

APRIL 2023

WHAT'S UP ON AU CAMPUS



AU TALK

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Editorial Board

The concept of AU TALK was 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.

Patron: Hon'ble Vice Chancellor

Members of the Editorial Board:

- 1) Dr. Chandranshu Sinha, Associate Professor, Dept. of Psychology
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- 4) Dr. Charu Vaid, Assistant Professor Dept. of English
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- 6) Dr. Sandeep Kumar Meghwal, Assistant Professor Dept. of Visual Arts
- 7) Mr. Vishal Vijay, Assistant Professor, Center of Theatre & Film
- 8) Miss Jigyasa Kumar, Curator, Vizianagram Hall & Museum

Congratulations



The Hon'ble Vice Chancellor receives the Certificate of Colonel Commandant of the University of Allahabad for National Cadet Corps from Colonel Sushant Ghosh in the presence of Subedar Major Harvinder Singh 6 UP Girls' BN Prayagraj

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Welcome New Joinees! J.K. Institute of Applied Physics

<u>S.No.</u>	<u>Name</u>	<u>Designation</u>	<u>Educational Qualification</u>	<u>Work Experience</u>	<u>Photograph</u>
1.	Dr. Tarun Kumar Gupta	Associate Professor	<ol style="list-style-type: none"> 1. B.Tech. 2. M.Tech. 3. Ph.D 	Worked as Assistant Professor in Maulana Azad National Institute of Technology, Bhopal for 17 years.	
2.	Dr. Pooja Rani	Assistant Professor	<ol style="list-style-type: none"> 1. Ph.D – Electronics & Communication Engg., MNNIT Allahabad 2. M.Tech- Electronics & Communication Engg., PDPM IIITDM, Jabalpur 3. B.Tech- Electronics & Communication Engg., U.P.T.U. 		
3.	Dr. Neha Agarwal	Assistant Professor	<ol style="list-style-type: none"> 1. Bachelor of Technology in Electronics and Communication Engg. in 2006 from MNNIT Allahabad. 2. Master of Technology in Electronics Engineering(Digital System) in 2011 from MNNIT Allahabad. 3. Ph.D in 2016 from MNNIT Allahabad. 	Worked as Guest Faculty in Motilal Nehru National Institute of Technology Allahabad, Prayagraj form Jan. 2017 to Feb. 2023.	
4.	Dr. Preeti Kumari	Assistant Professor	<ol style="list-style-type: none"> 1. Post-Doctoral Fellow, IIT (ISM) Dhanbad. 2. Ph.D, IIT (BHU) Varanasi. 3. M.Tech.(Communication Engg.),KNIT Sultanpur. 4. B.Tech. (ECE)(Dr. K.N. Modi Institute of Engg. & Technology) Modinagar, Ghaziabad. 	<ol style="list-style-type: none"> 1. Dec. 2018 – Nov. 2020: Hindustan Chemicals, Khurja(U.P.) as Quality Control Manager. 2. Dec. 2020 – Dec. 2022: Post doctoral Fellow at Department of Electronics, IIT(ISM) Dhanbad. 3. Jan. 2023 – Feb. 2023: Assistant Professor, Electrical & Electronics Engineering Department, Loknayak Jai-Prakash Institute of Technology, Chapra, Govt. of Bihar(under DST-Bihar). 	
5.	Dr. Ashish Kumar Singh	Assistant Professor	<ol style="list-style-type: none"> 1. B.Tech (ECE) from Madan Mohan Malaviya Engg. College,2008. 2. M.Tech(ECE) from Haldia Institute of Technology, 2012. 3. Ph.D from Gwangju Institute of Science & Technology,2018, South Korea. 	Post doctoral Researcher, KAIST South Korea, Sept. 2018-March 2023.	
6.	Dr. Shashi Bhushan Sharma	Assistant Professor	<ol style="list-style-type: none"> 1. B.E. from I.G Engg. College Sagar, M.P. 2. M.Tech. from NIT Durgapur. 3. Ph.D from NIT Durgapur. 4. Post-Doc- from IIT Kharagpur. 	1 year Post-Doc experience in IIT Kharagpur.	
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7.	Dr. Ajay Kumar	Assistant Professor	<ol style="list-style-type: none"> 1. Ph.D. from Indian Institute of Technology Hyderabad, Telangana-(2015-2021). 2. M.Tech from Indian Institute of Technology (Indian School of Mines), Dhanbad Jharkhand- (2012-2014). 3. B.Tech from ABES Engg. College, Ghaziabad, Uttar Pradesh (2007-2011). 	<ol style="list-style-type: none"> 1. Industrial Experience- Worked at “Cropin Technology Solutions Bengaluru, Karnataka” as a “Scientist I-EO” form 1 Sept. 2021 to 26 Feb 2023 (one & half year). 2. Research Experience- Worked as Senior Research Fellow at IIT Hyderabad from 1 July 2021 to 31 Aug 2021. 3. Worked as Project Associate at WiNet Lab, Department of Electrical Engg.,IIT Hyderabad from 29 May 2014 to 31 Dec 2014. 	
8.	Dr. Nimish Kumar Srivastava	Assistant Professor	<ol style="list-style-type: none"> 1. Ph.D [IIT(ISM) Dhanbad]. 2. M.Tech (Gold Medalist). 3. B.Tech (Honours). 4. Research Area: Microwave Photonics, Optical Fiber Communication. 	2.5 years of Teaching experience.	
9.	Dr. Nilesh Anand Srivastava	Assistant Professor	<ol style="list-style-type: none"> 1. Ph.D.- Electronics & Communication Engineering Department, MNNIT Allahabad, Prayagraj(2020) (Specilization:Microelectronics & VLSI Design) 2. M.Tech.- Electronics & Communication Engineering Department, MMMUT Gorakhpur, Uttar Pradesh (2017) (Specialization: Digital System) 3. B.Tech.- Electronics Engineering, IERT Allahabad (2012) 	<ol style="list-style-type: none"> 1. Assistant Professor, Manipal Institute of Technology, Manipal (November,2021 to Feb. 2023) 2. Assistant Professor, Madanapalle Institute of Technology, Madanapalle,(A.P.) (Oct. 2020 to Oct. 2021) 	
10.	Dr. Prabhat Chandra Shrivastava	Assistant Professor	<ol style="list-style-type: none"> 1. Ph.D. (MNNIT Allahabad) 2. M.Tech.(MNNIT Allahabad) 3. B.E. (RGPV, Bhopal) 	<ol style="list-style-type: none"> 1. July 2010 – Jan 2014, Sr. Lecturer BBDNIIT, Lucknow 2. Jan 2018 – Aug 2018, Assistant Prof. Govt. Engg. College, Ajmer, Rajasthan. 3. Sept 2018 to Sept 2021, Assistant Prof. Govt. Engg. College (REC) Rewa, MP. 4. Jan 2022 to Feb 2023, Assistant Prof. GHRCEM, Pune, Maharashtra. 5. 27th Feb 2023 to present, AU. 	

Dept. of Economics

<u>S. No.</u>	<u>Name</u>	<u>Designation</u>	<u>Educational Qualification</u>	<u>Work Experience</u>	<u>Photograph</u>
1.	Dr. Bhartendu Kumar Chaturvedi	Associate Professor	Ph.D from Banaras Hindu University, Varanasi	10 years 8 months of work experience. Worked in UPES, Dehradun.	
2.	Dr. Aditi Pandey	Assistant Professor	Ph.D from University of Allahabad, Prayagraj	5 years teaching experience inCMP Degree College	
3.	Dr. Sumedha Pandey	Assistant Professor	Ph.D from University of Allahabad, Prayagraj	5 years teaching experience inCMP Degree College	
4.	Dr. Garima Maurya	Assistant Professor	Ph.D from University of Allahabad, Prayagraj	5 years teaching experience in Dept. of Economics in Ishwar Saran PG College	
5.	Dr. Shreedhar Satyakam	Assistant Professor	Ph.D from University of Allahabad, Prayagraj	6.5 years of work experience. Worked as Assistant Professor in the Dept. of Economics at Mahatma Gandhi Central University, Motihari (Bihar)	
6.	Dr. Manoranjan Sahoo	Assistant Professor	Ph.D from IIT Madras	Worked as Assistant Professor in Kalinga Institute of Industrial Technology, Bhubhneshwar . Teaching experience of 5 years 4months.	
7.	Dr. Pooja Srivastava	Assistant Professor	Ph.D from Banaras Hindu University, Varanasi	Worked as Assistant Professor in Dept. of Economics in Jagat Taran Girl's Degree College 5 years of teaching experience.	

Dept. of English & MEL

Strengthening the Base a better future

The Department of English and Modern European Languages is committed upon innovative overtures for redefining and reshaping our students. At the recently concluded BOS of the department, a few faculty members came up with the proposal of a Bridge Course in English for the students. This unique course would merge Communication Skills, Writing Skills, Listening and Reading Exercises and Competitive English. It would cater to the purposes of students of diverse disciplines and would provide a single window for developing the competency of students. Needless to say, it is a perfect value-added course designed by Dr Amar Nath Kumar, Dr Shibanur Rahman, Dr Kanchan Yadav and spearheaded by Prof Jaya Kapoor, as the core committee members.



The course is set off to start from May 2023 after the approval of the Honourable Vice Chancellor.

EVENTS

UGC-HRDC, UoA

UGC-HRDC, University of Allahabad, organized a workshop on NEP 2020 on April 11, 2023. The workshop was organized under the patronage of Honourable V.C. Prof. Sangita Srivastava and under the direction of Prof. Ashish Saxena, Director UGC-HRDC, AU. The Honourable V.C. Jannayak Chandrashekhar University, Ballia, U.P., Prof. Kalpalata Pandey, was the keynote speaker on the occasion.

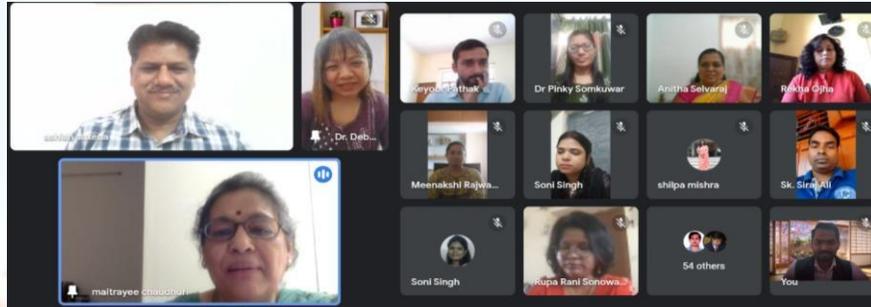
The keynote speaker, Prof. Kalpalata Pandey, elaborated her key address on "Implementation of NEP in Higher Education". She has talked about a multidisciplinary and holistic approach to education. She elaborated on foundational pillars of NEP like access, equity, quality, affordability, and accountability. She has enlightened the participants on the vision of NEP 2020. Besides this, she has also discussed optimal learning and the suggestions given by AIU for the implementation of NEP 2020. She had focused on the Indian knowledge system, academic research and internationalization, industry-institute collaboration, digital learning, and 18 actionable points identified by the Government of India for the implementation of NEP2020.

The programme was coordinated by Dr. Niti Kant, Deputy Director, UGC-HRDC AU. During the ceremony, Dr. Anamika Yadav, Assistant Director, UGC-HRDC AU, introduced the guests. The welcome address was delivered by Prof. Ashish Saxena, Director, UGC-HRDC, AU. Towards the end of the ceremony, Dr. Sandip Anand, Deputy Director, UGC-HRDC, AU, presented a vote of thanks. Approximately seven faculty members from different states of India attended this workshop.



Dept. of Sociology

The Department organized an online inter-disciplinary refresher course on "Advanced Research Methodology and Technical Writing" under the aegis of UGC-Human Resource Development Centre (HRDC), University of Allahabad, from March 27 to April 9, 2023. Prof. Ashis Nandy, a renowned political psychologist, critic, and post-colonialist, was the chief guest, while Prof. Maitrayee Chaudhuri, former chairperson, Centre for the Study of Social System, Jawaharlal Nehru University, and Director North-South Dialogue, at The Henry M. Jackson School of International Studies, University of Washington, was the guest of honour for the valedictory programme held on April 9, 2023. Prof. Ashish Saxena, Head, Department of Sociology and Director, UGC-HRDC, University of Allahabad, delivered the welcome address and threw light on the relevance of "Advanced Research Methodology and Technical Writing" in today's world. He said with changing times, one needs to look at society with a new insight and methodology.



The chief guest, Prof. Ashis Nandy in his valedictory address eschewed the methodological extremities of trying to do a perfect scientific study through the rigorous collection of statistical data, on one hand, and attempting a purely theoretical treatise, on the other. While delivering the presidential address, the guest of honour, Prof. Maitrayee Chaudhuri spoke on "Theory and Method: Some Reflections". Dr. Keyoor, Faculty, Department of Sociology, University of Allahabad, and the Course Coordinator, UGC-HRDC, University of Allahabad, presented the report of the 14-day refresher course. Furthermore, the participants appreciated the course coordinator's meticulous and diligent way of organizing the said refresher course. Dr. Deborah Darlianmawii, Assistant Professor, Department of Sociology, University of Allahabad, delivered the final vote of thanks.

The Department of Sociology, University of Allahabad, congratulated the M.A. II students for qualifying for the UGC-JRF, UGC-NET, GATE and Azim Premji teaching fellowships. While distributing the memento to the qualified students, Prof. Ashish Saxena congratulated them and also appealed to the students to carry forward the legacy of the Department of Sociology, UoA, throughout their life journey. Dr. Muneer Illath highlighted the departmental profile of UGC-JRF, UGC-NET, and other competitive exams qualified by students since the inception of the department. Dr. C. Sathish felicitated the students and encouraged them to fall in love with the subject so that it would not let anyone down. The first-year M.A. students and the administrative staff of the department also congratulated the said students. The event was coordinated by Dr. Keyoor, while Dr. Deborah proposed the vote of thanks.



ADOLESCENT STUDENTS' WORKSHOP: 26 –27 MARCH 2023
MEMOIR: 2 DAYS AT GANDHI BHAVAN

**Opening my eyes, integrity I see,
 Humanity rising, diverse we be.
 From the eyes of the father
 I saw the world growing
 Blood, sweat and tears
 Empires overthrowing
 Our fight is our own
 That is what we must believe
 From the descendants of sovereignty
 That is what I perceive!"**

- Ratnapriya (27/3/23)

The above written lines are truly the summary of my two-days experience at the Institute. As soon as I entered the luscious green campus, all I felt was peace and integrity. This place is like a hub to preserve humanity and our national diversity. I saw the world from the eyes of the Father of the Nation – Mohandas Karamchand Gandhi and his companions, henceforth learning the importance of values like UNITY, AHIMSA, SEVA, DHARMA, SATYA, ADHYAATMA, etc. Even if people don't wish to adopt "Gandhism", they can at least try to incorporate 2-3 values within them, inspired by Bapu or any leader as such. But, instead of becoming a directionless individual, we must try to search for truth, knowledge, and faith. The faculty, the organizing team, the catering, and the staff all deserve great respect and appreciation for what they did. Special Thanks to the Vice Chancellor of the University and the various professors/doctors who gave lectures (or assisted them). Thanks to Prof. S. Bhadauria and his team for the applaudable work. I am also grateful towards all my fellow students and my school for giving me this opportunity.

- Ratnapriya Gupta Class 12th, Girls High School & College

संस्मरण : गांधी भवन में दो दिन

मेरे स्कूल से मुझे और मेरे सहपाठी को इस कार्यशाला के लिए चुना गया। वास्तव में पहली बार जब इसके बारे में पता चला था तो बहुत उत्सुकता जागी थी, क्योंकि मेरे पिता इससे काफी जुड़े हुए थे। पहला दिन रोमांच से भरा था क्योंकि यह एक ऐसी कार्यशाला थी जहां इलाहाबाद विश्वविद्यालय के ऊंचे ओहदे के प्रोफेसर और अध्यापक मौजूद थे। मुख्य वक्ता श्री कृष्णक स्वीरूप आनंदी जी ने हमें गांधीजी के एक ऐसे पहलू से परिचित कराया जिससे मैं पूरी तरीके से अनजान थी और मुझे इस सब के बारे में बात करने से बहुत खुशी मिल रही थी, क्योंकि मैंने आज बहुत दिनों बाद कुछ नया और अच्छा सीखा। यहां पर किताबी ज्ञान को इतना महत्व नहीं दिया गया, जितना अनुभवी ज्ञान को दिया गया है। मुझे काफी प्रसन्नता हुई। यहां पर आने से अनेक विद्यालयों के छात्र-छात्राएं उपस्थित थे, जिनसे मुझे अलग-अलग लोगों के स्वभाव तथा उन्हें व्यक्तिगत रूप से जानने को मिला। प्रोफेसर संतोष भदौरिया के शब्दों का चुनाव मुझे बहुत अच्छा लगा क्योंकि उनके शब्द सभी बच्चों पर अधिकतम रूप से प्रभाव डाल रहे थे और सब को मोटिवेट कर रहे थे। वे इस कार्यशाला के संयोजक थे। यहां पर आकर मैंने बहुत सी बातें सीखीं और जानीं और मेरे अंदर दूसरों के प्रति विनमता और बढ़ गई।

यह बात स्वभाविक है कि जो मैं दो दिन पहले थी, जो मेरी मानसिकता थी, उस पर प्रभाव पड़ा है। मेरे सोचने विचार करने की शक्ति में भी बदलाव आया है। पहले दिन पर कला, आर्ट प्रतियोगिता भी आयोजित की गई थी, जिससे मेरे अंदर कला के प्रति खूब प्रेम उमड़ा। दूसरे दिन प्रतियोगिताओं की वर्षा हुई। मेरे अंदर प्रतिस्पर्धा में भाग लेने की जिज्ञासा उठी। मैं यह आशा भी करती हूँ कि जिनमें मैंने भाग लिया, उनमें से किसी एक में एक इनाम आवश्यक रूप से प्राप्त करूँ। यहां का वातावरण काफी शांत है, जो गांधी का प्रतीक है। सत्य क्या होता है, इसका जवाब मिलना मुश्किल है पर जैसे-जैसे मैं अपनी जिदगी में आगे बढ़ती रहूँगी, वैसे-वैसे मैं इसके उत्तर के पास आती जाऊँगी। यहां आने से मुझे तो खुशी हुई ही है, पर मेरे माता-पिता को सबसे ज्यादा खुशी हुई। मेरे अंदर इन दो दिनों में ही वह बहुत से बदलाव, परिवर्तन महसूस कर सकते हैं। यह परिवर्तन बिना किसी सवाल के अच्छे ही हैं। मानसिक तनाव से किस तरह बचाव कर सकते हैं, यह हमारी मालविका राव ने बड़े अच्छे तरीके से बता दिया है। मैं आशा करती हूँ कि मैंने यहां से जो भी सीखा, वह मुझे आजीवन स्मरण रहे।।

सुश्री अनन्या मिश्रा, कक्षा - 9,

महर्षि पतंजलि विद्या मंदिर, प्रयागराज।

Institute of Gandhian Thought & Peace Studies

The institute (Gandhi Bhavan) is a premier institution established in the year 1961 under the aegis of the University of Allahabad with an objective to promote and undertake research on Gandhi and his philosophy. It is the first-of-its-kind research institute focused on creating awareness around Gandhian philosophy and its applicability in present-day contemporary societies. Prof. Sangita Srivastava, Hon'ble Vice Chancellor, the University of Allahabad has been immensely instrumental in the development of this institute. Under her esteemed leadership and distinguished guidance, the institute has organized several seminars, symposiums, exhibitions, book reviews, outreach programmes among several other cultural, literary and academic endeavors over the past few months. On account of persistent efforts and dedicated leadership of the Hon'ble Vice Chancellor, the digitization of the institute's library is also under process. Recently, Dr. Surendra Kumar and Dr. Toshi Anand were appointed as Assistant Professors in the institute. This is remarkable considering the longstanding vacancies that were advertised years ago but couldn't be filled. This has been only possible due to Prof. Srivastava's unwavering determination and consistent guidance. These appointments are a stepping stone and new courses are being meticulously designed and shall be finalized soon by the competent authorities. Several other academic endeavors are in the pipeline. This will help the institute in furthering its vision of highlighting Gandhian principles, philosophies and their relevance in modern times.



The Institute's Director Prof. Santosh Bhadauria has thanked the Hon'ble Vice Chancellor, in per incredible contribution towards the development of Gandhi Bhavan. Prof. Bhadauria stated that the institute strives to flourish and develop under the mentorship of the Vice Chancellor and is extremely grateful for the support.

Workshop Commemorating the 132nd Birth Anniversary of Dr. Bhimrao Ambedkar

On the auspicious occasion of the 132nd birth anniversary of Bharat Ratna Dr. Bhimrao Ambedkar, a one-day workshop on Leadership and Skill Development was organized on the 14th of April 2023 by Dr. Ambedkar Centre of Excellence (DACE) at the Department of Physics, the University of Allahabad.

Under the able guidance of the Honourable Vice Chancellor, Prof. Sangita Srivastava, the workshop commenced with the welcome address by the convenor, Prof. Raj Kumar Anand (Coordinator DACE, the University of Allahabad). This was followed by the address of the Chief Guest, Prof. Manmohan Krishna, Honorary Chair Professor of NITI Aayog, the University of Allahabad followed by the speech of the Guest of Honour Prof. Vivek Kumar Tiwari, Head of the Dept. of Physics, the University of Allahabad. Prof. B. Sharma, Dean, Faculty of Science, was also present on the occasion.



Lectures were delivered by Prof. Heramb Chaturvedi, Professor of Medieval & Modern History, the UoA and Prof. Ashish Saxena, Head, the Department of Sociology, the UoA. The activities of the workshop were divided into two sessions. Both sessions saw enthusiastic and fruitful deliberations. The zest for the thought and vision of Dr. Ambedkar was amply reflected in the various activities like declamation, group discussion, quiz and poster-making. Judges for the various activities were Prof. Arun Kumar, Prof. Anupam Pandey, Prof. Bharti Das, and Prof. Suneet Dwivedi.

Civil Services Day at DACE

On the occasion of Civil Services Day, a virtual meet was organized at DACE, the University of Allahabad. The Chief Guest, Alok Prasad (IAS Batch 2022), shed light on the reasons for celebrating Civil Services Day and the contribution of civil servants to the development of India. Along with this, he dealt with the questions from the Civil Services aspirants and discussed the strategy for preparing for the upcoming preliminary examination. He also advised the students to pay special attention to the exam syllabus and previous year's question papers.



Dept. of Chemistry

Three Day Workshop “WATER-2023”

The Workshop on “Advanced Theoretical and Experimental Research Tools (WATER-2023)” was organized in the offline mode by the Department of Chemistry, the University of Allahabad, in collaboration with the Indian Science Congress Association, Allahabad Chapter, between 2nd and 4th March 2023. This workshop focused on the rapidly developing and freshly emerging research tools utilized in theoretical and experimental Chemistry with emphasis on fundamental data analysis. The workshop brought together 270 research scholars, faculty members and postgraduate students. In this workshop, Dr. Pinaki Majumdar, Director, Harishchandra Research Institute, Prayagraj, was the Chief Guest. The other dignitaries of the workshop were Chief Patron, Prof. Sangita Srivastava (Hon’ble Vice Chancellor of the UoA), Patron, Prof. Bechan Sharma (Dean Science), Chairperson, Prof. Vandana Singh (HOD Chemistry), Convener, Dr. Simant Srivastav, Co-Convener, Dr. Vivek Kumar Yadav, and Treasurer, Dr. Rakesh.

Prof. Vandana Singh, HOD Chemistry, the UoA, opened the inaugural session by welcoming all the dignitaries, colleagues and participants. She spoke about the early successes of the Chemistry Department and Sheiladhar Institute by remembering Prof. Neel R. Dhar, the founder of the Department. She mentioned his generosity, charity and scientific contributions. Prof. Pinaki Majumdar, Director, HRI Allahabad, addressed the participants by giving the example of renowned Mathematician Prof. Harishchandra and Nuclear Physicist Prof. Homi J. Bhabha, who were the students Prof. K. S. Krishnan at the University of Allahabad before Independence. Prof. Jagadamba Singh, Indian Science Congress Association, Allahabad Chapter, appreciated the excitement of the young faculty members of the Chemistry Department and encouraged them to continue with high spirits in the future too. Prof. Bechan Sharma, Dean of Science Faculty, the UoA, addressed the audience and cited the example of Prof. C. V. Raman, who won the Nobel prize for his discovery of the Raman Effect. He stressed the importance of the principles of instruments in Chemistry. Dr. Simant Srivastav, Convener, WATER 2023, explained how the present workshop was initiated and how it would energize young students, particularly PG and research scholars. He emphasised the synergy of theory and experiments for achieving a successful research goal. Dr. Vivek Kumar Yadav, co-convener of WATER 2023, proposed the Vote of Thanks to all the dignitaries and participants.

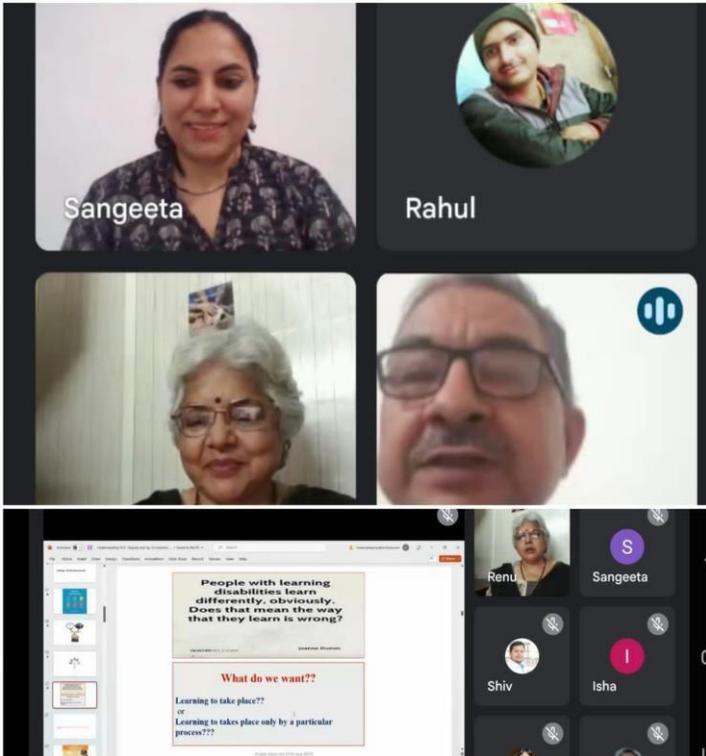
Valedictory Function

After the technical sessions, the valedictory function was concluded. The dignitaries at this function were Prof. H. P. Tiwari, Former Head of the Department of Chemistry and Former Vice Chancellor of the UoA; Prof. L. D. S. Yadav, Former Head of the Department of Chemistry, the UoA; Prof. S. I. Rizvi, Dean R&D, the UoA, Prof. Dinesh Mani, Officiating Head, the Department of Chemistry, the UoA and Dr. Simant Srivastav, Assistant Professor, the Department of Chemistry, the UoA.



Dept. of Education

The Department of Education, the University of Allahabad, organized an online interactive session on “Understanding Specific Learning Disabilities (SLD): Role of Special and Regular Teachers in the Inclusive Classrooms” on 22nd April 2023. Prof. Renu Malaviya, the Department of Education, Lady Irwin College, the University of Delhi, was invited as the resource person for the session.



Prof. Dhananjai Yadav, Head of the Department of Education at the University of Allahabad, welcomed the resource person, faculty members and participants. Dr. Sangeeta Singh, Assistant Professor of the Department of Education at the University of Allahabad, was the convenor of the session. The vote of thanks was extended by Ms. Suchita Yadav, an M.Ed. (IV semester) student,

The session helped the participants to understand the nuances of Specific Learning Disabilities and the classroom practices that can be incorporated for teaching children with SLD in the inclusive classroom. More than 50 students and faculty members of the Department participated in the session.

Prof. Dhananjai Yadav, Head of the Department of Education, the University of Allahabad, delivered the keynote address in the inaugural session of the ICSSR-sponsored National Seminar on “Techno-pedagogical Skill: A Need for New Era” held on April 27-28, 2023, organized by the Faculty of Education, Ewing Christian College, Prayagraj.



The Department of Education, the University of Allahabad, has started Dr. B.R. Ambedkar Lecture Series on Qualitative Research in Education (Online). The first lecture of this series was held on the topic "Traversing contours of research through the questions of theory-practice dyad" on April 29, 2023. Professor Jyoti Dalal, the Department of Elementary Education, Institute of Home Economics, the University of Delhi, was the resource person. Participants from India and abroad attended the lecture.



The lecture helped the participants to understand the nuances and rigor of qualitative research. Prof. Dhananjai Yadav, Head of the Department of Education at the University of Allahabad, delivered the welcome address. The session was moderated by the convenor of the lecture series, Dr. Virender Kumar Chandoria and the vote of thanks was given by the co-convenor, Dr. Tushar Gupta.

Department of Family and Community Sciences

The Department of Family and Community Sciences encourages students to prepare drinks such as 'Bel ka Sharbat', 'Aam ka Panna' and 'Sattu ka Sharbat'. These drinks help to beat the summer heat and keep the electrolyte balance.



In addition to fulfilling the Food and Nutrition Practical classes, this activity empowers the students to prepare *Local, Seasonal and Traditional drinks*, at home and to serve them to their respective family members.

Sharing these recipes with everyone.

Wood Apple Juice/ Bel ka Sharbat

Ingredients

- Wood apple – 2
- Sugar – 4 table spoons
- Cumin powder (Bhuna Jeera) - $\frac{1}{4}$ th teaspoon
- Salt – $\frac{1}{4}$ spoon (to taste)
- Water
- Ice cubes

Method

- Wash wood apples. Cut and take out the pulp.
- Soak the pulp in drinking water, enough to cover the pulp completely. Leave for 15 minutes.
- Mash the pulp along with soaked water.
- Sieve the mashed pulp in the strainer and take out the juice.
- Add sugar and stir till it dissolves completely.
- Add 2 glasses of water and ice cubes.
- Add cumin powder and salt, to taste.
- Serve chilled.

Aam-Panna

Serves – 3 or 4

Ingredients

- Raw mangoes – 4
- Sugar – $\frac{3}{4}$ Cup
- Mint leaves – $\frac{1}{2}$ Cup
- Roasted cumin powder- 3 tsp
- Black salt – 3 tsp
- Black pepper – 5-6
- Ginger – $\frac{1}{2}$ inch
- Ice cubes

Method

- Wash and peel raw mangoes.
- Remove the seed and cut into small pieces.
- Boil 2 cups of water in a vessel and add chopped mango pieces until tender.
- Add black peppercorns and ginger. Cover and cook.
- After 7-8 minutes, uncover the vessel. Turn off the flame and let the pieces cool.
- Place the pulp in a mixture jar along with sugar and grind well.
- Strain the mixture through a sieve and add 4 cups of water.
- Make a small portion of mint paste (mint leaves blended in mixy)
- Add black salt and roasted cumin powder. Mix well to avoid any lumps.
- Serve chilled.



SATTU Ka SHARBAT

Serves 2

Ingredients

- 3-4 tbsp Sattu
- Lemon Juice to taste
- 200 ml Water
- Black Salt / Salt to taste

Method

- Take Sattu in a bowl.
- Add salt and lemon water.
- Add a glass of water and mix well with a whisk or a fork, so that there are no lumps.
- Add the remaining water. Add ice cubes.
- Serve chilled.

It is a matter of great pleasure that 6 students have been selected for haribhoomi.com in the Placement Test conducted at the Centre of Media Studies, UoA.

Centre of Media Studies
Institute of Professional Studies
University of Allahabad

Placement Selection

It is a matter of great pleasure that 6 students have been selected for "haribhoomi.com, New Delhi" in the placement test conducted on 3rd May 2023 at the Center of Media Studies, Institute of Professional Studies, Allahabad University. Many congratulations and best wishes to all the selected students on behalf of all the teachers, Course Coordinator Dr. Dhananjay Chopra, Coordinator Professor Sonjoy Dutta Roy and Director IPS Professor Ashish Kahre. The names of these students are as follows:



Suvesh
(M.Voc in Media Studies)



Priyanka
(M.Voc in Media Studies)



Pragati
(B.A. in Media Studies)



Udbhav
(B.A in Media Studies)



Shashank
(B.Voc in Media Studies)



Vivek
(B.A. in Media Studies)

Dr. Dhananjai Chopra
Course Coordinator

Centre of Media Studies

हमें स्वयं के भारतीय होने पर हमेशा गर्व होना चाहिए। अनुशासन और समर्पण के साथ यह सोचना चाहिए कि हम अपने देश को क्या दे रहे हैं। हम सबको ऐसा काम करना चाहिए कि लोग हमेशा याद रखें। भारतीय सेना से हमें यही प्रेरणा भी मिलती है। यह बात प्रोफेसर प्रशान्त घोष ने कही। प्रोफेसर घोष इलाहाबाद विश्वविद्यालय के सेन्टर ऑफ मीडिया स्टडीज में "सेल्यूट द नेशन, सेल्यूट द इण्डियन आर्म्ड फोर्स" विषय पर व्याख्यान दे रहे थे।

सेन्टर ऑफ मीडिया स्टडीज की विशेष व्याख्यान श्रृंखला के अन्तर्गत सत्र के समापन पर आयोजित इस व्याख्यान में प्रोफेसर घोष ने सेना के तीनों अंगों थल सेना, वायु सेना और नौ सेना के सम्बन्ध में विस्तृत जानकारी दी। उन्होंने विद्यार्थियों को न केवल सेना के निर्धारित पदों व उनके कार्यक्षेत्रों के सम्बन्ध में जानकारी दी, बल्कि सेना के विशेष प्रतीकों, ध्वजों, पुरस्कारों तथा अन्य ढेर सारी जानकारियों को विद्यार्थियों के साथ साझा किया। उन्होंने फील्ड मार्शल मानेक शॉ, फील्ड मार्शल के एम करियप्पा तथा मार्शल ऑफ द एअरफोर्स अर्जुन सिंह की वीरता और उनके विचारों से भी विद्यार्थियों को परिचित कराया। प्रोफेसर घोष ने कहा कि अधिकतर विद्यार्थी अपने आईकॉन फिल्मों या अन्य क्षेत्रों से चुन लेते हैं, लेकिन एक सेनानी, जो अपने प्राण को देश पर न्योछावर कर देता है, वह पूरे देश का प्रेरणास्रोत होता है। उन्होंने कैप्टन महेन्द्र नाथ मुल्ला का जिक्र किया और कहा कि इस महान सैनिक, जो आईएनएस खूखरी का कैप्टन था, ने अपने डूबते जहाज के साथ शहीद होना पसन्द किया था। भारतीय सेना में यह एक अप्रतिम उदाहरण है। बड़ी बात यह है कि श्री मुल्ला प्रयागराज के ही सपूत थे।

संस्कृत विभाग के असि. प्रोफेसर ने लिखी आंबेडकर चालीसा



विश्वविद्यालय के संस्कृत विभाग के असिस्टेंट प्रोफेसर डाॅ. राघवेन्द्र मिश्र ने डाॅ. भीमराव आंबेडकर के विचारों से प्रभावित होकर आंबेडकर चालीसा लिख डाली। उन्होंने अवधी भाषा में 16 पन्नों में डाॅ. भीमराव आंबेडकर चालीसा लिखी है। डाॅ. भीमराव को लेकर कई प्रकार की भांतियां हैं। कोई उन्हें जाति से जोड़कर देखता है तो कोई बिना जाने समझे उनका विरोधी बन जाता है। अगर उनके विचारों को गंभीरतापूर्वक पढ़ा जाएगा तो पता चलेगा कि वह सबसे बड़े चिंतक और समाजसेवी थे। युवा अगर उनके जीवन संघर्षों और जीवन पद्धति को ग्रहण करें तो उन्हें एहसास होगा कि किसी भी समाज के उत्थान के लिए शिक्षा कितनी जरूरी है।



प्रारम्भ में सेन्टर के कोर्स कोआर्डिनेटर डा0 धनंजय चोपड़ा ने कहा कि राष्ट्र को समर्पित अपनी भारतीय सेना के सम्बन्ध में जानकारी प्राप्त करना गर्व से भर देता है। नई शिक्षा नीति में भी विद्यार्थियों को इस तरह की जानकारियों से रू-ब-रू कराने का उद्देश्य रखा गया है। उन्होंने प्रोफेसर घोष का परिचय यह कहते हुए दिया कि प्रोफेसर घोष, नेताजी सुभाष चन्द्र बोस की विरासत की एक कड़ी हैं और 25 वर्षों तक सेना से जुड़े रहने का उनके पास अनुभव है। अन्त में सेन्टर के अध्यापक सचिन मेहरोत्रा ने आभार ज्ञापन किया। इस अवसर पर डा0 अतुल मिश्रा, डा0 ऋतु माथुर, सहित बी.ए., बी.वोक. और एम.वोक. मीडिया स्टडीज व मीडिया प्रोडक्शन के सभी विद्यार्थी उपस्थित थे।

राष्ट्रीय सेवा योजना

दिनांक 20/03/2023 राष्ट्रीय सेवा योजना के षष्ठ दिवस इकाई-20 का शुभारंभ, गंगानाथ झा विस्तार भवन में महनीय अतिथियों प्रो. प्रयाग नारायण मिश्र, डॉ. विशाल विजय, डॉ. रश्मि यादव, डॉ. विकास शर्मा एवं कार्यक्रम अधिकारी- डॉ. राघवेन्द्र मिश्र के द्वारा दीप प्रज्वलन के साथ हुआ। इस कार्यक्रम में महेश कुमार शुक्ल, शिवेंद्र मिश्र एवं अरुण तिवारी ने वैदिक मंगलाचरण, स्वस्ति वाचन एवं स्वागत गीत प्रस्तुत किया।

कार्यक्रम के मुख्य अतिथि एवं अध्यक्ष - प्रो. प्रयाग नारायण मिश्र (इ. वि. वि.) ने "भारतीय संस्कृति और युवा" विषय पर प्रकाश डालते हुए कहा कि "संस्कृत सकल शास्त्रों एवं संस्कृतियों का मूल है। संस्कृत एवं संस्कृति का यह मणिकान्चन संयोग अदभुत है।" विशिष्ट अतिथि - डॉ. विशाल विजय (इ. वि. वि.) ने कहा कि " भ्रमण शील बनिए ! तभी आपके स्वच्छ मन में कला एवं मनन शक्ति का विकास होगा।" सारस्वत अतिथि - डॉ.रश्मि यादव(इ. वि.वि.) ने नारी शक्ति एवं नारी शिक्षा पर वक्तव्य देते हुए कहा कि " निर्णय लेने की शक्ति देना ही महिला सशक्तिकरण है।"

मुख्य अतिथि वक्ता डॉ. विकास शर्मा (सहायक आचार्य, संस्कृत विभाग, इ.वि.वि) ने स्वामी विवेकानंद एवं युवा पर वक्तव्य देते हुए कहा कि "स्वामी विवेकानंद तत्त्ववेत्ता, दार्शनिक, विश्वप्रसिद्ध आध्यात्मिक ऋषि थे। अगर संपूर्ण भारत को कोई समझना चाहता है तो स्वामी विवेकानंद को पढ़ें। जिस प्रकार वायु सकल भुवन की जीवनदायिनी बनकर प्रेरित करती है उसी प्रकार स्वामी विवेकानंद जी के विचार युवाओं को प्रेरित करते हैं। युवा अपने सद् आचरण एवं लग्न शक्ति से राष्ट्र की दिशा एवम् दशा निर्धारित करता है। स्वामी विवेकानंद युवाओं के प्रेरणास्रोत और मार्गदर्शक हैं।

अंत में कार्यक्रम का सफलता पूर्वक संचालन एवं आभार ज्ञापित करते हुए कार्यक्रम अधिकारी डॉ. राघवेन्द्र मिश्र ने स्वयंसेवकों को संबोधित करते हुए कहा कि "आधुनिक बनने के होड़ में भारतीय केवल पाश्चात्य संस्कृति का अंधानुकरण करते जा रहे हैं,अगर वे वैदिक पद्धति एवं ऋषि-ऋषिका परम्परा का अनुकरण करें" कार्यक्रम अधिकारी डॉ. राघवेन्द्र मिश्र के दिशा निर्देश में आज पुनः विश्वविद्यालय के संस्कृत विभाग एवं सीनेट हाल के पास में स्वच्छता अभियान चलाया गया।"

इस अवसर पर महेश शुक्ल, कृष्ण बिहारी दुबे , हरिओम तिवारी, अंशुल, अंकित पाल,किशन गुप्ता, शिवेंद्र, अरुण तिवारी,सूरज, विनय कुमार,अंकित सोनकर,अनुराग शर्मा ,अभिनव शुक्ल,अंकुर जायसवाल,अनुपम मिश्र,सर्वेद्र, अंशु पांडेय इत्यादि स्वयंसेवक उपस्थित रहे।



CSR CELL

CSR Cell, the University of Allahabad, in collaboration with IDP Education organized a workshop for the students of CCE, the UoA on 20th April 2023 for the students interested in overseas education opportunities in recognized institutions of Australia, the USA, Canada, the UK and New Zealand. The experts provided information about courses and institutions, application submission process, various scholarships, offer acceptance process, visa, tuition fee payment, pre-departure orientation and on-shore support.



Barclays Life Skills-Job Readiness Training Program

CSR Cell, University of Allahabad in association with Innovation Comes Jointly implemented 7 days Barclays Life Skills- Job Readiness training program for the students of J.K. Institute of Applied Physics and Technology, University of Allahabad. The training program was organized from 24th April, 2023 to 28th April, 2023.

CSR Cell, University of Allahabad would like to extend a sincere gratitude to the team of Innovation Comes Jointly for the successful completion of the training program.



Faculty of Law

Arunima Joshi and Sambhavi Mishra, students of B.A.LL.B. 5-year Integrated Law Course, emerged victorious after a series of intense rounds of debates on the topic "International politics is not primarily about democracy and human rights but about the interests of the state" and won the Best Team Award at "Pratiwaad-The Inter-Collegiate Bilingual Politico Legal Debate Competition" organized by S. S. Khanna Girls Degree College, Prayagraj, on 13th of April, 2023.



The judges for the competition were Dr. Neelima Singh, Principal, Rajarshi Tandon Mahila Mahavidyalaya, Prayagraj, and Dr. Alka Agrawal, Former Dean and Head, Department of Commerce (MONIRBA), the University of Allahabad. The event was divided into two rounds. The teams had a set amount of time to put forwards their arguments. The team demonstrated outstanding eloquence, critical thinking abilities, and an impressive mastery of the subject matter, grabbing the attention of both judges and the audience.

Dept. of Sanskrit

Prof. Anil Pratap Giri from the Department of Sanskrit, the UoA, was invited as the Chief Guest to the annual function of Indira Gandhi Government P G College, Lalgunj, Mirzapur, on 19th April 2023. He also inaugurated a smart classroom on the college and distributed certificates to the winners who participated in various extracurricular activities. In his informal address, Prof. Giri said that the knowledge of Human Science, Indian Studies and Indian folk songs, arts and aesthetics is a must along with the knowledge of modern science and technology for the holistic development of students in this contemporary era.



International Travel Grant to Prof. M.P. Singh to give Invited Talk in USA

Prof. M.P. Singh has been awarded International Travel Support (ITS) grant from two premier agencies of the Government of India, namely DBT, Ministry of Science & Technology, and SERB, Department of Science and Technology, Government of India. Prof. Singh has been invited to give an invited talk at the International Conference titled "Smart Biomedical and Physiological Sensor Technology XX," to be held in Orlando, Florida, the USA, from 30th April to 4th May 2023.

DRONACHARYA Award & Best Research Scholar Award 2023

- To acknowledge the excellence, consistency and high level of teaching, the Hon'ble Vice Chancellor of the University of Allahabad has instituted the "DRONACHARYA AWARD" for the best teacher at the level of Assistant Professors.
- To appreciate and encourage young scholars who have made significant research contributions over a period of time, the Hon'ble Vice Chancellor, the UoA, has instituted the best Ph.D. Research Scholar Award.
- For more details visit the website.

Symptoms of ADHD

Inattention	Hyperactivity	Impulsivity
Disorganization	Fidget and squirm when seated.	Impatience
Lack of focus	Get up frequently to walk or run around.	Having a hard time waiting to talk or react
Difficulty giving attention to details	Have trouble playing quietly or doing quiet hobbies	Blurt out answers before someone finishes asking them a question.
Have trouble staying on topic while talking		

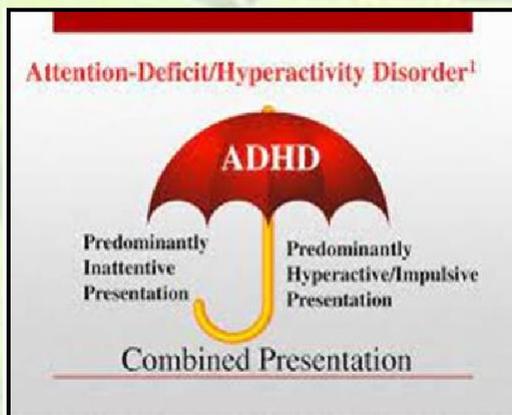
and face issues while organizing their tasks and activities. They are easily distracted by external stimuli and often lose things.



Some disorders commonly coexist with ADHD in children and adolescents, like behavioural and conduct issues, developmental disorders like learning disabilities, speech and language disorders and other neurodevelopment disorders. Such children may become the victims of anxiety and depression, which can also lead to suicidal thoughts in extreme cases. These children may have bitter relationships with their peers, and they may also suffer injuries often while riding a bicycle or even during normal play activities.

Children with **Predominantly Hyperactive/ Impulsive type ADHD** may talk or fidget excessively. They have difficulty remaining seated when necessary and controlling their voice's volume. They talk excessively and have trouble waiting for their turns. They act impulsively without weighing the options first and frequently interrupt others.

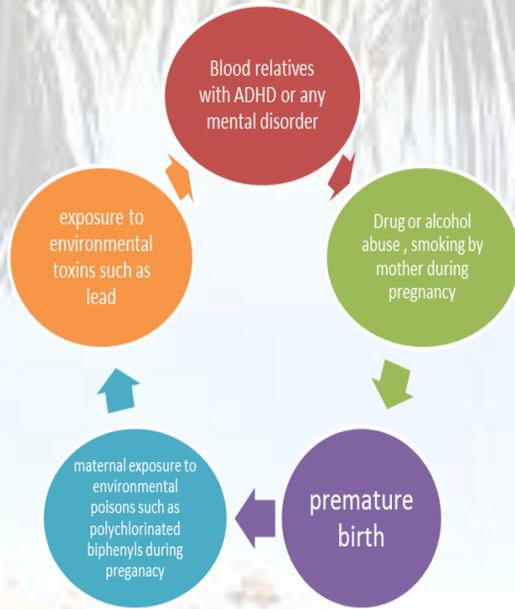
Categories of ADHD



Children with **Predominantly Inattentive presentation ADHD** may show limited attention span, distractibility, forgetfulness, or procrastination. Due to the lack of focus, they may make mistakes on a regular basis, fail to follow detailed instructions

Children with **Combined type ADHD** show both inattentive and hyperactive-impulsive symptoms.

The risk factors for ADHD include



Preventive Measures

Children with ADHD often have difficulty with simple social interactions. They may face trouble reading social cues, talk incessantly, and interrupt frequently, show signs of aggression and intense behaviour. They may seem different from children of their own age due to their relative emotional immaturity and become the victims of unfriendliness and teasing by other children. To help reduce your child's risk of ADHD:

- During pregnancy, avoid anything that could harm fetal development like smoking, drinking, and drug abuse.
- Limit screen time
- Implement good dietary habits and exercise plan.
- Modify the home environment to minimize distractions
- Behavioural therapy and intervention
- Parent education and training
- Social support
- Assistance at the school
- Family therapy around problem solving and communication skills.
- Academic interventions in the form of classroom behaviour modification methods

Diagnosis

- When symptoms persist over a period of time and are noticeable over the past six months
- Can be diagnosed at any age, but this disorder begins in childhood.
- The symptoms must be present before the individual is 12 years old and must have caused difficulties in more than one setting.



It can be physically and mentally exhausting for parents to monitor their children suffering from ADHD. The behaviour of such children can lead to stress, frustration and anxiety in parents, who may become short-tempered. As it has already been stated that children with ADHD are unorganized and they do not have control over their impulses and lack the ability to think and reason out, it becomes imperative for the parents of such

children to act as their guide and be the executive arm of their personality. They need to be supportive at all times and respond to their children in a positive manner. It is recommended to channelize the energy of ADHD children into positive areas for soothing their symptoms and calming them down. Bringing ADHD children closer to nature and providing them with ample "Green time" have been found to reduce the symptoms of ADHD. A little bit of compassion combined with consistency can help parents overcome the challenges of raising a child with ADHD.

SMARTPHONES: PERILS OF THE POCKET PLAGUE

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Introduction:

Have you ever found yourself scrolling through social media in the middle of the night and then suddenly realizing it's now 5am and you have an important presentation in the morning? Have you suffered from "tech neck" resulting from hunching over your phone for hours on end? If you have answered yes to either of these questions, you're not alone.

Our beloved smartphones have become an integral part of our lives. We use them to communicate with friends and family, keep up with the news, shop online, and even work remotely. Let's face the truth! The excessive use of smartphones can also be a real pain in the neck. Literally! The use of smartphones can lead to a host of health issues, from eye strain and neck pain to disrupted sleep patterns and even poor posture. In this article, let us learn about the potential health issues related to the overuse of smartphones, and in the end, let's look at some tips on how we can mitigate these potential risks.

Health Issues Related to Smartphone Use:

- **Eye strain and dry eyes:**

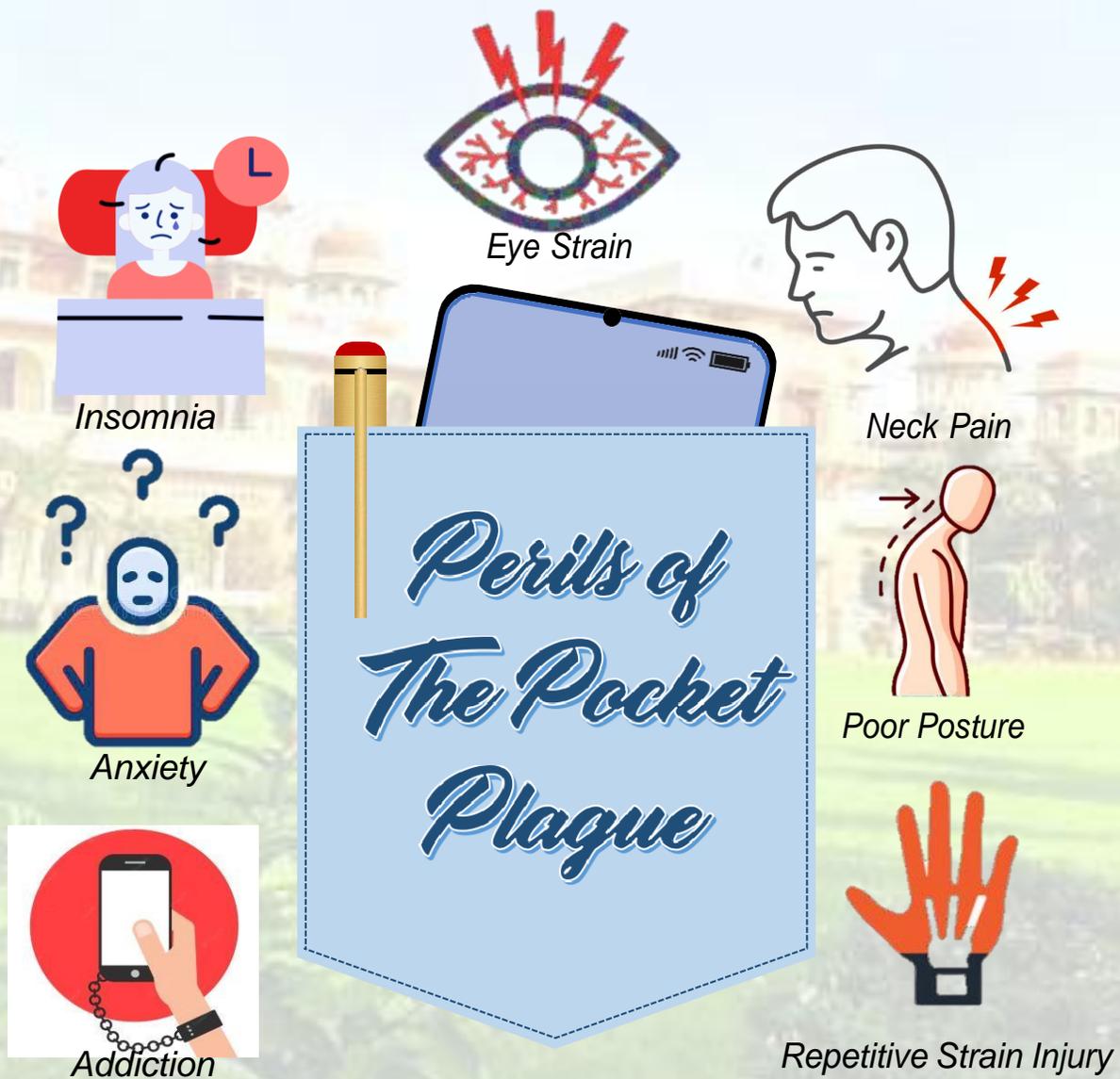
Staring at a screen for long periods of time can cause eye strain, headaches, and dry eyes. The blue light emitted by smartphones and other digital devices can cause digital eye strain, also known as Computer Vision Syndrome. This can lead to symptoms like blurry vision, eye fatigue, headaches, and dry eyes. To avoid digital eye strain, experts recommend the 20-20-20 rule: take a break every 20 minutes, and look at something 20 feet away for 20 seconds. Additionally, you can adjust the brightness and contrast of your phone, reduce glare, and use anti-reflective coatings on your eyeglasses to reduce the strain on your eyes.

- **Poor posture and back pain:**

Holding your phone or tablet for extended periods can cause you to hunch over and put a strain on your neck, back, and shoulders, leading to pain and discomfort. This is also known as "text neck," and it can cause serious long-term damage to the spine. To avoid text neck, experts recommend holding your phone or tablet at eye level to reduce the strain on your neck and back. Additionally, taking frequent breaks, doing neck and shoulder stretches, and using a stand or holder for your device can help you maintain good posture and avoid back pain.

- **Insomnia:**

The blue light emitted by smartphones and other digital devices can interfere with your body's production of Melatonin, a hormone that regulates sleep. This can make it harder to fall asleep or stay asleep, leading to insomnia and other sleep disorders. To avoid the effects of blue light on sleep, experts recommend avoiding using your phone or other digital devices for at least an hour before bedtime. Additionally, you can use apps that filter blue light or use "night mode" to reduce the amount of blue light emitted by your device.



- **Repetitive Strain Injury (RSI):**

Repetitive actions such as tapping, scrolling, and swiping can lead to conditions such as tendonitis, Carpal Tunnel Syndrome, and other forms of RSI. RSI can cause pain, numbness, and weakness in the fingers, wrists, and hands. To avoid RSI, experts recommend taking frequent breaks, doing hand and wrist exercises, and using a stylus or voice command to reduce the strain on your fingers and wrists.

- **Social Isolation and Anxiety:**

The excessive use of smartphones can lead to reduced face-to-face communication, which can cause social isolation and anxiety. Studies have found that the excessive use of social media and smartphones can lead to feelings of loneliness, anxiety, and depression. This is because of the fact that social media can create unrealistic expectations and foster feelings of inadequacy or FOMO (fear of missing out), which can negatively impact one's mood and mental health. To avoid the negative effects of the overuse of smartphones for social interaction on virtual platforms, experts recommend setting aside time for face-to-face communication with family and friends, engaging in activities that do not involve digital devices, and turning off notifications during important conversations or meetings.

- **Addiction:**

One potential effect of the overuse of smartphones on mental health is addiction. Like any other addictive behaviour, people can become overly reliant on their smartphones. The addiction may lead to feelings of anxiety or distress when the users cannot stop using their devices. It can lead to a loss of productivity, difficulty in concentrating, and in severe cases, withdrawal symptoms.

Conclusion:

Smartphones have revolutionized the way we communicate and interact with the world around us. However, the overuse of these devices can have adverse effects on our health, especially when we are getting more digitally savvy and spending more and more amount of time working on digital devices. With the given tips, you can avoid letting your phone become the reason for a number of potential health risks. In the end, we should remember that technology is a tool, and we should not let it control our lives. So, let us put our phones aside, take a deep breath and engage with the world around us. Let us cherish the beauty of the present moment and the company of our loved ones.

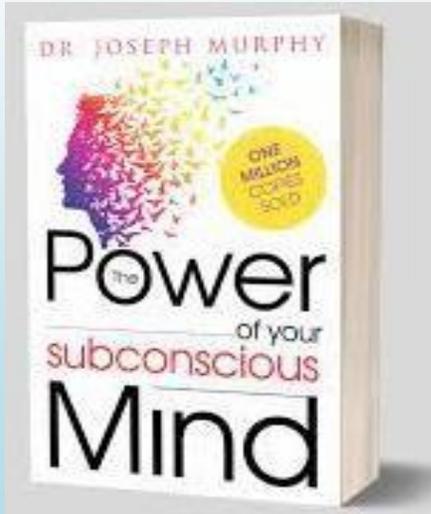
Zoom Meetings – Etiquette and Best Practices

BEFORE THE MEETING		
	Test Your Technology	Test all your technology. <i>(including camera/video, Wi-Fi, and screen sharing if you are the host or presenter)</i>
	Practice Speaking to the Camera and Not the Screen	Our tendency is to look at the person on the screen, but you should look at the camera when you speak so the audience feels like you're talking directly to them.
	Dress Appropriately	Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.
IF YOU ARE HOSTING		
	Be Prepared	Review your agenda and presentation
	Make time for Casual Conversation	Before and/or after the meeting.
	Be Aware of Your Surroundings	Adjust your work setup so that you face a window or are exposed to plenty of light. And make sure your background is professional and work appropriate!
IF YOU ARE PARTICIPATING		
	Speak Up Upon Entry	When you enter a small meeting (around 2 to 5 people) announce yourself when you join. Just make sure not to interrupt someone mid-sentence.
	Be Attentive	Don't stare at your phone while other people are presenting, be attentive and present.
	Silence Your Phone	Turn off all notifications and make sure your cell phone is on silent.
	Don't Type in the Background	Leave your keyboard alone In this case make sure your microphone is muted.
	Be Respectful – Raise Your Hand	Don't interrupt other people when they're speaking (or attempt to speak over them).
	Mute Yourself	Mute your microphone when you're not talking. This will help eliminate any feedback or background noise that can be heard in your environment.

BOOK OF THE EDITION

The Power of your subconscious mind

by Joseph Murphy



MOVIE OF THE EDITION

Mrs. Chatterjee vs NORWAY

What would you do if your children were taken away from you in **another country?**



- *To publish your news/event in the upcoming edition, please send the write-up and a relevant picture to:*

vizianagramcurator.au@gmail.com

The Editorial Board, AU TALK would like to suggest all the Heads/Coordinators/Directors/Deans to display AU TALK on the Bulletin Board for students to read it.

HAPPY READING

For any query feel free to contact the Editorial Board.