

July 2023

WHAT'S UP ON AU CAMPUS



# AU TALK

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**Editorial Board**

AU TALK, a long cherished dream and a brainchild of the Hon'ble Vice Chancellor, is a monthly digital newsletter of the University of Allahabad. It has been regularly and successfully disseminating news and information about various curricular and co - curricular activities happening across the Departments/Centres of the University. As a digital space, AU TALK facilitates its faculty members to publish informative articles, research accomplishments and potential future plans.

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## Conference at Rashtrapati Bhawan

The Hon'ble Vice Chancellor, Prof. Sangita Srivastava, attended a two day conference for the Vice Chancellors of Central Universities of India at Rashtrapati Bhawan from 10<sup>th</sup> to 11<sup>th</sup> July 2023.

The conference aimed at building a creative and constructive ecosystem linking academia, business, and government to benefit society. Teamwork at its best results in a synergy that can be very productive. The following main issues, along with practical strategies for a profound change, were focused on at the conference:

- Research should be multidisciplinary.
- India should be able to export high-end technology to other countries.
- Patenting and research analysis should be able to provide solutions to the problems related to the environment, healthcare, diseases, food insecurity, gender issues, sustainable agriculture, post - covid health issues, and water crises.
- The incubation of innovative ideas for unicorns, the implementation of NEP-based new courses focusing on skill-based education like vocal and instrumental music, archery, carpentry, culinary arts, sewing, painting and drawing, and proficiency in languages along with character building of students should be promoted.



Allahabad Alumni Association Meeting

A meeting of the Allahabad Alumni Association was held in Delhi. Prof. Sangita Srivastava (Vice Chancellor, the University of Allahabad), Chief Guest Mr. B. K. Chaturvedi (IAS, Former Cabinet Secretary, GOI), Guest of Honour Mr. Yogendra Narain ( IAS, Former Defense Secretary, President, AUAU), and Dr R. K. Srivastava, a noted Plastic Surgeon (Secretary, AUAU) graced the occasion. Other dignitaries and alumni from different fields were also present at the meeting. Shri. Yogendra Narain welcomed the Hon'ble Vice Chancellor with a bouquet.



**Keynote Speakers of the AU Alumni Association Meeting****Shri Yogendra Narain**

Shri Yogendra Narain (born 26 June 1942) is a 1965 batch retired Indian Administrative Service (IAS) officer of the Uttar Pradesh cadre. He is a former Secretary General of the Rajya Sabha. He also served as Defence Secretary of India, Chief Secretary of Uttar Pradesh, and Surface Transport Secretary of India. At present, he is the Chancellor of Hemwati Nandan Bahuguna Garhwal University (HNBGU), situated in the Pauri Garhwal district of Uttarakhand. He served as Director at Reliance Power and Reliance Infrastructure from 2007 to 2017.

Shri Yogendra Narain holds a diploma in Development Economics. He is a graduate (B.Sc.) in Physical Chemistry and a postgraduate (M.A.) in Political Science from the UoA. He also holds M.Phil and PhD degrees.

Shri Yogendra Narain has served in various key positions for both the Government of India and the Government of Uttar Pradesh. The positions he has held are as follows: Chief Secretary of Uttar Pradesh, first Chairman of Greater NOIDA, Principal Secretary (Information), Principal Secretary to the Chief Minister of Uttar Pradesh, Principal Secretary to the Governor of Uttar Pradesh, Secretary (Power and Irrigation) and as District Magistrate and Collector of Lucknow and Muzaffarnagar districts in the Government of Uttar Pradesh, Union Defence Secretary, Union Surface Transport Secretary, first Chairman of National Highways Authority of India and Joint Secretary (Ports) in the Ministry of Surface Transport in the Union Government.

**Shri B.K. Chaturvedi**

Shri B.K. Chaturvedi, an IAS Officer of 1966 Batch (UP Cadre), is a former Cabinet Secretary. He is a Masters in Physics with a specialization in Electronics from the University of Allahabad. Subsequently, he studied Public Administration at Manchester University, United Kingdom. Before joining civil services, he was an Associate Professor of Physics in the Engineering College of the University of Allahabad. After teaching for over two years, he joined the Indian Administrative Service in July 1966. Since then, he has worked on various assignments in the Government of Uttar Pradesh. Notably, he was the District Magistrate of Azamgarh and Allahabad, Uttar Pradesh. Shri Chaturvedi completed various assignments under the government of U.P. in the fields of agriculture, industrial development, urban development and finance and went on to specialize in Finance and Commerce. He was appointed Secretary (Finance), In-charge of Taxation and Budget. He also looked after Industrial Finance in the State Financial Organization. Shri Chaturvedi has been a Member of the Board of a large number of public sector undertakings and has been Chairman of several of these. These include Kudremukh Iron Ore Co. (Government of India), U.P. State Electricity Board, M/s Twiga Fibre Glass Ltd., M/s Micro Hydal Corporation (Govt. of U.P.), Life Insurance Corporation of India, General Insurance Corporation of India and National Insurance Academy. He has travelled extensively to various places, including China, Japan, Eastern and Western Europe, Russia, the U.K., Germany, the USA, Singapore, Malaysia, Argentina, Canada and a host of other countries in Africa and Europe. He has represented the Government of India in UNICEF and UNDP Boards in New York, USA.

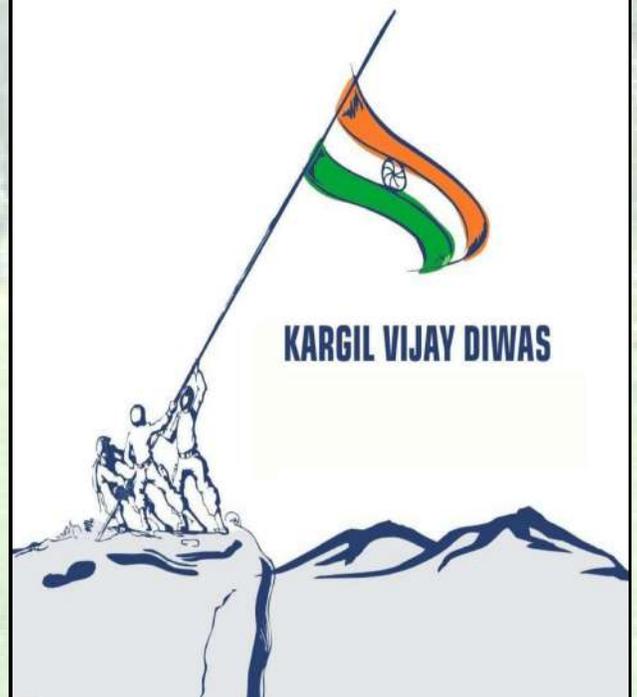
विश्वविद्यालय में 26 जुलाई 2023 को कारगिल विजय दिवस मनाया गया जिसमें विश्वविद्यालय के शिक्षकों छात्रों , प्रशासनिक अधिकारियों एवं गैर- शिक्षक कर्मचारियों ने कारगिल शहीदों को श्रद्धांजलि अर्पित की। कुलपति प्रो. संगीता श्रीवास्तव ने सबसे पहले मोमबत्ती जला कर एवं पुष्प अर्पित कर शहीदों की शहादत को याद किया। जिसके उपरांत सभी उपस्थित लोगों ने मोमबत्ती जलाकर अपनी श्रद्धांजलि अर्पित की। इस अवसर पर बड़ी संख्या में शिक्षको और कर्मचारियों के अलावा छात्र उपस्थित थे।



## कारगिल विजय दिवस



On this Kargil Vijay Diwas, let's remember the sacrifice of those brave soldiers who died in the line of duty to protect India.



**Welcome! New faculty members, Dept. of Mathematics**

<b>S. No.</b>	<b>Name</b>	<b>Educational Qualification &amp; Work Experience</b>	<b>Photograph</b>
1.	Dr. Alpesh Kumar (Assistant Professor)	M.Sc. (Mathematics), 2007: University of Allahabad, Prayagraj Ph.D. (Mathematics), 2015: Indian Institute of Technology Kanpur <b>Experience:</b> Assistant Professor, Rajeev Gandhi Institute of Petroleum Technology, Jais, Amethi NBHM Post-Doctoral Fellow, IIT Kanpur	
2.	Dr. Anil Kumar (Assistant Professor)	M.Sc. (Mathematics), 2012: Indian Institute of Technology, Delhi Ph.D. (Mathematics), 2018: Indian Institute of Technology (BHU), Varanasi <b>Experience:</b> Assistant Professor, Department of Mathematics, Tilak Dhari P. G. College, Jaunpur, U. P.	
3.	Dr. Anup Kumar Singh (Assistant Professor)	M.Sc.(Mathematics), 2012: BHU Varanasi Ph.D. (Mathematics), 2019: Harish Chandra Research Institute Prayagraj, Uttar Pradesh <b>Experience:</b> Postdoctoral Research Fellow: IISER Berhampur, Odisha Postdoctoral Fellow: NISER Bhubaneswar, Odisha NBHM Postdoctoral Fellow: IIT(BHU) Varanasi	
4.	Dr. Biswajit Mallick (Assistant Professor)	M.Sc.2015:VisvaBharatiUniversity,Santiniketan Ph.D. 2021: Indian Institute of Engineering Science and Technology, Shibpur <b>Experience:</b> Assistant Professor, Division of Mathematics, School of Advanced Sciences, Vellore Institute of Technology, Chennai Campus	
5.	Dr. Hitesh Ramesh Raundal (Assistant Professor)	M.Sc. 2010: University of Hyderabad Ph.D.2017:IISERPune <b>Experience:</b> Postdoctoral Fellow at HRI Postdoctoral Fellow at Bhaskar acharya Pratishthana Postdoctoral Fellow at IISER Mohali, Postdoctoral Fellow at IMSc .	

## EVENTS

### National Centre of Experimental Mineralogy and Petrology (NCEMP)

A Summer Training Programme on “High Pressure-Temperature Techniques” was organized between 27<sup>th</sup> June and 3<sup>rd</sup> July 2023 by the National Centre of Experimental Mineralogy and Petrology (NCEMP), the University of Allahabad. The programme aimed to introduce high pressure-temperature experimental research and multiple analytical techniques used in sample characterization in various domains of interdisciplinary sciences. The participants were from diverse places like the Central University of Punjab (Bhatinda), Dr. Harisingh Gour Vishwavidyalaya (Sagar, M.P.), Asutosh College (Kolkata), Fergusson College (Pune), Ewing Christian College (Prayagraj) and students from various departments of the University of Allahabad. Prof. Jayanta Kumar Pati, Director, NCEMP, delivered the introductory lecture. In his lecture, he highlighted the importance of the Centre in the field of Experimental Mineralogy and Petrology and also laid emphasis on the interdisciplinary aspects of the Centre. In this training programme, the students attended 10 lectures and 21



hours of hands-on experimental training on the equipment of the Institute.



The key features of the summer training were: (a) **sound theoretical knowledge**: lectures were focused on the fundamental principles and applications of high-pressure and high-temperature techniques in scientific investigations, various instrumentation techniques (such as EPMA, XRD, FT-IT etc.) used for sample analysis various domains of inter-disciplinary sciences, and techniques for material synthesis and characterization, (b) **robust exposure to experimentation**: participants gain hands-on experience with state-of-the-art high-pressure equipment and instruments, learning how to design, set up, and

conduct experiments under extreme conditions and, (c) **materials synthesis and characterization**: The training also focused on the synthesis of soda glasses and its characterization using EPMA and FT-IR, providing insights into unique material properties and behaviour. On 3<sup>rd</sup> July, 2023, the participants submitted feedback forms giving their opinions and suggestions related to the summer training programme.

After the distribution of Certificates of Participation by the Director, the participants were exposed to the colourful world of fluorescence, dinosaur eggs, various types of meteorites and exotic minerals and gems. As per the participants' feedback, the summer training programme was highly motivating and made them think beyond their respective subject domains. They opined that such programme should be organized frequently and for longer durations.



**राजभाषा अनुभाग**

11 जुलाई 2023 को इलाहाबाद विश्वविद्यालय का राजभाषाई निरीक्षण, गृह मंत्रालय भारत सरकार के क्षेत्रीय कार्यान्वयन कार्यालय, गाजियाबाद के उप निदेशक द्वारा किया गया। डॉ. छबिल कुमार मेहेर, उप निदेशक (कार्यान्वयन) ने इलाहाबाद विश्वविद्यालय में किए जा रहे राजभाषा हिंदी के कार्यों का निरीक्षण किया तथा हिंदी में किए जा रहे कार्यों की सराहना की। उन्होंने कहा कि इलाहाबाद विश्वविद्यालय 'क' क्षेत्र में आता है। उन्होंने राजभाषा अनुभाग के कार्यों का जिक्र करते हुए कहा कि राजभाषा अनुभाग ने राष्ट्रीय पुस्तक न्यास, भारत सरकार के साथ मिलकर बाल साहित्य पुस्तकों का अनुवाद किया तथा केंद्रीय अनुवाद ब्यूरो के सहयोग से पांच दिवसीय प्रशिक्षण कार्यक्रम आयोजित किए। किसी भी संस्थान में कार्य करने के साथ-साथ व्यवहारिक रूप से कार्य करने की अत्यधिक आवश्यकता होती है। हिंदी में किए जा रहे शोधकार्य के विषय में प्रो० संतोष भदौरिया से बातचीत करने के दौरान उप निदेशक ने इस बात की सराहना की कि इलाहाबाद विश्वविद्यालय में हिंदी भाषा में किए जा रहे शोधकार्यों में गुणवत्ता रहती है।



इससे पूर्व उप निदेशक (कार्यान्वयन) का स्वागत राजभाषा कार्यान्वयन समिति के अध्यक्ष प्रो० नरेंद्र कुमार शुक्ल एवं संयोजक राजभाषा कार्यान्वयन समिति प्रो० संतोष भदौरिया जी ने किया। निरीक्षण बैठक का संचालन हिंदी अनुवादक हरिओम कुमार ने किया एवं धन्यवाद ज्ञापन हिंदी अधिकारी प्रवीण श्रीवास्तव ने किया।

**Department of Political Science**

A platform for a series of distinguished lectures has been created in the Department of Political Science to disseminate knowledge by inviting eminent scholars worldwide. In this connection, the DLS Committee organised a talk by a renowned scholar, Dr Rama Krishna Reddy Kummitha, Associate Professor, University of Essex, United Kingdom, on "Social Entrepreneurship and Social Exclusion in India: Practices and Prospects" on 20th July 2023. The speaker outlined the grassroots of the social movement behind economic development in India and contextualised the practices that are succeeded by using innovative technologies and social networks to create sustainable growth in India. He concluded that community-driven innovation management, based on local knowledge, inspires the social entrepreneurial process and builds capacities. Prof. Pankaj Kumar briefly outlined the objectives of the lecture and its relevance in the present context.



Prof. V. K. Rai, HOD, chaired the session and threw light on the concept of Social Entrepreneurship and its evolution from ancient to modern times in the Indian context. The faculty members from various departments and constituent colleges and more than 100 research scholars and students attended the lecture. The session ended with a vote of thanks and concluding remarks by Dr. Smriti Suman.

**Centre for Theatre & Film**

- The students of M.A. Final year presented their short films and enacted drama. Under the guidance of Mr Vishal Vijay, Assitant Professor (CTF), the students from the theatre stream enacted excerpts from Dharamveer Bharti's poetic drama "Andha Yug", depicting the futility of war.



The students from the film stream made three short films on different subjects. Mr Pratyush Varsneymade a black comedy, "The Professionals", about hired assassins; Mr Jasvant Yadavmade a social film titled "The Bag" about haves and have-nots, and Mr Kriete Sarkarmade "The Letter", a film about a broken relationship. Mr Raj Mani Maurya, Assistant Professor, CTF, guided all the diploma films.

**Achievements**

- Mr Pratyush Varsney, a student of M. A. has received a scholarship from the Ministry of Culture for research in the field of theatre.
- Mr Vishal Vijay, Assistant Professor, CTF, directed Jean-Paul Sartre's existentialist drama "No Exit" at Jaipur.



**Paper Presentation**

Dr Anirban, Assistant Professor, participated in an international online workshop named "Puppet Builder's Workshop" by a renowned artist, Mr Bernd Ogrodnik. He also presented a paper at the 5<sup>th</sup> International Interdisciplinary Conference on "Memory, Affects and Emotions".



**Heartiest congratulations to Dr. Rakesh Singh, Associate Professor, Department of Hindi & Modern Indian Languages, for taking charge as Chief Proctor!**

**Department of Philosophy**

'Research Circle' is a forum for sharing research developments in the field of Philosophy. It promotes cutting-edge research amongst the teachers and research scholars of the department. It is organized every Friday in the department.

Few glimpses:



हिंदी विभाग

भाषा संसद के प्रथम दिवस दिनांक 22 जुलाई 2023 को पूर्वाह्न 10:00 बजे उद्घाटन सत्र आयोजित किया गया। जिसमें भारतीय भाषाओं का अन्तः संबंध पर चर्चा हुई। इस सत्र की अध्यक्षता डॉ. उदय प्रताप सिंह पूर्व अध्यक्ष हिन्दुस्तानी एकेडेमी उ.प्र., प्रयागराज एवं मुख्य अतिथि प्रो. कुमुद शर्मा (नई दिल्ली) तथा विशिष्ट अतिथि के रूप में श्री ब्रह्मदेव (निदेशक उच्च शिक्षा निदेशालय, उत्तर प्रदेश) थे। कार्यक्रम के उद्घाटनकर्ता के रूप में प्रो. सुनील कुलकर्णी (आगरा) रहे। उद्घाटन सत्र में बीज वक्तव्य प्रो. योगेंद्र प्रताप सिंह (प्रयागराज) द्वारा, स्वागत श्री देवेंद्र प्रताप सिंह सचिव हिन्दुस्तानी एकेडेमी उ.प्र., प्रयागराज एवं संचालन डॉ. विनमसेन सिंह द्वारा किया गया। प्रथम सत्र में प्राचीन भारत में भारतीय भाषाओं की स्थिति और उनका संबंध विषय पर चर्चा हुई। इस सत्र की अध्यक्षता प्रो. संतोष कुमार शुक्ला (नई दिल्ली) एवं अतिथि वक्ता के रूप में प्रो. राजश्री शुक्ला (कोलकता), प्रो. त्रिभुवन नाथ शुक्ल (जबलपुर), डॉ. सत्येंद्र प्रताप सिंह (नई दिल्ली), डॉ. संत प्रकाश तिवारी (प्रयागराज) एवं सूत्रधार डॉ. अमरेंद्र त्रिपाठी प्रयागराज द्वारा किया गया। भाषा संसद के द्वितीय दिवस 23 जुलाई 2023 को इलाहाबाद विश्वविद्यालय के हिंदी विभाग स्थित सभागार में आयोजन किया गया। द्वितीय दिवस के प्रथम सत्र में मध्यकालीन भारतीय भाषाओं के अंतर संबंध विषय पर चर्चा हुई। इस सत्र की अध्यक्षता प्रो. हरिशंकर मिश्र लखनऊ विश्वविद्यालय नेकी। इस सत्र में अतिथि वक्ता प्रो. योगेंद्र प्रताप सिंह, प्रो. श्रुति, डॉ. प्रीति सिंह, डॉ. विकास शर्मा ने अपना वक्तव्य दिया जिसका सूट संचालन डॉ. बृजेश कुमार पांडे ने किया। द्वितीयसत्र का विषय आधुनिक भारतीय भाषाओं में अंतर संबंध रहा। इस सत्र की अध्यक्षता लखनऊ विश्वविद्यालय के प्रो. पवन अग्रवाल जी ने किया। अतिथि वक्ता के तौर पर प्रो. मुन्ना तिवारी, डॉ. लेख राम बनाना, प्रो. प्रभाकर सिंह एवं डॉ सुनील कुमार राय ने अपना वक्तव्य दिया। इस सत्र का संचालन डॉ चितरंजन कुमार ने किया।



भाषा संसद का तृतीय दिवस दिनांक 24 जुलाई, 2023 को हुआ। सत्र का आयोजन सुबह 11:00 बजे हुआ। जिसका विषय था भाषा संसद (राष्ट्रभाषा हिंदी भारतीय भाषाएं एवं मातृभाषा) जिसकी अध्यक्षता प्रो. पंकज कुमारके द्वारा हुई। तृतीय दिवस के सत्र में विचार प्रस्तोता के रूप में इलाहाबाद विश्वविद्यालय एवं अन्य विश्वविद्यालयों के प्रोफेसर अपने अपने विचार प्रस्तुत किए। इस कार्यक्रम के सूत्रधार रहे डॉक्टर निरंजन कुमार (हिंदी विभाग, राजकीय महिला महाविद्यालय, गाज़ीपुर) जिनके माध्यम से इस मंच का संचालन हुआ। भाषा संसद के तृतीय दिवस के द्वितीय सत्र आयोजन 2:30 बजे प्रारंभ हुआ। इस सत्र का विषय: समापन सत्र था। समापन सत्र की अध्यक्षता कर रहे डॉ. कन्हैया सिंह मंच पर उपस्थित मुख्य वक्ता के रूप में प्रो. संजीव दुबे (अध्यक्ष, हिंदी विभाग, गुजरात केंद्रीय विश्वविद्यालय, गांधीनगर) अतिथि वक्ता के रूप में डॉ. बहादुर सिंह परमार (छतरपुर), डॉ. प्रमोद कुमार तिवारी (हिंदी विभाग, गुजरात केंद्रीय विश्वविद्यालय, गांधीनगर), डॉ. राकेश सिंह (दिल्ली विश्वविद्यालय नई दिल्ली)। इस कार्यक्रम के सूत्रधार रहे डॉ0 सुजीत सिंह, इन के माध्यम से मंच का संचालन हुआ।

**गांधी विचार एवं शांति अध्ययन संस्थान**

किसी भी कला में विषय का द्रंढ हमेशा रहता है। इसलिए एक कलाकार के लिए विषय(कंटेंट) की स्पष्ट समझ बहुत जरूरी है तभी वह जीवन से सरोकार रखने वाली कला का सृजन कर सकता है। गांधी के जीवन संघर्ष और उससे संबंधित चित्रों को बहुत बनाया गया है, उनपर विपुल साहित्य की रचना हुई है। उनके विचारों से समृद्ध साहित्य भी पर्याप्त मात्रा में मौजूद है लेकिन उनके विचारों की कलात्मक अभिव्यक्ति(पेंटिंग) की अल्प मौजूदगी आश्चर्य में डालती है। दुनिया के तमाम प्रसिद्ध कलाकारों द्वारा गांधी के शरीर को तो चित्रित किया गया किंतु उनके विचारों के चित्रण का अभाव रहा है। यह दुर्भाग्यपूर्ण है। कुछ अपवादों को छोड़ दें तो उनके विचारों को कला में व्यापक रूप से नहीं उतारा जा सका है। गांधी से जुड़ी चीजें हमारे बीच एक रूपक का कार्य करती रहीं हैं। जैसे चरखा, चश्मा, छड़ी को चित्रित कर उनकी उपस्थिति दिखाई जाती है। गांधी का चरखा हमें ग्रामीण समाज के स्वावलंबन की ओर निर्देशित करता है। कलाओं की एक अंतर्दृष्टि जो गांधी के पास थी, उसे समझने में हमने यानि कलाकारों ने बहुत देर की है। गांधी कलाओं के बाकायदा नजदीक रहे हैं। उनकी दृष्टि कलाओं के प्रति स्पष्ट थी। उनकी सत्य और अहिंसा की दृष्टि ही उनका सौंदर्य थी। गांधी सौंदर्य के नजदीक नहीं थे ये धारणा गलत है। कई उदाहरण हैं जो उनके कला संबंधी रुचि और प्रभाव को दिखाते हैं। जैसे प्रसिद्ध चित्रकार नंदलाल बोस की कलात्मक दृष्टि गांधी के संपर्क में आने के बाद परिवर्तित हो गई, जिसके बाद उन्होंने 80 से अधिक पेंटिंग का निर्माण किया जो प्रत्यक्ष रूप से ग्रामीण पृष्ठभूमि से जुड़ी हुई हैं। उक्त बातें इलाहाबाद विश्वविद्यालय के दृश्य कला विभाग के अध्यक्ष प्रो. अजय जैतली ने कहीं। वह इलाहाबाद विश्वविद्यालय के गांधी विचार एवं शांति अध्ययन संस्थान के 'गांधी संगत' कार्यक्रम में विशेष व्याख्यान के अंतर्गत अपनी बात रख रहे थे।



संस्थान के निदेशक प्रो. संतोष भदौरिया ने गांधी के कला संबंधी उन विचारों और दृष्टिकोणों को युवाओं के सामने रखा जो आज बेहद प्रासंगिक हैं। उन्होंने कहा कि आज युवा पीढ़ी के सामने सत्य की पहचान का संकट है। वह विभ्रम की स्थिति में है। गांधी का जीवन और विचार युवाओं के लिए इस दृष्टि से सचेत करने वाला है। आज गांधी की जो छवि हमारे जेहन में बनी हुई है या बन रही है, वह हमारी अज्ञानता के कारणवश है। क्योंकि वास्तविकता यह है कि गांधी ने स्पष्ट कहा है कि 'जीवन ही कला है।' इसे सुंदर बनाना ही किसी भी कला का असल ध्येय होना चाहिए।

कार्यक्रम का संचालन संस्थान की असिस्टेंट प्रोफेसर डॉ.तोषी आनंद ने किया तथा धन्यवाद जापन डॉ.सुरेंद्र कुमार ने किया। इस कार्यक्रम में विशेष रूप से प्रो.पी.के.साहू, डॉ.कुमार वीरेंद्र, प्रवीण शेखर, डॉ. रचना गौड़, डॉ. कल्पना वर्मा, डॉ. गाजुला राजू, वरिष्ठ कवि अशोक श्रीवास्तव सहित इलाहाबाद विश्वविद्यालय व संगठक महाविद्यालयों के अनेक शोधार्थी व छात्र-छात्राएं उपस्थित रहे।

**Awards/ Honours/ Lectures:**

**Prof. A. R. Siddiqui, Department of Geography**, has been nominated as a member of the Academic Council (AC) of Central University of South Bihar (CUSB), Gaya. Prof. Siddiqui will remain a member for a period of three years, from June 2023 to June 2026.

Prof. Siddiqui, a well-known geographer, is also holding the post of secretary general of the Indian Institute of Geomorphologists.

**डॉ. राघवेंद्र मिश्र, सहायक आचार्य, संस्कृत विभाग, इलाहाबाद विश्वविद्यालय** ने दो दिवसीय विचारगोष्ठी (संगोष्ठी), डॉ.भीमराव अंबेडकर विश्वविद्यालय, नई दिल्लीमें भाग लिया ।



डॉ. राघवेंद्र मिश्र, डॉ. भीमराव अंबेडकर विश्वविद्यालयके कुलपतिप्रो. अनु सिंह लाठर के साथ,संस्कृत भाषा को लेकरनई शिक्षा नीतिपर चर्चाकरते हुए।

**Dr Puneeta Pandey, Associate Professor & Coordinator, Centre of Environmental Studies**, delivered an online lecture at the 2nd Global Summit on Environmental Science and Applications (EnScience2023) held in Brussels, Belgium, from 25th to 27th May 2023. Her talk was scheduled for 26th May on the topic 'Urban Heat Island for a Metropolitan and Semi-Urban Site of India: A Local Level Climate Modification Phenomenon'.

**Dr. Amit Kumar, Assistant Professor, National Centre of Experimental Mineralogy and Petrology (NCEMP)**, was conferred the "GREEN TECHNOLOGY INNOVATIVE AWARD 2023". The award was given by National Environmental Science Academy (NESA), which recognizes significant contributions to the advancement and implementation of sustainable technologies that positively impact the environment and society.



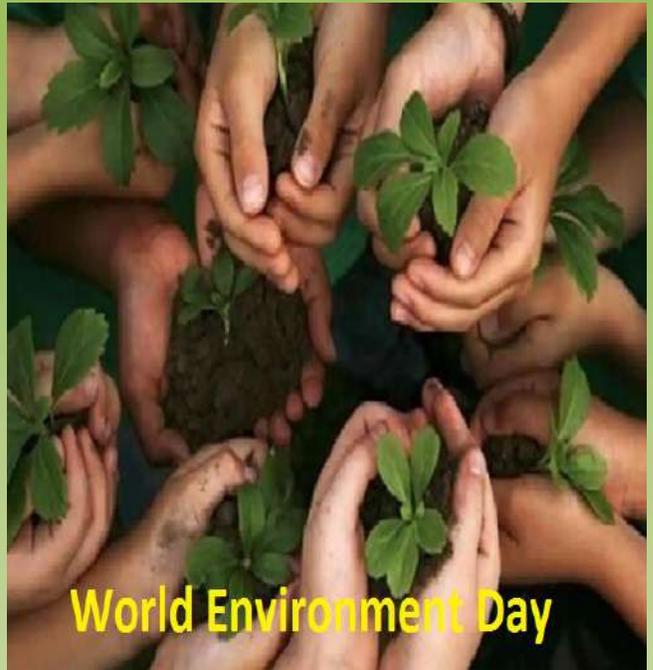
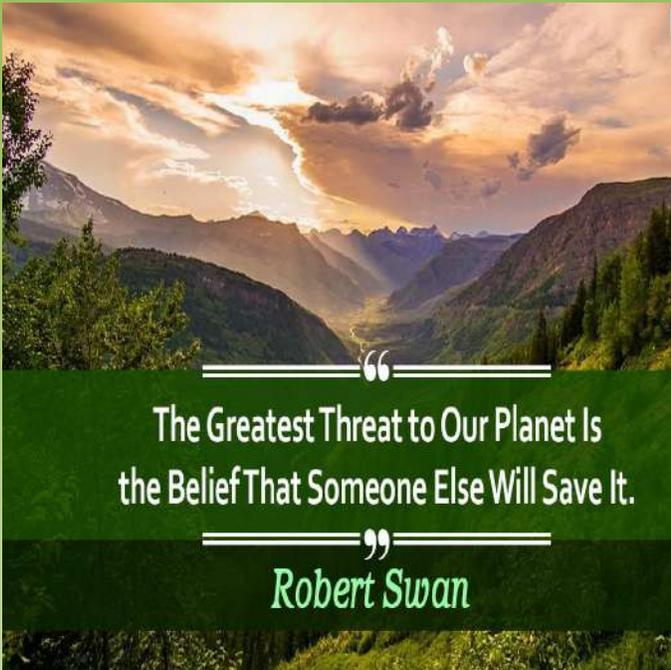
Dr. Kumar is working in the field of carbon dioxide sequestration in the Deccan basalt rocks in Madhya Pradesh. CO<sub>2</sub> sequestration is important as it limits the global warming effect in the atmosphere. For the first time in India, laboratory experiments for such a kind of study were performed by Dr. Kumar along with his supervisor, Prof. J.P. Shrivastava. The eminent researchers have published various important findings in the field. Dr. Kumar's work in developing innovative green technologies has garnered widespread recognition and admiration within the scientific community and beyond.

**Research Publications:**

<u>S. No</u>	<u>Name of the author</u>	<u>Department/Centre</u>	<u>Name of the Journal</u>	<u>Indexing</u>
1.	Dr. Ruchi Dubey	Education	Educational Metamorphosis	
2.	Dr. Awadh Bihari Yadav	Centre of Biotechnology	Journal of the Taiwan Institute of Chemical Engineers	
3.	Dr. Awadh Bihari Yadav	Centre of Biotechnology	ACS Omega	
4.	Dr. Awadh Bihari Yadav	Centre of Biotechnology	Applied Biochemistry and Biotechnology	
5.	Prof. M.P. Singh	Centre of Biotechnology	Toxics	
6.	Prof. M.P. Singh	Centre of Biotechnology	Journal of Cluster Science	
7.	Prof. M.P. Singh	Centre of Biotechnology	Current Pharmaceutical Design	
8.	Prof. M.P. Singh	Centre of Biotechnology	Healthcare	
9.	Dr. Ashwani Kumar	Department of Botany	Nature-Scientific Reports	Web of Science, Scopus
10.	Dr. Ashwani Kumar	Department of Botany	Frontiers in Microbiology	Web of Science, Scopus
11.	Dr. Harmanjit Kaur	Department of Botany	South African Journal of Botany	Sci, Scopus
12.	Dr. Tushar Gupta	Department of Education	Social Sciences & Humanities Open	

**Book Chapters:**

<u>S. No</u>	<u>Author</u>	<u>Department/Centre</u>	<u>Book/Title</u>	<u>Publisher/ISBN</u>
1.	Dr. Ruchi Dubey	Education	Education for Employability (Chapter)	NEP 2020- Making Education More Inclusive and Employable ISBN : 9789384660338
2.	Yuvraj Nimbaji Herode	English& MEL	Dramatic Movement of African American Women: Intersection of Race, Gender & Class	Anthem Press ISBN - 9781839988257 Date of Publication: 11.7.23



## **Paediatric Obesity: Causes, Symptoms, Consequences and Prevention**

**Dr. Padmasana Singh**  
Associate Professor, Department of Zoology

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Paediatric or childhood obesity has become one of the most severe global public health challenges of the 21st century, affecting the entire world. Adult obesity has its origin in childhood, making it a paediatric concern. In the last 40 years, the number of school-age children and adolescents with obesity has risen to about 10 %. This epidemic has been growing more rapidly in low-income and middle-income countries. Paediatric obesity affects almost all the vital organs of the body, particularly in young diabetic children. Obesity may be defined as having excess body fat, and the BMI percentage can determine it.

**Causes of Childhood Obesity:** The body becomes obese with more calorie intake than it burns. The consumption of high fat, high sugar diet/beverages with a sedentary lifestyle are the main reasons for obesity in children. The body has its regulatory mechanism that maintains a balance between energy intake and energy expenditure. Therefore, factors that can raise energy intake and decrease energy expenditure in the long-term lead to obesity. The regular consumption of high-calorie, sugar-sweetened beverages of low nutritional value is also associated with obesity. Children spend much time using technologies such as cell phones, computers, video games and watching television, which prevent them from doing outdoor activities (Fig 1). Genetic factors have their effects, but other factors like behaviour and environment also play an essential role in childhood obesity.

**Neuroendocrine Regulation of Energy Balance:** There are basically three components of neuroendocrinology: 1) afferent system, which involves leptin and short-term satiety signals; 2) CNS processing units like ventromedial hypothalamus (VMH), paraventricular nuclei (PVN) and lateral hypothalamus (LHA); 3) efferent system including autonomic, thermogenic and motor effectors. They function in a coordinated manner to regulate energy balance. The fourth and most crucial component of energy metabolism is the gut and liver. A gastric hormone ghrelin, through the activation of NPY, leads to an increase in appetite and slows down the metabolism and decreases the body's ability to burn fat. Leptin is a hormone made by fat cells. Low leptin level infers diminished energy storage, affecting VMH to reduce energy expenditure, inhibit metabolic processes, and increase appetite. However, obese children have high leptin levels and develop leptin resistance. There is coordinated transport of insulin across the blood-brain barrier, and there is a significant insulin receptor on VMH neurons, suggesting its central role. Peripheral insulin mediates a satiety signal to VMH to control energy balance. VMH receives signals from the rest of the brain to coordinate energy balance.

Ant type of hypothalamic damage due to tumour, surgery or radiation leads to unrelenting weight gain that cannot be dealt with through calorie restriction or exercise. This condition is known as hypothalamic obesity. Hypothalamic obesity has an alteration in leptin or ghrelin feedback.

**Symptoms and Complications of Childhood Obesity:** Overweight or obese children are more likely to have poor health, leading to hypertension and metabolic disorder, cardiovascular, stroke, certain types of cancer later in life, gastroesophageal reflux disease, high blood pressure, high cholesterol, diseases of joints such as osteoarthritis, and pain in knees and lower back. These children have lower self-esteem and face social problems, leading to depression in adulthood.

The dietary recommendation and daily calorie intake for healthy children are as follows: fat intake between 30% and 35% of calories for children aged 2-3 years and between 25% and 35% of calories for children and adolescents aged 4-18 years, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as

fish, nuts and vegetable oils. The daily recommended calories needed for children aged 1 year is 900 cal/day and 1,800 calories for a 14 to 18-year-old girl and 2,200 calories for a 14 to 18-year-old boy.

**Consequences of Childhood Obesity:** Childhood obesity leads to multiple diseases that require attention. It causes hypertension, dyslipidemia, increased blood clotting risk, and hyperinsulinemia. These children develop glucose intolerance, insulin resistance, and eventually type 2 diabetes(Fig 1). Obesity in childhood may lead to an increased risk of ischemic heart disease in comparison to adults by twofold. Four million deaths of overweight people were reported in 2015, and 75% of them were due to cardiovascular disease.

Menstrual abnormalities are common in obese girls. They experience early menarche before 10 years of age. Oligomenorrhoea or amenorrhoea is also associated with obesity, and in adolescence, they may suffer from polycystic ovarian syndrome (PCOS).

**India Fact Sheet:** In India, there has been an increase in the rate of overweight children from 2015-2016 to 2019-2021. International Institute for Population Sciences did a National Family Health Survey (NFHS-5) and provided information on population, health and nutrition in India. As per the NFHS-5, children under 5 years who are overweight increased by 3.4 % in 2019-2021 from 2.1% in 2015-2016 (Source: International Institute for Population Sciences).

**What Needs to Change?** Mothers with high body weight, who gain excess weight during pregnancy, or who are undernourished are likelier to have children with high weight. Mothers are suggested to breastfeed and provide nutrition during early childhood. Treatment with leptin and other proteins has provided an opportunity to develop anti-obesity drugs. Many drugs like sibutramine and orlistat used for the treatment of obesity lead to very low weight loss and do not produce permanent changes in physiology and behaviour. The majority of drugs used show life-threatening complications. Preventing and treating paediatric obesity include less calorie food with increased physical activity. Effective family-and school-based health programs and healthy lifestyles of children and adults in modern society are imperative measures to fight against childhood obesity.

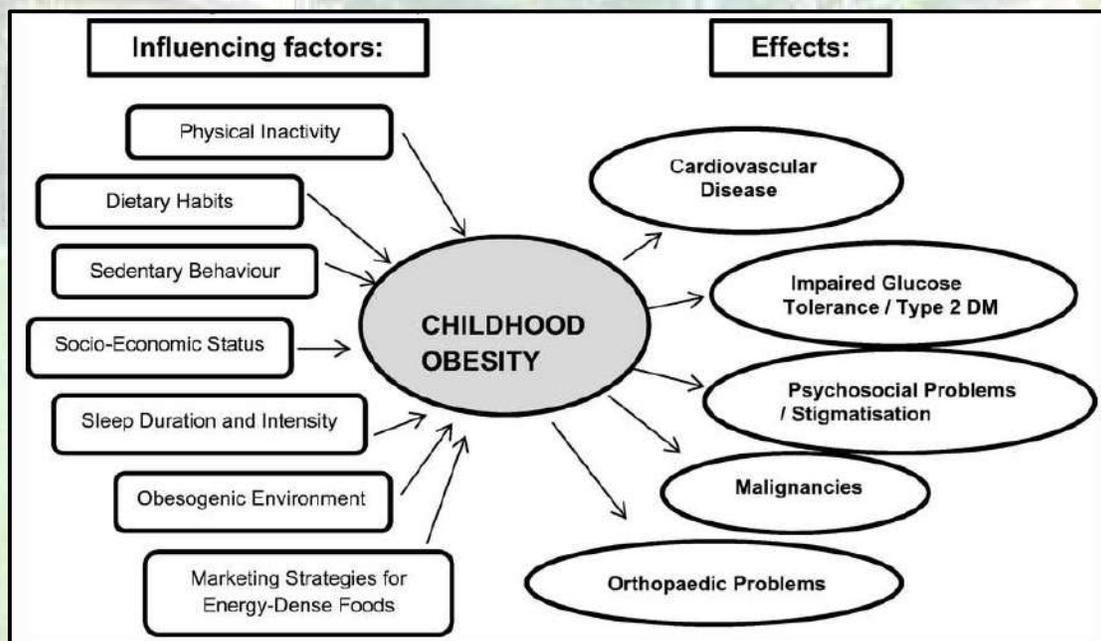


Figure 1: Childhood obesity, influencing factors and its effect

# ATOMIC HABITS

Ms. Jigyasa Kumar  
Curator, Vizianagram Hall & Museum

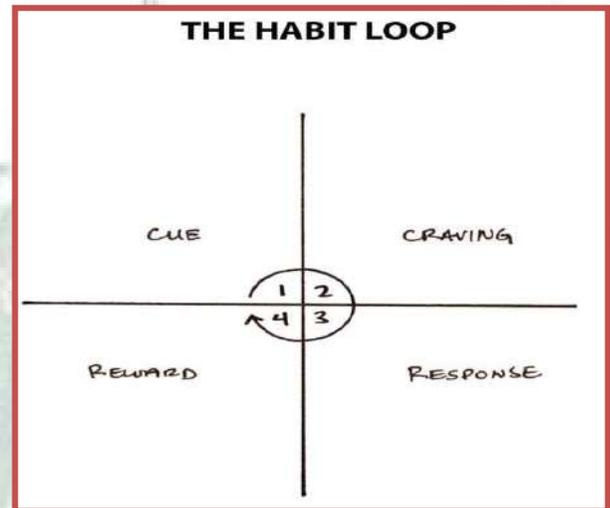
**H**abits are the activities we perform daily. A habit becomes behaviour after continuous regular repetitions. In this case, the body gets conditioned to respond to specific circumstances in a specific way. Habits are something we do daily without even thinking about them. The habits we form, such as maintaining hygiene and following a healthy lifestyle, become a considerable part of our routine and ultimately become who we are. A part of living a happy and healthy life is transforming one's knowledge or inspiration into a daily habit.

Good habits allow you to reach your goals. If you dream about becoming a marathon runner, you must train to jump into a marathon. It can take months and even years of meticulous preparation to become fit enough to compete in a marathon successfully. The first step to reaching any goal is to establish a daily habit.

A single habit comprises a **cue, craving, response, and reward**. Furthermore, these components are formed according to the four laws of behaviour change.

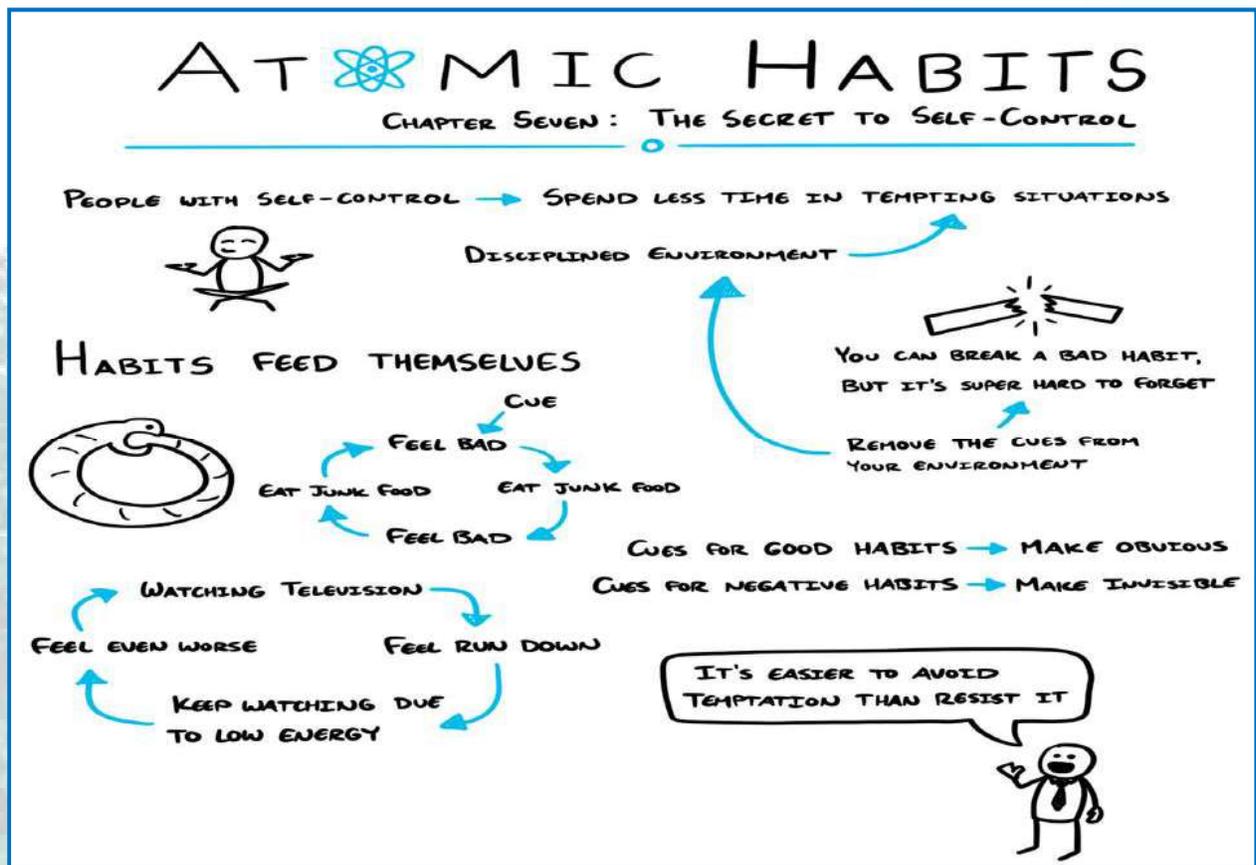
They are as follows:

1. **Make it obvious:** The habit must be effortless for you and require no active thinking. If you forget to take your pills, keep them in a place where they can be easily visible. By doing so, you will never forget to take them.
2. **Make it attractive:** If an activity is unattractive, tedious or boring, you will not have enough willpower to do it repeatedly. Therefore, you should devise ways to make the activity attractive and engaging, even if it is hard, like going to a gym or studying for long hours.
- 3) **Make it easy:** The less friction between you and the desired activity, the greater the chances you will do it regularly and make it a part of your behaviour. This condition applies to simple things like packing your gym bag a day before or preparing a healthy meal to ensure you do not order another takeaway.
- 4) **Make it immediately satisfying:** Our brain rewards immediate returns, so it is good to come up with something simple that brings us joy after performing our desired habit.



**"Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity."**

Atomic habits are a minor part of a larger system; they are small changes that transform your undesired habits and deliver amazing results. Just as atoms are building blocks of molecules, atomic habits are the building blocks of remarkable results.



Small changes often make a difference once you cross a critical threshold. Improving by 1 percent is not particularly notable— sometimes it is not even noticeable—but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. Here is how the math works: if you can get 1% better each day for one year, you will end up thirty-seven times better when you are done. Conversely, if you get 1 percent worse daily for one year, you will decline nearly to zero. What starts as a small win or a minor setback accumulates into something huge at the end of the day. This one weird trick is to improve by 1% each day. Instead of saying, "I'm going to write a book," say, "I'm going to spend 15 minutes writing this evening." Instead of saying, "I'm going to lose weight," say, "I'm going to take a 30-minute walk every day." And so on. As you make this a habit, something that you do repeatedly, you can slowly increase the level of effort.

**“Many people think they lack motivation when what they really lack is clarity. It is not always obvious when and where to take action.”**

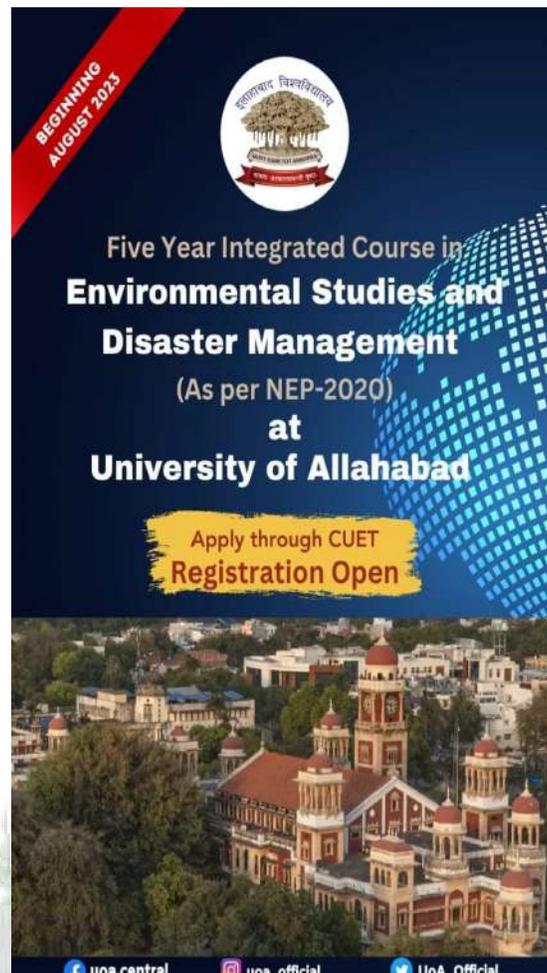
“Disciplined” people are better at structuring their lives in a way that does not require heroic willpower and self-control. In other words, they spend less time in tempting situations. The people with the best self-control are typically the ones who need to use it the least. It is easier to practice self-restraint when you do not have to use it very often. So, perseverance, grit, and willpower are essential to success. These qualities cannot be improved by dreaming of becoming more disciplined but by creating a more disciplined environment, i.e. good habits.

It is easy to get bogged down trying to find the optimal plan for change: the fastest way to lose weight, the best exercise to build muscle, etc. In this case, we stress so much on finding the best approach that we never take action.

**Some Important Instructions for AU TALK**

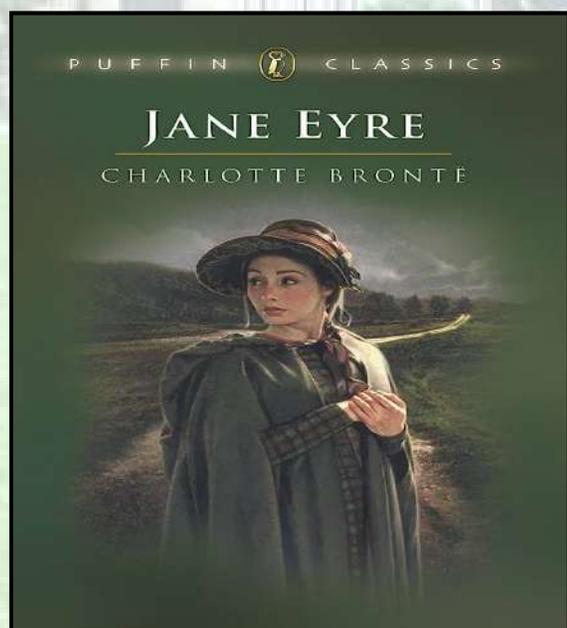
AU Talk is a monthly digital newsletter of the University of Allahabad that shares latest curricular and extra-curricular activities of the university. It seeks to enhance the perception of the university by highlighting its accomplishments in diverse fields of undertaking. Please note that

- AU TALK publishes news about seminars/workshops/conferences that have taken place at any Department or Centre of the University. A piece of news along with a **photograph of the organizers** should be emailed at [vizianagramcurator.au@gmail.com](mailto:vizianagramcurator.au@gmail.com)
- The magazine publishes informative articles also. Articles should aim to bring out important scientific, ethical, and environmental issues and must be lucid in their message to society. They can be written in Hindi or English. In one edition, the magazine can publish up to four such articles.
- **Do not send pictures capturing garlanding or shawl/memento-giving moments.**
- The magazine should be widely circulated among students and faculty and on all social media platforms so that the excellent work done under the auspices of the University of Allahabad reaches far and wide and benefits all.



**BOOK OF THE EDITION**

***“Jane Eyre” by Charlotte Brontë***



**MOVIE OF THE EDITION**

***“Rough Book”***

