

MAY 2023



WHAT'S UP ON AU CAMPUS

AU TALK

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AU TALK | WHAT'S UP ON AU CAMPUS

Editorial Board

The concept of AU Talk was a long cherished dream of our Hon'ble Vice Chancellor, and finally, her able leadership has given wings to this noble thought to fly and spread the message across. The idea behind this initiative is very original and has been taken up for the first time in the history of the university. It gives us immense pleasure that AU Talk adds an extra feather to its academic brilliance.

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HAPPY
READING

Institute of Gandhian Thought & Peace Studies

The Institute of Gandhian Thought and Peace Studies recently published a magazine/souvenir titled "*Gandhi Sangat*." The institute has been successfully conducting various cultural, academic, and literary events such as national seminars, symposiums, book discussions, poster exhibitions, creative writing workshops, translation workshops, outreach programmes, etc. The institute has also designed course curriculums for several courses which shall be launched soon. The Hon'ble Vice Chancellor Prof. Sangita Srivastava Ji, being the chief patron of "*Gandhi Sangat*", has been a constant guide and mentor. Her unwavering faith in the institution and streamlined support has immensely helped the institute rejuvenate and progress. The Chief Editor of the magazine and Director of the institute, Prof. Santosh Bhadauria presented a copy of the magazine to the respected Vice-Chancellor. The co-editors of "*Gandhi Sangat*", Dr. Toshi Anand and Dr. Surendra Kumar have helped bring this vision to reality. Mr. Dharendra Pratap Singh and Mr. Hariom Kumar have helped the team materialize *Gandhi Sangat* through their dedicated efforts.



"*Gandhi Sangat*" has been divided into two parts. The first part elaborates upon the literary and cultural events organized by the institute in the past year. The second part comprises abstracts of selected papers presented at the National Seminar held in February 2023 entitled "Indian Democracy: Ideas and Achievements". Senior scholars and professors such as Nand Kishor Acharya, Gopeshwar Singh, Prem Kumar Mani, Arvind Mohan, Alok Vajpai, Hitendra Patel, Pankaj Kumar, Ashish Saxena, Anuradha Kumar, P K Sahoo, Alok Prasad, Ajai Prakash Khare, Ripusudan Singh attended the event and shared their valuable inputs. Young scholars Ramashankar Singh, Ajay Kumar, Dinesh Kumar Singh, Amit Rai, Archana Singh, Jitendra Visariya, Supriya Pathak, Ashutosh Partheshwar, Amrita, Deepak Ruhani, Dharendra Pratap Singh, Khushboo Singh, Govind Nishad, Shivam, Avichal Gautam and Ashok Kumar presented research papers at the national conference. The Institute of Gandhian Thought and Peace Studies plans to focus on the life, ideology, and constructive programmes of Gandhiji in the upcoming editions of "*Gandhi Sangat*". The institute envisions developing this magazine as a research journal by connecting Gandhian thinkers, academicians, scholars, and Gandhian institutions across the country.

राजभाषा अनुभाग

राजभाषा अनुभाग की गृह पत्रिका 'संकल्पना' का प्रकाशन

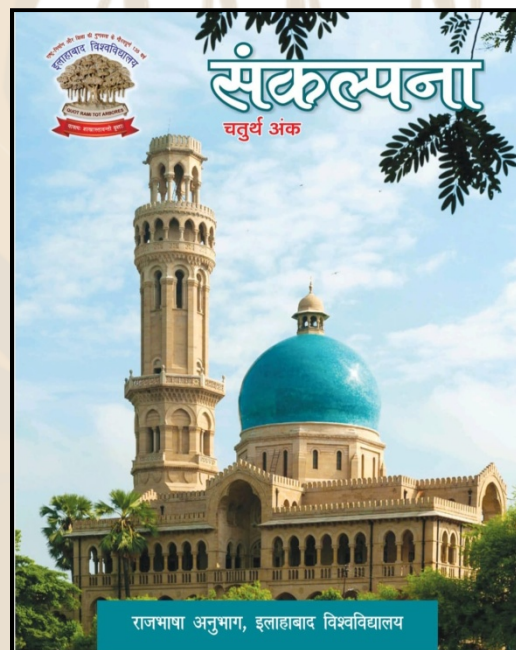
इलाहाबाद विश्वविद्यालय का राजभाषा अनुभाग हिंदी के प्रयोग और प्रचार-प्रसार के लिए लगातार सक्रिय है। प्रत्येक अकादमिक सत्र में राजभाषा अनुभाग अनेक कार्यक्रमों के माध्यम से जागरूकता पैदा करने के लिए कृत संकल्पित है। जिसमें विभिन्न सांस्कृतिक गतिविधियों के साथ काव्य गोष्ठी, कार्मिकों के लिए कार्यशाला, अनुवाद प्रशिक्षण कार्यक्रम भी आयोजित किए गए हैं। इन सभी कार्यक्रमों में विश्वविद्यालय के कार्मिकों और विद्यार्थियों को अपनी रचनात्मकता प्रदर्शित करने का मौका मिलता है। इसी रचनात्मकता को आगे बढ़ाने हेतु इलाहाबाद विश्वविद्यालय का राजभाषा अनुभाग गत चार वर्षों से गृह पत्रिका 'संकल्पना' का प्रकाशन कर रहा है। जिसके माध्यम से वरिष्ठ एवं युवा विद्वानों के विचारों को पाठकों तक पहुँचाया जा सके।

विश्वविद्यालय की प्रथम महिला कुलपति माननीय प्रो. संगीता श्रीवास्तव जी की प्रेरणा और प्रोत्साहन से इस बार का अंक - 4 'ई-शासन और हिंदी' पर केंद्रित किया गया है। जिससे हिंदी और तकनीक के रिश्ते को समझते हुए ई-शासन में उसकी भूमिका को रेखांकित किया जा सके। उल्लेखनीय है कि इस अंक में वर्तमान शिक्षा मंत्री माननीय धर्मेन्द्र प्रधान जी के शुभकामना संदेश के साथ माननीय कुलाधिपति, माननीय कुलपति एवं कुलसचिव महोदय के शुभकामना संदेश प्राप्त हुए हैं। जिन्हें इस अंक में प्रकाशित किया गया है।

'ई-शासन और हिंदी' पर केंद्रित 'संकल्पना' पत्रिका में प्रो. शम्भुनाथ, प्रो. पूरनचंद टंडन, श्री बालेंदु शर्मा दाधीच, प्रो. तंकमणि अम्मा, प्रो. वी. रा. जगन्नाथन आदि वरिष्ठ विद्वानों के साथ युवा लेखकों के लेख शामिल किए गए हैं। इसके साथ ही इलाहाबाद विश्वविद्यालय के विद्यार्थियों द्वारा अंतर्राष्ट्रीय मातृभाषा दिवस पर आयोजित कविता प्रतियोगिता की सर्वश्रेष्ठ कविताओं को भी इसमें शामिल किया गया है।

इस अंक का संपादन राजभाषा अनुभाग के संयोजक और गांधी विचार एवं शांति अध्ययन संस्थान के निदेशक प्रोफेसर संतोष भदौरिया जी ने किया है। संपादक मंडल के सदस्य डॉ. रतन कुमारी वर्मा, डॉ. आशुतोष पार्थेश्वर, डॉ. अमृता, डॉ. सुनील कुमार सुधांशु, डॉ. जनार्दन, डॉ. सुरभि त्रिपाठी और श्री देवेश कुमार गोस्वामी का विशेष सहयोग मिला है। संपादकीय सहयोग अनुवाद अधिकारी हरिओम कुमार का रहा है। वरिष्ठ कला समीक्षक प्रोफेसर अजय जैतली ने इस पत्रिका का आवरण डिजाइन किया है।

'संकल्पना' के इस अंक की योजना इस उद्देश्य को दृष्टि में रखकर बनाई गई है कि ई-शासन और हिंदी के रिश्ते को सरलता और सहजता के साथ समझा जा सके। ई-शासन की कार्यवाहियां समुचित ढंग से निष्पादित हो सकें। ई-शासन को हिंदी से जोड़कर उसे प्रभावी रूप में प्रस्तुत किया जा सके तथा ई-शासन और हिंदी संबंधी व्यावहारिक चुनौतियों से आसानी से निपटा जा सके।



Centre For Theatre & Film

Centre for Theatre & Film conducted a 15 Day intensive acting workshop from 17th April to 1st May 2023 with Mr. Vishal Vijay and Dr. Anirban Kumar as facilitators.

The participants were carefully moderated through six co-created modules: Tactile Synchronization, Theatre Games, Diction and Speech, Non- Verbal Expression, Poetry Reading, Body Movement and Scene Works.

Mr. Vishal mentored the participants in the basics of acting, and Mr. Anirban worked on theatre games and sensory perceptions.

This workshop was an online outreach programme by the centre, which received an overwhelming number of queries and responses from across Uttar Pradesh.

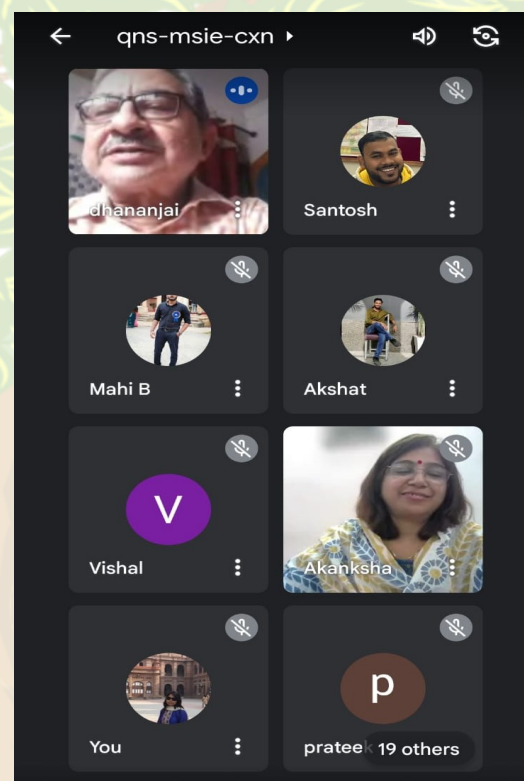
Centre for Theatre and Film intends to build on the malleable points of departure and design a process-based performance with future batches from such workshops.

The participants were given certificates signed by the Centre coordinator, Mrs. Vidhu Khare Das.



Department of Education

A special Lecture on 'Contemporary Trends in Leadership' was organized for M.Ed. and M.A. students by the Department of Education on May 17, 2023. The resource person was Dr. Akanksha Singh, Associate Professor, Department of Education, Lucknow University.



Department of Sociology

The Department of Sociology, the University of Allahabad organized a special lecture on "Challenges of Social Science Research in Contemporary Times" on May 23, 2023.

Prof. Ashish Saxena, Head of the Department of Sociology at the University of Allahabad, appealed to the students to maintain value neutrality while conducting scientific research in Social Science disciplines.





Prof. B. N. Dubey, Former Head of the Department of Sociology at Babasaheb Bhimrao Ambedkar University, Lucknow, highlighted the limitations of Social Science research and the current challenges in employment opportunities. He emphasized the importance of indigenous perspectives to understand social reality compared to Western perspectives. The students of the department enthusiastically participated in the event and raised relevant questions on the said topic.

Dr. Deborah Darlianmawii, Assistant Professor at the Department of Sociology of the University of Allahabad, moderated the entire event. Dr. C. Sathish, Assistant Professor (Sociology) at the University of Allahabad, introduced the speaker. At the same time, Dr. Keyoor, Assistant Professor (Sociology) at the University of Allahabad, proposed the final vote of thanks.

Department of Sanskrit, Pali, Prakrit and Oriental Languages

The department organized a distinguished lecture on “Sanskrit and Science” on 18th May 2023. The speaker of the distinguished lecture was an internationally reputed scholar named Prof. Bal Ram Singh. Prof. Bal Ram Singh has significantly correlated Sanskrit to the modern discipline of Science. He emphasized the scope of further research in the area of Etymology, Linguistics, Mathematics, Consciousness and Ayurveda in the light of Sanskrit Shastras.



In his interaction with the faculty members in the Sanskrit Department, he shared some eye-opening facts about the research. He suggested that there may be an opportunity to change the course of the world by bringing out some basic, applied and commercial reforms along with comprehensive political reforms in the world. Sanskrit and the knowledge in Sanskrit are critical for a scientific strategy to work. Here are some

projects, for instance - 1. Sanskrit's connection to any words spoken in any other language. 2. Regimented pronunciation of words in any language - meaning creating mantras and their impact on human knowledge and communication to the self and others. 3. Understanding scientific laws from knowledge in Sanskrit and vice versa. 4. Sanskrit-based knowledge for developing economic and business culture. 5. Sanskrit-based meaning of life and integrative health.

Prof. Bal Ram Singh is President of the Institute of Advanced Sciences. He was a Professor (1990-2014) of Chemistry, Biochemistry, and Biology and the Founding Director (2000-2014) of the Center for Indic

Studies at UMass Dartmouth. At the Institute, he is the Director of the International Botulinum Research Center and also the Executive Mentor of the School of Indic Studies, where his research includes Ayurvedic Science and Technology, Yoga and Consciousness, Vedic Education and Pedagogy, and Vedic Social and Political traditions.

This programme was chaired by Prof. Sanjoy Saxena, Dean, Faculty of Arts and Head of the Department of Sanskrit, and Prof. Umakant Yadav felicitated it. The convenor of the lecture was Prof. Anil Pratap Giri, who welcomed the participants and introduced the speaker. Prof. Prayag Narayan Mishra, Coordinator of the Department of Sanskrit, proposed a vote of thanks. Dr. Minakshi Joshi, Assistant Professor of the Department, convened the programme. Dr. Nirupma Tripathi, Dr. Vinod Kumar, Dr. Sandip Yadav, Dr. Raghvendra Mishra, Dr. SatRudra Prakash, Dr. Vikash Sharma, Dr. Kalpana and other faculty members, students, and research scholars attended the programme.



AWARDS & LECTURES

- **Prof. Anil Pratap Giri from the Department of Sanskrit** at the University of Allahabad chaired a session and delivered a lecture entitled "Theory of Creation in the light Anandasutram" as a Resource person at the National seminar on Contemporary and Future World: Neohumanist Vision of PR Sarkar, organized by the Department of Philosophy, Tripura University (A Central University), Tripura, in collaboration with Renaissance Universal (RU) & Renaissance Universal Artists & Writers Association (RAWA) on 8th May 2023.
- Prof. Giri delivered a distinguished lecture on "Sanskrit Knowledge Tradition" at the Department of Sanskrit, Tripura University, Agartala on 9th May 2023.



CSR CELL

Under the supervision of the Hon'ble Vice-Chancellor, the University of Allahabad, CSR Cell and the Department of Sociology organized a four-day workshop on "Job Readiness Training Program" for the final year students of M.A. Sociology from 01.05.2023 to 05.05.2023.



Research Publications

S. No.	Name of the author	Department/Centre	Name of the Journal	Impact Factor	Indexing	ISSN
1.	Dr. Veerendra Kumar Meena	HINDI & MODERN INDIAN LANGUAGES, ALLAHABAD UNIVERSITY, PRAYAGRAJ	Anveeksha Research Journal of SSKGDC, Allahabad University	NA		2581-8163
2.	Dr. Kamlesh Yadav	Department of Physics	Journal of Energy Storage	8.907	Scopus	
3.	Dr. Kamlesh Yadav	Department of Physics	Polymer	4.432	Scopus	
4.	Dr. Sanjay Kumar	Department of Urdu	Tahzibul Akhlaq	NA	UGC Journal no.41655	

Book Chapter

- **Dr. Renu Kochhar Sharma**, Assistant Professor (Vedic Studies), Department of Sanskrit, Pali, Prakrit and Oriental Languages

Title: "A Study of Animal Behavior and Natural Disasters" in International Handbook of Disaster Research, Singh, A. (eds) in Springer, Singapore online published on 18 May, 2023
Online ISBN : 978-981-16-8800-3

https://link.springer.com/referenceworkentry/10.1007/978-981-16-8800-3_23-1

- **Author : Dr. Prashant Kumar Pandey**, Assistant Professor, Department of English & MEL
Chapter: From Forster to Hegel - India in German Philosophy and Literature around 1800
Book: India and Southeast Asia: A Legacy of Cultural Influences
Editor: Gautam Kumar Jha
Publisher: Pathak Publisher and Distributors
Address: E-6/33c & 34, Ground Floor, Sangam Vihar, New Delhi 110080
Year: 2023
ISBN: 978-93-91952-59-4



The Power of Positivity: Unlocking Happiness Within

Dr. Rajnesh Meena
Assistant Professor
Department of Psychology

Introduction

In a world filled with constant challenges and uncertainties, pursuing happiness and positivity has become more critical than ever. As individuals, we all desire to live a fulfilling and joyous life but often find ourselves overwhelmed by stress, negativity, and self-doubt. However, by understanding the principles of psychology and harnessing the power of positivity, we can embark on a transformative journey towards lasting happiness and well-being. In this article, we will explore the profound impact of positivity on our mental health and provide practical strategies to cultivate and sustain a positive mindset.

Cultivating Positivity

- 1. Practice Gratitude:** Regularly expressing gratitude for blessings can significantly shift our perspective towards positivity. Start a gratitude journal, listing three things you are grateful for each day. This simple exercise helps train the mind to focus on the positive aspects of life and leads to increased happiness and contentment.
- 2. Embrace Optimism:** Adopting an optimistic outlook does not mean ignoring reality or denying hardships. Instead, it involves reframing negative situations and seeking opportunities for growth and learning. We can navigate life's challenges with resilience and hope by challenging negative thoughts and embracing a positive mindset.
- 3. Surround Yourself with Positivity:** Surrounding yourself with positive people who uplift and inspire you can significantly influence your outlook on life. Cultivate meaningful relationships, engage in joyful activities, and limit exposure to negative influences such as toxic relationships or excessive media consumption.
- 4. Practice Mindfulness:** Mindfulness meditation is a powerful tool to enhance positivity and happiness. By staying present in the moment and observing our thoughts and emotions non-judgmentally, we can



detach from negativity and cultivate a greater sense of inner peace. Regular mindfulness practice helps rewire the brain, promoting positivity and emotional well-being.

5. Focus on Self-Care: Prioritizing self-care activities is crucial for maintaining a positive mindset. Engage in activities that nurture your physical, mental, and emotional well-being, such as exercising, pursuing hobbies, adequately sleeping, and following relaxation techniques. Taking care of yourself holistically enables you to approach life with positivity and vitality.

Sustaining Positivity

Sustaining a positive mindset requires ongoing effort and commitment. Here are some strategies to maintain positivity in the long term:

- 1. Challenge Negative Self-Talk:** Identify and challenge self-defeating thoughts and replace them with positive and affirming statements. Practice self-compassion and embrace your strengths and imperfections.
- 2. Practice Resilience:** Life is full of ups and downs, but building resilience equips us to bounce back from adversity. View setbacks as opportunities for growth, learn from them, and maintain a positive outlook even in challenging times.
- 3. Spread Kindness:** Acts of kindness not only benefit others but also enhance our well-being. Engage in random acts of kindness, volunteer, or support causes that resonate with you. The positive impact you make on others will contribute to your happiness.
- 4. Reflect on Positive Experiences:** Reflect on positive experiences and accomplishments. Celebrate your achievements, big and small, and acknowledge your progress towards positivity and happiness.

Conclusion

Positivity is a powerful force that can transform our lives and the lives of those around us. By adopting a positive mindset, practicing gratitude, and engaging in self-care, we can unleash our potential for lasting happiness and well-being. Remember, happiness is not a destination; it is a lifelong journey that begins with nurturing the seeds of positivity within ourselves. Embrace the power of positivity and unlock a world of happiness within you.



"Insights on Type 2 Diabetes: A Lifestyle Disorder"

Dr. Rashmi Srivastava
Associate Professor

Department of Zoology, University of Allahabad

Health and diseases are always a matter of deep concern for us. Many people are at risk of various diseases based on their way of living and occupational habits. Lifestyle disorders are primarily based on people's inappropriate daily habits resulting from improper activities concerning their environment. In the current scenario, there is increasing evidence of various health issues, such as hypertension, diabetes, cardiovascular diseases, behavioural problems, high cholesterol and obesity, affecting not only adults but also younger people. Despite increasing health awareness, a large population is facing these problems. The changed habits like bad food habits, physical inactivity or sedentary lifestyle, wrong body posture and the disturbed biological clock due to increasing job requirements and competitive living contribute to lifestyle diseases.

The National Diabetes Statistics Report 2022 documented that in 2019, more than 37 million people of all ages (11.3% of the U.S. population) had diabetes, but 8.5 million adults (23.0% of adults with diabetes) were not aware of having diabetes. Among those aged 65 years or older, the percentage of adults with diabetes increased to 29.2%. A report jointly prepared by the World Health Organization (WHO) and the World Economic Forum states that India will incur an accumulated loss of several billion due to unhealthy lifestyles and faulty diets. Further, according to a survey conducted by the Associated Chamber of Commerce and Industry (ASSOCHAM), 68% of working women in the age bracket of 21-52 years were found to be afflicted with lifestyle ailment diabetes. Thus, we see that diabetes has emerged as a serious health concern issue. Understanding the cause of the disease is the key to finding remedies that could cure them.

Diabetes mellitus, simply referred to as diabetes, is a metabolic disease that causes high blood sugar. It is a chronic (long-lasting) health condition that affects how our body turns food into energy. Typically, our body breaks down most of our food into sugar (glucose) and releases it into our bloodstream. When the blood sugar goes up, it signals the pancreas to release insulin which then regulates glucose levels in the bloodstream and induces storage of glucose in the tissues resulting in overall weight gain. But, if the sugar is not able to come back to the normal physiological level of less



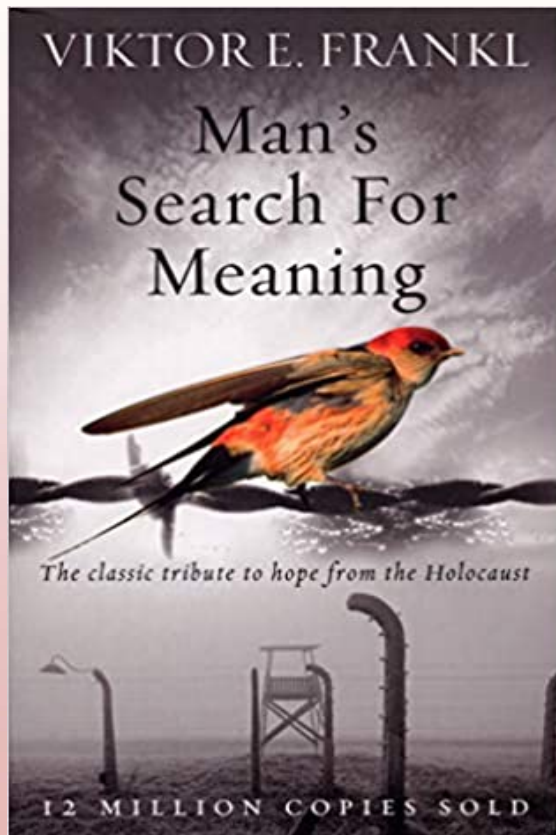
than 140 mg/dL, it leads to a diabetic condition. Depending on the state of the body, there are mainly two types of diabetic conditions- type 1 and type 2. The main difference between them is that type 1-diabetes is a genetic condition that often shows up early in life, and type 2 is mainly lifestyle-related and develops over time. With type 1 diabetes, our immune system attacks and destroys the insulin-producing cells in our pancreas. Type 1 diabetes mellitus (T1DM) is an endocrine disorder in which β cells of the pancreas cease to produce insulin due to autoimmune destruction. This problem results in hyperglycemia and ketosis; thus, insulin substitution becomes vital to manage it. Incidence rates are usually at their peak in puberty and early adulthood. However, the onset can occur at any age. However, the frequency is the highest among adults because persons with T1DM live for many years. Symptoms include polyuria, polydipsia, and weight loss. Acute complications include diabetic ketoacidosis, which requires urgent management.

Type 2 diabetes (earlier called non-insulin-dependent or adult-onset) results from the body's ineffective use of insulin. More than 95% of people with diabetes have type 2 diabetes. This type of diabetes is actually the impairment of the pathway by which our body uses glucose as a fuel resulting in too much sugar in the bloodstream, which gradually leads to disorders of the circulatory system, nervous system and eyes. In type 2 diabetes, there are two interrelated problems; the pancreas does not produce enough insulin to regulate the entry of sugar into the cells, and the cells respond poorly to insulin and take in less sugar. This type of diabetes is largely the result of excess body weight and physical inactivity. Symptoms may be similar to those of type 1 diabetes but are often less marked. As a result, the disease may be diagnosed several years after onset, after complications have already arisen. Until recently, this type of diabetes was seen only in adults, but it is now increasingly occurring in children as well. Thus, type 2 was earlier known as adult-onset diabetes. However, now it is observed that type 1 and type 2 can occur at any time during childhood or adulthood.

Despite the development and improvement in quality of living, we must look into our health challenges too. Every medical system, whether Ayurvedic, Homeopathic or any other, has its own way of identifying the disease and its treatment. Besides these, the management of diabetes requires awareness and is very important. Healthy eating is the cornerstone of healthy living, but it is very challenging for a diabetic person. One should know how food affects our blood sugar levels. It is not only the type of food but also how much we eat and the combinations of food we eat. There is a strict need to coordinate meals and medication along with physical activity or exercise daily to manage diabetes and lifestyle disorders. The consensus of health and well-being does not simply mean the absence of pain and suffering, but there is a need for a holistic approach or positive dimension towards health care.

BOOK OF THE EDITION*Man's Search for Meaning*

by Viktor Frankl

**MOVIE OF THE EDITION***Web series - The last of US*

To publish your news/event in the upcoming edition, please send the write-up along with a relevant picture to: vizianagramcurator.au@gmail.com

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