



Connecting Thinkers...

From the Pro - Vice Chancellor's Desk

- Dr. Sandeep Shastri

Dear Readers,

This editorial page often involves sharing good news about the many achievements of our scholars and guides or important positive developments in the University. I write this column today with a heavy heart to convey a very sad news. One of the important pillars of JAIN's Academic and Research Programmes, Dr. Jayagopal Uchil, passed away on 17 August. He was the Director of Academics and Planning and a key member of the Ph.D. Committee. A Research Guide at JAIN, Dr. Uchil was actively involved in steering the research programmes to higher levels of achievement. He joined JAIN after retiring from Mangalore University where he served for close to four decades. We at JAIN benefitted immensely from his rich experience and administrative insights. Those of us from the Faculty of Science, would have interacted with him more frequently as he was also our Dean of Science for the last two years. His loss has left a huge void and we at the University have not yet been able to come to terms with this unexpected development. Known for his meticulous planning and eye for detail, Dr. Uchil led with conviction and acted with compassion. Though he adopted a no-nonsense approach when it came to following rules and regulations he had that remarkable ability to give it a humane touch. A team-person, he respected alternative view points even as he made others understand and appreciate the value of his perspective. One was often humbled by his humility and the persuasiveness of his style and approach. In the many interactions I had with him over the last decade, his level of preparation, capacity to visualize alternative scenarios and focus on the solution rather than the problem, was a wonderful learning experience. In the last two weeks, there have been several moments when one instinctively thought of seeking his advice, only to realise that he is no longer with us.....one falls back then to reflect on what he would possibly have done if around and often the solution becomes apparent. The void that we now feel with his absence, can never ever be filled and we will be constantly reminded that we do not have the benefit of his advice and leadership. Let us all pray for the peace of the departed soul and offer our deepest condolences to his family members. The greatest tribute we can pay him is to continue to work with dedication and integrity in the manner he had shown us and take the Institution that he cared so much for, to greater heights of achievement.

Deepest condolences from the Thinklet Family

Dr. Jayagopal Uchil

1943 - 2018



A TRIBUTE TO MY GUIDE

Through your encouragement and guidance , I feel I am ready for tomorrow's challenges!

I belong to the first batch of research scholars of Jain University. My association with late Prof. Jayagopal Uchil goes a long way. It all started, when I was interviewed by a panel of members headed by Sir. Once I was selected, I was thrilled to know that Prof. Uchil was going to be my guide. During our first meeting, (which is still fresh in my mind) he told me, "You may be the Head of the Department or a senior faculty in the University, but for me you will always be a student. Don't feel offended if I scold you". Whenever I interacted with Sir during my research, he always tried to make the subject simpler and I could see his passion and in-depth knowledge of the subject. He always reminded me of the qualities which a research scholar should possess and taught me to be time bound. He had immense love for Physics especially in the area of Material Science specialization.

Sir was a strict disciplinarian, an incredible educator, mentor, good listener and a good communicator who comes along once in a lifetime. There are so many memories of my dear guide which I am unable to put in words. I am really fortunate to be guided by late Prof. Jayagopal Uchil. He was not only a passionate teacher but also a perfectionist. For any problems whether its Physics or other academics related issues, Sir was always there! He always stood by his students and used to feel proud of their achievements. He has left a void which can never be filled.

"I know, I am not the only life you touched, but you have made a difference and shaped many minds".

Thank you Sir, for your graceful presence in my life and for leaving an everlasting impression.

Dr. Asha Rajiv

Professor of Physics, Director IQAC and Director School of Sciences

JAIN (Deemed-to-be University)

Email id: ashaarajiv@gmail.com

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GUIDE'S COLUMN

Building Attitudes in Researchers More Important than Aptitude



As researchers we are free to choose our topic and area of research. Neither the University nor the research guides will meddle with this core principle of developing research culture in the Institutions and Universities. The research candidate must explore in the course of their journey and will consider various alternative themes of research and will choose one of the less explored or unexplored paths in defining the research problem and coming out with the research proposal. Submission of the research proposal by the candidate is the first official formality that must be fulfilled to the satisfaction of the Research Committee. The research committee which will necessarily include the Research Guide, vested with the powers of maintaining the quality standards and adaption of the widely accepted norms

and procedures for conducting research will advice the candidate from time to time during their research journey.

During all these preliminary stages the aptitude of the researchers will be thoroughly tested and without a basic aptitude it is hard to imagine that a candidate will get a formal recognition

and approval for carrying out the research. In all the Institution and Universities there are established parameters for measuring the researcher's aptitude in the chosen field of study. During the face to face meeting for research proposal presentations and during the several progress seminars the candidate also again gets assessed more on the aptitude for research rather than the attitude towards research. Given that research is a pursuit towards academic excellence by individuals it is necessary that systems be developed to track the attitude towards research. Research requires more of internal motivation of the researchers to progress in meeting the research objectives through the adaption of a research methodology that is best suited to the type and mode of research. Attitude is a serious behavioral disposition for researchers to be successful in meeting their targets and goals. Developing attitudes to constantly strive and continuously improve one's own ability to conduct research, with the support of research guides is the main ingredient for more useful and productive research journeys.

Submission of the research proposal by the candidate is the first official formality that must be fulfilled to the satisfaction of the research committee.

*Dr. N. S. Narahari
Research Guide at JAIN (Deemed-to-be University)
Email id: nsnarahari@gmail.com*

Common Pitfalls in Research Writing

A few thoughts are put together to act as a quick check for those who want to publish their research work in reputed journals. Often, in our enthusiasm to pursue research, we take time to understand that refined academic writing calls for detailed attention to various pitfalls, which are not particularly defined by one's age and experience alone. These include grammatical errors consisting of various elements such as spacing mistakes, subject verb disagreement, informal language, unwarranted punctuation and technical jargon, SMS language, unnecessary or random capitalisation of words among others. Formatting the research paper according to the instructions is an important aspect, not often admired sufficiently by the candidates seeking publication. Such thoughts include justifying the text, maintaining appropriate spacing between lines, using the right font size, font type and bolding text appropriately.

Often in our enthusiasm to pursue research, we take time to understand that refined academic writing calls for detailed attention to various pitfalls.

While some of the above errors are minor ones, missing the conceptual connect in the research paper, particularly in the research design seems to be the most important one. The same should be supported by unambiguous presentation of the findings, complimented by suitable statistical testing. Apposite suggestions, appropriate conclusion and scope for further research can be addressed with thoughtful and binding writing to make the efforts go

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in the right direction. From the subject perspective, this can also include, but not limited to, lack of refined language to establish the argument, lapses in the order of the paper contents neatly sub-divided into desirable sub-heads of the Research design, poor ROL etc. Reading some seminal work such as 'Working with Emotional Intelligence' by Daniel Goleman in Psychology and 'Fault Lines' by Raghuram G. Rajan in Finance and Economics should help all researchers understand the meaning of refined presentation of a concept, adept use for language skills without compromising on the point to be presented.

*Dr. Madhavi R
Awarded Ph.D in Commerce in Sept 2017
JAIN (Deemed-to-be University)
Email id: madhu4ratna@gmail.com*

PANI-PURI: The Battle between Food and Sickness

One of the favorite food-snacks of people, *Pani-Puri* is a classic in almost every sense. The incredible taste is given its due by the simple and common people. On the other hand consumption of *Pani-Puri* has led to the rise of a large number of people falling sick. The symptoms of such sicknesses includes vomiting, stomach cramps, stomach infection etc. Street foods are frequently associated with diarrheal diseases due to improper handling and serving practices.

Escherichia coli-a bacteria is frequently contaminating organism and is a reliable of fecal pollution, generally insanitary conditions of water, unwashed vegetables, milk. *Escherichia coli* is one of several agents responsible for acute bacterial gastroenteritis, commonly lives in the lower intestines of mammals and can colonize human bowel within 40 hours of birth. Several outbreaks of food poisoning due to *E. coli* have been reported across the world.

Escherichia coli produces two types of toxins- Shiga-like toxin 1 and Shiga-like toxin 2. These toxins cause hemolysis - damages to red blood cells that lead to hemolytic uremic syndrome disease-kidney failure in humans leading to death. The outbreaks of diseases caused by *Escherichia coli* can be detected by PCR analysis- sensitive and reliable method, whereas the toxins produced can be detected by MALDI-TOF analysis. Some of the antibiotics Rifampicin, Gentamicin, Neomycin and Polymyxin-B have been found to be effective against *Escherichia coli*.

Thus proper hygienic condition is necessary to avoid spread of *Escherichia coli*.

*Dr. Mary Conice carried out her Doctoral work on food-borne E. Coli
Awarded Ph.D in Microbiology in August 2018
JAIN (Deemed-to-be University)
Email id: maryconcy12@gmail.com*

**“We do not need magic to transform our world. We
carry all the power we need inside ourselves already.
We have the power to imagine better.”**

- J. K. Rowling

Procrastination in Research

Procrastination – (Dictionary meaning – ‘*The action of delaying or postponing something*’) is one such behavior which we all experience in life at different stages! Some of us just can’t avoid postponing even most important, small activities! So what runs in the mind of a procrastinator?

Firstly, the rational decision making in our brain keeps reminding us to complete an important task (be it finishing a literature survey, be it submitting half-yearly report, or writing paper skeleton, so on)! However, the instant gratification brain every times distracts us asking for those things which are CURRENT and FUN! The authoritative decision making mind-set gives weightage to fun/easy over the real work in hand! This is so cyclic and elongated that the important work gets pushed or postponed not for hours and days, but for weeks and months! In Animal world, its fine to do something easy and fun. But not in case of humans – here we have an

Awakening the long sleeping rational person in our brain with self-discipline, without an external trigger seems to be so hard.

intent, we are civilized and skilled, we can visualise the future and plan for long term, for all these to happen – we should be doing things today which will lead us to our intended goals and makes sense.

Lot of time is lost by most of us in doing those activities which are not supposed to be done at that time slot! The fun we really earn by doing non-important activities are not real fun as they were unearned in real sense, which leads to end our day with guilt, anxiety and self-hatred.

So how does a champion procrastinator escape from the clutches of instant gratification? Here comes panic trigger points in the form of deadlines, public embarrassment, or other things which terrifies this brain and wakes it up to do real important things. In researcher’s case soon after first year of academics and examinations, then comes next milestone of synopsis presentation – which then leads to working on our research topic and start experiments, capturing results, writing and publishing papers. In this journey, the 6 months’ half-yearly report, guide interventions and deadline for publishing the papers are the TRIGGER points for this otherwise fun loving lethargic brain. Effects of deadline will still contain long term procrastination. Awakening the long sleeping rational person in our brain with self-discipline, without an external trigger seems to be so hard. I interviewed so many of my friends and colleagues – almost everyone admitted they have this procrastination problem too. Long term procrastinators are helpless spectators of their own life. They couldn’t chase the dream which they initiated. In relative terms, some of us are mess, some are slightly better and have good relation with deadlines/procedures. The only probable solution could be – we need to be aware of Instant gratification and keep a keen eye on life calendar and genuinely answer our inner voice and improve in a gradual and steady pace!

*Thejasvi Nagaraju
Ph.D Research Scholar in Computer Science
JAIN (Deemed-to-be University)
Email id: thejasvin@googlemail.com*

Emotional Intelligence to Cope Stress

Stress is killing workforce productivity and lowering employee morale. We cannot always eliminate stressful situations but we can equip employees with the tools they need to successfully deal with these situations. There are some obvious or well-known causes of stress in the workplace including heavy workloads; poor management and lack of job security. Knowing the causes of stress does not help to control it but utmost care has to be taken at all level in the organisation.

Self-management is the skill to control negative responses to stressful situations. It involves handling feelings and make situations that lead to positive results. These two aspects are integral for employees dealing with intense workplace stress. Additionally, workers need the skills to build good relationships with co-workers. By advocating training in emotional Intelligence we have the opportunity to change our workforces' way of thinking

Knowing the causes of stress does not help to control it but utmost care has to be taken at all levels in the organisation.

According to the American Institute for Stress, “Numerous studies show that job stress is far and away the major source of stress for American adults and that it has escalated progressively over the past few decades.” A study carried out at the Athens University of Economics and Business at the University of Greece found that higher levels of emotional intelligence were associated with lower levels of stress in the workplace.

The 7 ways that emotional intelligence can help us cope with stress and prevent burnout:

1. Self-Awareness
2. Awareness of others
3. Ability to respond rather than react
4. Deep listening ability
5. Having an extensive emotional vocabulary
6. Ability to see different viewpoints
7. Ability to be aware of our limitations and ask for help

*Bharathi T
Ph.D Research Scholar in Management
JAIN (Deemed-to-be University)
Email id: bharathireddy8@gmail.com*

Science Workshops Feedback

The workshop dealt with topics like IPR, patency, importance of conferences and symposiums, scholarships and funds, interdisciplinary research, writing of a paper and activities. Each topic was presented in a way, which every student was able to connect with his or her own streams. It was well delegated. The workshop began with a session taken by Dr. Varalakshmi on skills required in research. Dr. Kumudini very well explained the minimal difference between a copyright and a patency and the various steps of an IPR. The second session was an insightful topic on Interdisciplinary Research conducted by Dr. Vani R. It was very interesting to know how interconnected we are when it comes down to research field in science. Dr. Mala, who gave us plenty of information on conferences, how to choose a conference, benefits of attending it and also how to present a paper, took a session on Subject association, symposium and conferences. Dr. Jitesh took the last session on funds for research, which actually plays the most pivotal role in a research. He gave us a brief idea on where to find funds and the various fellowships which we can rely on for our research. He also briefed us about the Post – Doc and its advantages. The entire workshop was very helpful for all the research scholars irrespective of which stream they belong to. It was interactive, full of life and activities. Activities were well coordinated. There was lot of learning and re learning to take home.

Ms. Kruthika

Ph.D Research Scholar in Botany





The workshop conducted by the Department of Biotechnology, was a perfect, step-by-step guide to help me refocus and implement new ideas in my area of research. The talk on the skills to become a successful researcher emphasized on the need for quality research (Highly needed in India!). But more importantly it gave me a clear process/concept to follow to be successful in attaining my goals. The talk on interdisciplinary research focused on the need for collaborations which would help in achieving cutting edge research proposals. The best aspect was the strategic focus of the course. I had attended other workshops and was worried this might be the same.

This was an excellent, engaging presentation filled with activities that has made me re-examine my approach to interdisciplinary work and how collaborations could help me achieve new heights towards my goal. The address on intellectual property rights (IPR) demonstrated the importance of innovations needed in research, as IPR is a policy tool to foster investments in innovation. I strongly believe it is as important to innovate as it is to invent. The workshop was excellent in demonstrating the importance of attending symposia, workshops and conferences in shaping one's research. The activity based session was really insightful and interesting (as expected!). The address on the numerous fellowships available in India was very informative and an eye opener. On a personal front the talk on Postdoctoral research was the best aspect of the workshop which I aim to pursue upon completion of my Ph.D. A doctoral degree is the highest degree one can earn in any field of study; I believe these workshops make it more rigorous and intense in achieving quality research. "Quality is never an accident. It is always the result of intelligent effort" – John Ruskin

Ashrini B S
Ph.D Research Scholar in Biotechnology

The titles of the workshop were carefully chosen and the presenters did justice to their respective topics. The workshop answered most of my questions regarding interdisciplinary research as well as the presentation of research findings particularly in poster form. We learnt from this workshop that interdisciplinary research is necessary for a successful research journey. I will like to advice that Jain University should organize such workshops for research scholars at the middle of their research journey where I think some, if not most of the issues discussed in this workshop will be directly applied.

Habibu Tanimu
Ph.D Research Scholar in Biotechnology

INAUGURATION OF COURSE WORK CLASSES FOR 2018 BATCH OF Ph.D AND M.Phil SCHOLARS

The Ph.D and M.Phil programme Course Work classes for the 2018 batch at JAIN was inaugurated on 27 August 2018. Delivering the Inaugural address, the President of the JAIN Trust, Dr Chenraj Roychand welcomed this round of scholars to the JAIN family and encouraged them to pursue research for the love of learning and not just to acquire a degree. He emphasised that at JAIN the focus needs to be on innovation and inter-disciplinary research of societal relevance. He drew attention to the congenial research environment that is created at JAIN to pursue research and learning and hoped that this batch would make the best of the opportunity.

In her welcome remarks, Dr Mythili P Rao, the Dean of Languages and the Coordinator of the Research Programme, complimented all the researchers for embarking on this important journey of learning and hoped that they would find their time at JAIN enriching and rewarding.

In his introductory remarks, Dr Sandeep Shastri, the Pro Vice Chancellor of JAIN, highlighted the key features of the research culture at JAIN and the opportunities that were available for researchers. He outlined the broad contours of the Course Work and drew the attention of the scholars to its key features. Many of the scholars expressed their joy and excitement about enrolling for a research programme and were looking forward to the multiple modes of learning that the course would provide. The Research Guides at Jain and the Deans of Faculty were also present on the occasion.

Here is wishing the newest batch of Researchers at JAIN they very best in their endeavours!



The President of the JAIN University Trust, Dr Chenraj Roychand addressing the 2018 Batch



Dr Sandeep Shastri, Pro VC at JAIN making the introductory remarks



Achievements and Publications

Dr. Shobha Shashikumar was awarded with *The Dance India Scholarly Achiever Award* in recognition of her contribution to the field of dance, by the Federation of Karnataka Classical Dancers on the occasion of *The Dance India Magazine's 2nd Anniversary Celebrations* held at Bengaluru on the 20th August 2018.

Varun M Deshpande. Ph.D Research Scholar in Computer Science and Engineering received '*Youngest Innovator Award (Southern Region)*' award at *Global Intellect Awards 2018* on 7th April in Pune by JSR in association with for Asian Society Scientific Research for contributions towards innovative and internationally recognized technical publications including Book Chapter, International Journals/Conferences.



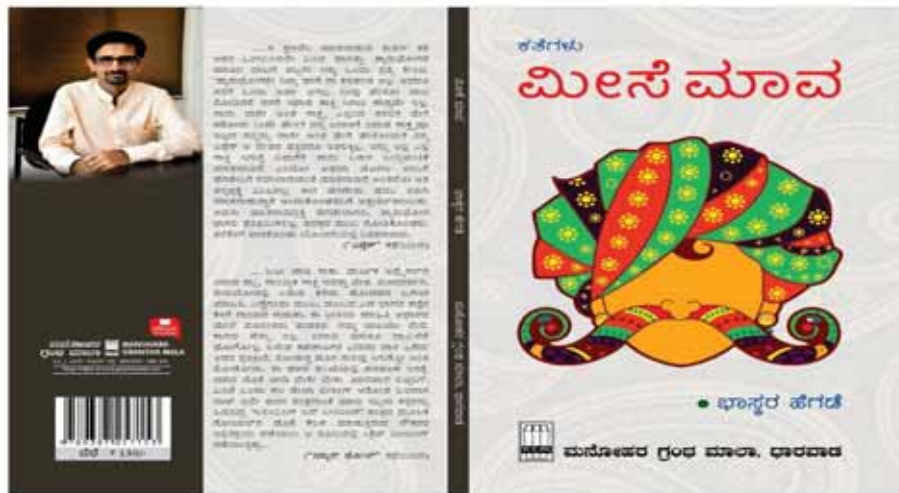
M.S.Sujatha,
M.Phil Scholar in
Management
guided by Dr. Uj-
jal Mukherjee
won the “3rd Best
Research Paper”
award for her pa-

per titled “The Influence of Psychological Capital and Academic Satisfaction on Performance of Undergraduate Students – A Longitudinal Study in India” at the National Seminar on Innovations in Management Education and Career Development held on Saturday, 11th August 2018 at CMS Business School, Jain (Deemed-to-be University) Bengaluru.

T. Sreeja, M.Phil Scholar in Management presented a research paper on “The Impact of Leader Emotional Displays and Emotional Contagion at Work in India: An In-Class Experiential Activity” at the National Conference organised by CMS B School, Jain University, Bengaluru.



Mr. Bhaskar Hegde, Chief of Bureau Deccan Chronicle and Ph.D Scholar in Political Science being guided by Dr. Sandeep Shastri published a book of Short stories titled “*Meese Maava*” brought out by Manohara Granth Mala, Dharwad.



Jayaram Chikkerur, Ph.D Scholar in Microbiology published part of his research work in an article titled “*In silico evaluation and identification of fungi capable of producing endo-inulinase enzyme*” in PLoS ONE journal indexed in Web of Science, PubMed, MEDLINE, PubMed Central, Scopus, and Google Scholar etc.

Prerana Venkatachalam, Ph.D Research Scholar in Biotechnology’s article has been accepted for publication, co-authored by Varalakshmi Kilingar Nadumane titled ‘Overexpression of p53 and Bax mediating apoptosis in cancer cell lines induced by a bioactive compound from *Bacillus endophyticus*’ JUPR15. Process Biochemistry. Elsevier. IF - 2.616

Team Thinklet

Editors: Dr. Mythili P. Rao and Dr. Priyanca Mathur

Editorial Assistance: Ms. Rigzin Lhamo

Phone: 080-46498300

ARTICLES FOR NEXT ISSUE SHOULD BE SENT BY
20th SEPTEMBER 2018 OF NOT MORE THAN **250**
WORDS

PLEASE INCLUDE YOUR NAME, E-MAIL ADDRESS
AND THE KNOWLEDGE DOMAIN OF YOUR INTER-
EST.

ALUMNI PAGE

JAIN Ph.D and M.Phil Alumni Meet

A meeting of the Alumni of the Ph.D and M.Phil programme was held on 4th August 2018 at the Knowledge Campus of the University. More than 100 of the Alumni besides Research Guides participated.

1. It was decided to dedicate **one page of the THINKLET** to news from the Alumni. We are hoping to start this from the October issue of the Newsletter. **Dr Smitha Ranganathan** has agreed to coordinate that activity. Her email id is sarma.smitha@gmail.com. Please send her any details to be carried on that page on or before 24th of a month so that she can send it to the THINKLET Editors by 27th of each month.

2. It was planned that an **Annual Alumni Research Retreat** would be organised. There was a lot of excitement about the idea and we hope to discuss something concrete on the same in the coming month.

3. As the Senior most Alumni group in the University it was decided to institute a **Gold Medal in the University** in the name of the Alumni. This would be known as the **Ph.D Alumni Gold Medal** and would be awarded from this year's convocation for the Best Ph.D Thesis of a Woman candidate submitted since the last Convocation. While it was to be instituted with this year's Convocation, it was resolved that before next years convocation the corpus for a gold medal (Rs 2 Lakhs) would be raised and deposited with the University. The Convenor of the Alumni Association would coordinate the efforts.

4. **Dr. Piyush Pareek** (piyushpareek88@gmail.com) was nominated as the **Convenor** and **Mr. Karan Nahar** (M.Phil) was chosen as **Co-Coordinator**.

5. All were requested to fill up the **Application Form for Alumni Association**. If the same has not yet been given to the Ph.D Office, please email cersse@jainuniversity.ac.in for a copy of the Application.

All alumni are invited to contribute details of any achievements on progress in their careers to be updated on the Alumni page of THINKLET



An Alumni speaking at the Meet