

AU TALK



WHAT'S UP ON AU CAMPUS

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Message from Hon'ble Vice Chancellor



On the eve of Deepawali, it was heartwarming to see all women faculty members from the various departments join together to invoke the goddess of wealth and health. I see a more aware and confident set of young women ready to take on the responsibilities of innovation research and teaching at University of Allahabad. The fossilized citadels of patriarchy are thinning out into oblivion.

Sitting at the helm of affairs, it takes a heart of steel to take decisions, that would be in the fitness of things as they stand today.

Dear faculty members and students, I am sure all of you are witnessing massive changes all around you. The pace is so fast that unless you re-learn and reequip, you may be engulfed in the tide of time.

I must share with all of you the progress this institution has made in the near past. The good news is that we have gone paperless. The eOffice project was on the anvil for the past 2 years. It has got the green signal now. The setting -up of an eOffice is going to bring massive changes in file management, leave management, account

management and all other office related work. The speed of work will improve. The unprecedented pandemic was a war running into months and it slowed down the work which is catching pace again.

Our post-graduate admission is complete and the classes shall commence from 1st November 2022. The academic timetable will be made available on the University website shortly. A large-hearted alumnus Prof. Ishwar Tope willed a huge sum of money to his alma mater. Today in his name, a three-storey building hosting an incubation centre, an auditorium, a few class rooms and language labs is almost complete. The infrastructure that is being built today as a foundation layer will be a driving force into equipping the students with better skills and more knowledge under their belt will become high achievers in any scenario. They will be future ready.

With the advent of large number of new faculty members, in all the departments, the University is leapfrogging into another era. In sciences, many of the faculty members have come with post doctorate degrees from all over the globe. It's a great opportunity for young students to join the University and get the best of education at their door step.

Another good news that I would like to share is that an early childhood care centre (crèche) is also being established on the science faculty campus. The design and infrastructures have been made under my guidance. Self-discipline and self-motivation should be the catalytic forces driving all of us. Soak up the bad things, and spread happiness in all your endeavors.

Good luck.

Prof. Sangita Srivastava
Vice Chancellor

WHAT'S UP ON AU CAMPUS

DETAILS

Diya Lighting Ceremony

On 22nd October 2022, all the women faculty members of the University were invited to a Diya lighting ceremony to invoke the gods and goddess Lakshmi to bring health, wealth and prosperity to this ancient epitome of higher education.



Book Released by Hon'ble Vice Chancellor

Two books were released by the Hon'ble Vice Chancellor in the presence of the Deans and Faculty members of the University in the North Hall on 9th Nov. The details of the books are as follows:

- 1) *Who are You? Gunas in R K Narayan's Men Protagonists* by Mrs Roopa Shankar
- 2) *Speak Woman!* By Prof Smita Agarwal, Department of English, UoA

The Vice Chancellor appreciated the creative efforts of the authors. She said that it was a matter of great pleasure to see how creativity and innovation are blooming in every nook and cranny of the University. Prof Smita Agrawal's poetry points out that women must assert their identity and individuality to make a mark in the social dynamics. The book by Dr. Rupa Shankar shows that we need to look at our culture and understand human nature through our rich heritage.



- The ability to steer the ship through storms is the hallmark of a good captain.
- Allahabad University has not only weathered storms but also continued to achieve new milestones by striving toward excellence. A meeting of the Executive Council was held online. In the meeting, the council gave approval for the appointment of 77 new teachers in 7 departments. The departments in which new faculty members have joined include Ancient History, Education, Sociology, Political Science, Botany, and Gandhian and Peace Studies. Apart from these, the envelopes for the posts of Assistant Professor (UR) in the English Department were also opened. These had remained sealed as the matter of these appointments was sub-judice.
- The Executive Council members were apprised of the fact that these appointments were long-awaited; teachers are recruited in the Department of Ancient History, Culture and Archaeology after a gap of 34 years; in the Department of Political Science after 18 years; in the Department of Education and the Department of Sociology after nine years; in the Department of Botany after 26 years. In the Institute of Gandhian Thoughts and Peace Studies, regular faculty members have been recruited for the first time.
- The University of Allahabad was earlier struggling with the scarcity of teachers. By now, due to the sustained efforts of the Hon'ble Vice Chancellor Ma'am, 240 teachers have been recruited in 20 departments. Within two years, the VC ma'am has addressed the issues pertaining to the appointment and promotion of teachers. She has also ensured that the non-teaching staff members should get a fair chance to get timely promotions. Besides, a recruitment test was held to appoint Group A & B staff members on 6th November 2022.
- It is also important to mention here that the newly-appointed teachers in all the departments are teachers-cum-researchers extraordinaire. A number of teachers have carried out research in reputed organizations abroad. The University is witnessing a historic transformation with the appointment of great scholars with international exposure. Under the leadership and guidance of our Hon'ble Vice Chancellor Ma'am, the University will stand apart from other universities in India; it will be among the top-rated universities in the country.

- *PRO*
Prof Jaya Kapoor



AWARD FOR EXCELLENCE

Award for excellence goes to Prof. K.N. Uttam

Prof. Uttam was born on August 13, 1961, in Shahjanhapur, District Fatehpur (U.P). After completing his masters in Physics (Spectroscopy), from UoA, his research journey started with D.Phil from UoA in 1993 under the supervision of Dr. Murlī Manohar Joshi. He was then enrolled in Post Doctoral research work, on the area of Spectroscopy of Diatomic Molecules, from UoA, (1993-2000). This was the year when Prof. Kailash started his teaching career in UoA, but his zeal for research was never ending, as he has published



more than 132 quality papers in refereed Journal, along with more than 88 paper presentations in various symposiums, and he is also the author of two

published books.

Prof. Uttam is presently member of Admission Cell (Coordinator of B.Sc admissions), he is also a member of Proctorial Board. Prof. Uttam was Director: International House, Director (Bureau chief), University Employment Bureau, PRO of University of Allahabad, Carrier and Modeling Centre, Assistant Private Secretary (APS): HRD Minister, Additional Private Secretary (APS): Science Technology, Ocean Development and HRD Minister, Incharge Saha's Spectroscopy Lab, Incharge Departmental Library, Incharge M.Sc and B.Sc. Laboratory, was in Expert Panel of MPPSC, UPPSC, UPSESSB etc.

He has also helped eight Ph.D candidates as a supervisor in completing their thesis, and currently six candidates are working under him. Prof. Uttam's area of specialization has a wide spectrum, from Molecular Spectroscopy, Analytical

applications of spectroscopy in interdisciplinary areas of biosamples, nanoparticles, pollutants, to medical biopsies and metrology. He is also having life membership of reputed and professional bodies including National Academy of Sciences India Prayagraj, Indian Science Congress Calcutta, Laser and Spectroscopy Society of India Varanasi, Indian Plasma Research Society Hyderabad, International Academy of Physical Sciences Prayagraj, Vigyan Parishad, Prayagraj.

Prof. Uttam has recently achieved a milestone in research, by increasing the ripening process of "Jamun" by 15 more days.

This work has been published in International Journal, Analytical Letters. His study explores the utility of confocal micro Raman Spectroscopy for the non-destructive, extraction-free evaluation of biochemical changes associated with the ripening of jamun fruits. The obtained spectral features may be used to monitor the maturity and ripening of the fruits in order to determine the appropriate harvest time to maximize fruit quality and minimize post harvest losses.

Hobbies: Exploration of the surroundings using science and technology. Feeding stray dogs.



EVENTS

Microwave antenna testing lab inaugurated in J.K .Institute

A state-of-the-art microwave antenna testing lab has been set up at the Department of Electronics and Communication (J. K. Institute of Applied Physics and Technology). The lab was inaugurated by Hon'ble Vice-Chancellor Professor Sangita Srivastava on 1st November 2022.



The new lab has been established at a cost of ₹1.62 crore with the funds provided by Department of Science and Technology (DST) under the scheme of "Fund for Improvement of Science and Technology Infrastructure (FIST)".



The newly-set up microwave antenna testing lab is one of the few in India. Now, our research scholars will not experience difficulties during the research period for study, design, implementation, and testing of the microwave antenna or any radio frequency circuit. Earlier, they had to go to other institutions like IIT Kanpur and IIT BHU.



मनोविज्ञान विभाग

मनोविज्ञान विभाग के स्थापना दिवस 30 सितंबर पर आयोजित सप्ताहव्यापी कार्यक्रमों की कड़ी में शुक्रवार को इंडो-श्रीलंका सोसाइटी के अध्यक्ष डॉ. के. सिरि सुमेधा थेरो का विशिष्ट व्याख्यान आयोजित किया गया।



'बौद्ध दर्शन के माध्यम से उच्चतम मानवीय क्षमता प्राप्त करना' विषय पर डॉ. थेरो ने बताया कि महात्मा बुद्ध के उपदेश तीन पिंटकों में संकलित हैं। ये पिंटक बौद्ध धर्म के आगम हैं। क्रियाशील सत्य की धारणा बौद्ध मत की मौलिक विशेषता है। उपनिषदों का ब्रह्म अचल और अपरिवर्तनशील है। बुद्ध के अनुसार परिवर्तन ही सत्य है। महाबोधि सोसाइटी ऑफ इंडिया के उपाध्यक्ष प्रो. राममोहन पाठक ने कहा कि बुद्ध के सिद्धांतों का पालन करके ही विश्व शांति की कल्पना की जा सकती है।



अतिथियों का स्वागत विभागाध्यक्ष प्रो. आशीष खरे, संचालन नेहा व धन्यवाद ज्ञापन डॉ. चन्द्रांशु सिन्हा ने किया। वहीं डॉ. के. सिरि सुमेधा थेरो और प्रो. राममोहन पाठक ने कुलपति प्रो. संगीता श्रीवास्तव से मुलाकात की। कार्यक्रम के दौरान प्रो. शेखर श्रीवास्तव, प्रो. नीना कोहली, डॉ. जय सिंह, डॉ. नर सिंह, डॉ. संदीप आनंद, डॉ. शांति सुमन, डॉ. रजनेश, डॉ. आमरीन आदि मौजूद रहे।

"The negligence of a few could easily send a ship to the bottom, but if it has the wholehearted co-operation of all on board it be safely brought to part."



SARDAR VALLABHBHAI PATEL

राष्ट्रीय एकता दिवस

आधुनिक भारत के निर्माता सरदार वल्लभभाई पटेल की जयंती 31 अक्टूबर को राष्ट्रीय एकता दिवस के रूप में मनाया गया। इस सुबह सभी शिक्षक सीनेट हॉल परिसर में मौजूद रहे। उन्होंने शपथ ग्रहण किया और वाक फ़ॉर यूनिटी में सम्मिलित हुए। डीन विज्ञान संकाय प्रो शेखर श्रीवास्तव, कुलसचिव प्रो एन के शुक्ला, डीन कॉमर्स प्रो पी के घोष, पी आर ओ डॉ जया कपूर, डॉ अजय जेटली, डीएस डब्ल्यू प्रो एस एम प्रसाद, प्रो अर्चना चहल, प्रो नीलम यादव, प्रो नीतू मिश्रा, प्रो इन्द्रानी मुखर्जी सहित विभागाध्यक्ष एवं शिक्षक समारोह में उपस्थित रहे।



Dept. of Family & Community Sciences

Millets are considered super grains due to their high fibre, vitamins, minerals, and protein content. To create domestic and global demand and provide nutritionally adequate food to the people, India approached the United Nations to declare 2023 as the International Year of Millets (IYOM). This proposal of India was supported by 72 countries and United Nations General Assembly (UNGA). Consequently, the year 2023 is declared as IYOM. The Food and Nutrition section of the department has participated in the campaign by organizing a millet-based recipe competition.



The event was hosted and convened by Dr. Neetu Mishra, Head of the Department. Dr Ritu K Sureka, Dr Devinder Kaur and Dr Urvashi Sharma were the organizing secretaries. The participants took this competition as a way towards the healthy and disease-free life in future. Dr. Rahul Agarwal, the resource person, Centre of Food Technology and Dr. Priya Keshari, Assistant Professor of the department judged the competition.

Making the Department of Geography Proud!



- Professor A.R. Siddiqui presented a paper at an international conference in Coimbra, Portugal. Known as a well-acknowledged researcher in the field of Geography, Prof Siddiqui made the entire department proud when he presented his research paper entitled "An Assessment of Potential, Scope and Significance of Geomorphosites, Geoparks, Geoheritage and Geotourism in some parts of Uttar Pradesh and Madhya Pradesh" at an international conference which held in Coimbra, Portugal during 12-16 September 2022.
- Professor Siddiqui was also invited to deliver his talk on the topic "Leveraging Tools and Solutions to Derive the Energy Sector towards Sustainability" by Urban Economic Forum, Toronto, Canada. Urban Economic Forum-4 was held in Toronto, Canada, on 3rd & 4th October 2022 to celebrate the United Nations World Habitat Day.
- Professor Siddiqui is currently holding the post of Secretary General of Indian Institute of Geomorphology.

गांधी विचार एवं शांति अध्ययन संस्थान

गांधी विचार एवं शांति अध्ययन संस्थान, इलाहाबाद विश्वविद्यालय द्वारा 26 सितंबर को 'गांधी सप्ताह' का उद्घाटन हुआ। विशेष व्याख्यान के अंतर्गत आज प्रो. ललित जोशी ने 'सिनेमा में गांधी' विषय पर व्याख्यान दिया। अध्यक्षीय वक्तव्य प्रो. प्रणय कृष्ण और स्वागत वक्तव्य संस्थान के निदेशक प्रो. संतोष भदौरिया ने दिया।



स्वागत वक्तव्य में प्रो. भदौरिया ने कहा कि गांधी के जीवन एवं विचार से पुनः पुनः संवाद करने की ज़रूरत है। गांधी को अलग-अलग आयामों में जानने और समझने का प्रयास युवा पीढ़ी को करना चाहिए। गांधी को कुछ तिथियों तक सीमित करना ठीक नहीं है। गांधी और सिनेमा के रिश्ते को समझने में यह व्याख्यान हमारी मदद करेगा।

कार्यक्रम का संचालन डॉ. धीरेंद्र धवल और धन्यवाद ज्ञापन हरिओम कुमार ने किया। इस कार्यक्रम में प्रो जयशंकर, प्रो. सालेहा रशीद, कथाकार असरार गांधी, रंगकर्मी अनिल रंजन भौमिक, डॉ. सुनील विक्रम, डॉ.

Department of English & European language

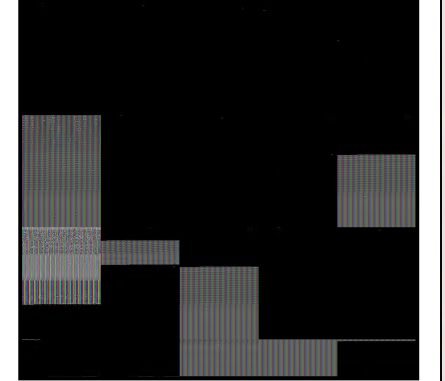
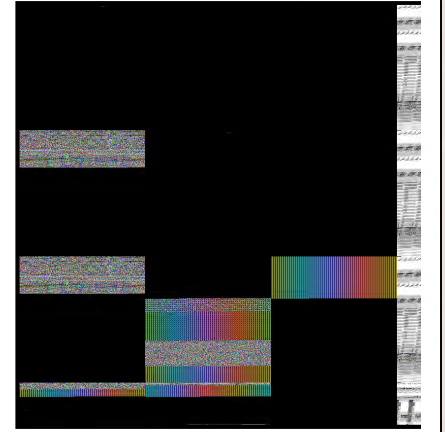
On October 14, the Department organised the first two lectures of the "Centenary Celebration Lecture Series", celebrating hundred glorious years of the department. The eminent resource persons for the event Prof. Shanker Ashish Dutt, former Head, Department of English, Patna University and former Chairman, Bihar Sangeet Akademi and Dr. Muniba Sami, former faculty, Department of English, Patna University delivered lectures on "English Studies in India: History, Politics and Pedagogy" and "Religious Imagery in Waiting for Godot" respectively. Prof. Sonjoy Dutta Roy, Head of the Department, welcomed the speakers.



On this occasion Prof. Manas Mukul Das, Prof. A.R. Siddiqui, Prof. Sarvajit Mukerji, Prof. Indrani Mukherjee, Prof. Prakash Joshi, Prof. Manoj Kumar, Mrs. Nandini Dutta Roy Dr. Jaya Kapoor, Dr. Anirban, Dr. Suraj Gunwant and other faculty members of the Department were present.

The Department of Urdu Chaudhary Charan Singh University Meerut, organized an "International Multilingual Youth Urdu Scholars Festival" on the theme of "Urdu ki Adabi Sahafat" from 28th October to 1st November 2022.

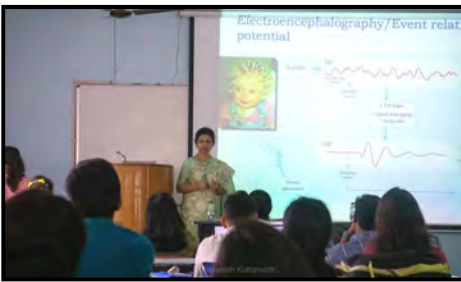
Prof. Saleha Rasheed, HOD chaired a session and presented a paper titled "Qajari Daur ki Farsi Sahafat ka Ijmali Jayeza."



Her research scholar Aama also presented a paper titled "Keyhan ki Manawiyat".

Centre of Behavioural and Cognitive Sciences

The CBCS organized a two-day workshop on EEG/ERP Analysis on October 20-21. Electroencephalography/Event-related potentials (EEG/ERP) is a noninvasive measurement of electrical activity produced by the brain as recorded from the electrodes placed on the scalp. ERP measures the time course of a cognitive process. The goal of this 2-day workshop was to provide hands-on training in the acquisition of EEG/ERP data, data pre-processing and analysis. Overall, the emphasis of the workshop was on how to use EEG/ERP as a tool to address research questions in Cognitive Science.



Dr. Marieke van Vugt, Assistant Professor at the Bernoulli Institute of Mathematics, Computer Science, and Artificial Intelligence, University of Groningen, the Netherlands, was the resource person for the workshop.



The workshop started on October 20, 2022 with an introductory talk on EEG by Dr. Marieke van Vugt followed by sessions on designing EEG/ERP experiments by Prof. Bhoomika R. Kar and Dr. Marieke van Vugt. Dr. JayPrakash Singh demonstrated EEG recording with a high-density EEG system in the lab at the Centre.

Refresher course in Teacher Education

Inaugural session of the Refresher course in Teacher Education under the aegis of UGC HRDC UoA was organized on 12th November 2022, through Online mode. Guest of honour was Prof. Harikesh Singh, Former VC, Jai Prakash University Chhapra Bihar and presently Visitor of Gopal Narayan Singh Vishwavidyalaya, Sasaram Bihar. Chief guest of the inaugural session was Prof. Kalpalata Pandey, Vice Chancellor Jananayak Chandrashekhar Vishwavidyalaya, Bihar. Prof. Ashish Saxena, Director HRDC UoA talked about the significance of this refresher course. Prof. Dhananjay Yadav, HOD Education, and Director FRC, UoA welcomed all the guests and participants.



Dr. Ruchi Dubey introduced the chief guest. Course coordinator of Refresher course was Dr. Saroj Yadav.

Centre of Behavioural and Cognitive Sciences

The CBCS celebrated its 21st Foundation Day on 28th October. On this occasion the Centre organized a Foundation Day Lecture on "Compositionality in Brains and Machines" by Prof. Bapi Raju S, International Institute of Information Technology, Hyderabad.

The session began with a brief report on the accomplishments of the Centre during the past year by the Head of the Centre, Prof. Bhoomika R. Kar, followed by an invocation with a Bharatnatayam performance by Amruthavalli, a post-graduate student at CBCS. The performance was followed by an interesting deliberation about compositionality in cognition (vision, language and action) by Prof. Bapi Raju who is a distinguished professor-researcher, currently an esteemed faculty member in the Cognitive Science Lab at IIIT Hyderabad.



Prof. Janak Pandey, Founder Head, CBCS, congratulated the Centre for its contribution to the field of cognitive science. The session ended with vote of thanks, proposed by Dr. Niharika Singh, Faculty, CBCS. The Centre also organized a session on 29th October with two of its alumni, Dr. Ark Verma, Assistant Professor, Dept of Cognitive Science, IIT Kanpur and Dr. Abhilasha, Usability Engineer, Philips, Bangalore.

Centre of Food Technology

CFT and AFST(I) Allahabad Chapter celebrated World Food Day on October 21, 2022. Prof H N Mishra (Dept. of Agriculture & Food Engineering, IIT Kharagpur) delivered a lecture on "Innovative Ideas and Novel Concepts for Food Technology Startups" to UG and PG students of the centre.



Prof. Neelam Yadav, President AFSTI Allahabad Chapter, welcomed Prof. H N Mishra and delivered the welcome address.



Prof. Mishra has over 35 years of academic and administrative experience as a food scientist. Since Indian Food Industry has a growth rate of 6 % (CAGR) as compared to that of 1.6 % of the USA, there are a lot of opportunities for development of food professionals in the country.

All the Local Executive Members (LEC) and faculty members Dr. Vinita Puranik, Dr. Rahul Agrawal, Dr. Uvashi Sharma, Dr. S K Chauhan, Er. Salman Hashmi was present on the occasion; Dr. Devinder Kaur, Secretary AFSTI Allahabad Chapter extended the vote of thanks for the occasion.

Department of Philosophy

The Department of Philosophy organized a special lecture at R. L. Kaul Library on 7th November 22. Shri Raja Babu Singh, currently posted as IG (BSF) in Kashmir and also an alumnus of the university, was the chief speaker. He delivered his talk on 'Good Governance on Policing and Application of Philosophical Vision'. Dr Rakesh Singh, IG Prayagraj as well as an alumnus of the university, graced the event as the chief guest. Prof. H. S.Upadhyaya, Dean and HoD of the department, patronized the event. The event was enthusiastically attended by the faculty members, research scholars and students of the department.



Under the research circle programme in the Department of philosophy, two research scholars Mr Sushil Kumar and Mr.Mayank Bharti delivered talks based on their research work on 4.11.22 and 11.11.22 respectively.



Shlok of the Edition

ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां
जगत्।

तेन त्यक्तेन भुञ्जीथा मा गृधः
कस्यस्विद्धनम् ॥

-ईशावास्योपनिषद् ॥ १॥

English translation:

All this is for habitation by the Lord, whatsoever is individual universe of movement in the universal motion. By that renounced thou shouldst enjoy; lust not after any man's possession.

Hindi translation:

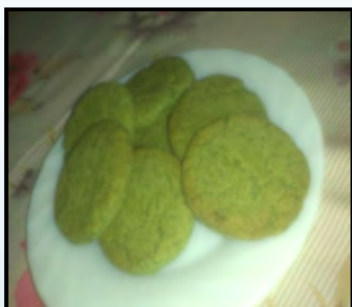
जगत् में जो कुछ स्थावर-जंगम संसार है, वह सब ईश्वर के द्वारा आच्छादनीय है (अर्थात् उसे भगवत्स्वरूप अनुभव करना चाहिये)। उसके त्याग भाव से तू अपना पालन कर; किसी के धन की इच्छा न कर।

प्रो. प्रयाग नारायण मिश्र
संस्कृत विभाग

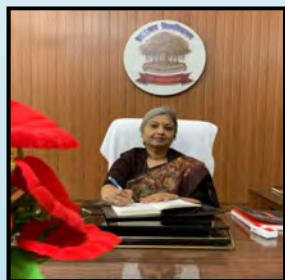
High protein and low fat biscuit given by Hon'ble Vice Chancellor

A Ray of Hope for rural people to fight malnutrition.

Biscuits prepared from blue-green algae named Spirulina in the Department of Home Science three years ago will now be available for sale in the market. Rich in protein, calcium, phosphorus, iron, zinc and fiber, this biscuit will be helpful in eliminating malnutrition by removing the deficiency of nutrients in the body. The commercial production of this biscuit was signed between the patent holder (Vice Chancellor-Researcher) and Vekaria Healthcare.



The biscuit was prepared by research student Dr. Amatul Fatima under the direction of Prof Sangita Srivastava, Honourable Vice Chancellor. It was created keeping in mind the Indian women and children who suffer from malnutrition and anaemia.



This biscuit is fortified with blue-green algae called spirulina. It was tested in the laboratory and four biscuits were fed to each of 300 people on a daily basis for three months. In the investigation, the amount of hemoglobin was found to be increased in the participants. The biscuit as a dietary supplement for malnourished people has shown promising results.

This biscuit was patented in 2019 and now the VC-researcher and the company have collaborated for its commercial production.

RESEARCH PURSUITS

Centre of Bioinformatics, IIDS

Paper published- Dr Anup Som (Asst Prof, Centre of Bioinformatics)



Computational Biology and Chemistry
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The LCNetWork: An electronic representation of the mRNA-lncRNA-miRNA regulatory network underlying mechanisms of non-small cell lung cancer in humans, and its explorative analysis

Aparna Chaturvedi, Anup Som,

Centre of Bioinformatics, Institute of Interdisciplinary Studies, University of Allahabad, Prayagraj 211002, India

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UoA researcher bags

Newton International Fellowship

Dr Navneet Yadav has bagged the Royal Society Newton Scholarship 2022. He was a researcher under Prof Raja ram Yadav of the Physics Department.



- Securing a Newton International Fellowship is a major achievement.
- The fellowship supports the development and training of postdoctoral researchers at an early stage in their career and provides them with a valuable opportunity to build long-lasting relationships with UK research institutions and networks.

House Ventilation: A Key to Good Health

Dr. Ena Gupta and Dr. Priya Keshari
Assistant Professors
Department of Family and Community Sciences

Ventilation refers to the exchange of indoor and outdoor air. Like the lungs, houses need to breathe to ensure that fresh air comes in and dirty air goes out. The indoor air can build up high moisture levels, odours, gases, dust, and other air pollutants. To keep the indoor air safe, we must ensure that indoor pollutants get diluted through the passage of fresh outdoor air. A sound ventilation system helps to expel a build-up of contaminants, bacteria, moisture, and unpleasant odours.

Ventilating a house mainly involves the physical aspects of the house. Ductwork and exhaust fans can remove combustion gases from a house. Ventilation can be ensured with minor changes even after the construction phase of the house.

Types of ventilation in houses:

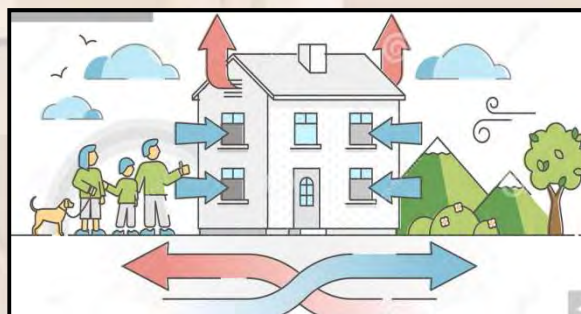
There are three methods that may be used to ventilate a house:

- a) **Natural ventilation:** It is the most common method of allowing fresh outdoor air to replace indoor air in a home.
- b) **Spot ventilation:** It controls air movement by using localized exhaust fans to remove moisture and pollutant at the source quickly. Common household examples include range hoods over stoves and bathroom exhaust fans.
- c) **Whole-house ventilation:** It provides uniform, controlled ventilation throughout the house by using one or more duct and fan systems to exhaust stale air and/or supply fresh air into the house.

Consequences of poor house ventilation:

Without proper ventilation, an insulated and airtight house seals harmful pollutants like carbon

monoxide and moisture, which can damage the house. Gases from combustion appliances like stoves and fireplaces can accumulate in poorly ventilated places and threaten health and safety. Excessive moisture in the home can lead to mould growth and ruin insulation. It can even cause structural damage. Carbon monoxide can build up to deadly levels indoors without proper ventilation, but it is not the only risk. Also, elevated humidity levels can make cooling equipment work harder, leading to costlier energy bills.



Health hazards due to poor ventilation in the house:

Poor house ventilation is associated with the following health conditions:

Respiratory Infection, Skin infection, Psychological effects, Arthropods, Rat infestation, Dry eyes, Concentration disorders, Fatigue, Headaches, Shortness of breath, Poor sleep, drowsiness, dizziness, Development of asthma, Cancer

Conclusion:

Using outdoor air from natural ventilation, natural cooling techniques and daylight are essential elements to ensure good health. People should be made aware of the importance of natural ventilation.

Importance of Good Communication Skill in Professional Life

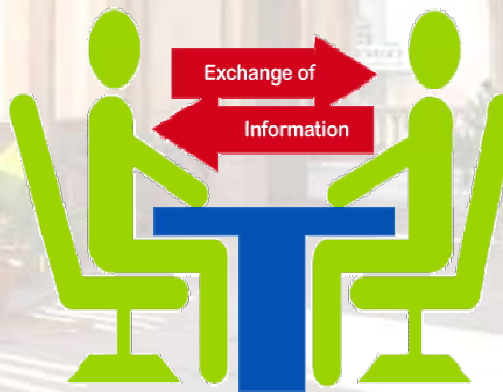
Dr. Farida Ahmed

Assistant Professor

Department of Family and Community Sciences

Communication Meaning

The word communication comes from a Latin word 'communis', meaning common. Leagans (1961) defined communication as the process by which two or more people exchange ideas, facts, feelings or impressions in ways that each gains a common understanding of the meaning, intent and use of messages. In other words, *communication* is the act of transferring information or idea from one place, person or group to another. Thus, communication in a development context can be defined as a process by which person(s) exchange attitude and share information and / or skills on behalf of an organization with people in ways that each gain comprehension, understanding and use of message.



Types of Communication

There are basically two types of communication- verbal communication and non-verbal communication.

1. Verbal Communication

Verbal communication is also known as oral communication. It refers to the form of communication in which message is conveyed verbally. Verbal communication is done by words, mouth or a piece of writing.

2. Non-verbal Communication

Non-verbal communication, also called physical language, is the process of sending and receiving messages without using words. It includes visual signals such as facial expressions, eye movements, gestures etc.



Elements of Communication

Communication is a continuous process which mainly involves three elements viz. sender,

message and receiver. The elements involved in the communication process are:

1. Sender

Communication begins with the sender, who is the originator of the message. After generating a thought, the sender encodes it in a way that can be understood by the receiver. Encoding refers to the process by which the sender translates his ideas into a series of verbal and non-verbal actions.

2. Transmission

The message that the sender wants to communicate is transmitted over a channel through which the message is received by the receiver. A channel connects the sender to the receiver. Channels of communication are verbal, non-verbal, written, and visual. The choice of a channel depends on the communication situation.

3. Noise

Noise is anything which distorts the message. Since noise obstructs communication, the sender should choose a channel that is free from noise. Noise may occur at the sender's end, during transmission, or at the receiver's end.

5. Receiver:

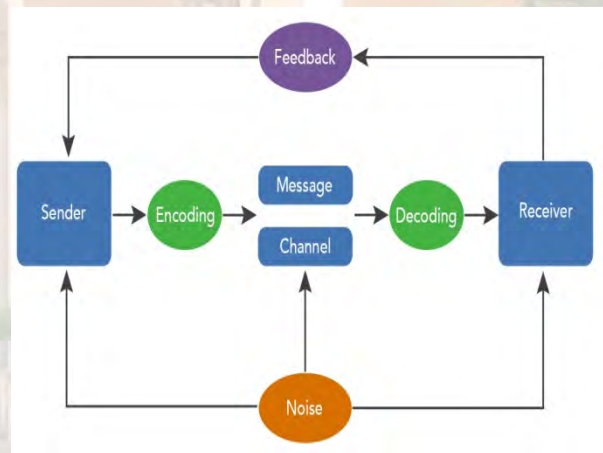
The person to whom the message is transmitted or directed is called receiver or interpreter. In order to decode the message, the receiver has to be ready to receive the message or information. Decoding refers to the process of translation of symbols encoded by the sender or source into ideas that can be understood.

Communication can be considered successful only when both the sender and the receiver attach common meanings to the symbols that compose the message. Communication is not complete unless it is understood by both the sender and the receiver.

6. Feedback:

A message created by the receiver in response to the sender's original message is called feedback. Feedback is important to ensure that the message has been successfully encoded, transmitted, decoded and understood.

Feedback helps a sender to evaluate the effectiveness of his message, so that he can change his subsequent messages. Feedback also confirms whether there has been any change in the behaviour of the individual or in the organization as a result of communication.



Importance of Good Communication Skill in Professional Life

The ability to effectively communicate a message that results in understanding an action is

known as communication skills. Good communication skill is important in professional life. It is helpful in building good relationship with the team members in organization. The place of work is the most common place for miscommunication, and it could have serious repercussions on career. A person who is excellent communicator is always well-respected by the members in the organization. Effective communication skill is also an important component for organization success, whether it is in the interpersonal communication, intrapersonal communication, group or external levels communication.

Ways to Improve Communication Skill

1. Listening

Listening is the skill to accurately receive and interpret message in the process of communication. Listening is the key to all successful communication. Without the ability of listen properly, information are easily misunderstood. Many successful leaders credit their success to effective listening skills.

2. Conciseness

Concise communication provides short and important communication in limited words to the listeners. Concise message is more attractive and

understandable to the listeners. Concise message is non-repetitive in character.

3. Body Language

An old proverb is “actions speak louder than words”. Body language includes a range of non-verbal methods of communication like facial expression, gesture, posture and other movements-based signals. It can be conscious or unconscious. In many situations, body language is one of the most important elements of communication.

4. Confidence

Lack of confidence in the professional life is a common problem and a big factor in career development. Confidence is important in any profession because it helps to deal better with conflict, improves communication skills, helpful to take better feedback, and it also makes you a good officer or a team leader.

5. Open-Mindedness

Open-mindedness involves being receptive to a wide variety of ideas, statements, and information. Being open-minded is generally considered a positive attitude. In professional life it is necessary in order to think critically and rationally.

6. Respect

Respect is one of the most important behaviours in the workplace because it creates a positive work culture for the entire team to achieve desirable goals together. Examples of respect in the workplace include giving attention and appreciation to colleagues at every level, listening to their opinions carefully and conversing with kindness.

Editorial Board

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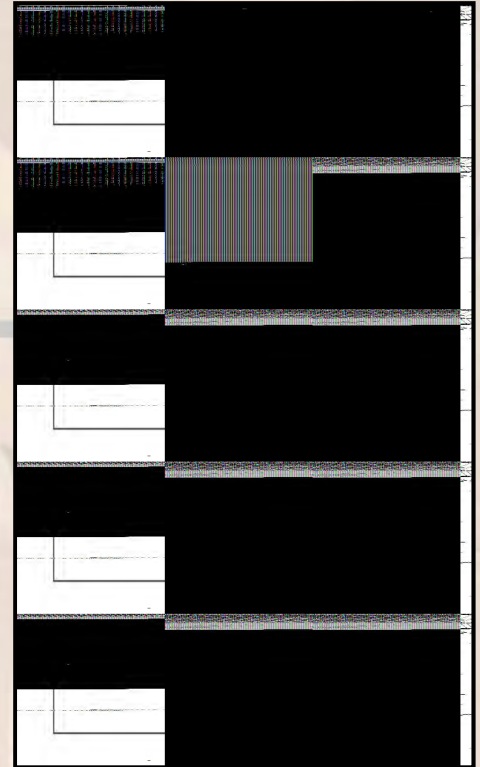
✚ *The concept of AU Talk was a long cherished dream of our Hon'ble Vice Chancellor, and finally her able leadership has given wings to this noble thought to fly and spread the message across. The idea behind this initiative is very original and has been taken up first time in the history of the University. It gives us immense pleasure that AU Talk adds an extra feather to its academic brilliance. Once again the corridors of the campus are charmed with creativity and inventiveness of intellects.*

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Book of the Fortnight

"India's Bismarck"



Movie of the Fortnight

"KANTARA"

