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## **From the Editor's Desk**

Dear Readers,

The exams are over and the students are leaving for home for a two month long vacation. There are happy faces all around the campus. We understand the importance of good reading and hence even during the busy schedule of exam, the newsletter team got together and compiled the May NU NL for our readers.

Campus was abuzz with activity during this month and our student correspondents diligently compiled them all. So if you have missed out on any event, read about it here.

'Student Editorial special' has three features this time. Our student editors have beautifully striven to express themselves through words. The regular feature in 'Expressions', Me & Meenu's Diary is finally culminating in a happy ending. We look forward to more contributions from students for regular features.

I take your leave now hoping that you all will enjoy this issue of NU Newsletter.

Happy Reading!!

**Anshima P. Srivastava**  
**Editor In-Charge, NU Newsletter**

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**Campus News**

## **TALF**

TALF is now continuing towards building a one-hour module for different course contents and connecting to an aspect of Indian heritage/history/contribution in a particular field. This is the TALF agenda in NU for to help the students develop an interest in the same, by organising sessions with this broad theme.

Different faculty members with student assistants are working on such research modules to introduce it from the next semester.

## **SODA Village**

Under NU's Rural Connect Initiatives as a part of 'Community Connect - Each One Teach One' programme, selected students of B. Tech., along with Community Connect Faculty Team, visited Soda village on 11 April 2015. During the visit, students got an opportunity to interact with the Sarpanch as well as the Panchas, NGO's, Soda Community, Anganwadi Workers and school students.

NU students gave their best and also contributed in educational empowerment of Soda Community by teaching as per the schedule.

(Students : Priyanka, Supraja, Ashima, Prachi, Geet, Kamal, Mahesh, Mansi, Taniya, Rahul, Srikar)

## **Water Movement**

NIIT University is launching a 'Water-Movement' which was marked by organising a 'Water Workshop' on 01 May 2015 at NU, following which will be the 'Water-Week' from May 01 to May 08. The workshop will cover issues related to water potential, extraction, consumption, distribution, recycling, water balance etc. with participation of eminent consultants. As NIIT University was celebrating the Water-Week, everyone was cordially invited to the Street Play prepared by Rangmanch, NU on the same theme. It inspired all and the team nailed it.

We aim at contributing to it drop-by-drop and helping it to acquire the 'flow'. Let's be 'water-neutral' if not 'water-positive'.

## **Nepal Earthquake Relief**

NIIT University reached out to those affected by the disaster in Nepal. We have contributed to the Government Relief Fund and organisations like NERO.

For the same, there were donation boxes around the courtyard area, and all donations could be made through them in the form of cash or cheque, both anonymously and otherwise.

There was an NGO going on-ground to Nepal, so a stall was set up where people could buy and deposit ready-made food items like Maggi, Chips, Cup noodles etc. With the death toll

in 4 digits, and injuries in 5 digits, our neighbours need all the help we can give them. We tried to aid those whose lives were suddenly in great uncertainty.

### **Opening of Juice Counters**

On popular demand by the students, Fruit Juice and Sugarcane Juice outlets were opened in the Campus. Sugarcane Juice Counter started on 05 May 2015 and considering the good response, the Fruit Juice Corner was also operational in the following week, at the location of TMP (Tera Mera Point).

### **Vishu Celebration**

Vishu festival was celebrated in NU on 15 April 2015. Vishu is a festival celebrated in the Indian state of Kerala. It was celebrated with much delight and fun. It is considered to be a festival of light and fireworks.

### **Visit by Mr. Abhishek S**

Mr. Abhishek S., Human Resource -Talent Acquisition, Cognizant, visited our University to interact with B. Tech III students on Wednesday, 15 April 2015.

The aim was to strengthen the ties between University and Cognizant not only for placement purposes, but also for live projects and also to know more about the Best Student Award, sponsored by Cognizant, and other Students Development Programmes.

### **Baisakhi Celebration**

Baisakhi was celebrated in NU on 14 April 2015. On occasion of the Baisakhi Parv, a DJ night (dancing evening) was organized in the Bowl from 8 -11 p.m. Everyone joined and had fun with friends and fellow classmates.

### **Paper Presentation**

Ms. Neelanjana Basu Roy( B. Tech III, CSE) will be presenting a paper 'Role of Body Area Networks in Smart Health Care' in the International Conference for Future Computer and Communications (ICFCC), 2015. The conference will be held at the Nanyang Executive Centre, Nanyang Technological University, Singapore during 20-22 May, 2015.



## NU Roast

Sometimes, only studies and no fun makes you dull. Thus, this time the NU Debating Society presented the first ever Roast in the history of the University in the Auditorium at 9p.m. on Wednesday, 22 April 2015. Everyone was prepared for a comical night of mad jokes, witty satire and ear-splitting laughter.

They made sure that each stomach really aches with laughter by the end of it. The suspense of the eve was a Surprise Guest, probably none had expected at a roast.



## Pecha Kucha Night @NU!

Continuing the trend of Pecha Kucha by TALF, the second Pecha Kucha Night (20X20) was on 24 April 2015 talking about 'Asian Festivals' by Amrit Bagga and 'Asian Music by Rishab Chakraborty.

## IL & FS Project

Twenty eight students from NIIT University have been working with IL & FS on live projects. These students received their first stipend on 28 April 2015. Dr Parimal Mandke presented their first cheques.

### **Milke Dauge Health Ke Liye-III**

The third call for 'Mil Ke Dauge Health Ke Liye' was announced by the Ayurveda Health Club under their HSS 201 Lead Your Movement Programme on 11 April 2015, where the students participated with thrill and enthusiasm. The event was organized under the guidance of our Course-In-Charge, Dr. Anuradha Parasar, along with members of HSS LYM-NU Ayurveda Health Club, namely Sushmita Singh, Amrit Bagga, Deepansh Mody, Shweta Jakhar, Samit Singh, Amruta Kedia, Debasis Biswas and Pravit Tuteja.

### **Business Quiz**

The first ever Business Quiz was held in NIIT University on 19 April 2015. It was organised by two B. Tech Students, Karan Vinayak and Vibhor Gupta. The quiz was conducted on the lines of the Crucible Business Quiz and consisted of questions from the world of business like finances, brands, business trivias, etc. The event was a success in which many teams contested, vying for a place in the final round. Six teams proceeded from the prelims to the main event which was conducted over a series of four rounds which included very interesting questions as well as visuals from the world of general business. The result of the Business Quiz were as follows:

Winners : Sunny Surana and Tushar Dewan (B.Tech. III)

Runners Up : Neelanjana Basu Roy and Soumyashree Gantayat (B.Tech. III)

Second Runners Up : Rohit Kumar Singh and Nishchay Tiwari (B. Tech. IV)



## Nature Talk

### The Indian Leopard



The Indian leopard (*Panthera pardus fusca*) is a leopard subspecies widely distributed on the Indian subcontinent and classified as Near Threatened by IUCN since 2008. The species *Panthera pardus* may soon qualify for the Vulnerable status due to habitat loss and fragmentation, heavy poaching for the illegal trade of skins and body parts in Asia, and persecution due to conflict situations. They are becoming increasingly rare outside protected areas. The trend of the population is decreasing. The Indian leopard is one of the five big cats found in India, apart from Asiatic lion, Bengal tiger, snow leopard and clouded leopard.

With strong legs and a long well-formed tail, head as big as a panther's, broad muzzle, short ears and small, yellowish grey eyes, light grey ocular bulbs; black at first sight, but on closer examination dark brown with circular darker colored spots, tinged pale red underneath. Indian leopards are distributed all over India, in Nepal, Bhutan, Bangladesh and parts of Pakistan. In the Himalayas they are sympatric with snow leopards up to 5,200 metres (17,100 ft) above sea level. They inhabit tropical rain forests, dry deciduous forests, temperate forests and northern coniferous forests but do not occur in the mangrove forests of the Sundarbans.

In Sariska National Park, the diet of Indian leopards includes axis deer, sambar deer, nilgai, wild pig, common langur, hare and peafowl.

Hunting for the illegal wildlife trade has the greatest potential to do maximum harm in minimal time. Apart from poaching, Indian leopards are threatened by loss of habitat and fragmentation of formerly connected populations, various levels of human–leopard conflict in human–dominated landscapes, and competition with other predators.

**Status in the Wild:** Near Threatened

Sources: wikipedia.org

Divya Sara Kurian

## Asian Lenses

### Meditation - An Art of Living



Meditation is widely recommended as a healthy way to manage stress, and for good reason. It provides many health-enhancing benefits, like reducing symptoms of stress and anxiety, relieving physical complaints like headaches, and even enhancing immunity to illnesses.

#### Basics

Meditation can be practiced in many different ways. While there are numerous different meditation techniques, a common thread runs through virtually all meditative techniques:

#### Meditation:

- **Quiet Mind:** With meditation, your thinking mind becomes quiet. You stop focusing on the your life's problems, as well as solving these problems. You just let that voice in your head be quiet, which is easier said than done. For example, start thinking about nothing now. If you're not practiced at quietening your mind, it probably didn't take long before thoughts crept in.
- **Being In The Now:** Rather than focusing on the past or the future, virtually all meditative practices involve focusing on *right now*. This involves experiencing each moment and letting it go, experiencing the next. This, too, takes practice, as many of us live most of our lives thinking about the future or relishing the past.
- **Altered State of Consciousness:** With time, maintaining a quiet mind and focus on the present can lead to an altered level of consciousness that isn't a sleeping state but isn't quite your average wakeful state, either. Meditation increases brain activity in an area of the brain associated with happiness, positive thoughts and emotions, and some evidence shows that regular practice brings prolonged positive changes in these areas.

#### Types of Meditation Techniques:

Researchers generally classify meditation techniques into two different categories: concentrative, and non-concentrative. Concentrative techniques involve focusing on a particular object that's generally outside of oneself: a candle's flame, the sound of an

instrument, or a particular mantra. Non-concentrative meditation, on the other hand, can include a broader focus: the sounds in one's environment as well as internal body states and one's own breathing. There can be an overlap with these techniques, however; one meditation technique can be both concentrative and non-concentrative.

There are many, many different ways to meditate. One can adopt any of these in accordance to their health and preference.

- **Basic Meditation Techniques:** This involves sitting in a comfortable position and just trying to quieten your mind by thinking of nothing. It's not always easy to do this if you don't have practice. But a good way to begin is to think of yourself as an 'observer of your thoughts,' just noticing what the narrative voice in your head says, but not engaging it. As thoughts materialize in your mind, just let them go. That's the basic idea.
- **Focused Meditation Techniques:** With this technique, you focus on something intently, but don't engage your thoughts about it. You can focus on something visual, like a statue; something auditory, like a metronome or tape of ocean waves; something constant, like your own breathing, or a simple concept, like 'unconditional compassion'. Some people find it easier to do this than to focus on nothing, but the idea is the same- staying in the present moment and circumventing the constant stream of commentary from your conscious mind, and allowing yourself to slip into an altered state of consciousness.
- **Activity-Oriented Meditation Techniques:** With this type of meditation, you engage in a repetitive activity, or one where you can get 'in the zone' and experience 'flow.' Again, this quietens the mind, and allows your brain to shift. Activities like gardening, creating artwork, or practicing yoga can all be effective forms of meditation.
- **Mindfulness Techniques:** Mindfulness can be a form of meditation that, like activity-oriented meditation, doesn't really *look* like meditation. It simply involves staying in the present moment rather than thinking about the future or the past. (Again, this is more difficult than it seems!) Focusing on sensations you feel in your body is one way to stay 'in the now;' focusing on emotions and where you feel them in your body (not examining why you feel them, but just experiencing them as sensations) is another.
- **Spiritual Meditating:** Meditation can also be a spiritual practice. (It does not have to be, and certainly isn't specific to any one religion, but can be used as a spiritual experience.) Many people experience meditation as a form of prayer- the form where God 'speaks,' rather than just listening. That's right, many people experience 'guidance' or inner wisdom once the mind is quiet, and meditate for this purpose. You can meditate on a singular question until an answer comes (though some would

say this is engaging your thinking mind too much), or meditate to clear their mind and accept whatever comes that day.

Pravit Tuteja and Kondapally SaiSudheer  
NU Ayurveda Health Club

### **Significance of Ayurvedic Herbs**



Ayurveda is the traditional medicinal form, prevalent in India since 2000 B.C. The Ayurvedic treatment is entirely based on herbs, which have certain medicinal value or property. In the ancient times, the Indian sages believed that Ayurvedic herbs are one-stop solutions to cure a number of health related problems and diseases. They conducted a thorough study about the same, experimented with herbs to arrive at accurate conclusions about the efficacy of different plants and herbs. Most of the Ayurvedic herbs, thus formulated, are free of side effects or reactions. This is the reason why Ayurveda is growing in popularity across the globe. The Ayurvedic herbs that have medicinal quality provide rational means for the treatment of many internal diseases, which are otherwise considered incurable in other systems of medicine

#### **Importance Of Herbs in Ayurveda**

- Many herbs are used to alter or change a long-standing condition by eliminating the metabolic toxins. Also known as 'blood cleansers', certain herbs improve the immunity of the person, thereby reducing conditions such as fever. Herbs such as ginseng, aloe, sandalwood, red clover, burdock, bayberry, black pepper, cinnamon, myrrh, and safflower are known for their alterative property, which are used to heal wounds, sores and boils as well.
- In order to neutralize the acid produced by the stomach, herbs such as marshmallow root and leaf are used. They serve as antacids. The healthy gastric acid needed for proper digestion is retained by such herbs.
- Antibiotic herbs like turmeric are useful in inhibiting the growth of germs, harmful microbes and bacteria. Turmeric is widely used as a home remedy to heal wounds and cut.

- To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as black pepper, sandalwood, safflower and brihati are recommended by Ayurvedic practitioners.
- An important medical property of herbs is to serve as antiseptic. Aloe, sandalwood, turmeric, chitrak and gokshura are commonly used antiseptic herbs that are high in their medicinal value.
- Since ages, Indian sages have been using anti-venomous herbs, which act against poisonous matter from animals such as snake.
- Certain aromatic herbs like cardamom and coriander are renowned for their appetizing qualities. Other aromatic herbs such as cloves, peppermint and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal. They serve as digestives and condiments for the food as well.
- Apart from being aromatic, sandalwood and cinnamon are also great astringents. Sandalwood is especially used in arresting the discharge of blood, mucus etc.
- Certain aromatic plants such as aloe, barberry, golden seal and chirayat are used as mild tonic. The bitter taste of such plants reduces toxins in blood. They are helpful in destroying infection as well.
- Ayurvedic practitioners recommend calmative herbs, which provide a soothing effect to the body. They are often used as sedatives.
- Herbs such as Chamomile, chrysanthemum, coriander, fennel, peppermint, and spearmint, ajwain, basil, calamus, cardamom, cinnamon, ginger, and turmeric are helpful in promoting good blood circulation. Therefore, they are used as cardiac stimulants.
- Certain herbs have disinfectant property, which destroys disease causing germs. They also inhibit the growth of pathogenic microbes that cause communicable diseases. Arka, gudachi and katuka are the examples of disinfectant herbs.
- Certain cough syrup ingredients like ginger and cloves are known for their expectorant property, which promotes the thinning and ejection of mucus from the lungs, trachea and bronchi. Cardamom, eucalyptus, wild cherry and cloves are also expectorants.
- In order to increase the activity of a system or an organ, certain herbs like camphor, cayenne, myrrh, guggul and gotu kola are used as stimulants.
- Herbs serve as tonic. A wide variety of herbs including guduchi, katuka, golden seal, aloe, barberry and bala are used as tonics or chief ingredients of a tonic. They can also be nutritive and rejuvenative.
- Honey, turmeric, marshmallow and licorice can effectively treat a fresh cut and wound. They are termed as vulnerary herbs.

Since years, Ayurveda has always been a lending hand for the betterment of human body and health and it will irrevocably hold the same strata of being termed as the 'Best and the most Trusted Medication in Medical Science.'

Amruta Kedia & Kamal Tej  
NU Ayurveda Health Club

### **Relevance Of Ayurveda In Modern Lifestyle**



Our modern age proudly displays a lifestyle where work, communication, business and travel has been made extremely easy for man, with various gadgets and machines equipped with previously unheard-of electronic technology. Still, in spite of these comforts, life has become more complex and competitive. Man finds himself more under stress than ever before because with the modern technology and lifestyle, more is demanded of him. Families are breaking up because proper care and time for one another is becoming a rarity. Several diseases have sprung up and are increasing due to the basic factor of stress and aggressiveness, and are now frequenting at an early age. In this rut of life, each one is left to cater to one's own needs causing a vicious cycle of stress and distress, threatening one's very existence!

Ayurveda is a branch of medicine which originated and is practiced in India for more than 5000 years. It is as fresh and useful to humans today as it was in the ancient times yet more relevant and applicable in these modern times. Its use provides a holistic approach to our daily lives. The Ayurvedic 'dincharya' or daily schedule helps to bring about peace and harmony in one's life. Ayurvedic daily life routines are meant to enhance the total health of man, both mental and physical. They are easy to follow and are not liable to cause trauma of any kind to the body or mind.

According to ayurvedic lifestyle, one should get 7-8 hours sleep daily. On waking up in the morning, one should drink a glass of warm water which helps in flushing out toxins collected in the body overnight. One should wake up early in the morning and go for a walk. Personal hygiene is essential for a consistent good health. Regular brushing of teeth and tongue freshens the mouth keeps the teeth healthy and removes the cause of bad breath. Brushing of teeth is preferably done after every meal. Washing of face should include

washing eyes, nose and ears. Nails and hair should be kept trimmed and clean. All meals should be regularly taken and at a set time daily so as to keep the body system functioning optimally. Food items from nature are best for regular meals. Clean clothes should be worn daily. It is more beneficial to wear clothes made out of cotton, silk, linens and wool which are natural fibres.

One should do regular light exercises to keep the body supple and improve blood circulation to all parts of the body. Regular exercise includes walking, swimming and yoga amongst other light exercises, helping to maintain good health by making a person mentally relaxed and more active, alert, happy and strong. It also improves appetite and aids in more rapid removal of wastes from the body. A regular massage of the whole body with herbal oils enhances the effects of a regular exercise and makes the skin supple.

Ayurvedic medicine also helps in rapidly removing toxic elements from the body if one gets sick enabling him to recover his health quickly.

Ayurveda has been the most trusted medication since centuries and has been widely used in all parts of the world and thus helping millions of people to cure their uncured diseases.

Samit Singh & Sai Sudheer  
NU Ayurveda Health Club



## Student Editorial Special

### I See You

In a mirror on your lap, you saw yourself sad,  
You did whatever you could, to hide that fact,  
You wore a sweet little mask,  
With a smile you never had,  
You don't know me...  
But, I know you...  
I know you, I know you're sad...

You formed some mirages, and hid yourself in them,  
People think you are happy, you are happy again,  
You are a transparent gem,  
to me that is, not to them,  
You don't see me...  
But, I see you...  
I see you, I see you're sad...

You think you are right, you will.. you may.. you might,  
But, don't you see, everything is in front of you.. in plain sight,  
You have to win this fight,  
within yourself, you're my knight,  
You don't feel me...  
But, I feel you...  
I feel you, I feel you're sad...

On this path you'll be alone, even with people.. just alone,  
In that rain.. just alone, with that pain.. just alone,  
You don't have to be alone,  
Please don't be alone,  
You won't see me...  
But, I will see you...  
I still see you, I see you're sad...  
By the Mirror on your lap.

Pradumn Kumar Mahanta  
Student Editorial Member

## **Happy Mothers' Day**

You were my strength when I was weak,  
You were my voice when I couldn't speak,  
You were my eyes when I couldn't see,  
You saw the best there was in me,  
Lifted me up when I couldn't reach,  
You gave me faith because you believed,  
I am everything I am,  
Because you loved me....

Mothers are the strongest women and they are the ones who nurture their children and help in the development of their lives.

I wish a Happy Mothers' Day to all the mothers who have spent their lives making their children happy and going beyond their boundaries for the same.

This day gives us a chance to say THANK YOU to all the women out there and especially our mothers.

"Mothers hold their child's hand for a while but their hearts forever."

Happy Mothers' Day Maa

Divya Sara Kurian

Student Editorial Member

## **Why Cellular Phones Cannot Give You Cancer but Bananas Can**

Anyone versed in basic physics will know this. A topic that has been debated ad-nauseum by newspapers, sensationalist television news channels, pseudo-scientists and the general crowd of believe-anythings on social media, the idea that cellular phones can cause cancer has been repeatedly investigated by proper scientific studies - including a Danish one which followed 420,000 people over 20 years - and has found absolutely no link between cellphone use and brain tumors.

But before even considering spending billions of dollars on yet another study to prove or disprove this hypothesis, why don't we turn back to basic science? Cell phones simply cannot give you cancer, and it has everything to do with radiation.

But first, how does an external entity start a cancer in our body? Well, cancers that aren't genetic are caused by damage caused to our DNA by external means. But what exactly

constitutes “damage”? That’s simple too - if the chemical bonds between the atoms and molecules in your DNA has been altered, that means the DNA has been damaged.

But chemical bonds in the DNA don’t just change of their own accord; something has to break the existing bond first. When an atom (or a molecule) is hit with enough energy to rip electrons off from their orbitals and set them free, the radiation is said to be ionizing radiation. It’s ionizing radiation that breaks the existing bond between two atoms or molecules, and gives it the opportunity to form new bonds.

So now we have a condition for a given radiation to be potentially carcinogenic: It has to be of the ionizing variety, or it has to have enough energy to rip electrons out from their orbitals and alter the electronic charge on a molecule. If we can somehow measure the energy carried by a cellphone signal, we can immediately find out whether it is ionizing and whether it can potentially cause cancer.

Right, so how do we find the energy carried by the signal? The discrete packet of energy is the photon, and it’s energy is given by the formula  $E = hc/\lambda$ . That’s the Planck Constant ( $6.636 \times 10^{-34}$ J $\cdot$ s), times the speed of light in vacuum (299,792,458 m/s), divided by the wavelength of the signal. You can further reduce the formula to  $E = hf$ , where  $f$  is the frequency of the signal.

At what exact energy does radiation become ionizing is hotly debated by scientists - because it’s different for different molecules - but general consensus puts the value around 3.29 PHz (that’s Petahertz, which is 1000x1000 times Gigahertz). This value isn’t arbitrarily chosen; it corresponds to an energy of 13.618 electron volts, the energy required to ionize one atom of oxygen.

The formula tells us that the energy varies directly and linearly with the frequency. This means anything below 3.29 PHz is not ionizing, and anything above it is. So at what frequencies do cellphone signals operate?

Cell phones operate over multiple bands of frequencies, and the lowest of the bands is centred around 700MHz. The highest, which is used by 4G LTE, is at 2.5GHz. Yes, 2.5GHz, which is a factor of a million less than the amount of energy required to ionize oxygen.

Remember, if you’re looking at the capacity of radiation to ionize a molecule, it’s only the energy that matters, not the power. Think about it this way - if you’re playing cricket and trying to hit a six, it won’t matter how many times you hit the ball if you can’t make it go the distance. The power does matter though, in a different place: Dielectric Heating.

There's a theory that suggests cell phones cause cancer not by ionizing your DNA, but by localised heating of your brain when you put your phone to your ear to talk. The theory says that the localised heating elicits some sort of an inflammatory response from the immune system, leading to the body's own immune system damaging its DNA. The latter part of the theory has been proven to happen - that the immune system can definitely accidentally damage DNA when it mounts an inflammatory response to an infection, but the prior part - that cell phone radiation can cause localised heating inside the brain is laughable, because of two reasons.

But first, what is dielectric heating? Most biological molecules are slightly polarised, which means one end of the molecule carries a slight positive charge, and the other end (to balance it out, because the whole molecule as a whole is neutral) an equally slight negative charge. When such a molecule comes under the influence of a pulsating electromagnetic field, such as one provided by a cell phone signal, the molecule starts moving, and bumps into other molecules, which then start moving. This increases the total kinetic energy (which by definition is temperature) of that area of the body.

Now this doesn't sound too far-fetched, so why is this theory laughable? Consider that the microwave oven works at the same frequency (2.4GHz), and heats food on the same principle of dielectric heating. Why can we not extend the idea to cell phone radiation?

The answer is twofold. The first bit is power. A microwave oven can pump over a kilowatt of power into the food in the enclosure. Cell phone radiation power is limited by law such that when a handset is held to your head, your body must not absorb over a certain amount of power from the signal. This value is known as the SAR (Specific Absorption Rate), and in India, the legal limit is 1.6W of power per kilogram of your body weight. The same limit applies in the US, and the European limit is slightly higher at 2W per kilogram. Real handsets typically have an SAR of less than 800 mW/kg, when operating at its highest power mode (i.e., in an area with weak signal).

The second part comes from something known as the Skin Effect. It's why AC current is carried better by multiple thin wires bunched together than by a single thick wire. As the frequency increases, the current tends to lose its power to penetrate material and becomes concentrated on the surface layers. Human skin isn't even a good conductor, which makes the current from the signal penetrate to not much more than a few nanometres into the human skin, and then stop. That doesn't even cross the epidermis, let alone the skull, and the brain.

To put things in perspective, you're exposed to orders of magnitude more radiation than a cell phone, all of it ionizing, when you do the following: fly on a plane, get an X-Ray or a CT

scan taken, step out in the sun (yes, that's from UV light, a band of which the eye can actually see. So now you know what the lowest frequency at which electrons declare freedom "looks" like), or eat a banana.

I'm not even joking. Bananas are highly rich in Potassium, and about 0.0117% of that Potassium is the radioactive isotope Potassium-40. That might not look like a lot, but it's enough to deliver 0.1 uSv (microsieverts) of ionizing radiation into your body. In fact, 0.1 uSv is unofficially taken to be 1 BED, or Banana Equivalent Dose of radiation. For comparison, an X-Ray scan at the airport is 0.25 uSv, or 2.5 BED, an international flight is 30 BED, the daily dose received by humans on the Earth's surface from background radiation is 100 BED, a single full-body CT scan is 200,000 BED, and the maximum dose received by evacuees from Fukushima is estimated to be 680,000 BED. The mean lethal dose for humans is 80 million BED. Of course, 80 million BED doesn't give you cancer - it kills you up straight by literally burning every single tissue in your body.

Now that you know all this, you can breathe easy and use your phone as much as you wish. Just don't do it when you're driving!

Boudhayan Gupta  
Student Editorial Member



Expressions



### In the Midst of Nature

In the midst of nature...  
Snow fall all around...

Humans strangled in hope...  
And thinking how to cope...

In a line we all move.  
Together facing All Mighty's clove...

Salute to the army clearing the way,  
Facing hardships to make our day...

The thunder dragon is wobbling out anger,  
Raising all the levels of danger...

But we are moving with strong will,  
We have a long road to kill...

To our destination we will reach,  
This anger of dragon and the mountains we will breach...

Anoop Sharma.  
MBA BLP Batch 8

## Me & Meenu's Diary



## Chapter-20

I was shocked to see her in a pathetic state and regretted a lot for leaving her alone there. If we could have been with her, situations should have been better, but it was too late. I understood, her situation was critical and we took her immediately back to London.

She was treated by the best doctors over there, but she wasn't cured completely. She was in a strange and mysterious state for two long years. We couldn't do much about her. She looked so normal physically, but was she was precarious. Even though she was normal, she assumed that there was something wrong with her. She cried and laughed alone and at times she tried to hurt herself, but she never spoke a word with us because she was so scared to believe people.

Doctors suggested us to give her lot of personal space and independence as she was in a deep stage of insecurity. We provided her a separate room and never tried to disturb her. I used to keep dance and music related magazines and some inspiring novels in her room, so she may

distract herself, but she remained the same. Her father passed away eight months back, but when I went inside her room and informed about her father, she just smiled, yet she didn't speak anything.

Slowly, there was a considerable change in her attitude. She indulged herself in book reading looked peaceful after so many days. I felt so happy for her change and used to update her room with latest books and six months back, one day suddenly she came running to me and mumbled "Preeth...Vikki...Preeth...Vikki..." and she looked so excited and happy. I was unable to predict her reactions.

She said only those two names over and over and fell down. I didn't understand anything, but she pointed an article in that magazine. We immediately took her to the hospital, as she reacted positively after two years. They started treatments for her and that time she started to recover. When I was reading the article which she pointed in the magazine, Pragna noticed the picture with the article and told me that was Vikki.

I was surprised and happy and at the same time, worried too. I wanted to contact him immediately, but what if he started to live his own life forgetting her or what if he got married and being happy? I knew her condition would definitely shatter his life suddenly and we were not aware what had happened between them actually. That's why I waited till she recovers completely with patience. In the past one month, she underwent different stages. She told us each and everything about him and how much she loves him. She wanted to meet him badly, but at the same time, she didn't want to shatter his life with her past. She was happy for him and wanted to know about him.

I met the magazine people and got the contact details of his friends and colleagues. We came to know he was unmarried and living his life alone. And when I met his friend Pranay one day, he mentioned about you. Till we reached India, we were only aware of Vikki and his whereabouts but when I met Pranay mentioned about you, we got to know about you. She told us about you and felt so happy, as you guys met each other. She wanted to meet you and know about Vikki's personal situation, but she was still taking few tests. She wanted to know whether it is ok to enter into his life again as before, because she was so obsessed about him and his

love. And if it is not a good idea to meet him, she never wants to see him. As she couldn't come, she wanted me to meet you and tell everything. That's why I'm here right in front of you... "He finished.

I was speechless after listening to him. Did she really undergo all those pains? I couldn't accept that immediately. I didn't speak for a long time; in fact I didn't understand what to say. I remembered Vikki's words. Yeah! Life played with us a lot! I looked at Shriram; he looked so calm and waiting for my reply with patience.

"You deserve a lot more than thanks Shriram! You are such a wonderful person! Thanks a lot for being with her. I never imagined things were so worse. I wanted to see her soon. Still I couldn't believe that she was in that state." I took a deep breath.

"And about Vikki... he never spent a day without thinking about her in all these years. He just lives in her dreams. I know how much he missed her. He is not married to anyone and he never had that thought in his mind. He is completely dwelled in her love... and he will be the happiest person in the world, if she comes back to him..." I said emotionally. He looked happy with my answer.

"That's really nice to hear Preetham... I think they are just destined to be for each other" he said happily.

*Present day... Vikki's flat...*

I was lost in her thoughts again and slowly went to the balcony. Tears started to roll down on my cheeks and I stood there staring at rising morning sun from the deep blue sea. I didn't know how much time, I stood there just staring at those tides and wished they could take away my tears with them.

Suddenly someone held my hands gently from the back. I thought it was Pranay, but they were soft. I turned back slowly.

It's her again.... Was this a dream again? Or was she really here along with me? Did I lose my Consciousness? Or am I suffering with any disease? My mind filled with all the questions.

“What were you thinking about?” she asked me.

“I wish this is real...” I mumbled. I was not sure she could hear that.

“This is real Vikki... you are not dreaming...” She said in a husky voice. Should I believe her words? It could have been thousand times I feel I’m not dreaming till I woke up! But wait!! I woke up already!!! And I already had a dream!! So was this real??

I held her hands tightly and asked “Meenu?? You are here really??” I was trembling.

She nodded, but tears in her eyes flew immediately with the pain. I kissed them instantly, without thinking. They were salty and I was feeling her breath. “Yes!! It is real!! And she is here in front of my eyes!! But what am I doing? Why am not feeling anything? Why I became so rigid?” I got stuck with my wavering thoughts.

“Vikki... I came for you yesterday night. Pranay was here. I told him about us and he left to his friend place to give us privacy. And we talked whole night... why do you not believe this? “She looked wretched.

“I know this is real Meenu. But you came yesterday night? So it’s not a dream? But there were no candles and rose petals? “I looked at her.

“I cleaned them in the morning Vikki... what happened to you?” she looked worried. I realized it was all happening real and suddenly I was flooded with all my feelings.

“First tell me what had happened to you...? Where have you been all these years? Why did you leave me? “I hugged her tightly and tears continued to flow.

“I didn’t leave you Vikki... not even for a moment” she cried holding me tightly.

We remained in the balcony just hugging each other. I was relieved to have her again with me and I was extremely glad that it was not a dream like every day. I remembered the days when we were happy. The day I saw her first time and ignored, her confused expression when I

proposed, her teasing smile when she accepted my proposal, her blushing cheeks when kissed her for the first time, her inspiring words which led me to the success, her hug which she gave on the day she left and all the days I spent with her, everything that had made my life memorable.

“Why did you not forget me Vikki... why did you wait for me all these years?” she asked me with a cute smile just like always.

“How can I forget you Meenu... your thoughts hit me each and every second and you were like my wings that helped me fly each day and soar above the sky “I said with pain. She remained silent after my answer.

We went in after some time and she prepared coffee for us and started telling about what had happened. When she told she was in a depressed state for two years, my cup slipped from my hand. I couldn't take that. I thought I was the one who underwent all the pain and despair but she was in a situation worse than me. What to feel? When someone loves you more than you loved them and when you see it in front of your eyes what to feel?

“Why did you love me this much Meenu...?” I said hugging her.

“Because, you were what my life was made of...” she said slowly.

“I haven't loved you when you are with me... it's only after that. Why didn't you love Preeth...? May be he could have taken care of you well... “I said without any thought.

She looked at me with surprise and asked me “What made you think so?”

“Sorry to ask... But we both look similar...” I said looking down. I thought she got angry with my stupid question, but she rolled her eyes with surprise and looked thoughtful.

“Because, we never fall in love with a face Vikki... a mother loves her kid before even seeing his face and we all love God without seeing him, do you know why? because it's just our heart which holds love. Even though you both look same, I always felt you are so different from him. And it's you who introduced me what love is like... “She said slowly. “When you are in a rose

garden and asked you to pick one, even though every rose is same, you will like just one and pick it up. There won't be any reason for that Vikki... and even many girls proposed to you, but then why did you accept me at every first instant? I know you won't have answer. Because love is always reasonless and magical, moreover it's our destiny. "She said.

Yes! She said correctly. May be it's our destiny, if not why my heart waits for her for three long years? It's because even she was been waiting for me. I felt complete in her arms with happiness and satisfaction and felt those moments are what make my life.

"So... will you be my girlfriend ever?" I asked her, smiling.

"You mean it? "She smiled back and hugged me. From then, my life started again. We got married after six months from that day and I lived with her daily for real and not in my dreams alone. Preeth got married after his hand had recovered and we gave our first show together at his wedding. Meenu was so happy for us and I loved to see her smile, every day.

And if this statement would give an idea about rest of my life, then I love to say this.

"We lived happily together forever..."

Yours,

Me& Meenu...



## Challenge Yourself



### You be the Detective

A man called the police after he found his friend Joe and his wife dead. When the police arrived at the location, the man gave his statement: "My friend Joe, his wife and I had come here for a picnic. I had just been away 20 minutes to fetch some water only to find them dead".

His wife's body was right there, but Joe's body was down the cliff. When the police recovered Joe's body, he was wearing a sweater, a muffler, a cap and mittens. Next to his body was a stick covered in blood. The stick was analysed and Joe's fingerprints were found on them. On the other hand, his wife Sara's body had a wound on her head.

The assistant said: "The case is clear sir, Joe and Sara must have had a quarrel, Joe must have hit her hard on the head, and Sara would have pushed him down just before losing her consciousness and dying". The detective however was not convinced with the justification and arrested the friend of Joe for both the murders. Why?

(Answer is to be printed in the next issue of the newsletter)

Sanya Mittal

B. Tech. II

NIIT UNIVERSITY

## Achievements

### Conferences

**Bhardwaj, Gurendra Nath, Chaurasia, Devesh Anand Kumar, Shrey**, 2015, Does CASA Affect the Profitability of a Bank, (An Analysis of Cost of Deposit in a Bank) at International Conference on e-Business held on 27-28 March 2015 organized by TAMPI School of Business, Manipal University Jaipur

**Dr. Gurendra Nath Bharadwaj** co-chaired the technical session in International Conference on E- Business, held on March 27-28, organized by TAPMI School of Business, Manipal University, Jaipur.



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### Research Papers

1. **Debasis Das, Rajiv Misra and A. Raj** “*Approximating Geographic Routing using Coverage Tree Heuristics for Wireless Network*”, Wireless Networks (WINE), Springer US, Vol. 21. No. 4, 2015, pp. 1109-1118.
2. **Debasis Das, Rajiv Misra**, “*Caching Algorithm for Fast Hand off using AP Graph with Multiple Vehicles for VANET*”, International Journal of Communication Networks and Distributed Systems (IJCND), Inderscience Publishers Switzerland, Vol. 14. No. 3, 2015, pp. 219-236.
3. **Neelanjana Basu Roy and Debasis Das**, *Role of Body Area Sensor Networks in Smart Health Care*, International Journal on Future Computer and Communication-2015, Science And Engineering Institute, Singapore (Accepted).