



Connecting Thinkers...



The pandemic continues. The world moves on. Digital education becomes the life force for continuing academic life. However the shadow pandemic emerging now is the mental health one. When faced with uncertainty of the unknown, stress, fear and worry are normal responses. It is thus expected and understandable that, in the context of the COVID-19 pandemic, people all over the world, across social and geographical barriers, are experiencing fear at various levels. Along with the fear of contracting the virus such as COVID-19, in times that we are in today, is the struggle to adapt to the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.

A recently released survey from the Centers for Disease Control (CDC) found that from June 24-30, 2020, adults in the United States reported “considerably elevated adverse mental health conditions associated with COVID-19.” Using validated screening instruments, the CDC survey found that, 40.9 per cent of 5470 respondents reported an adverse mental or behavioural health condition, including symptoms of anxiety disorder or depressive disorder, trauma-related symptoms, new or increased substance use, or thoughts of suicide. The prevalence of anxiety and depression symptoms were substantially higher than reported in 2019, and people with pre-existing (clinically diagnosed) psychiatric disorders reported an even higher prevalence of symptoms, compared with those without an established diagnosis. All this has led media and the psychiatric community to declare a *mental health pandemic* or *secondary pandemic* amidst the already devastating COVID-19 pandemic. The United Nations (UN) in a policy brief has called for urgent action to address this psychological suffering. Antonio Guterres, in a video had warned that, “After decades of neglect and underinvestment in mental health services, the COVID-19 pandemic is now hitting families and communities with additional mental stress.”

The Indian Psychiatric Society (IPS) in a recent study found that mental illness had increased by 20 per cent since the lockdown, and that at least one in five Indians were affected. The major mental health issues reported were stress, anxiety, depression, insomnia, denial, anger and fear. Children and older people, frontline workers, people with existing mental health illnesses were among the vulnerable in this context. COVID-19 related suicides have also been increasingly common. Globally, measures have been taken to address mental health issues through the use of guidelines and intervention strategies. Research conducted has shown that the role of social media has also been immense in this context. State-specific intervention strategies, tele-psychiatry consultations, toll free number specific for psychological and behavioural issues have been issued by the Government of India.

It is thus critical that we all try our best to ensure being transparent even to ourselves and then assess if we need help as to things happening in our life due to possible poor coping skills. However tough we should all try to keep a positive approach and develop vulnerable-group-specific need-based interventions with proper risk communication strategies. Its critical to keep at par with the evolving epidemiology of COVID-19 which is instrumental in guiding the planning and prioritization of mental health care resources to serve the most vulnerable.

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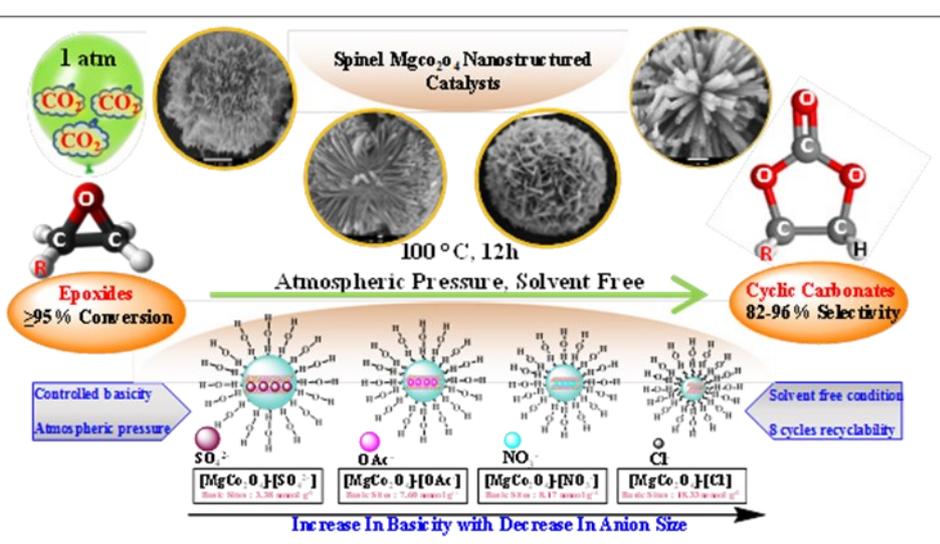
## Guide's Column

### Controlling Reaction to Global Warming

#### Basicity Controlled $\text{MgCo}_2\text{O}_4$ Nanostructures as Catalyst for Viable Fixation of $\text{CO}_2$ into Epoxides at Atmospheric Pressure

The continuous rise in our reliance over non-renewable resources to meet energy demands is the chief foundation for growth in global anthropogenic  $\text{CO}_2$  levels which has triggered increasing environmental distress. Therefore, the utilization of the excess amount of greenhouse  $\text{CO}_2$  gas is an attractive approach for reducing overall  $\text{CO}_2$  emissions. The present work demonstrates the basicity controlled  $\text{MgCo}_2\text{O}_4$  spinel oxides as promising catalysts for fixation of  $\text{CO}_2$  into epoxides at atmospheric pressure. Four different  $\text{MgCo}_2\text{O}_4$  nanostructures were synthesized using different interlayer anions (chloride, nitrate, acetate and sulphate) present in the metal salt precursors which strongly altered their basicity and played a stimulating role in their catalytic efficiency. The characterization results of all four  $\text{MgCo}_2\text{O}_4$  nanostructures revealed effect on morphology, surface area and developed diversely exposed active Lewis basic ( $\text{O}^{2-}$ ) sites on the catalyst surface. Particular,  $[\text{MgCo}_2\text{O}_4]\text{-}[\text{Cl}^-]$  nanostructures prepared using chloride ( $\text{Cl}^-$ ) as the anion showed porous 3D-flower morphology with high pore diameter and highly exposed basic sites on the surface.

*The utilization of the excess amount of greenhouse  $\text{CO}_2$  gas is an attractive approach for reducing overall  $\text{CO}_2$  emissions.*



The catalytic activity study revealed that  $[\text{MgCo}_2\text{O}_4]\text{-}[\text{Cl}^-]$  catalyst in presence of base, exhibited 95% conversion of styrene oxide and 96% selectivity towards styrene carbonate at atmospheric pressure. The  $[\text{MgCo}_2\text{O}_4]\text{-}[\text{Cl}^-]$  catalyst functioned as a robust catalyst and demonstrated good recyclability with retention in activity and physicochemical properties till eight cycles. A plausible mechanism was proposed to support the activation of epoxide and  $\text{CO}_2$  by the unique cooperation of active Lewis acidic and basic sites present in the  $[\text{MgCo}_2\text{O}_4]\text{-}[\text{Cl}^-]$  leading to the formation of cyclic carbonates at atmospheric pressure.

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## The Feedback Conundrum

Did your mother ever ask what to cook, how to cook, or after dinner how was the food? The answer is NO. Not because she did not care about you or your liking. She never asked because she knew what is good for you, what is affordable, and what will be liked by the rest of the family as well. (How it is related to feedback?)

Another question– Did Henry Ford ask which color car the buyer will like? (too old an example, right?) Did Steve Jobs ask about what buyers like or want in a phone or any of the Apple products during his time? (Still an old example, right?) Did Jan Koum ask what the customer needs/wants? (All foreign examples. right?)

Did makers of Jio ask for customers' feedback when they came up with a product that changed the entire Indian Telecom Industry for good and soon it will disrupt the international market?

We all have filled feedback forms, written emails, tweeted about what we expect but how many of our requests have been followed up. I do not mean feedback is not important or the examples I stated they do not care about customers. But what I mean is if organizations care for customers, if they understand the customer's need, if they have done their share of market analysis, they don't have to start the 'Feedback Loop', instead they should start a streamlined process that helps the customer or at least gives them a belief that they are heard, and their feedbacks are important.

As a customer or as a person who solves customer queries on daily basis following are the things, I feel should be imbibed in the company's DNA before starting the feedback process:

*I then chose to leverage multiple online entrepreneurship forums (Online communities/Blogs and Vlogs) to observe the participation, debates, ideations, and even how some discussions turned into strong networking ties like an upstream or downstream partnership or even mentorship.*

**Intention:** Feedback is like fashion nowadays which many do not understand but have to be part of it or you will look outdated. The intention should be there to do something if you get constructive criticism for your product or service you should have a big heart and an open mind to accept it and do something about it.

**Resources:** Every company under the sun have their share of limited resources and most of the customers under the sun pay for gun powder and ask bazooka for it. So, even though you have good intentions to do something great for each and every customer, be sure you have enough resources to meet each and every need of each and every customer.

**Process:** A lot of feedbacks get loss in between because of a broken process and it never reaches the right authority. And even there is a solution to that problem the customer left dissatisfied. So a streamlined process is needed if you need feedback and want to do something about it. Streamline means a dedicated team from point A (feedback received) to point Z (feedback resolved).

**No Blame-Game:** From the top to the bottom of hierarchy everybody is prone to do mistakes so if bad feedback comes rather than finding whose mistake it is if the focus should be more on solving it. Employees will be more open towards customer's feedback and will have an attitude of learning rather than escaping

**Feedback follow-up:** Just assume you visited a food outlet and you found toilets were not clean and you gave feedback. The food outlet owner took care of it but he/she never cared to thank you for your feedback and to inform you that it is been taken care of. Now assume you got a message from the outlet, "Thank you, Sir/Ma'am for your feedback, we have actively taken care of it and we wish next time you visit you do not face any such problem". I mean you not going to visit the outlet for the washroom but I am 100% sure the message will make you feel good from the outlet point of view as well as from the customer point of you.

**Note:** Feedback here means the negative feedback given by customers. For positive feedback, I feel the customer should be sent a thank-you note, and his/her feedback should be shared internally to motivate every employee for keeping up the great work.

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## My Understanding of a Research Journey

Research, thesis and journal are the keywords which are in the minds of scholars with a nag for knowing more about their area of interest. We all have an affinity towards and issue/topic which we have been following for a considerable amount of time and the years we spend reading and following our topic that makes us different from the crowd. Yet no reading is fool proof and a research topic is no exception. At no point of time can we claim to have known our topic until and unless metaphorically we try to coax ourselves into believing that we are above everything and we need no more learning about our topic. But with passion comes many myths that play a role in drifting us away from our goal and the start of a research journey is no exception. More often than not we are made to believe that the journey of research cannot be made possible if we try balancing both leisure and our core objective of research at the same time. This myth is something that is very subjective and can vary from person to person. We must acknowledge the fact that deciding to pursue research itself is one of the toughest decision a researcher can make. Now, why do I call it the ‘toughest decision’? As we transit across stages of our academics, the beginning stages of our higher education are marked by a certain amount of liberties that we can take and perhaps because we are bound by the theoretical foundations of our desired subjects, hence our level devotion and affinity might not be as concentrated as witnessed when undertaking a dedicated research programme like an M.Phil or a Ph.D programme where the two or five years of your programme is dedicated to deconstructing every word, sentence and every viewpoint to help substantiate your perspectives unlike how we put across in popular writings.

Your quest for a thesis which ideally reflects your findings is what drives you to gradually increase your involvement with your project, without having to isolate yourself from your family and friends who are your biggest support through your research journey. But let us be cautiously optimistic about spending time only with your project without giving some time to rejuvenate your thought processes saddles you with greater responsibilities with your project bearing the brunt of your overworking as their arrives a point of saturation when you run out of ideas with no further materials to substantiate the points which were the parameters or lighthouses of your research. This in itself can be the first Himalayan blunder of any research journey that any researcher can commit and land himself in a soup. But it is equally important to understand how to judiciously use your leisure hours to help you not only take a quick break from your research schedule but also improvise on your readings and discover any allied material which would help you open up new areas relevant to your area of interest.

*At no point of time can we claim to have known our topic until and unless metaphorically we try to coax ourselves into believing that we are above everything and we need no more learning about our topic.*

This is quite a subjective area, where the approach varies across scholars. Some scholars might have a conservative approach towards their research project which can reflect both positive and negative consequences, which is dependent on how the scholar prioritizes his/her tasks vital to the completion of the project with minimal loopholes. Having discussed the idea of a research journey in a general context, I would now like to link it with my current M.Phil research journey, I do not believe in the conservative approach to the idea of a research journey of being only dwelling into literature and not creating space for any leisure activities. My approach to the research journey has been that of the infotainment where will I dwell in for literature for my topic on Foreign Direct Investments in Indian Railways, while it is inevitable to refer to a hard-core printed matter which enjoys precedence over online materials available via formal and informal channels such as blogs, webinars, newsletters apart from formal reports by the government and reputed news publications.

But my leisure time is equally important to me as I spend it by watching documentaries or preparing articles, which provide me with scope for finding more sources for my thesis and also participating in discussions for helping clarify my perspectives on the policies in my area of research. Such leisure exercises have helped me accumulate points for my presentation of my thesis which cannot be accommodated in the thesis itself. The cumulative impact of such exercises has helped me identify topics of focus in my area of research and explore new horizons helping me move beyond research objectives and also fulfil my interest. Through my journey of my current M.Phil research journey, I wish to convey that a conservative approach which might be considered appropriate by the traditional school of research can no longer be the norm if we are looking at a holistic approach to our journey even as we imagine the post-COVID period and the merging research gaps in various domains which would be addressed by many other scholars.

## Digitization of Education- Can it Replace Schools?

My first memories of formative schooling in the 1970s were when a teacher handed us a slate and small chalk pencil. Before writing on the slate we were asked to write the alphabets on the sand with our tiny little fingers. There was a connection to the Mother Earth and of course a human touch too. As years passed by in the 1980's we were able to see the Delhi Asiad on screen in black and white on our Television sets and the defining moment came in 1983. As high school students, we watched the real drama unfold in Lords as every second was precious with the runs scored getting lesser amidst the fall of West Indies wickets. India scripted history. The moment every Indian loved to see was live on-screen though it happened across the seas. Kapil Dev holding the Prudential World Cup in 1983 and the newspapers flashed these five words- "India is the World Champion".

Education was more practical, textual, verbal and oral but not digital nor electronic. The teacher and the blackboard! Besides these two fundamental characters (a facilitator and a medium of written or visual interpretation of expression) the areas of knowledge and its transfer along with the research findings remained within the volumes of books in the libraries and the teacher. Its accessibility was limited too, but digitization has comprehensively changed primary and secondary school education along with university courses with positive impacts across all sections of the societies and communities.

*As technology is redefining and reshaping lives, the digitization of education with the technical expertise and innovation has creatively made inroads into mainstream classroom teaching across all disciplines which are yielding positive results.*

Beyond the reach of the Television sets and radios, any branch of study can be pursued by sitting at home and easily accessed with the most sought after electronic device today called a laptop. The screen in front of you is converted into a classroom in a virtual environment irrespective of the distance between the teacher and the student. The clear advantage being that knowledge is transferred seamlessly in a systematic manner enabling the student to meet the learning outcomes and making the teacher's job easier. Global digital connectivity has drastically wiped out the human connect and group connectivity which is required for an educational fraternity or any organizational entity. As technology is redefining and reshaping lives, the digitization of education with the technical expertise and innovation has creatively made inroads into mainstream classroom teaching across all disciplines which are yielding positive results.

Academic honesty is a challenge which came up with the advent of digitization and the electronic age as the students know that with a click, you get to pick what you want or reject. In addition to this, digital platforms have enhanced learning as one among the many amongst them, Google has it all- either facts or fiction. Online learning or E-Learning has been seen as the only viable alternative method in imparting education or learning through the distant mode during the pandemic. The usual hustle and bustle of a school with the bells, the naughtiness of children and the vibrancy of hundreds of children who would soon become or join the workforce of the world economy seems to have disappeared with the advent of COVID. It has also given rise to a particular phenomenon of parents who are not willing to concede the fact that controlling children is becoming problematic especially in urban households. The frustrated tech-savvy child is becoming a frustration for the working parents as the rooms of flats and houses are becoming classrooms and offices in action.

If this trend continues it can lead to continuous psychological problems for the young and the old. As we are moving towards a virtual workforce in many organizational sectors it is paramount that in Education, a balanced approach is followed by adopting certain traditional methods, class debates, holistic thinking, interactive learning and collaboration with a good combination of technical innovations keeping in mind the uniqueness of each child which needs respect and motivation at the formative years of schooling and later. Schools are the buildings blocks of our future entrepreneurs and role models of our societies who would engineer growth and transform lives. Teachers play the most crucial and important role in reimagining and reshaping the impregnable minds of today into Global leaders and World Citizens.

## Ph.D Scholars Awarded Ph.D – May 2020

Name	Subject	Guide	Title of the Thesis
Leela A M	Electrical Engineering	Dr. K N Ravi	Study on Characteristics of Polymeric Housed Surged Arrester
Komala C R	Electronics Engineering	Dr. N K Srinath	Geographical Junction Information Based Routing in Vehicular Ad Hoc Networks (VANET)
S Charulata	Aerospace Engineering	Dr. Raju Garudachar	Studies on a Small Satellite Formation Flying Configuration For Remote Sensing Applications in Oceanography, with specific reference to Tsunami
Vasudha M.P	Electronics Engineering	Dr. Raju Garudachar	High Resolution Passive Microwave Observations of Ocean Surface, Atmospheric Humidity and Land-Related Applications by SAPHIR on-board Megha-tropiques
Doddanavar Indrajit Ajit	Management	Dr. Prashantha C.	Branding Strategy of Organic Vacuum Evaporated Jaggery - A Case Study of Belgaum District
Uthappa U T	Chemistry	Dr. Mahaveer Kurkuri	Development of Porous Material for Drug Delivery Applications
Lavanya C	Chemistry	Guide: Dr. R. Geetha Balakrishna Dr. Mahesh S Padaki	Preparation and Evaluation of Antifouling and Biofouling Membranes for Filtration Applications
Sriram G	Nanotechnology	Dr. Mahaveer Kurkuri	Modified Diatoms for Enhancement of Dye Removal
Jayesh T Bhanushali	Chemistry	Dr. Bhari Mallanna Nagaraja	Metal Based Catalysts for Individual and Simultaneous Hydrogenation and De-hydrogenation Reactions
Bindu Subramaniam	Music	Dr. Meera Rajaram Pranesh	New Methods of Teaching Music to 3-10 year old Children- An Analytical Study
Sangeeta Devanathan	Management	Dr. Mithileshwar Jha	Exploring Causal Attributes in the Context of Luxury Consumption

<b>Name</b>	<b>Subject</b>	<b>Guide</b>	<b>Title of the Thesis</b>
Vikram Mohan Rao	Cultural Studies	Dr. Choodamani Nandagopal	Addressing Bangalore's Traffic Challenges by the Development of a Design Module – From the Perspective of Socio-Cultural Transformation
M S Vijaykumar	Mechanical Engineering	Dr. Sarvanan R.	Studies on Epoxy Clay Nano-Composites for Pressure Pad Application and Epoxy Pottery Clay Adhesive for Canister Application
Aruna K R	Cultural Studies	Guide: Dr. Rekha Jain Co-Guide: Dr. Soumya Manjunath Chavan	Rishabhanatha Charite : 10ne Shatamanada Kannada Mattu Apabhramsha Kavigalu Kandante (Pampa Mattu Pushpadantarannu Anulakshisi)
Rashmi Prasad	Dance	Dr. Choodamani Nandagopal	Impact of Gitagovinda on the Gitakavyas of Post Medieval Period with reference to Nayikabheda
Lakshminarayana Ambi Subramaniam Jr.	Music	Dr. Meera Rajaram Pranesh	Emergence of a Global Violin Technique
Kusuma J.	Nanotechnology	Dr. R. Geetha Balakrishna	Synthesis, Characterization and Application of Nano-Materials for Stable and Efficient Quantum Dot Solar Cells
Nischita P (IHR)	Biotechnology	Dr. M R Dinesh	Assessment of Genetic Diversity, Phylogenetics and Molecular Systematics in Wild and Indigenous Mango (Mangifera Indica L.) Genotypes
W. Jothy	Microbiology	Dr. Srividya Shivakumar	Development of Plant Growth Promoting Microbial Consortia Based on Interaction Studies to Reduce Sclerotinia Rot in Brassica Oleracea L
M S Sudha	Electronics Engineering	Dr. Tanuja T C	Implementation of Image Watermarking for Multimedia Security
Naresh E.	Computer Science and Engineering	Dr. Vijay Kumar B P	Design and Development of Novel Techniques for Cost Effectiveness with Assured Quality in Software Development
Ramesh Venkatraman Rajayer	Management	Dr. Ashis Mishra	An Empirical Study of E-Commerce by MSMEs in Bengaluru, India: Exploring Crucial Success Factors

## Ph.D Scholars Awarded Ph.D – June 2020

Name	Subject	Guide	Title of the Thesis
Manjula T R	Electronics Engineering	Dr. Raju Garudachar	Design of an Optimised Carrier Tracking Loop Robust to Ionosphere Scintillation in GNSS Receivers
R. Aruna	Electronics Engineering	Dr. Fathima Jabeen	Design and Development of an Algorithm H.264-AVC/ MPEG4 for Digital Transmission Over 4G(LTE)
Chidananda Murthy P.	Computer Science and Engineering	Dr. A S Manjunatha	Securing Cloud Resource Consumption Using Machine Learning
Matthew Titus	Microbiology	Dr. Srividya Shivakumar	Effect of Potassium Solubilizing Bacteria/Fungi and Arbuscular Mycorrhizal Fungi on Growth of Tomato (Lycopersicon Esculentum) Plant
Sindhu R.	Biotechnology	Guide: Dr. C. Aswath Co-Guide: Dr. Sukanya	Standardization of Different Factors on Production of Adventitious Roots in Withania Somnifera Using Bioreactors
Ranjini M L	Commerce	Dr. Mahesh Kumar K R	A Study on Customers Attitude, Perceived Risk & Trust on Adoption of Online Banking in Bangalore City
Padmavati S.	Electronics Engineering	Dr. Vaibhav A. Meshram	A Hybrid Hardware Technique for Image Compression Using Fractal Quadtree Decomposition
Muzameel Ahmed	Computer Science and Engineering	Dr. V N Manjunath Aradhya	Intelligent 2D Shapes Recognition System Some Novel Approaches
Ghamdan Mohammed Qasem Al-Mekhlafi	Computer Science	Dr. Madhu B K	Proactive Fault Tolerance in Virtual Machine Based Cloud Data Centers for Performance Efficiency
Tejaswi Thunugunta	Biotechnology	Dr. Lakshman Reddy	Study the Effect of Nano-Particles on Morphological, Biochemical and Biotechnological Aspects in Eggplant
Shaimaa Ghazi Mohammed Shafer	Computer Science	Dr. Meena Kumari	Fault Tolerant Scheduling in Cloud Data Centers for Improving Resource Utilization
Chethana S.	Computer Science	Dr. G. N. Sreenivasan	A Pattern Oriented Approach to Create Reusable Designs in Enterprise Systems
Jayashree D.N	Mathematics	Dr. Harish Babu	A study of Multi-Criteria Decision Model and their Application
Raghu N.	Electronics Engineering	Dr. Vaibhav A M	Artificial Neural Network Based ECG Classification For Arrhythmia Recognition

<b>Name</b>	<b>Subject</b>	<b>Guide</b>	<b>Title of the Thesis</b>
Geeta Biradar	Life Science- Botany	Dr. Laxman R H	Phenotyping of Tomato Genotypes for High Temperature Stress Tolerance
Purvi Pareek	Management	Dr. Chaya Bagrecha	Perception of Challenges Faced by Women Entrepreneurs and the Effect on Enterprise Performance
Saraswathi K.	Political Science	Dr. Sandeep Shastri	Politics of Centre-State Relations: A Case Study of Karnataka's Relations with the Centre from 1985-
Aravinda H L	Computer Science and Engineering	Dr. M.V. Sudhamani	Analysis and Retrieval of Medical Images from Databases using CBIR Techniques Associated with Semantics for Diagnosis Purposes
Rekha N.	Management	Dr. Easwaran Iyer	Use of Technology in Higher Educational Institutions – A Critical Appraisal
Rupali Sunil Wagh	Computer Science	Dr. Deepa Anand	Knowledge Based Intelligent Legal System for Information Retrieval
Tulasi B.	CSIT	Dr. R. Suchithra	Big Data Model in Higher Education for Teaching Learning
Abhishek K.	Computer Science and Engineering	Dr. S. Balaji	Heterogeneous Parallel Processing Based Virtual Screening Pipeline for Effective Rescoring in Protein-Ligand Docking
Sreenivasa N.	Computer Science and Engineering	Dr. S. Balaji	Integrated Event and Time Driven Computation Schemes using Heterogenous Parallel Processing for the Simulation of Spiking Neural Networks
Lokesh B S	Electronics Engineering	Dr. Manjunath M B	Protection of Thermal Images using Novel Image Encryption and Decryption Algorithms
Jayaram Chikkerur	Microbiology	Guide : Dr. Ashis Kumar Samanta	Isolation of Microbes for Enzymatic Production of Short Chain Oligosaccharides and its Evaluation as Prebiotic
Kanakaraj A.	Nanotechnology	Dr. Nataraj S K	Eco-Friendly Synthesis of Functional Materials for Energy and Environment Applications

## Golden Journey of Ph.D Research

Wishing you all **Happy Diwali**.

Recently I have completed my Ph.D research and submitted my thesis to Dept. of Cultural Studies, JAIN. My research work is related to Jain Philosophical principles wherein the human subjects were involved as research participants. When I look into the past of my research journey, I can visualize a colorful spectrum of many events. During the research journey of every Ph.D scholar, many valuable milestones come across. These mile stones uplift us, support us and guide us to walk on the right path, with necessary directives. These mile stones are precious landmarks in the form of our Ph.D. guides, the teaching faculties, our seniors and colleagues.

*Research is an unending process of observations, thinking, rethinking, contemplation on and churning never dimensions out of it. It is nothing but engaging ourselves with great five men as Why, What, When, Where and How.*

I still remember our pre-Ph.D classes full of enthusiasm, group activities, skill-development workshops, faculty development programmes and research retreat programmes etc. We experienced a warm human touch and cohesiveness during these activities. Such programmes and activities boosted our confidence and shaped our career. All these learning processes are definitely contributory to my scientific spiritual growth and development. During this journey, the topic of ‘Research Ethics’ has created a good impact on my mind. As I was dealing with human subjects, I often used to observe three principles as respect to the person, beneficence and justice. I used to carry out all research methodologies with honesty, integrity, carefulness, social responsibility and openness. I tried to avoid the discrimination, plagiarism and misconduct. I viewed my research topic with scientific competence as a whole and not as a personal career.

Being a teaching faculty in my previous medical career, the topic of research is very close to my heart. The literary meaning of research is a systematic, methodical study of the subject, no doubt. However, the word ‘Research’ itself speaks about innovation, new ideas, new contributions to the existing knowledge and something beneficial for the mankind and the society at large. Research is an unending process of observations, thinking, rethinking, contemplation on and churning never dimensions out of it. It is nothing but engaging ourselves with great five men as Why, What, When, Where and How. It is an ecstatic experience to deal with them to our satisfaction and ultimately to enjoy ‘Eureka’.

I used to actively participate in many National, International or State level seminars and conferences along with my Ph.D guide. These experiences broadened my vision and gave me an identity because of my introduction by my guide to various intellectuals and scholars in the field of Jainology. I would like to express my deep gratitude towards all the teaching faculties and guide, who were the pivots for such a firm and strong foundation of my research career and bestowing on me not only knowledge but maturity. My research journey really has a human touch which strengthened the bonds of affection and love amongst us. I would like to say that this ‘Golden Journey’ of my Ph.D research is an unforgettable, memorable and an important event in my life.

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**The Annual Research Retreat 2020 is taking place online on 17th and 18th December, 2020. Email about the same has been sent to all scholars eligible to participate in the Retreat. Please check your spam folder in case the email does not show up in your inbox.**

**The last date to send in your proposals endorsed by the scholars’ guides is November 10th, 2020.**

## वो शाम

वो शाम  
आती नहीं अब  
वो पुरानी शामें  
हर रोज़...नयी बनकर आती थीं  
अरमानो की सैर कराती  
और जैसे ही मैं कहता  
थोड़ी देर और रुक जाओ  
जाने कहाँ गायब हो जातीं  
कानों में कह जातीं  
ढूँढ सको तो ढूँढ लो  
तब उम्र थी  
रोज़ शाम होते ही ढूँढ लिया करता था उसे  
अब जाने क्यूँ हर शाम  
एक नज़्म सी सुनायी देती है  
मेरी जान मुझे जाँ ना कहो  
मेरी जाँ.....

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***“As scientists, we are often quick to reach for more facts rather than grapple with the complexity of our emotions... But as the long history of humanity’s inability to respond to the climate crisis has shown us, processing information purely on an intellectual level simply isn’t enough.”***

Climate scientist Joëlle Gergis gives a heart-rending account of her feelings following the ‘Black Summer’ of fires and coral bleaching in her native country of Australia.

(This quote was sent to us by Sivaram S., Ph.D Scholar in Cultural Studies)

## **Experiences of the Online Skill Development Programme for the Ph.D and M.Phil Batch of 2019**

The Skill Development Programme held for 3 days between 14 September and 20 September 2020 at JAIN University takes me back to memories of my 12 years' experience. If you are in the position of a leader, particularly a political leader, taking 45 to 60 days training within each year is mandatory. The training was intended for the leader to develop the skill and capacitate for better performance. The challenge during training was not about participating, but every day after concluding the daily session evaluation was carried out at night time. The theme of the assessment was to know how the trainee would be able to resolve if he or she had faced any difficulty and able to worked under pressure.

For this matter, if you listen and actively participated, you will ask basic and concrete questions and also answer the questions raised from trainees and trainers. The same is true in my 12 hours skill development training in skills development given by JAIN University from 14 to 20 September 2020. To be frank, Jain University has generated well-experienced human resources not only in academic insight but also the insight of leadership. From the training, I understand that challenges are, of course, part of our everyday lives and something we would all expect to face at one point or another in our lives. Accordingly, as Professor Sandeep Shastri explained that, the great ability and techniques we must develop is we will have categorizes the professional challenges from personal challenges. Some challenges can be extremely intimidating leaving us feeling completely powerless as they are enough to make us question both our sanity and ability to overcome them. Challenges possess the ability to make or break us depending on how we react to them and choose to handle them.

Therefore, from the training of the skill development program (SDP) three-day session (12 hours), I have got a more advanced skill and experience. When challenges come up against us and when it comes to conquering some challenges, we need to be versatile and not allow ourselves to be one-tracked or doing what we have always done in the past, but we need to change the difficulty in to opportunities. Any obstacles could be pushing us for opening better opportunities when we deal with them properly.

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We had three SDP Online Workshops which took place last month and which also was the concluding phase of our coursework. Off course, the exams are pending! That said, the SDP were so value-adding. One exercise which I particularly liked as an analogy to our research journey was creating music without any instrument with whatever object we had around us. We used water bottles, Jars, medicine strips, coasters and what not. And you know, we did it! During this exercise I found building co-ordination from widely different things/people, is sometimes an art, sometimes a task and most of the time it is creativity – the sense to create something out of a scene which looked impossible once. That is human progress and that is a gift to human being by the mother nature to solve problems in most ingenious ways. I am not talking about the liberties we took in the process and which lead to threaten existence of this beautiful world itself. Yes, I am referring to climate change and destruction of wild-life habitat. How prominent its effects are especially during current pandemic! Then coming back to music again, we know that music and awareness are related, and the former has an impact on increasing the level of latter. I refer to this research by Serena J Navvaro. She defines music as as an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony and colour, and can come in many forms such as vocal, instrumental, bodily noises, and movement (Simpson & Weiner, 1989). Music also impact us unconsciously. How similar that is to research process! As we pursue our research questions, we also discover many things in and out and that makes our research journey wholesome and uplifting.

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I really take this opportunity to thank and appreciate the effort from the research course work coordinators and faculties for conducting and making it as a huge success in this pandemic period. This program was everything as you said it would be, fun and extremely filled with professional skills that one researcher should have. I was so pleased and gratified with the interactive sections which was very beneficial for learning process. The three E's with presentation strategies on the first day helped me a lot in understanding how to seek attention from audience and methods and ways one have to follow while presenting the data. I was lucky to have been there in the first batch where Prof. Sandeep Shastri led the "HOT SEAT" session, which was so fun and have learned a lot regarding the best practices that one have to follow handling the pressure while presenting in a professional way. The way this session was conducted was amazing and effortless as the group activity which ensured the participation of every researchers from different domains on Hot Seat and made it more interesting. The way each individual handled the questions enabled every one of us to understand how we have to be professional in our presentation. The final day in SDP will always be one of my memorable days in my research life as the special activity time was so much fun with everyone which conveyed the importance of teamwork and hard-work. The SDP was excellent and was up to the mark as promised. Even though I have attended many webinars and online courses, the SDP will always be special among them as the way the faculties delivered their inputs and conducted the program was amazing and unique from all other online courses.

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The Skill Development Program intended to impart skills required to communicate, listen, present one's ideas, and offer feedback. Though it was challenging to organize the SDP on a digital platform, what amused me most was that, apart from the content designed for each day, I was also learning the etiquette and attributes required to conduct these four skills on a virtual platform. In a time when everybody is trying to assert their viewpoints belligerently, in a repetitive mode, and impolitely; SDP was a lesson to be learned on how to put across ideas precisely, clear-cut, and to a diligent audience. The feedback from such a group as a means to reflect on one's work was also motivating. The musical activity, in the end, was a perfect closing that emphasized that research is a collaborative process and cannot be conducted without cooperation and collegiality. Just as music may not be a forte for all and yet we were able to make a melody, the avenues of an interdisciplinary study, in that manner, also allows one to fix in the gaps and achieve balanced and complete research.

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The Skill Development Programme attended by me from 21st to 26th September 2020 was really a new exploration of myself where I could unlearn the unnecessary skills in presentation and communication using team learnings started by Dr. Mythili Rao with the roles of the presenter, the evaluator and reflecting the critical views for improvement in presentation as well planning and re-planning and organizing the presentation within the framework and time limits. Second day, the presentation on the proposed research topic made me to review my topic. Dr. Sandeep Shastri taught us the effective and imaginary use of pedagogy method in presentation making it powerful and meaningful. This was a totally new skill learnt by me with a finer tip that important points I must note down so that I should not forget the critical point during presentation. Dr. Priyanca Mathur taught us effective utilization of limited resources and complete the project/ research in time bound manner. It was a great eye opener and development of skill to take the journey of research to success.

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## Alumni Page

### My Research Journey

Be passionate, positive, and persevere. This is what I have learned through my research journey as a Research Scholar at Jain University during 2013-2020. I believe being passionate about your research project is the most important thing, and that is the reason my supervisor often encourages me to choose research topics that I am truly interested in. Apart from your passion, you also need a positive attitude to help you go through the difficult times in this long journey. However, I strive to keep a positive state of mind by focusing on my strengths and using them as catalysts for achieving my goals. In addition to passion and a positive attitude, you also need a tremendous amount of perseverance to keep you going for as long as it takes to succeed. Since research can be a hard and lonely journey, perseverance becomes a key factor for academic success. My research journey started seven year ago, a course work classes were started with reputed faculties especially I sincerely thank Dr Sandeep Shastri, Pro Vice Chancellor for being a part of research methodology classes. Then thanks to Dr. Mythili Rao, Dean being coordinator to motive us to complete the research in the given time. The Jain University has conducted various skill development program for research scholars and “Research Retreat” is the one of program to get the more details among the various researchers in the progress of their research work. I eventually got through a difficult part of my Ph.D program, and in the process of doing so, I developed a strong relationship with my supervisor Dr. D. Jayadevappa and other professors. I think a research journey is full of excitement, surprises, challenges, and uncertainties. The process of doing a Ph.D program is like an emotional roller coaster since you may experience many emotional ups and downs during this process. However, I never regret doing a Ph.D. program and continuing my research journey. What I need to do is to keep working hard and to be passionate, positive, and to persevere.

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My Research journey started with trip to Bangalore, when I appeared for entrance examination in Jain University, which followed by an interview. It was a happy moment when I got admission in PhD program. Attending course work classes, after 9 years of classroom teaching was exciting. Research methodology classes by Dr. Sandeep Shastri sir was learn and fun time. Deciding research topic, first synopsis presentation, visting actual substations and smart cities to understand smart grid was interesting period, gradually I become passionate about my project.

I must thank my Guide Dr. S.M. Bakre and Co-Guide Dr V. Muralidhara for always showing right path when I found this journey tough. I experienced both good and tough time. Mythili ma'am always encouraged me for hard work patience and keeping positive attitude.

Collecting data, implementation, getting expected results and publishing the research work in peer reviewed journals having good indexing and impact factor was not an easy ride. I eventually got through a difficult part of my Ph.D. and in the process of doing so, I developed more patience and became more focused toward achieving my goal. Finally, I submitted my thesis “Novice approach of UI charge reduction using AMI based load prioritization in T&D Smart Grid”. Again, worked hard for all the corrections I received and defended the thesis. Viva day was big day, I was excited and nervous at the same time. Receiving Ph.D award approval and PDC is such a great feeling! This journey is not the end but it's a new beginning for me. Here I have attempted to give some insights into my research journey. It is full of challenges, excitements, ups and downs but at the end its all worth it when you achieve the goal, learn new lessons in life and celebrate the success!!!

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## A Ray of Hope

During this Pandemic it has been observed that many of us have been divided into two regions one region were people are enjoying the present scenario and other where people are cursing the current situation.

Though the situation remains the same for all, but some are happy, while some of us are sad.

Few academicians have found time to work on their weaknesses and been successful in achieving good results in their research activities like publishing, writing proposals for funding, applying for patents etc. They have worked smarter by accepting the situation with the right attitude unlike some academicians who are unable to accept the situation. I feel if one had been integrated, possessed the learning attitude has been successful in acquiring many skills in this time horizon of pandemic. Having accepted the situation and respecting the time has immensely developed many of us towards prosperity during this pandemic time too.

Let us all develop a sense of positive attitude & overcome the negative attitude.

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Positive Attitudes	Negative Attitudes
<ul style="list-style-type: none"> <li>• interest</li> <li>• thoughtfulness</li> <li>• sincerity</li> <li>• cooperation</li> <li>• affection</li> <li>• responsiveness</li> <li>• tolerance</li> <li>• optimism</li> <li>• courage</li> <li>• determination</li> <li>• ambition</li> <li>• motivation</li> <li>• generosity</li> <li>• focussed</li> <li>• mature</li> <li>• friendly</li> <li>• responsible</li> <li>• caring</li> <li>• trusting</li> <li>• enthusiastic</li> <li>• sincerity</li> </ul>	<ul style="list-style-type: none"> <li>• aggression</li> <li>• anger</li> <li>• blame</li> <li>• critical</li> <li>• cynical</li> <li>• depression</li> <li>• dishonesty</li> <li>• envy</li> <li>• greed</li> <li>• hatred</li> <li>• indifference</li> <li>• intolerance</li> <li>• irresponsibility</li> <li>• jealousy</li> <li>• pessimism</li> <li>• prejudice</li> <li>• revenge</li> <li>• sadness</li> <li>• selfishness</li> </ul>

**“Everything comes to us that belongs to us if we create the capacity to receive it.”**

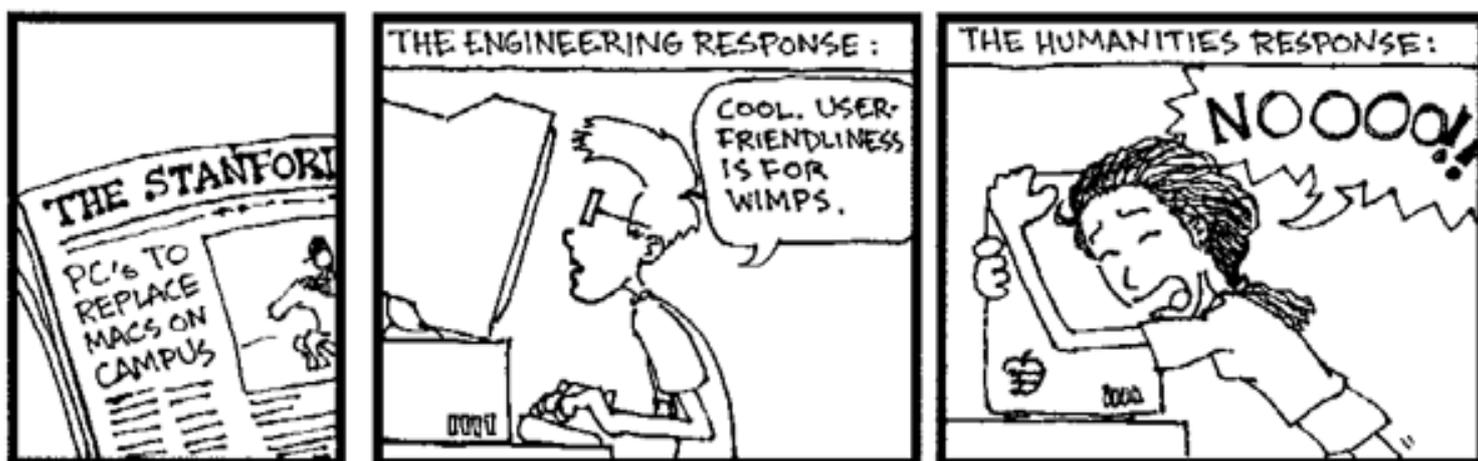
*- Rabindranath Tagore*

## Achievements

- **Samhita K.**, Ph.D Scholar in Psychology, completed her Diploma in Sports Psychology from The Kew Training Academy in October 2020.
- **Krishna Murari**, Ph.D Scholar in Management received ‘Shiksha Gaurav Puraskar 2020’ awarded by Centre for Education Growth and Research (CEGR), New Delhi in an online award ceremony on 22nd Oct 2020.

## Responses to the Alumni-edited issue of Thinklet

- **Dr. Deepti Swamy**- Congratulations on this wonderful issue of Thinklet! Very well compiled!
- **Venkoba Rao**– Creative thinking and novel ideas. Thinklet is excellent!
- **Balaji Rao**- I have been an avid follower of Thinklet issues since its first publication and also a great admirer of the fact that not a single month the publishing date has been missed (in fact, the moment I receive the Thinklet mail it instantly reminds me that it should be the first day of the month). The latest issue is definitely another feather in the already well decorated hat. Many congratulations to the entire team, enjoyed reading the articles and thoughts of eminent personalities.
- **Nethra T.S.**- It's a really interesting edition.
- **Anusha R.**- Thanks team for a new experience and interesting articles.



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