constant is a sequence of characters enclosed in double quotes [" "]; For example, "0211", "Stack Overflow" etc. Constants Examples 17. DECLARATIONS Constants and variables must be declared before they can be used. A constant declaration specifies the type, the name and the value of the constant. any attempt to alter the value of a variable defined as constant results in an error message by the compiler A variable declaration specifies the type, the name and possibly the initial value of the variable. When you declare a constant or a variable, the compiler: Reserves a memory location in which to store the value of the constant or variable. Associates the name of the constant or variable with the memory location. 18. • A Variable is a data name that is used to store any data value. • Variables are used to store values that can be changed during the program execution. • Variables in C have the same meaning as variables in algebra. That is, they represent some unknown, or variable, value. x = a + b z + 2 = 3(y - 5) • Remember that variables in algebra are represented by a single alphabetic character. What Are Variables in C? 19. Naming Variables Variables in C may be given representations containing multiple characters. But there are rules for these representations. Variable names in C : May only consist of letters, digits, and underscores May be as long as you like, but only the first 31 characters are significant. May not begin with a number May not be a C reserved word (keyword) Should start with a letter or an underscore(_) Can contain letters, numbers or underscore. No other special characters are allowed including space. 20. Case Sensitivity C is a case sensitive language. It matters whether an identifier, such as a variable name, is uppercase or lowercase. Example: area Area AREA AR Ea are all seen as different variables by the compiler. 21. Declaring Variables Before using a variable, you must give the compiler some information about the variable; i.e., you must declare it. The declaration statement includes the data type of the variable. Examples of variable declarations: int length ; float area ; Variables are not automatically initialized. For example, after declaration int sum; the value of the variable sum can be anything (garbage). Thus, it is good practice to initialize variables when they are declared. Once a value has been placed in a variable it stays there until the program alters it. 22. • There are three classes of data types here:- • Primitive data types - int, float, double, char • Aggregate OR derived data types - Arrays come under this category - Arrays can contain collection of int or float or char or double data • User defined data types - Structures and enum fall under this category. Data types in 'ansi c' 23. Data Types- different attributes Type Size Representation Minimum range Maximum range char, signed char 8 bits ASCII -128 127 unsigned char bool 8 bits ASCII 0 255 short, signed short 16 bits 2's complement -32768 32767 unsigned short 16 bits Binary 0 65535 int, signed int 16 bits 2's complement -32768 32767 unsigned int 16 bits Binary 0 65535 long, signed long 32 bits 2's complement -2,147,483,648 2,147,483,647 unsigned long 32 bits Binary 0 4,294,967,295 float 32 bits IEEE 32-bit 1.175495e-38 3.4028235e+38 double 32 bits IEEE 32-bit 1.175495e-38 3.4028235e+38 long double 32 bits IEEE 32-bit 1.175495e-38 3.4028235e+38 24. /* HELLO.C - Hello, world */ #include Void main() { printf("Hello, world\n"); Getch(); } Example of "C" Program



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