



Connecting Thinkers...

Editor's Message



Recently a research scholar shared this experience with us. He had already sought permission to submit his thesis and was ready for the Pre-submission Colloquium Presentation. One of the pre-requisites for the Colloquium is publication of at least two papers in specific indexed journals. The student was very comfortably placed with one paper published and one communicated. But to his shock the paper was rejected with the comments given thus - "The English in the present manuscript is not of publication quality and require major improvement. Please carefully proof-read and spell check to eliminate grammatical errors". How many of us make this mistake? Not just with the journal papers, but with the thesis too we are not very careful with the language aspect of our writing, especially if we belong to non-literary domains. We give the least priority to the language component of our writing. The word used for this process where we try to find and correct mistakes in text before it is printed or presented to the public domain is called 'Proof-reading' It is a very critical aspect of our research work. Let's remember our research work has to be expressed in concrete terms through a language and therefore we need to be extra careful about this. Proof-reading ensures that the final draft of the document is completely free of grammatical errors which include correct word choices, punctuation and spellings. It also includes formatting (such as such as headings that suddenly switch font size, or a change in the size or style of bullet points) and typographical errors. Also, you have to make sure the document adheres to the chosen style guide. Luckily there are many online tools to help us with this task like Grammarly, Whitesmoke, Correct English Complete, some paid and some free too. You could also seek somebody's help to proof-read your paper or thesis. The need of a second opinion is critical as many a times we tend not to notice mistakes that we commit. Proof-reading is not the same as editing. Editing refers to the technical content of the document. Remember, the written word is always the final word and therefore responsible for bringing credit or discredit to your work. At the end of the day, a scholar may have undertaken quality research work. Yet, when presenting the same if sufficient care is not taken in term of language, grammar and stylistics, the high quality of research findings gets lost in shoddy language.

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## GUIDE'S COLUMN

### Aim High to Publish your Research Work

Every scholar innately has the ability to prepare a research article or survey article. But the scope of that paper is determined by where they are going to publish the paper. In present days the culture of publishing a paper within a week is in trend with many journals. Kindly avoid those journals.

In many places you will find the statement like 'Reputed or Peer Reviewed' journals but this is a common statement and does not necessarily ensure quality. So I am presenting here the globally accepted standard for the journals indexing, which can be considered for your paper publication.

Kindly ensure that any one the following indexing is must for the journal you have selected for your work-

- ◇ Science Citation Indexed (SCI)
- ◇ Science Citation Indexed Expanded (SCIE)
- ◇ Arts & Humanities Citation Index (AHCI)
- ◇ Social Sciences Citation Index (SSCI)
- ◇ Web of Science (WoS)
- ◇ Scopus (Elsevier's database)

For Arts and Humanities:

<http://mjl.clarivate.com/cgi-bin/jrnlst/jlresults.cgi?PC=H>

For Science and Engineering:

[http://mjl.clarivate.com/publist\\_sciex.pdf](http://mjl.clarivate.com/publist_sciex.pdf)

<http://mjl.clarivate.com/cgi-bin/jrnlst/jlresults.cgi?PC=D>

For Social Science:

<http://mjl.clarivate.com/cgi-bin/jrnlst/jlresults.cgi?PC=SS>

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## The Psycho-physiological Correlates of a Ph.D Scholar

The mind-body problem is central to the field of Psychology. Is the mind part of the body or the body part of the mind? How do they interact and are they two distinct things? Psycho-physiology, as the name suggests deals with the relationship between the mind and the body. It is concerned with the interaction taking place between mental and physiological processes.

My Ph.D journey has been exhilarating, inspiring and engrossing so far. While I was pursuing my Master's in Clinical Psychology, my interest in Psycho-physiology found its genesis. I am intrigued by how immense the power of the mind is and how negative thoughts can be disastrous to the body. I would like to describe some psycho-physiological experiences that I have had so far in this marvelous journey as a young researcher.

My heart skips a beat when I read something revelatory on Transpersonal Psychology. The hope that there is something out there, beyond the 'self' is miraculously awe-inspiring. It gives me the adrenaline rush. It gives me goose bumps on my hands. When I'm attempting to 'burn the midnight oil', my legs become weak and I feel a strong tingling sensation in my legs because I'm stressed out, trying vehemently to type an assignment. When I procrastinate, I feel a heaviness in my heart, coupled with feelings of guilt and inadequacy. When I'm referring to books in the library, I feel a sense of fulfillment, a sense of authentic pride (not hubristic pride!). Finally when I'm reviewing my life history at night, and I'm listening to peppy music, I feel a sense of inspiration.

*I am intrigued by how immense the power of the mind is and how negative thoughts can be disastrous to the body. I would like to describe some psycho-physiological experiences that I have had so far in this marvelous journey as a young researcher.*

During such times, I feel the 'waves', the rush, the adrenaline rush, the depth of my soul, the need for achievement, and the need to impact humanity. I reckon my soul whispers, "Gushing through the rugged waters, I found sunshine. I mustered up my courage to dive into the deepest waters. Those waves inside my body? They tell me something big awaits: dream big to achieve and impact. For you were not born without a divine purpose."

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## A Dream Come True: Achieving My Doctorate

As everyone else's, mine has been a life of battles against challenges, where I dared to get out of my family business and enter the world of building an educational career. Completing my B.E. itself was my proving to myself that no matter what odds stood on my way, telling me I could not make it, I could do it. Of course, with the support and encouragement from my dear family and the goodwill of my colleagues, I did make it. After I entered the arena of professional service and walked through the corridors of my career over the past 28 years as faculty, Head of the Department, Principal and Dean in technical Institutions, the dream of adding 'Doctor' to my name kept looming over my head.

So, I sought admission in JAIN University, faced the interview and got selected to pursue my Ph.D in August, 2011. Thus, finally I embarked upon my exploratory voyage towards acquiring the tiara 'Dr.' on my crown. In 2015, given the focus of my work, I had to register my work under a new Guide, though my first Guide continued to be my inspiration. My Guide was the backbone of my research work, with precious inputs, timely instructions, direction and encouragement all through the submission of my thesis to my viva.

*The University conducted the course work classes, examination, skill development program and synopsis presentation in a systematic manner, very strictly adhering to its meticulously-planned schedules. With such well-organised inputs, this Ph.D Scholar completed the course work within a year.*

The University conducted the course work classes, examination, skill development program and synopsis presentation in a systematic manner, very strictly adhering to its meticulously-planned schedules. With such well-organised inputs, this Ph.D Scholar completed the course work within a year. The University classes especially that of research methodology, kept me traversing the scholar track with dynamic enthusiasm. JAIN University conducts exposure programs like Research Retreat, which not only to enhance our knowledge, but also to provide a platform for exhibiting our research work progress. I count myself privileged to have been bestowed the opportunity to attend the research retreat thrice during my research program.

I got valuable inputs from the Colloquium Committee examiners who scrutinized my thesis. Their keen observations and intelligent comments in respect of the objectives, methodology, result analysis and conclusion of my thesis prodded me to bring in yet more refinements to my presentation and enabled me to submit my thesis on December, 2017 with only 8 percent similarity.

I completed my final viva-voce in August, 2018 and got my Ph.D degree provisionally awarded in the month of October, 2018. I am certain that my story of making my dream come true would instil confidence and be an inspiration to every person standing on the brink of navigating the Ph.D voyage. I take this occasion to thank the Chairman of JAIN University, Dr. Chenraj Roychand, and the authorities at the University for their significant roles they play from their designated positions to enable, empower and equip seekers like me with the Doctoral degree so that we go out and keep radiating the light of knowledge in this dark world. I express my sincere gratitude to the entire research team of JAIN University who supported me on my research journey to success.

*Dr. Suresh Raj Jain*  
*Awarded Ph.D in Mechanical Engineering, August 2015*  
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**“I have a passion for teaching kids to become readers, to become comfortable with a book, not daunted. Books shouldn’t be daunting, they should be funny, exciting and wonderful; and learning to be a reader gives a terrific advantage.”**

**– Roald Dahl**

## **Publish and Progress: Mastering the Art of Research Writing and Publications**

*“Connaître, découvrir, communiquer—telle est, au fond, notre honorable destinée.*

*To get to know, to discover, to publish—this is the destiny of a scientist.”*

- **François Arago**, French physicist and astronomer whose accomplishments include discovering the chromosphere of the sun, and the laws of light polarization. Translation as given in Alan L. MacKay in the book *A Harvest of a Quiet Eye* (1977), 10. (a selection of scientific quotations)

Extrapolating from this quote, one is easily tempted to conclude that only researchers have the luxury of choosing their own destiny and that too a good or a bad one depending on the quality of what they seek to publish. Any day, one will easily pick the good destiny. But how can this outcome be guaranteed? Well, it is essentially through mastering the art of research writing and publications. One such step in the journey of mastering is by actively participating in continuous learning programs. Such an opportunity came by, thanks to the prompt notification from our Ph.D Section.

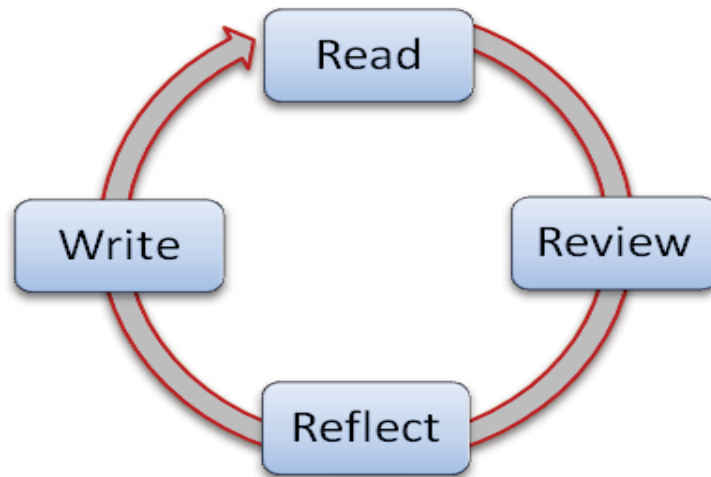
This article summarises the key learning from the Faculty Development Programme on ‘Scientific Writing and Research Publications’ held at JGI Knowledge Campus on 25th January, 2019. Scholars who could not be present at this program might find the information presented in this article useful.

### 1. Five rules in research writing:

- ◇ Discipline – Skill of writing is a habit to be developed and continuously nurtured.
- ◇ Focus – Clarity in knowing what to write and why; Relevance of knowing how much to write – nothing less, nothing more; Intelligibility of writing with consistency in ideas and articulation.
- ◇ Theory – Research writing must be grounded in and guided by a robust theoretical construct.
- ◇ Balance – Utilitarian value of a research publication increases if it balances description, analysis and interpretation – while ‘description’ sets the tone, ‘analysis’ and ‘interpretation’ bring out the unique value added by the researcher to the knowledge base.
- ◇ Flow and Logic – Research publication needs to have a natural flow in the concepts and the language used and must have a sound narrative logic for the readers to appreciate and reflect upon on the content.



2. Developing research writing skills involves a cyclic process, as illustrated below -



3. Impact Factor in Research has 3 dimensions – Article, Journal and Author

- ◇ Article's Citation Impact is an important indicator of the quality and usefulness of content
- ◇ Journal's Impact Factor
- ◇ Author's Impact is measured by H-index, G-index and i10-index
- ◇ Knowledge of these factors is very important for anyone seriously considering a research career especially Journal Impact Factor before considering a research publication

4. Increasing trend of successful research publications sharing these 'Best Practices'

- ◇ Use of 'Distributed Review' approach for including Literature Reviews that cite relevant literature throughout the paper and not limited to one section
- ◇ Citing latest articles from high impact journals and reviewed conferences
- ◇ High information density and compaction

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## Global Barometer Survey Meetings and Panel Discussion on ‘Democracy in South Asia: Emerging Trends’

JAIN (Deemed-to-be University) was privileged to host a 3 days meeting of the Global Barometers Survey from 18th to 20th January 2019.

Attended by the representatives of the six regional barometers and South Asia country coordinators, the meeting was attended among others by Marta Lagos (representing the Latinobarometer from Chile), Christian Haerpfer (representing the Eurasia Barometer from Austria), Boniface Dulani (representing the Afrobarometer from Malawi), Michael Robbins (representing the Arab Barometer from USA), Min Hua Huang, Kai Ping, Kuan Chen Lee and Jason Kuo ( representing the East Asia Barometer from Taiwan), Krishna Hachethu (Country Coordinator for Nepal), Pradeep Peiris (Country Coordinator for Sri Lanka), Sk Tawfique Haque, (Country Coordinator for Bangladesh) and Sanjay Kumar ( representing South Asia Barometer).



A public event was held as part of the dialogue. A seminar on ‘Democracy in South Asia: Emerging Trends’ was held on 19 January 2019. The Global Barometer Surveys group was joined by several academicians, retired government officials and political leaders at the Seminar. There were presentations on each of the countries of South Asia followed by an in-depth discussion.

The six panelists, each representing one of the regional barometers participated in the discussion. They made brief introductory comments on Democracy in their region and also started a conversation on the comparative trends. This was followed by question and answer session with the audience.



Introducing the theme, Dr. Sandeep Shastri, the Pro Vice-Chancellor of JAIN (Deemed-to-be University) and representing the South Asia Barometer on the Panel, focused on the recent report published by the group which highlighted the fact that the support for democracy is linked to 3 critical factors: the citizen perception of the working of democracy, the economic performance of governments and whether the citizens perceive democracy as delivering tangible results. On South Asia, he highlighted the trend towards the democratic regimes being reduced to 'election only democracies' and the gap between the hope of a democratic 'dividend' and the reality of a democratic 'deficit'.



Dr. Marta Lagos, the Co-Chair of the Global Barometer Surveys and the Director of Afrobarometer, traced the rise of democracies in South America in the 1990s and them being replaced into authoritarian into recent times. She focused on the need for researchers to anticipate trends and highlight likely scenarios. The Director of the Eurasia Barometer, Dr. Christian Haerper spoke of the 3 types of regimes emerging in post-Soviet Union nations. Some of them were Formal Democracies, a few more were Democratic Autocracies and others were Full Autocracies. The differences lay in the 'context' of the journey towards democratisation.

Dr. Boniface Dulani who represented the Afrobarometer highlighted the journey of the African continent towards greater democratisation. He opined that one needs to budget into the analysis the question of 'demand' for and 'supply' of democracy. Many democracies given the long years of dictatorship and military rule had minimalistic expectations. Reflecting on the developments in the Arab world, Dr. Michael Robbins from the Arab Barometer, highlighted the link between the economic prosperity and the process of democratization and the impact of the demand for regime changes in the region. Dr. Min Hua Huang from the East Asia Barometer dwelt at length on the paradox in East Asia between prioritizing economic development and the advancement of democratic norms. The panelists responded to a range of questions raised by both fellow panelists and the audience. It was 100 minutes of active engagement and intense dialogue.

## Ph.D Thesis Awarded - 12th January 2019

NAME	SUBJECT	TITLE OF THE THESIS
Nagaraj Hanchinamani	Electronics Engineering	Development and Analysis of Wideband Microstrip Patch Antenna for Mimo System
Gopalakrishna K	Electronics Engineering	Smart Vehicle
Malini N	Management	HR Analytics and its Adoption in Indian Corporations
Anil Kumar C	Electronics Engineering	Analysis and Synthesis of Speaker Based Vocal Tract shape estimation for Vowels at different conditions
Sumitha Manoj	Electronics Engineering	Stride for Developing a New Image Registration Techniques using Mutual Information and Optimization Techniques
Showkath Ali Khan Zai	Civil Engineering	Behavior of High Performance Fiber Reinforced Concrete using Carbon Nano Tubes
G Raghavendra	Electrical Engineering	Cost function Optimization for maintaining the quality of Service in a distributed Power system
Venkatesh Murthy B. S	Electrical Engineering	Design and Implementation of High Speed FPGA for Under and Over Voltage Protective Relay

NAME	SUBJECT	TITLE OF THE THESIS
Enakshi Ghosh	Biotechnology	Studies on Short and Long Term storage of Trichogramma SPP: An Approach to Improve Commercial mass production
Dattatreya L Velankar	Music	Katha Keerthanadha Mele Bharatiya Shastreeya Sang-eethada Prabhava - Ondu Adhyayana
G Ramesh	Aerospace Engineering	Systems Engineering Approach for Design and Development of Combat Aircraft
Sharon Olivera	Chemistry	Synthesis and Characterization of Solid Sorbents for Wastewater Purification
Rakshitha Mouly	Life Science (Zoology)	Developing Organic Integrated Management (OIM) for major insect pests of Mango (Mangifera Indica L.)
Sudhakar Reddy	Physics	Thermal, Optical and Structural Properties of Heavy Metal Oxide Glasses Doped with ND <sup>3+</sup> Ions
Imtiyaz Ahmed B K	Electronics Engineering	Design and Development of Adaptive Blind Beam-forming Algorithm and its Implementation on FPGA

## Achievements and Publications

**Savita Patil**, Ph.D Scholar in Biotechnology was selected for the APS Global Membership Fund. She will receive two years of free membership, starting 1st January, 2019. APS Global Membership Program is managed collaboratively by APS Foundation and the APS Office of International Programs. It is one of the highest and prestigious society in Plant Science Stream.

**Soumya Jacob P**, Ph.D Scholar in Psychology had cleared NTA-NET exam conducted on 18-22nd December, 2018.

**Dr. Chandrashekar Shastry**, Director, Center for Distance Education and Virtual Learning (CDEVL) and **Guruprasad S.P.**, Ph.D Scholar in Electronics Engineering's paper titled "**An Optimized Packet Transceiver Design for Ethernet-MAC Layer Based on FPGA**" was published in Springer Paper Link on 21st December, 2018. Online ISBN of this paper is 978-030-03146-6.

**Anand Viswanathan**, Ph.D Scholar in Cultural Studies presented a paper in Sanskrit on the Astronomy of Parashara at the NFSI2018 (New Frontiers in Sanskrit & Indic knowledge) 3 days International Conference at Chinmaya Vishwavidyapeeth in Ernakulam. His presentation and paper won the "**Best paper for 2018**" award at the conference on 17<sup>th</sup>-19th December, 2018.

A 3 month long (30 hours) weekend course on "**Introduction to Vedic Astronomy**" was concluded on 8th December, 2018. This course conducted by **Prof. R N Iyengar** and had 25 external registrations from people primarily from the Information Technology field in Bengaluru. The students were addressed by our Chairman, Dr. Chenraj Roychand. They had an informal interaction about how to take traditional Indian knowledge to the next generation.

**Sudarshan HS**, Ph.D Scholar in Cultural Studies was invited to participate in the Brainstorming Session at the IGNC (Indira Gandhi National Center for Culture & Arts), New Delhi, on "**Scientific Knowledge in the Vedas**". He presented the work being done at the center at JAIN, which was very well received on 18th November, 2018.



Group Photo with Dr. Chenraj Roychand, President of the Jain University Trust after he addressed the participants briefly about the objectives of CAHC at the Jain University.



## Alumni Page

### PALLIATIVE CARE

#### *Caring Beyond Cure*

Palliative care is a specialised medical care for people with serious illness or disabilities. The main focus of palliative care is to provide patients with relief from distress and symptoms of a serious illness or disabilities. The goal of palliative care is to improve the Quality of Life for both the patient and family members. Palliative care helps the patient to gain strength in day to day activities, helps the patient to understand the treatment regime and provides practical support to family caregivers. In the present period family members or elderly caregivers of terminally ill patients do not find time or have energy to care for physical, psychological and spiritual need of the patient.

The Core palliative team liaises closely with

- ◇ Palliative physician
- ◇ Medical consultants
- ◇ Pain clinic
- ◇ Coordinator
- ◇ Palliative care psychologist
- ◇ Palliative nurses
- ◇ Social worker
- ◇ Dietician

The team helps the patients to cope with end of life issues or terminal illness and provides psychological and spiritual support thus maintaining the Quality of Life of not only the patient but also their family members. The team provides supportive care to the patient and family members during the end phases of terminal illness not only by managing the patient symptoms, but also helping the patient and family members to understand the options and goals of palliative care by providing an extra layer of care, support and comfort.

#### **Symptom and Pain Management**

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.

The experience of pain can:

- ◇ Induce depression
- ◇ Exacerbate anxiety
- ◇ Interfere with social performance and impair the quality of relationships
- ◇ Negatively impact on physical capability
- ◇ Prevent work and reduce income
- ◇ Challenge existential beliefs
- ◇ Constantly impact on the patient's experience of pain



Important factors can influence the pain experience and the total pain may be physical, psychological, social and spiritual. Effective management of pain is dealt by a multidisciplinary approach that addresses the patient concerns and fears, as well as treating the physical aspects of pain. The unique and focused combination of skills permits the pain management team to treat the patient, through a comprehensive non-surgical treatment plan that reduces or helps manage pain and improves the quality of life.

### **Chronic Illness**

Palliative care unit cares for people suffering from serious and terminal illness such as:

- ◇ Cancer
- ◇ Cardiac disease (congestive heart failure)
- ◇ Chronic obstructive pulmonary disease (COPD)
- ◇ Chronic kidney failure
- ◇ Alzheimer's
- ◇ Parkinson
- ◇ Amyotrophic Lateral Sclerosis (ALS)
- ◇ Dementia
- ◇ Motor neuron disease
- ◇ Stroke
- ◇ Other neurological disorder

Palliative care unit also focuses on symptoms of patient such as

- ◇ Pain
- ◇ Shortness of breath
- ◇ Fatigue
- ◇ Constipation
- ◇ Nausea
- ◇ Loss of appetite
- ◇ Difficulty in sleeping
- ◇ Depression
- ◇ Anxiety
- ◇ Feeling of isolation
- ◇ Elimination of distress

Supportive care helps patients gain strength for day to day activities and improves the patient's ability to tolerate the effects of medical treatments.

### **End of Life Issues**

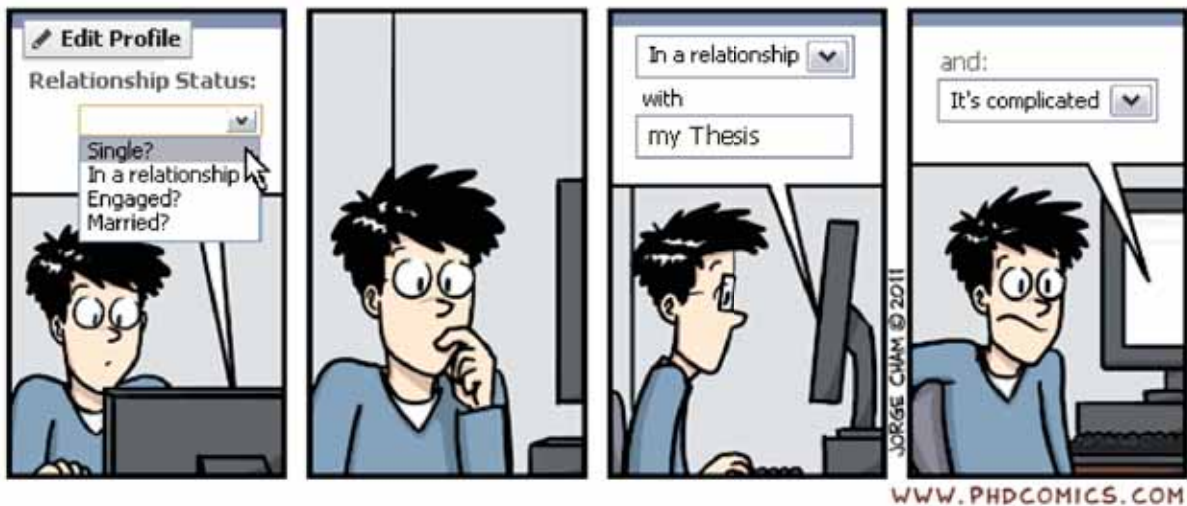
Focuses on the End of Life issues which involve the physiological, psychological and spiritual support to patient and their caretakers.

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## Responses to Thinklet

*Meghna Chakraborty*

I would like to wish you all a very happy and prosperous New Year 2019. I am thankful to you all for keeping us connected to the thoughts and journeys of research scholars and guides of JAIN. I am also thankful for keeping us updated about the events in JAIN. Through you I would like to wish our Chairman, Chancellor, Vice-Chancellor and Pro – Vice Chancellor Sir's a very happy and blessed new year! This Issue has been a fascinating read as it gave an insight as to what are the research focus for this year in various departments. My interest being Cancer Research and Microbiology, I was glad to get an update on both. Hope to read and contribute more to the Thinklet and to the Ph.D research team this year.



### *Team Thinklet*

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ARTICLES FOR NEXT ISSUE SHOULD BE SENT  
BY **20th FEBRUARY 2019** OF NOT MORE THAN  
**250 WORDS**

PLEASE INCLUDE YOUR NAME, E-MAIL AD-  
DRESS AND THE KNOWLEDGE DOMAIN OF  
YOUR INTEREST.