

SPECTRUM

Private Circulation only

Volume 4 Number 2

*New Provost
with accent
on holistic
excellence*

SRM gearing up for 98th Indian Science Congress

From 3 to 7 January 2011



Dr. Ponnavaiko *He is not a new comer to SRM University. In fact in ways more than one it is a fitting home-coming to a scholar of national and international repute... Meet Dr. Murugesan Ponnavaiko who has recently been appointed as the Provost and Chief Academic Officer. With over forty years of experience in academics and industry in India and overseas, Dr. Ponnavaiko brings to this campus a perspective that seeks to mould the community here - both students and teachers - by looking beyond books and examinations. A person who is comfortable in several languages and one who had travelled to over 15 countries in the world, Dr. Ponnavaiko has got right into the job that has been assigned to him. In the midst of his hectic schedule, he met Ratnika Sharma of Spectrum to share his views on what he has in mind for SRM University. Excerpts....*

Question: How do you feel about your homecoming?

Answer: After I left Tamil Virtual University, I was invited by SRM Chancellor to promote research and to take initiatives in the areas of international collaboration and virtual education. In the time I have been here, I have connected 20 universities with SRM and created high end technologies especially for

↳ P6

A Staff Writer

The 98th Indian Science Congress will be held at SRM University, Kattankulathur between 3 and 7 January 2011 and it will be inaugurated by the Prime Minister of India as it has been customarily done over the years. The Indian Science Congress is the largest science event with about 7000 delegates: Nobel Laureates, eminent scientists, faculty members and research scholars from different universities, institutes and national laboratories participating, exploring, understanding, analysing and interacting on matters of science.

This is also the national forum where the future direction of science in the country is seeded. The focal theme of the 98th Indian Science Congress is "Quality Education and Excellence in Scientific Research in Indian Universities". Besides the focal theme, there will be plenary sessions such as Strategic Electronics, Science and challenges in



Official website of 98th ISC

energy security, Future of Chemistry, Nano Materials and Nano technology, challenging scientific issues of Climate Change, Environmental technology: issues relating to waste minimisation and management, Agriculture, Biotechnology, and Food and Nutrition Security,

Bio-diversity-Focus on fragile coastal ecosystems, Perspective of Health and Disease in Modern Society, Cancer : Developmental of Novel Drugs for Therapy and Prevention, Science Academics Summit and so on.

↳ P5

A Challenge for the creative minds of SRM University ...

The Honourable Prime Minister will be releasing a Souvenir on this major event and hence an open competition for the budding creative minds of this campus to roll up their sleeves and design the cover page of this souvenir. The prize amount is Rs. 5000/- and a certificate and all you have to do is create an A4 size Cover page reflecting the theme

of the science congress, the vision and mission of our University as also the rich Tamil culture.

Basic Rules

Posters must be submitted in the following format: JPEG.

Only one entry per student is allowed.

All entries must be received on or

before 15th September 2010.

The file name should be register no.jpg (Eg:14507010.jpg)

All entries to be sent to P.R.Kannan Rajkumar, Asst.Prof (Sr.G), School of Architecture and Interior Design, SRM University. Contact No: 9500020279, e-mail : kannanrajkumarp@ktr.srmuniv.ac.in.



Aaruush-
Rising
spirits
P - 6



Freshers at
the SRM
Family
P - 8-9



SRMSAT-
comes up-
brand new
P - 11



Free
Wheeling
P - 16

Summer Fellowships @ Bioinformatics



A Spectrum Reporter

Recipients of prestigious Summer Research Fellowships, Ms. M. Bindu and Ms. Aarti Krishnan, Final Year students from the Department of Bioinformatics, School of Bioengineering, have just returned after completing their two-month tenure in different research institutes. While Bindu was one of the 50 candidates selected for the CCMB (Centre for Cellular and Molecular Biology, Hyderabad) Summer Training Program among 1500 applicants, Aarti was one of the very few Engineering students selected for the UGC-SAP-DRS Undergraduate Research Fellowship, through which she worked on Drug development for Alzheimers disease at Bharathiar University, Coimbatore. Bindu got a thrilling research exposure while working on 'Phenotypic effects of Synonymous Mutations'. Working under the guidance of distinguished scientists, Aarti and Bindu got an exclusive opportunity to interact with some of the best minds of the country and get a clear picture of the current Industrial Research carried out in Bioinformatics. We hope the experience gained by these students inspires the others to follow their lead.

English teachers urged to emphasise more on soft skills than on literature

Debojyoti Roy and
Ratnika Sharma

Lamenting that English language skills are low among college-going students in the country, Director for Collegiate Education in Tamil Nadu, Ms Usha Kalyani, suggested that teachers today should emphasise more on soft skills than on literature as soft skills have practical utility in terms of employment.

Stating this while inaugurating the Fifth National Conference on Enhancement and Excellence in English for Employability and Empowerment (5E) recently, Ms Kalyani suggested that the syllabus for English should be more application-oriented and student centric.

The Department of English and Foreign Languages, SRM University, in association with Cambridge University (ESOL Examinations) organised the conference.

"In spite of English being taught to students from primary classes, they still have difficulty in this language by the time they come to college, so there is a need to change the teaching methods. The language labs should become more active and work efficiently to achieve best results," she said. Ms Kalyani is a governing member of 27 colleges in Tamil Nadu. Delivering his presidential address on the occasion, Dr T P Ganesan, Pro Vice Chancellor, SRM Unniversity, said that English language should be accessible to the rural students also, as it is important for getting good jobs.

Dr. N. Sethuraman, Registrar, SRM University, released the symposium proceedings. Dr. P K A Muniswaran, Director, Faculty of Engineering and Technology, released a book on value education titled The Rhythm of Life. Dr. B Kaveri, conference co-ordinator proposed the vote of thanks.

SRM goes green

Aparna Nair

“Change always comes bearing gifts.” This famous line by Price Pritchett is apt for the new changes which are seen around the campus of SRM, Kattankulathur. After colourful buildings like the IT Park and the University building, the Biotech Canteen block is the latest in a number of buildings to undergo a striking change in their appearance. Painted in all green, this building gives an eco friendly look and happens to be the only green building on campus. Seems

like green is the flavour of the season, as another architectural wonder in the campus is the green gate recently built on the lane joining the library and the Bioengineering block. This imposing structure sure adds to the aura of our campus. Two more archways are being constructed on the Mahatma Gandhi road. The newly introduced changes in the campus are a part of SRM's silver jubilee celebration. “We have used Alcon Paneling for the buildings which gives the glassy appearance to the buildings and we are also planning to do the same for the MBA

block,” says the Estate officer, Mr. V. Thirumurugan. Another important change on campus is the new canteen opened on the ground floor of IT Park. This spacious canteen can easily be termed the largest canteen on campus now, with added facilities. “We certainly love the new changes on campus.” says Khushboo Katiyar, a 4th year Biotechnology student. “Canteen is the best part of our campus now. It is spacious, the food is good and we get all kinds of stationary items here,” opines Kshipra Singh, another 4th year Biotech student.

Impressions from the 'Land of the Rising Sun'...

Rahul Lakhar of the Faculty of Science and Humanities and Aditi Srinivasa Raja of the Faculty of Engineering and Technology travelled to Japan as a part of the JENESYS program.

Rahul, a second year M.A. Student of the Department of Journalism and Mass communication comments on his ten day stay.

I was selected from the Department of Journalism and Mass Communication to go for the Japan East-Asia Network of Exchange for Students and Youth (JENESYS) programme by invitation from the Japan Consulate held in Japan this summer and I am thankful to the Director, the Dean and the Head of School, without whom it wouldn't have been possible. This batch was the 5th Indian Delegation and one hundred thirty six students from different institutions of the country took part in it and we all took off from Delhi after the pre-departure orientation on 21st June and that's where we actually got to know how great is the essence of relationship and the cultural bond between India and Japan. Anticipation was high and reached its peak when we actually landed on the 'Land of the Rising Sun' and soon we were in the high-tech capital city of Tokyo, busy, fast and modernity blended with

tradition. Technology giants like Mitshubishi, Panasonic, Honda, Nissan, Toyota, Cannon, Cyberdyme Inc. (Robotics) to name a few stand in glory and adores the city. A land where punctuality is a duty and every walk of life is respected in traditional gestures and intonations, a country although not big geographically but more in terms of learning, sharing and development. The language is fascinating and every Chinese 'Kanji' tells a story depicting commonality and pride. Japan is 65% under forest and have extensively used solar and wind power to effect and the most incredible are the recycling power plants and everything from train tickets to toilet papers are properly dumped and recycled. The waste disposal is well organized and the civic sense needing no constant monitoring caters it all concerning health,

hygiene and greenery and all these leading to well developed environmental facilities believing in give and take from nature. Talking about hygiene even tap water is potable and despite of being highly tech-prone and a pioneer in economy among the leading countries of the world, with sharp edged ideas and innovation, nothing seems to be running behind global trends. The food is interesting with the temporas, sushis, tofus and the way its displayed in restaurants is worth experiencing knowing what actually one is having and food is not wasted at all. Sincerity, hard work, honesty and sustained effort made the country move out from the horrors of atomic devastation during the World War, maintaining their culture and tradition which is smoothly filtering down to the present generation as well.



Rahul Lakhar



Aditi Srinivasa Raja

Lord Lieutenant, Chancellor, Lady Mayoress, Vice Chancellor, distinguished guests, colleagues, graduands. Today we confer the degree of Honorary Doctor of Birmingham City University, *honoris causa*, on Mr Thandavarayapuram Ramaswami Pachamuthu. Ladies and gentlemen, of all the noble causes the University celebrates through the award of its honorary doctorate none can be more significant or inclusive than that of its core mission: the education of people from all ages and social backgrounds not simply so that they will emerge with better job prospects or the chance of a healthier bank balance, but with the confidence of having developed as a person, as a citizen, as, in the richest sense, a participant in democracy. Few among us today have done more to pursue such a mission than Mr Pachamuthu, founder and Chancellor of the Sri Ramasamy Memorial University, now recognized as India's leading private university.

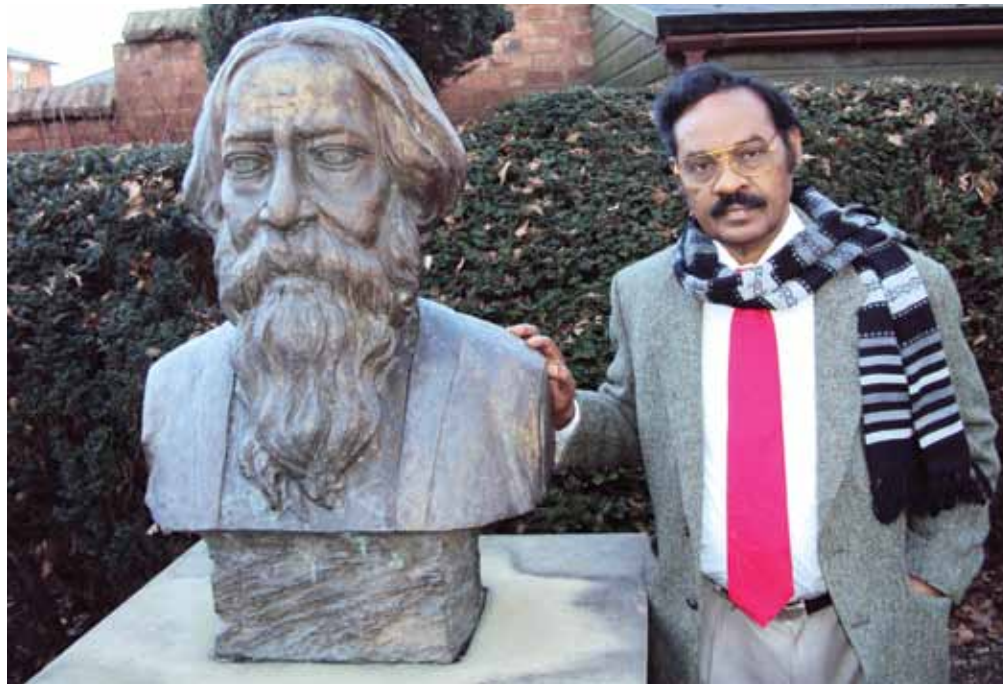
In many ways, the story of SRM, to give it its usual abbreviation, mirrors that of our own university, but in a dramatically shorter timescale. It began as a school in 1968, and developed vocational colleges in engineering, dentistry and medicine. Between 2002 and 2006 this group of small institutions turned into a powerful and fully recognized university, with a curriculum informed by the latest international thinking. Now, it regularly features high in national league tables for a variety of subjects. The Number 1 private engineering university in India, SRM is also recognised for the high quality of its medical science provision. In the space of only four decades, it has overcome all the difficulties that come of growing from discreet colleges and emerged as a major player in one of the biggest higher education markets in the world. Not content with this success, its international reach continues to grow, with an increasing number of overseas staff and many faculty bringing degrees from leading world universities. Now, SRM enjoys productive associations with universities in Britain, France, Germany, Sweden, Japan, the USA and China.

It's easy to see why anyone would want to work there. Visit the SRM website and you sample

Honouring the Chancellor...

Birmingham City University's Citation in Confering the Honorary Doctorate

"There can be no worthier recipient of today's award than this great advocate of a University"



The Chancellor posing with the statue of Rabindranath Tagore

positively dazzling facilities across three, soon to be four campuses from Chennai to Delhi: state of the art classrooms, hi-tech research centres, retail outlets, hospitals, even a luxury hotel with a swimming pool. Vice Chancellor, we live in hope, Of course, like everything SRM does, these facilities have been built with an eye to the broader community. The SRM medical faculty runs an impressive range of outreach activities, visiting schools for

pre-emptive screenings, teaching health awareness to children, as well as dispensing free treatment and medicine. As part of this programme the University has also helped to found primary health care facilities in Chennai and the surrounding villages.

Mr Pachmuthu's confidence in building this impressive, forward-looking organisation derives from a strong sense of family and tradition. The R in Ramasamy memorialises his

father's name, when he started the Valliammai foundation in 1975 it was in honour of his mother. This close but ambitious family worked in difficult circumstances, and Mr Pachamuthu, born in the small Indian village of Tamilnadu, defied the odds in graduating with a Bsc in Mathematics, then qualifying as a chartered engineer. Education allowed him to continue defying the odds, and made him see how it is possible to mobilise public

opinion to make the odds better for future generations. His new charitable organisation, Parinarpanimandram, with nearly 200,000 members, works for the betterment of deprived and disabled people in his native region, so that they too will have their chance of making themselves a better life.

What that better life should involve is very well expressed in the SRM University mission statement, which is one we can all admire. 'The focus of training at SRM,' it reads, 'is always on all-round development so that each student emerges as a mature and responsible citizen, with qualities of both leadership and service-mindedness.' Such qualities entail social responsibility. 'A disheartening fact about today's students,' Continues the statement, 'is their single-mindedness of purpose in furthering their professional careers alone. They shy away from political and social activity and do not entertain the desire to attempt to cleanse and improve the system,' If we are serious about university education, in Mr. Pachamuthu's view, we should see it as a chance to develop (and I quote) 'leadership in our great democratic and secular nation.' If that's a vital message for the thousands of young people who graduate each year from SRM University, we can ask no more than that those of you here today, on your special day, will heed it as keenly as your fellow students on a continent thousands of miles away. There can be no worthier recipient of today's award than this great advocate of university education, so, Lord Lieutenant, Chancellor, Lady Mayoress, vice Chancellor, distinguished guests, colleagues, graduands, it gives me great pleasure to present for the degree of Honorary Doctor of the University, *honoris causa*, Mr Thandavarayapuram Ramaswami Pachamuthu.

In many ways, the story of SRM, to give it its usual abbreviation, mirrors that of our own university, but in a dramatically shorter timescale. It began as a school in 1968, and developed vocational colleges in engineering, dentistry and medicine. Between 2002 and 2006 this group of small institutions turned into a powerful and fully recognized university, with a curriculum informed by the latest international thinking. Now, it regularly features high in national league tables for a variety of subjects.

Learning the tools of TQM ... in Japan

Prasanthi Ganesh and Siddanth Boharaa

Mr. V. Thirumurugan, Estate Officer, SRM University, returned from his trip to Japan, where he was a part of a workshop that dealt with Total Quality Management (TQM). From 5th till 15th July, Mr. Thirumurugan learnt tools of TQM, the most important being the 'Five S' tool, which is going to be implemented in various areas within our campus over the next few years.

The Union of Japanese Scientists and Engineers, the organizers of this event, brought in various experts from Japanese companies to help Thirumurugan and his counterparts from India and around the world understand TQM.

The 'Five S' tool involves removing the unwanted, maintaining a proper place for everything, standardized communication symbols, cleanliness and rewards for people who contribute to the implementation of TQM. Excerpts from the interview

Question: What was the most striking difference that you noticed in Japan?

Answer: TQM has been implemented not only in the factories and industries but also in everyday life such as in railway stations and other public places. We are planning to bring that kind of practice to SRM over the next few years.

Q: What are some of the areas you have narrowed down for immediate improvement?

A: We first need to improve the maintenance side before the academic side. Hostel life should be improved, especially the food and water quality in the mess and canteens. We have plans of improving the college roads with more signage and allotted parking space. We have identified three parking lots around the campus.

Q: How long will it take for SRM to adopt TQM completely?

A: The improvements that I mentioned will take around five years to be completed. We are planning to bring more lifts in the next twenty days in



V. Thirumurugan

some buildings. We will also have more greenery around the campus within the next two years.

Q: How will the implementation of TQM take place on campus?

A: The concept of five S will be implemented in all areas. It should not be implemented in the higher levels alone but also in the lower levels of the management. We should get suggestions from others and implement it. The concept of TQM where there is constant improvement in daily and yearly life should be practiced.

Q: What kind of support are you expecting from the students and faculty?

A: We should have inborn discipline... We should be more cultured and learn individual discipline.

SRM B-School holds FDP on Entrepreneurship in Classroom

A Staff Writer

SRM School of Management, in association with Entrepreneurship Development Institute (TN), Society of Entrepreneurship Educators (SEE) and National Entrepreneurship Network (NEN), conducted a Faculty Development Program on Entrepreneurship in Classroom. The objective of the program was to make Teaching of Entrepreneurship Courses in Classroom highly innovative and satisfying.

The three day program spread over six sessions had the participation of some 62 faculty from various colleges in Tamilnadu.

The first session was by Dr. T. Prasad, NITTIE, Bombay on "Games, Activity and New Pedagogy" followed by a Video Conferencing presentation by Dr. Murthy Halemane, Dr. Felix Janszen, Professors of Management, Technology and Innovation at RSM Erasmus University in Rotterdam, Netherlands and Dr. William

Suykerbuyk from University of Eindhoven, Netherlands. The last session was by Mr. Sudeep Jain, IAS on "How to write a Business Plan?". The faculty members were given the nuances of writing Business Plans. The session was followed by a networking dinner. The session on the second day was on "How to Evaluate Business Plans?" by Mr. Shashank Rajurkar, Director, Zephyr, which ranged from Idea generation to evaluation. This was followed by Business idea presentation by the participants in teams. It was evaluated by a team of 2 Entrepreneurs, Ms. Yogalakshmi of Yoga and Mr. Rajesh Kumar of Parivarthan. They shared their entrepreneurial experiences with the participants. The concluding session was by Dr. Jayshree Suresh, Dean SRM School of Management on Case Analysis as Teaching Methodology.

The three day program spread over six sessions had the participation of some 62 faculty from various colleges in Tamilnadu

SRM signs MoU with Korean University

Ratnika Sharma

SRM University has signed a Memorandum of Understanding with Hannam University, South Korea envisaging exchange of scholars and staff, undergraduate and graduate students, on academic information and materials, joint research activities and publications and participation in conferences and academic meetings.

Hannam University situated in Daejeong, South Korea, is the first university established by American Southern Presbyterian Missionaries in 1956 and attained the status of university in 1985.

The MoU was signed by Dr. N. Sethuraman, Registrar, Dr. T. P. Ganesan, Pro Vice Chancellor of SRM University and Mr. Hyungtae Kim, President of Hannam University.

A Korean student, Jihye Kim, from Hannam has joined SRM as exchange student and will be studying English and Journalism and Mass Communication for a year. Students from SRM will also be sent to Hannam in January to study engineering courses.

Apart from the exchange programme, Hannam will be offering scholarship to SRM students preparing to study at the graduate level for a master's, doctoral or integrated master's/doctoral programme for four years at Daejeong. Students selected for scholarships will have their tuition and housing expenses taken care of, with the airfare paid for along with an additional monthly stipend.

The signing ceremony was extensively covered by the media not just from India but also by 12 Korean journalists representing the various mediums in the industry.



Team Conrods moves on the fast track

R. Krishnan

The SAE (Society of Automobile Engineers) Collegiate club of SRM University-the biggest in India, is abuzz with activity. The SAE tier-1 events are being held in the Kattankulathur campus between 27th July and 7th August 2010. Over 760 members from the mechanical, automobile, mechatronics and aerospace departments are competing in the various events for qualifying further.

The different events that were: Paper presentation, Business plan, Auto quiz, Aeromodelling,

Ansys, ProE, CAM (Computer Aided Manufacturing) and finally GSD and labour. The paper presentation event was won by R. Krishnan and organized by Arpit Karsolia and R. Vignesh. The Business plan event was won by Saurav Kumar. The other events are underway and the winners would move on to the next tier of the competition. "We are getting much bigger this time by collaborating with Aaruush and Chakravyuh-the mechanical department symposium," says Activity Chairman Amit Suman. "We have about 10 more events in the pipeline," he adds.

ICCC' 10 - A platform to present innovative ideas

A Staff Writer

As part of the Silver Jubilee Celebrations of the SRM University, the Department of Electronic and Communication Engineering (ECE), SRM University Ramapuram campus in association with IEEE MTT-S, New Delhi, has organized the 1st International Conference on Communication and Computing (ICCC '10) was held recently. The main purpose of this conference is to provide a platform for a number of students to present their innovative research ideas

in a competitive atmosphere. Papers will be presented in the fields of communication, networking and VLSI with interesting applications that are practically realizable. An eclectic array of topics including the thought provoking concepts of face recognition, the challenges of network security and clever design of electronic circuits and medical applications will be witnessed. Over 75 papers on various innovative topics have been received from different universities across the country and abroad.

98th Indian Science Congress ...

↳ P1

The highlights of the Congress will be the national perspectives of different Scientific Departments of the Government of India, a Space Summit with the participation of major space-involved nations. In addition, 14 sectional sessions will be convened in parallel in the areas of Agriculture and Forestry Sciences, Animal, Veterinary and Fishery Sciences, Chemical Sciences, Earth system Sciences, Engineering Sciences, Environmental Sciences, Information and Communication Technology (including Computer Sciences), Materials Science, Mathematical Sciences (including Statistics), Medical Sciences, New Biology (including Biochemistry, Biophysics & Molecular Biology and Biotechnology), Physical Sciences and Plant Sciences.

The Children Science Congress is one of the important events of Indian Science Congress. It is a three day event that gives a wonderful platform to school children to showcase their innovative scientific projects. The activities for the three days will consist of talks by the eminent scientists, exhibition, workshops, "Meet the Nobel Laureates" programme is also being planned during the Children Science Congress".

Nobel Laureates, Dr. Venkataraman Ramakrishnan, Dr. Thomas A. Steitz, Dr. Ada E. Yonath, Dr. Martin Chalfie and Prof. Amarthya Sen will be delivering the special lectures during the Science Congress. Plenary and public lectures will be delivered by the well-established and scientists

of repute, Prof. C.N.R.Rao, Prof. M. S. Swaminathan, Dr. R. Chidambaram, Dr. K. Kasturirangan, Dr. K. Radhakrishnan, Dr. V.K. Saraswath, Prof. Sukhdev Thorat, Dr. Srikumar Banerjee, Dr. Baldevraj, Mr. R. Chandrasekhar, Dr. G. Madhavan Nair, Prof. S.K. Joshi, Dr. Shailesh Nayak, Dr. G. Sundararajan, Dr. V.M. Katoch, Prof. R.Ramamurthi, Dr. P.L. Gautam, Dr. Ajay Kumar Parida, Dr. Shrikant Anant, Dr. S.S. Parmar, Dr. Prahlada, Prof. U.C. Mohanty, Prof. S.K. Tandon, Prof. J. Roettger, Prof. Iain Reid, Prof. Hassan Bencheriff, Prof. Y.H. Chu, Dr. Eric Howard, Prof. Thomas M Murphy, Prof. Devendra K Agarwal, Dr. Pratap Challa, Prof. Kochi Kato, Dr. Jamboor Viswanath, Dr. Jens Wickpert, Dr. Hafiz Ahmed and several other eminent scientists. The faculty members, research scholars and students could submit their abstracts for presentation in the science congress. The last date for submission of abstracts is September 15, 2010 and further details can be viewed from www.isc2011.in In an era where 'Knowledge' is the key word, the Science Congress would rightly provide a platform for scientists of national and international repute to share their expertise as well as inspire and guide the young minds. The 98th Indian Science Congress will provide a great opportunity for the faculty members, research scholars and students to interact with the reputed and well established scientists and also to formulate collaborative research activities.

New leadership at E&T

Versatile academic and administrator assumes charge

The newly appointed Director (Engineering & Technology), Dr. C. Muthamizchelvan's association with SRM University dates back to 1985, when he joined as a lecturer in the Department of Physics in Valliammai Polytechnic. Since then, there has been no looking back for this man of deeds. He went on to join the Department of Physics in SRM Engineering College. Soon, he was entrusted with the responsibility of HOD, Department of Physics. At the same time, he looked after the University hostels. He recalls this period with fond memories since it gave him a better opportunity to interact with the students. His shift from academics to management of the University came in the form of COE (Controller of Examinations), a post he served for three years from June, 2003 to August, 2007. He became the Associate Director (E&T) in 2007. In June 2009, he attended the prestigious "Management and Leadership in Education" program at Harvard. Recently, he was promoted to the post of Director (E&T). **Ritika Agarwal and Deepak Pinninty of Spectrum interact with the Director to know more. Excerpts:**

Question: What has been your maxim in life?

Answer: Work hard with passion and do not get bothered about the results. Success and recognition will surely follow.

Q. What change has the University seen since its inception?

Ans. When SRM was established, the students were mostly from Tamilnadu and other Southern states. After the institution got the Deemed University status, it broadened its domain and began catering to students from all over the country. The induction of students from various states of India has brought more diversity and liveliness to the University.

Q. What contributes to successful teaching?

Ans. Flow of ideas should be a bidirectional activity. Students should make fruitful use of the interaction between them and the faculty. At the same time, the faculty too should be updated with the latest developments.

Q. How is teaching today different from that in

Today, the concept of Reverse Mentoring is taking roots. Faculty members should not only impart knowledge but also be receptive to ideas from students



Dr.C.Muthamizchelvan

yesteryears?

Ans. Today, the concept of Reverse Mentoring is taking roots. Faculty members should not only impart knowledge but also be receptive to ideas from students.

Q. How have the various courses evolved over the past years?

Ans. Courses today have become wider and broader in their approach. Earlier, streams were deeper in their approach and were well demarcated but today, courses have done away with boundaries and are encouraging students to interact with their colleagues in other branches.

Q. Please throw some light on the measures that you plan to take to increase interaction with students?

Ans. We plan to invite ideas from students, regarding the governance of the college. We also plan to hold monthly meetings with class representatives of each class so that we are able to get a first-hand feedback of the student body.

Q. What steps can be taken to improve inter-departmental interaction?

Ans. We plan to conduct Department-wise Achievement Expo where faculty and students of each department will get a chance to showcase their projects. It will also be an opportunity for other departments to learn from their peers.

Q. Any changes that can be

expected in the academic and examination pattern?

Ans. Although much remains to be chalked out, we have conceived the idea of introducing flexible credit-based system where students can study subjects of their choice irrespective of their branch. Secondly, we plan to introduce online examinations for subjects where it is feasible. Thirdly, plans are in the pipeline to invite guest lecturers from industry. Speeches of these eminent figures will be recorded and made available on the University website. Finally, to make placement information more accessible to students, we plan to start an online placement portal.

Q. How can students interact with you?

Ans. Students can e-mail me their suggestions and feedback using their official id (@srmuniv.ac.in). Using their official e-mail id is a healthy habit and should be inculcated by all.

Q. Is there any way in which SRM can reach out to communities inhabiting the area around the University?

Ans. SRM plans to start vocational training for people living around the University in order to provide them with better employment opportunities.

Q. In spite of your busy schedule do you get time to stay connected to the academia?

Ans. It does become very difficult to adhere to academics regularly. But there are 8 research scholars pursuing their Ph.D's under my guidance in the field of nanomaterials.

Q. Finally, we would be very glad to have a message from you for our student body.

Ans. The first requirement for success is passion for your work. SRM provides students with a plethora of opportunities. Instead of complaining about what the University lacks, students should exploit the multitude of opportunities available here.



Aaruush...Rising in the spirits of innovation

Rahul Walia

Aaruush`10, popularly known as Aaruush 4.0, is back with a new vigor and zest and is all set to bring together the best brains from the country. The mega event, which has already witnessed three successful editions listing its name as one of the best technical fests organized in the country, provides innumerable opportunities to students from all disciplines-engineering, management, medicine, art, to name a few-to exhibit their talent and prove their mettle amongst the best. It aims at providing students a platform to excel in their specializations and become a frontrunner in this competitive world.

Introduced in August 2007, Aaruush involved the active participation of about 2000 students, making it a grand success. Inaugurated by Honourable Dr. A.P.J Abdul Kalam, it left a mark with companies like Microsoft, Net link, Sun Microsystems, Yamaha etc and associative partners including Indian Youth Climate Network (IYCN) sponsoring the events under 7 different domains.

Aaruush`10 will be spread over four days from the 1st to the 4th of September, 2010 under eight regular domains which are 'Magefficie', 'Robogyan', 'Konstruktion', 'Yuddhame', 'Fundaz', 'Praesentatio', 'XZone' and 'Blue Book'.

This year's event promises to be a whole new package of "edutainment" and events which will be more exciting, challenging as well as entertaining. "If energy is the cause of our being, then conservation is the key to it", is the thought on which the theme of Aaruush 4.0 is based. "ACE-Aaruush for Conservation of Energy", the theme of Aaruush`10, is all about working more towards innovative ideas which are beneficial to society for solving problems faced by the current technology and industries.

Over 7000 national and international student participation is expected this time. This edition has been planned to include around 46 on-spot and online events, 5 workshops (robotics, astronomy, placement training, ethical hacking), exhibitions by renowned firms, guest lectures on biotechnology, astronomy etc, as told by Prof. A.Rathinam

SRM Baja team's design gets approval

R. Krishnan

The SAE Baja team of SRM University, Team Conrods, has qualified the design validation stage of the competition- Virtual Baja.

They were amongst the top 80 colleges which qualified out of the total 220 that participated. They are now in the process of fabricating the vehicle based

on the validated design.

The team is housed at the Maintenance lab and is given access to all the labs of the university on all days of the week.

Work on the first prototype is underway and they plan to finish the final chassis soon so that they have appropriate time for testing its various

(Convener- Aaruush`10). The registration for workshops is now open. Special events aiming ACE are solar powered home inverters, green building modeling etc. One event each would be hosted by renowned student organizations like SAE and AIESEC. One of the big attractions will be "AARUUSH MAIN QUIZ" hosted by Mr. Chetan Bhagat, author of some well known novels like "Five Point Someone" and "Three Mistakes of My Life". Three NGOs are AID India, Fifth pillar, CRY are confirmed for their activities like discussions, stalls, mutual benefits. Fun and game stalls would be put up during the event for those who might not have been a participant but still want to be a part of AARUUSH`10.

There is no stone unturned to create a buzz about the mega event in and outside the campus. Various road shows, graffiti walls, poster campaigns, promotional videos, promotion via media and social networking sites (Facebook and Twitter) have also been planned. To create awareness among the students of our own SRM University, exclusive Aaruush merchandise would be introduced by giants like Reebok. Students can now vote online for best Aaruush T-shirt design in "T-shirt designing competition". The best voted t-shirt would be available at subsidized rate of Rs.300. The core organizing team is set with moving ideas and the various teams like publicity, hospitality, operations, finance etc are at work to take Aaruush to next level and rewrite the words of triumph. Sponsors and students are invited into the event. Support and more ideas from each and every SRMite and its faculty would be appreciated.

For any information, you can log on to the website- www.aaruush.net

parameters in the rugged terrain. "The vehicle was showcased amongst other vintage cars at a show called 'Mumbai Express' on the 29th of July. That was a great moment for us," says Nishant Singh, SAE secretary and team member.

Team conrods have found sponsors in various categories apart from being supported by Red Bull and Eicher Motors Ltd.

TEDxSRM

X=independently organized TED event

Shreya Chandrashekar

TED global is an international platform for sharing and spreading one's ideas, be it on social issues or on how one has contributed to the society in a unique way. It brings together people from the three most important fields- Technology, Education and Design.

TEDx is a smaller version of the same, to give organizations and individuals an opportunity to spread TED- like experience at a local level.

This time, SRM University is all set to organize this event

and has tied up with a few well-known orators like Mr Pawan Agarwal of 'Dabbawalas' fame, Mr Sriram Ayer who runs a NGO called Nalandaway and Prithika Chary from Apollo Hospital.

According to Mrs. Anuradha Parakkat, Director of campus administration and student mentoring, it is high time, the students of SRM University 'gave back to the society' for the resources and facilities they have received from it.

The speakers will be enlightening us with what they have done for the society and have made a change.

...accent on holistic excellence

↳ P1

nanotechnology. It was during this time, that I was invited to become the Vice Chancellor of Bharathidasan University. After successfully completing my three year tenure, wherein I introduced innovative curriculum with skill based studies that was adopted in many universities across the state, I have come back to serve my University.

Q: What are the things that you are planning to implement in SRM?

A: First, I would strengthen the areas of research and virtual education. We have Dr. Dubey, our research advisor, who has initiated research in herbal based medicines. It is with his assistance that we have signed an MoU with 'Ayush'. He has also helped us in registering three global patents. I want to provide excellent health care facilities to the students and faculty of the University. My second initiative will be in the area of international relations. We have NEC as our initial partner to develop our research products as commercial products. The third initiative will be to introduce a four year B.S course in all the departments of Faculty of Science and Humanities as most of the overseas universities require a four year course in under graduation. This will

be implemented from the next academic year.

Q: As a person of immense qualifications, you believe in the concept of holistic development of students. Do you have any such ideas



Dr. Ponnaivaiko

for SRM?

A: As an educational institution, our task is to bring out the hidden potential of the students and offer them opportunities to develop their various faculties along with empowering them and giving them employment opportunities. I believe in taking technology to the common man for which the students and University have an important role to play. Universities should provide empowerment to those who cannot go for higher studies in the formal mode of education.

Q: Finally, what message would you like to give to the students?

A: Know yourself with your knowledge, Rule the world with love, Conquer yourself with your conscience, Let your prestige be your soul

Planning and perseverance lead to success : Aayushi

Aayushi Uberoi

Upon joining B. tech Bio-technology here at SRM I was introduced to the dynamic world of research. The concept of research fascinated me and with continuous encouragement from my parents and teachers, I started interacting with scientists and budding researchers. This led me to my first research experience at the Forest Research Institute of India. In the meantime, I also observed that while there is tremendous scope of research at the graduate and post-graduate level, there are limited opportunities at the Undergraduate level. One of the most prestigious research opportunities an Indian Undergraduate may get is the Khorana Fellowship open to M. Sc., M. tech and B. tech students which allows students to work for ten weeks at the University of Wisconsin, Madison. This is a venture to honor Nobel Laureate Dr. Hargobind Khorana and to foster scientific relations between India and the United States. With just fifteen spots open, it has always been a very competitive selection.

I realized that in order to prove myself to be capable enough for the International level, I needed to succeed at the National level first. By taking self initiatives, and with support from my department, I conducted

an individual research project which led to my first national paper presentation at the National Conference on Recent Trends in Environmental Biotechnology. Eventually, during my 2nd Year, I was successful in winning two of India's most coveted research fellowships offered by Indian Academy of Sciences, Bangalore and The Jawaharlal Nehru Centre for Advanced Scientific Research, Bangalore. I became one of the youngest and only students to win both the fellowships and received the opportunity to work under two of India's most prestigious scientists – Dr. Y. D. Sharma, Head, Department of Biotechnology, All India Institute of Medical Sciences (AIIMS) and Dr. Rita Mulherkar, Principal Investigator, Advanced Centre for Treatment Research and Education in Cancer (ACTREC), Tata Memorial Research Centre.

Working at AIIMS and ACTREC enabled me to identify Molecular Biology of Cancer as my primary area of interest. More than this, I learnt how to conduct myself in a laboratory and understand basic fundamentals of research and teaching. While at AIIMS I worked on recombinant DNA technology for production of Malarial protein, at ACTREC I worked on mutations of Epidermal Growth Factor Receptors (EGFR). With this experience, I was successful in becoming a Khorana Scholar.

There have been two things that have been responsible in making me successful in this endeavor – planning and

perseverance. With good planning I was able to take one step at a time and was successful in proving myself first at college level, then national level and finally international level. There were no shortcuts involved. Perseverance, of course helped me as my laboratory tenures were very hectic. I had to devote almost 60–80 hours per week with thesis writing as well. While these were successful in forging within me technical writing skills, I had to work doubly hard to keep up my academic scores as well.

None of this would have been possible without the support of SRM University, where I was encouraged to perform better continuously. My teachers helped me continuously when I missed on certain concepts because of my absence. I am extremely thankful to Dr. K. Ramasamy, Dean, School of Bioengineering, who motivated me to instill in myself qualities of a scientist. I dedicate this fellowship to my parents, who have continuously motivated me. I haven't been able to visit my hometown – Dehra Dun, since 2nd year as each time I was working in a laboratory. But in retrospect everything seems worthwhile as I have been rewarded for my efforts. I'd like to tell each and every student in SRM that if we have the drive and the optimism, nothing can stop us.

FORTHCOMING EVENTS

The tentative schedule for the year reads as follows :

1 - 4 Sep	: Aarrush
8 Sep	: SHURU
22 Sep	: Innominds Awards
25 Sep	: Tedx
8 Oct	: Launch of Adventure Club & Debate Club
11 - 15 Oct	: Inter house literary events
29 Oct	: Jhalak (inter-house cultural)
13 Nov	: Tarana (intra SRM)
26 Jan 2011	: Butterflies
23 - 25 Feb 2011	: Milan'11
25 March	: Gratitude Day

SRM Activities centre eyes innovative minds

Anuradha Parakkat

SRM University's Student Activities Centre springs back to activity for the new academic year with 'Innominds Awards'. SRM has initiated this event to recognize and reward thought leadership and innovation in today's youth. It serves as a platform for youth having an aptitude towards finding innovative solutions and creative ways to make the world a better place to live in. The first edition of Contest will witness participation from colleges across Tamil Nadu.

The preliminary round is an online contest and the nominees need to post their entries for the four categories, which would be shortlisted by a panel of eminent judges. Five shortlisted nominees will be invited for the ppt presentation to present their entries to a final panel of distinguished judges and to a live audience during the Awards function on 22nd September 2010.

Dr Kiran Bedi, IPS (1972 -

2007), former DGP (Bureau of Police Research and Development) & Chairperson of India Vision Foundation would grace the occasion as the Chief Guest and give away the prizes to the winners.

The good news doesn't stop there. SRM University has procured the license for TEDx and is organizing TEDxSRM on 25th September, 2010. The theme of the event is 'GIVE BACK'. With topics ranging from Caring & Sharing, Healthcare and Education to 'Thinking differently', this event is definitely going to pick up momentum leaving the audience to crave for more such events. Some of the speakers at TEDxSRM would include Ms Ambika Kameshwar from RASA, Mr P Sainath from The Hindu, Mr Sriram Iyer from Nalandaway and Mr Pawan Agrawal from Dabbawalas. The Cultural Event for Freshers, SHURU is scheduled on 8 September 2010. Get ready with your bands & zeal. The houses for the first years will be announced.

SRM Bio-tech student bags Khorana Fellowship



A Spectrum Reporter

Aayushi Uberoi, B. tech Biotechnology, 4th Year of SRM University has been awarded the prestigious Khorana Fellowship to undertake research at University of Wisconsin, Madison for a period of ten weeks. University of Wisconsin-Madison (UW), the Department of Biotechnology

(DBT), Govt. of India and Indo-US Science and Technology Forum (IUSSTF) are partnering to support the prestigious Khorana Program for Scholars named in honor of Dr. Har Gobind Khorana, who won the Noble Prize in 1968 for his work at the interface of chemistry and biology while a member of the UW faculty. The Khorana Program will provide opportunity to Indian

students to undertake research at University of Wisconsin-Madison (UW) in Summer 2010 for a period of 10 weeks. Apart from the research experience, the fellowship covers a stipend of \$4000, Accommodation and airfare. A total of fifteen students have been selected from all – over India from B.Tech, M.Tech and M.Sc. students currently enrolled in

recognized institution of higher education in India in the areas of Biotechnology including agricultural, health and biomedical sciences. Aayushi is one of the three 3rd Year B. tech students to be selected for the honor and has opted to work in the Department of Oncology, on Epidermal Growth Factor Receptors.



FRESHERS AT THE SRM FAMILY...

A Spectrum Reporter

The setting was different in the various campuses, be it Kattankulathur, Tiruchirapalli or Modi Nagar but the enthusiasm of the students—mixed with anxiety of parents and wards leaving behind their loved ones—was the same.

A new beginning with a fresh dose of

zeal on the part of the freshers; and some words of advice and caution from the top administrators of the SRM Group of Institutions like the Chancellor, the Pro Vice Chancellor, the Provost, the Registrar, the Director and the Deans and the various Heads of Departments.

At Kattankulathur the incoming students were given general disciplinary instructions, examinations' instructions, explanation

of the B.Tech curriculum, campus life, library resources, soft skills and placement issues, health issues, security issues and measures taken to prevent ragging on campus, sports facilities, and the international relations training program offered by SAP (Student Abroad Program) and FAP (Faculty Abroad Program).

The scene was not much different at Valliammai Engineering or the TRP

Engineering College at Tiruchirapalli only that the Trichy Campus welcomed the first set of Freshers who are affiliated to the Anna University of Technology, Tiruchirapalli. Five branches are being offered at Trichy—Civil, Mechanical, Electrical and Electronic, Electronics and Communication and Computer Science and Engineering.

Capturing the scene at the various places...



FSH inducts new students

Jasmine Mohammed and Sudipta Saha

When new students stepped in to the portals of the Faculty of Science and Humanities,

they were advised to acquire the 'Right attitude, Knowledge and skills' in order to achieve success. Stating this, the chief guest Mr. M.P Saravanan, General Manager of HR, Tata Consultancy Services added that the students have selected the right

institution and they should strive hard to achieve their goals the Fresher's Induction of Faculty of Science and Humanities.

On this occasion Provost, SRM University Dr. M.Ponnavaiko said, SRM

is a knowledge park, where the students can acquire quality education. To know, to do, to live together and to aim be the four pillars of education, he explained. Delivering his Presidential address, Dr. R. Balasubramanian, Director, FSH said,



parents have put their wards in the right institution, where academics, sports and cultural recreations have much importance. This academic year BBA, B.Com and Bsc.Visual Communication were the most in demand courses.

Dr. C.Muthamizhselvan, Director of Engineering and Technology, Dr. K.Sengotti, Dean FSH and Dr.Anuradha Parakat, Director for Corporate Affairs and Student mentoring were also present in the function.



Making the road a safer place

A Spectrum Reporter

Over 2000 first year engineering students attended a programme on road safety and first aid awareness conducted by Puthiya Thalaimurai Vasagar Vattam and St. Johns Ambulance Brigade in association with the National Service Scheme of SRM University on 6th August at Dr. T.P Ganesan auditorium.

Qualified experts from St. Johns Ambulance Brigade demonstrated on how to react to road accidents, methods to move casualties to a safer place using limited resources, examination and diagnosis, application of first aid and other important techniques to handle a casualty.

Addressing the students, Dr. T.P Ganesan, the Pro Vice Chancellor said "We are losing students at the ratio of one every three months in our university". An insurance scheme is now being provided for both employees and students of the university. "Every development brings along certain amount of environmental degradation. To avoid further accidents, we are planning to ban the use of powered vehicles inside the campus", he added.

Dr. C. Muthamizhchelvan, the Director of Faculty of Engineering and Technology explained various reasons for road accidents, such as over speeding, bad roads, not wearing helmets and so on. "Safety is the first and foremost requirement for any activity. Everyone must have good driving habits", he said.

Dr. D.V. Venkatagiri, the secretary of Puthiya Thalaimurai Vasagar Vattam gave the welcome address and spoke about the magazine with respect to Indian journalism. The programme ended with a quiz conducted for the students based on the information given during the demonstration.

Focus on bio-engineering at global meet

Professors brainstorm at 3-day conference

Priyanka Prasad & Shruti Iyer

Three days of scientific brainstorming sessions culminated in heartfelt felicitations, as the International Conference on Bioengineering (ICBE) 2010 drew to a successful close on the 31st of July.

Spanning a course of three consecutive days from the 29th to the 31st of July, the conference was organized by the Department of Biotechnology, School of Bioengineering led by Dr. Mohammad Ali. The conference dealt with six major areas of bioengineering viz. tissue engineering, biomedical engineering, biorefinery, drug design, food process and, cancer and neurobiology, on which each of the six foreign delegates who graced the conference, gave a talk.

The inaugural address was given by Dr. V. Kumaraswamy, who was the chief guest for the first day. He had served in WHO, Geneva, for a few years before taking up his current post in the Tuberculosis Research Centre. Preceding the inaugural address was the presidential address,



The Provost and Registrar interacting with delegates to the conference.

given by Dr. M. Ponnaivaiko, Provost, SRM University.

Dr. Birgit Kamm, Professor FI BIOPOS e.V. & BTU Cottbus Research Centre, Teltow-Seehof, Germany, gave the inaugural lecture. She spoke on the Recent Developments of Bio-Refinery Concepts. Dr. C.A. Reddy, Professor, University of Michigan, USA gave the closing lecture of the day. After a small interval, the cultural show scheduled for the evening began. A dazzling exhibit of music, dance and ethnicity, the School of Bioengineering proved

their capability of whipping up splendid shows. A plethora of events was performed in a time span of three hours. From a fashion show to classical music and dance, from jazz to standup comedy, from a band performance to music with only a guitar and utensils sans other instruments; the show was a huge success. A surprise performance by Mr. Santosh, Asst lecturer, Department. of Biotechnology, coordinator of the cultural show, made everyone's evening. The second day's plenary session began with Dr. John. L. Ricci, Professor, New York University,

USA giving a seminar on "Bone Tissue Engineering: Scaffolds and Bone Repair in Craniofacial Area". This was followed by technical sessions that included paper presentations.

After the lectures came the poster presentation. Projects and review papers were presented by students, in the form of posters, in the auditorium hallways.

Day three of the conference began with the plenary speech given by Dr. K Niranjan from the University of Reading, UK. He spoke on the topic "Creating food structure out of thin air". Following this were lectures on food process and, cancer and neurobiology.

In all, 143 abstracts were presented; 26 oral and 117 in the form of posters. The conference came to an end with a valedictory function to felicitate those who excelled in the oral and poster presentations. Some of the winners were, Bhoomita Devi, D. Senbagam, Dr. B. Uma, Ram Kumar Pandian & M Swetha, Chandran Elakkiya & Y Vignesh Kumar, V.Sreeja & Dinesh Kumar, & Ananthi.

Meet highlights industrial biotechnology

400 students exposed to career options

A Spectrum Reporter

The School of Biosciences, SRM University, Ramapuram Campus, Chennai – 600 089 organized a national symposium "Metamorph'10" on Recent Developments in Industrial Biotechnology" on 23rd July 2010 along with Shri Meera Biotech Pvt Ltd (SMBPL). The event was inaugurated by the Chief Guest Mr. S. M Chithambaram – CMD – Shri Meera Biotech Pvt Ltd along with the Vice Principal Dr. L. Antony Michael Raj, Dean Dr. Y. Rajalakshmi and the convenor Dr. Narendra Sivaswamy – Chief Shri Meera Biotech Pvt Ltd.

In the inaugural talk, Dr S Bala Subramanian, Founder and President, VBRU Biotech,



Dignitaries gracing

Michigan USA emphasized on the prospects of Drug discovery serving mankind.

Dr S Kavitha, Senior Scientist, Frontier Lifeline, Chennai on her keynote address discussed on broad opportunities for life science graduates in stem cells.

Dr R Sarath Babu, CEO, Vegensa Biosolutions, Hyderabad on his special address, he stressed

prospects of Biosensors and its future trends of it. Dr P S Bhattacharya, VP (Biotech), J K Agri Genetics Ltd, Hyderabad emphasized on GMOs : Genetically Microorganisms, Its present status and future prospects in india

Dr C N Manoj, CEO, Pelican Biotech & Chemicals Lab, Kochi highlighted the prospects

of Chitin. Dr S Subramaniane, AGM (Biotech), Unimark Remedies Ltd, Ahmedabad gave a speech on Industrial Biotransformations

Dr. Anu Suresh, a resident of Fremont, CA, USA explained the concepts of BioNanotechnology including Entrepreneurship, positions in Manufacturing Support, Research, Training and Education Around 400 participants from colleges in and around the state participated in the programme. The symposium exposed the participants to wide range of career progress available for life science students in Industrial Biotechnology. During the concluding session, the participants appreciated the theme of the symposium and requested for more number of such programs in the future.

SRMSAT comes up with brand new developments

Trisha Anand

The SRMSAT team is on a roll since its return from the esteemed Indian Small Satellite Systems Conference-1 [ISSSC-1]. SRMSAT team was one of the 8 teams that presented a paper from the 23 universities invited for the conference. The SRMSAT design team received a good feedback and was considered on a par with the Indian Institutes of Technology (IIT Bombay and IIT Kanpur) counterparts. The team was credited for its design and not on just procuring and fixing components.

STUDSAT, another satellite designed by students from Bangalore and Hyderabad, was launched on 12th July, 2010. This is the second small satellite being launched by ISRO in collaboration with Universities, the first one being ANUSAT, Anna University satellite.

Four papers from the SRMSAT team have also been selected for the 61st International Astronautical Congress organized by International Astronautical Federation (IAF). The Congress is to be held between September 27 and – October 1 2010 at Prague, Czech Republic.

With the encouragement of the Chairman of ISRO, the plans are now extended to designing a standard satellite so that different payloads are put onto spacecraft as a continuing experimental students' satellite



plan. The bus will be able to offer power generation volume accommodation, communication and safe travel to payloads for multipurpose applications. In this regard, standardization process is going on in the subsystems. Dr. D.V.A. Raghava Murthy, Director of small satellites, ISRO was here on a recent one day visit to SRM on 22nd June. He reviewed the models and progress of each subsystem

Four papers from the SRMSAT team have also been selected for the 61st International Astronautical Congress...

closely. The solutions for the problems being faced were discussed. There are many new developments sprouting up. The proto model of the structure has been designed and fabricated and is being tested here at the lab. It is life size and enough to lift the ongoing vigour to the next level. The algorithms, hardware, components are being tested critically in the satellite lab. Among the new facilities coming up, a clean room is going to be set up in the university building. The ground station is also going to be realized soon. The Satellite team has also come up with a website where one can view the developments and even communicate with the team. The URL is www.srmsat.in.

SRM-at-UCO



Four students from the Dept. of Journalism and Mass Communications of the Faculty of Science & Humanities spent a semester at the School of Communications of the University of Central Oklahoma.. Braving the cold at Edmund, Oklahoma from left to Right are Rahul Preeth, Prashanti Ganesh, Harish Murali and Anuj Srivas.



L to R: Mr. Narendra Prasad, Satish Kumar M, Prof.R.Venkataramani and Mr. Pradeep

Now it's all about . . . working out!

Varsity to renovate and expand gymnasium at Kattankulathur campus

Tirthankar Jana and Trisha Anand

Youngistaan is no more the fast food junkie. Students at SRM University's Kattankulathur campus are turning fitness conscious, as they visit the gymnasias more than ever. The boys and girls gymnasias witness a regular turnout of 300 and 50 students per day respectively. The notion of 'boring' has now transformed into the 'feel good factor' of daily routine.

"Visiting the gym makes me feel great. I am not able to believe the rate at which my weight has started reducing since I started coming here," exclaims Swapnil Srivastava.

"Regularity is the key to fitness," agrees Mahua Das. The gymnasias are equipped with modern machines and instruments including tread mills, cycles, twistlers, multi-gym, abdomen board, flat bench, triceps machine, butterfly machine, steppers, arm string machine, leg press machine, weight lifting set, dumb bells. The new additions to the boys' gym include a bench press machine, a forearms machine, a sitting bench and weightlifting sets. There are plans to get tread mills and an elliptical also.

"The gym has come a long way since the last year with many new types of equipment," confirms Suman Saha, a regular to the gym. R Keshavan, who joined recently, says, "It feels good. My body feels light after each workout."

"Equipments are of good quality. I mostly go for tread milling or cycling, but we do miss music in here," say Smridhi Krishnan and Karishma

Mohanty, regular gym-goers.

"A regular work out is enough to raise all eyebrows in the vicinity. An air-conditioned gym will be a fitness freak's dream fulfilled, and will increase the turnout even more," quips Ved Prakash Chaudhary.

The boys' gym is managed by Mr. Narendra Prasad, the gym trainer, and the supervisor, Mr. Theendayalan. The girls' gym is managed by Ms. Shivasankari. Mr. Prasad and Ms. Shivashankari were champions at the State and National levels in weightlifting.

Talking to Spectrum, both suggested that youngsters should begin with warm-up exercises to 'wake up' the muscles and then go in for additional exercises for specific body parts. Later, they can be helped with techniques for the specific areas they choose. "A balanced diet is necessary while dieting is a big no-no," they emphasised. Sathish Kumar M, a final year student, won gold medals in Tamil Nadu Inter-Engineering Competition '09 in weightlifting, men shot put and Best Physique categories. He stood fourth in discus throw.

During a recent visit to the boys' gymnasium, Prof. R Venkataramani, Director, Campus life, said, "There are plans to extend the gym space and activities."

"The gym was opened in 1990 not only to improve physical fitness, but also to prepare students mentally for the hardships of life. Gym facility is available free of cost to all hostellers and day scholars from 6 am to 8 am and from 4 p.m. to 8 p.m. We plan to spend Rs 10-15 lakh this year on renovation of the gymnasium," he added.

R'Puram students hold cultural extravaganza

Nobody is an orphan as long another man lives in this globe : Partheban



Dance Competition

Mithila Kannan

Mr. Partheban, a well known Actor and Director who was the Chief Guest for the Culturals at SRM University, Ramapuram. "Manidha Neyya Mandram" a human welfare association run by the actor Mr. Partheban is manifestation of this simple philosophy. In a quick interactive session, students raised questions related to his career in cine field and as a social worker and got to know the actor better.

All this and more came by way of an intra-college cultural extravaganza organized at SRM University, Ramapuram Campus, the grand finale of which was at the Open Air Theater.

Events of various categories were conducted. These included: wall painting, glass painting, pot decoration, Cooking, Mehendi, Rangoli, Treasure hunt, short film making, etc. Of all the events Treasure hunt witnessed the highest participation of about

500 students. Short Film Making was the most attractive event, the judges of which were from 'SRM Shivaji Film Institute,' Chennai. A website was also launched for the same,

URL : www.stringz10.tk

The battle of the 4 houses viz., Agni, Aakash, Trishul and Prithvi started off with Dr.S.Ponnuswamy, Controller of Examinations, SRM University, inaugurating the function

with the traditional lighting of the kuthuvilakku. Director Mr.V.N.Pattabiraman and Vice-Principal Dr.Antony Michael Raj, felicitated the event. Dr.L.Sudha, Convener Stringz' 10 gave the welcome address.

The momentum was given through Classical Solo dance from Prithvi house. The first on stage event of the day was skit and mime that were played by the heroes, heroines and villain



Dance Competition

characters of SRM Ramapuram. The judges were Mr.Mahendran ,a child artist who worked in more than 132 movies and Mr Jay , a dancer from the show 'Mastana Mastana and an upcoming artist'. Trishul emerged as winner.

Solo and group dance followed and the audience just couldn't keep their feet on the ground. Both first and second place were bagged by rising flames of 'Agni House.' The event had three famous judges. Mr.Dinesh, a well known Tamil film choreographer (done for Pokkiri, Vettaikkaran, Paiyaa, Aayirathil Oruvan and Suraa, his upcoming project Endhiran) and the other two were dance stars Ms.Krithika and Mr.Rehman. In group dance, 'Trishul House' emerged winners yet again. Hats off to 'Trishul.'

The hottest event of the day was the "band performance." A perfect blend of pitch, rhythm, dynamics and pure talent left Mr.Lakshman of 'Lakshman Sruthi Musicals' along with Ms.Priya Hemesh (singer of Miya miya Poone from Kandhasami) awestruck. The judges were completely mesmerized by scintillating performance by Prithvi house which obviously

emerged victorious. Mr.Lakshman entertained the crowd with his humour and Ms. Priya also gave host performance.

Do you know which was the most awaited event of the day? Yes, your guess is right: The Fashion Show. The event was a super-duper hit as all the four houses came up with brilliant themes. The dudes and dames of our campus set the ramp on fire. The judges were Mr.Rohan Dhanraj and Ms.Ayesha, free lance fashion analysts who worked for GUCCI, VERSACE and other big companies.

The Chief Guest for the evening was Mr.Ahathian, Director and Producer of many path breaking movies, who graced the occasion with his presence. He gave away the prizes for the winners and motivated the students to take an active part in extra curricular activities and develop on their creativity and talent. Finally, the overall champions were declared. It came down to a fierce battle between 'Prithvi' and 'Trishul' and to everybody's happiness, both houses shared the Trophy!

This was not something that just sprouted up in a jiffy. It was seeded, watered with care by the staff coordinators and the students. Dr. L.Sudha, Head of Department /Physics and Mr. J. Dilipan, Head of Department/ M.C.A were Convener and Co-Convener. Kumaraguru Loganathan and Bala Murugan of B. Tech (I.T, III Year), were student Convener and student Co-Convener for Stringz 10.

There was convergence of creative ideas, hard work and team dynamics. It is all memorable for everyone!



Niranjan Shivakumar son of our Pro Vice Chancellor/SRM University, discussing the activities of "Manidha Neyya Mandram" of the actor Mr.Partheban. Niranjan Shivakumar has just completed his schooling.

A Staff Writer

In commemoration with the Silver Jubilee Celebrations, Amudhasurabi function was recently celebrated at MBA Seminar Hall. The main objective of this function was to distribute food and clothing to 1000 needy persons, the breakdown being 750 boys and girls, 100 adults (Male & Female) and 150 differently abled children belonging to 9 organizations:

Sivanandha Saraswathi Sevashram, Kattankulathur, Little Flock Children's Home, Kondamangalam, Maranatha Arch Child Home, Maraimalai Nagar, Udhavum Ullangal, Gokulapuram, Guild of Service, Annanagar West, Silson Gold Kudil, Vallam, Maithree Special School, Tambaram, Bala Vihar, Kilpauk, Chennai, Child Care Charitable Home, Malrosapuram

Prof.Dr.N.Chandraprabha, Associate Director (Health Sciences) welcomed the gathering and the function was presided over by Prof.Dr.T.P.Ganesan, Pro-Vice Chancellor (P&D).

In his presidential address he highlighted the importance of this particular event which was the most joyful and satisfactory celebration among all the celebrations of the Silver Jubilee

Reaching out to the needy



The Pro-Vice Chancellor Dr. T.P. Ganesan, Prof.Dr.N.Chandraprabha, Associate Director (Health Sciences) and Prof. Dr.A.E.Leenus Martin with differently abled children

year. He distributed clothing and food to differently abled children and adults. Children from Maithree School and Guild of Service, Annanagar performed beautiful cultural programmes and participants were honoured with momentos

by the Pro-Vice Chancellor.

Mrs.Lakshmi, Headmistress Maithree School expressed her gratitude to SRM University in general and College of Physiotherapy in particular for their continuous support to the School. The faculty and students of College of Physiotherapy are regularly attending to the rehabilitation programmes of the children and it was assured by the Associate Director (Health Sciences), the School will be supported continuously with required services. Maithree, Sivanandha and Guild of service students were brought to the Auditorium for this function, food and dress were distributed simultaneously to the rest of the organizations with different group of people at their respective places. Faculty and student Volunteers from College of Physiotherapy, College of Nursing, Department of Community Medicine, SRM Medical College Hospital & Research centre and SRM Engineering College participated with lot of enthusiasm and involvement. Prof & HOD Dr.A.E.Leenus Martin proposed the vote of thanks.

A Staff Writer

The Swadeshi Jagaran Manch(SJM), Chennai in association with SRM University, Vadapalani campus, Chennai organised a "symposium on Indian Entrepreneurship" to mark the occasion of "PAATHAI-PAYANAM-PAARVAI", on 30th July 2010 at SRM university, Vadapalani campus.

The program started with the welcome address by Dr.K.Duraivelu, Dean (E&T), SRM University, Vadapalani campus. He focussed on the importance of self employed and entrepreneurship.

The key note address was delivered by Mr.Rama Nambi Narayanan, state organising secretary, SJM, TN."Individual should be focussed in life and also to succeed in life, one should remember their past experiences which gives them an insight," said Mr.Narayanan.

The Chairman, Trisakti Group

Symposium On Indian Entrepreneurship



of companies, Dr.Trisakti Sundar Raman briefed on "Essentials of Entrepreneurship". Mr. Raman said "Our epics have every aspect of life which we need in today's world, but which is not given the right importance. He also told "The right way in which the students should be trained to make them worthwhile" which is lacking in today's educational system. Understanding the

other person's requirements and fulfilling those is one best tactic to succeed in anything," said Mr. Raman.

He also advised the future entrepreneurs "To compart mentalise the problems" which will give them the right view in solving their problems.

Dr.Gayathri Balasubramanian, Director, Investswell Group of

companies, Joint secretary, EKAL Vidyashram distributed the Swadeshi Entrepreneur awards to the Swadeshi Entrepreneurs,"Mr. Paku Sastry, Swasthik Sahits Solutions;Mr.Sudhakar,Sri Padma Publications;Dr.Charles John Baskar,Geomarine Biotechnology;Mr.A.GopalaKrishnan,G ana Mukundhapriya;Mr.S.Sivama,selectt Engineering;Mr.V. Ramasubramanian,Risk Advice and Management services; Mr.S.Anser Khan, New Metro; Ms.Divya Mittal, Law Labz; Mrs. Radha Masilamani, Greenica Organic Bazaar; Mr.Prasad, Alfa Business system; and finally Dr.Trisakthi Sundar Raman, Chairman Trisakthi Group of companies and felicitated them.

She focused her speech on "how to be focused in life, how to manage failure", introspectionof the failures and continually correcting the problems which will lead any person to success, she added.

A special address was delivered

by Shri.Krishna.Jagannathan, Research Scholar, and Vidya Bharati in which he enlightened the crowd with his humorous explanations about the importance of our culture. He also spoke about our traditions and culture and stressed on the ethics for people."Our culture is changing at a geometric rate towards westernization" which is pathetic said Shri.Krishna Jagannathan.He concluded his speech saying that "We should sacrifice something to be successful".

The students participated actively in the interaction session "Jobs Vs Entrepreneurship" which was led by Ms.Divya Mittal and Mr.A.N.S. Vijay from Law Labz, Chennai.

Then, Dr.Prasad, Faculty, Sastra University took the opportunity to explain the "Indian Business Models" The program ended with Vote of Thanks proposed by Dr.S.Gayathry, Faculty, SRM University, Vadapalani Campus, Chennai.

A Staff Writer

Sakthi, D. and Vetrivel, S.M., III-MCA (2009-2010), Engineering and technology, SRM University Students have formed a team in the name of 'TRP'.

The 'TRP' team includes 80 students from different departments in the different colleges under SRM group (VEC, VPT and SRM University).

The 'TRP' team established the meaning of success by their aggressive participation in various Competitions.

The 'TRP' team out performed from among 4,200 students from various institutions (VIT, Satyabama, NIT-Trichy, St-Joseph,

PSG Tech, Vel Tech, Anna University-Chennai, Madurai kamaraj University, Pondichery engineering college, Etc...)

They won 32 prizes and 4 special awards in 14 different College Symposiums and cultural Events (National and state level) all over tamilnadu.

Question: How did you get this plan and what is the target of your team in the beginning?

Answer: Fear... each and Every other college and their students to get a fear of losing to talent (SRM), hence we brought each and every talented students of SRM, out.

Q: what difference do you find between SRM and other colleges?



Vetrivel, S.M., Sakthi, D.

TRP Team Succeeded The Success



The team with the Chancellor

A: There is nothing to compare we are very best in every stream. We realize this when we saw the poor performance of other students in different colleges.

Q: what would be your suggestions to your juniors?

A: Proficient winners are Experienced losers, so learn to love your failures and pain, acquire the art of converting them into victory and make it useful for others.

Q: How has SRM helped in this initiative?

A: The name SRM alone is enough to achieve the world. We experimented that we experienced success anywhere and everywhere we went.

Q: Tell me something about your experience?

A: If our team (SRM) enters it creates a fear among the other competing teams, which we maintain by our consistent performance. But this was not so easy, It took lots and lots of strong commitment from us. We still remember when we both spent sleepless nights in collecting students and training them for the respective competitions, That too out of station competition was so hectic. Food, accommodation, Sleep was always a big problem for all of us, anyhow all our hard work have given us lots and lots of things to smile now. Thank you SRM.

Achievements:

Awards:

1. 'Star of the event' in asterix-09, Madurai kamaraj university, Madurai.
2. 'Guest dancer award' in asterix-09, Madurai kamaraj university, Madurai.
3. 'Overall best performer award' in NIT, Trichy.
4. 'Best PRO award' in KCG Tech, Chennai.

Prizes:

1. NIT, Trichy.
 - Foxed - First
 - Clueless - First
 - Jot-d-Not - First
 - Biz-Buzz - Second
2. Madurai Kamaraj University, Madurai.
 - Byte seek - First
 - Word Hunt - First
3. Pondichery Engineering college, Pondichery.
 - Wizard - First
 - Capture & Xplore-First
4. Vels University, Chennai.
 - Ad zap - First
 - Paper Presentation-First
 - Collage - Third
5. MGR University, Chennai.
 - Debugging - First
 - Ad zap - First
 - Ad zap - Second
 - Paper Presentation - First
6. A s a n M e m o r i a l Management, Chennai.
 - Marketing - First
7. Ramanujar Engineering College, Chennai.
 - Ad zap - First
 - Debugging - Second
8. KCG Tech, Chennai.
 - Ad zap - First
9. TJ Institute of Management, Chennai.
 - Shipwreck - First
 - Ad zap - Second
10. Eswari Engineering College,

- Chennai.
 - Ad zap (09) - First
 - Ad zap (10) - First
- 11. Ethiraj College For Womens, Chennai.
 - Ad zap - First
 - Quiz - Third
- 12. Adhiparasakthi Engineering College, Chennai.
 - Quiz - First
 - Multimedia Presentation - Third
- 13. Karpaga Vinayaga college of Engineering & Technology, Chennai.
 - Paper Presentation - First
 - Mock-Interview - First
 - Face Painting - Second
- 14. Alpha Arts and science College, Chennai.
 - Collage - First
- 15. Southern Railway-Safety Campaign.
 - Caught wrong foot on - First

Prize/Award Winners:

SRM University:

MCA: Sukumar.M Sairam.D Rajesh.V Sathya.R Giridhar.V Madhu smita rout Soumiya.R Vetrivel.S.M Satya rajasekar.R, Firoz.SK Sanjit kumar dutta Danesh. S Vanjeeswaran.S Gupreet Singh, Vetrivel.S.M Sakthi.D Ravisundar.S, Raja kumar.M, Shivakumar.H, Abishek saha, Hithesh Pandey, Surya prakash.G, Alagu raja.R Piyusha, Nividetha, Ranganathan.R, Hemamalini. U, Gohaniha niharika. M.Tech: Govardhani.E, Nimisha parekh B.Tech/B.Arch: Shiva vikranth. R. Vijaya Prabakar. V.Sruthi nividetha M.Mohamad abrar S.Suganya. V.Shalini Kumar.M

Valliammai Engineering College: Elango.M, Kishore.G.

Valliammai Polytechnic College: Manivannan.R, Rajesh.S

Vadapalani students get to learn about ethical hacking

A Spectrum Reporter

With a difference, The 2nd year students of SRM Vadapalani organised a seminar for their juniors. The seminar 'Hackademy' was on ethical hacking, which gave the students an insight into computers, internet and hacking. Dignitaries such as the dean, and the HOD I/C of

ECE department attended the seminar which was inaugurated by the dean. In his speech he thanked the 2nd year students for organising an informative event which was attended by more than 150 students.

The organisers of the seminar Aishwarya, Narayan and Kshitij are 2nd year ECE students of SRM Vadapalani. It begun with

Aishwarya differentiating between Hacking and cracking, She also gave the basics and detailed the students about different types of hackers. Kshitij took over the seminar giving tips and tricks which the students found spectaculating. While dealing with topics such as google hacks, e-mail merging, virtual drives, Trojans, phishing and other various fields related to

'Hackademy' was on ethical hacking, which gave the students an insight into computers, internet and hacking



hacking he stressed that the local ip address of a computer can be used to locate and identify the computer. The students reciprocated by firing questions at the speakers touching various topics and the speakers were amused by the active response from the students.

The Dean, gave away momentos to the organisers and appreciated the organisers and the volunteers for putting up a great event. The seminar ended with the vote of thanks by Mrs. Shirley Edward, in which she Thanked the Dean and the SRM management for their support.



The Chancellor with Chess and Table Tennis Players

All India Inter-Colligate Chess and Table Tennis Tournament - 2010

Organized by Christian Medical College, Vellore.

From 15, 16, 17 July 2010

Table Tennis (Men)

Quarter Final

SRM University Beat VIT University
Score: 2 - 0

Semi Final

SRM University Beat Vivekananda College, Chennai
Score: 2 - 0

Finals Result

SRM University Beat SBM Jain University, Bangalore
Score: 2 - 1

Players Name: Vivek, Ajay Mahesh, Adithya

Chess Men

7 Teams are participated in non medical session, 6 Rounds

Final Result: SRM Secured 5 points and Won the Title

Players Name: Arun Karthik and Arvin Subramanian

SRM bags SDAT award

Sports Development Authority of Tamilnadu, Government of Tamilnadu awarded cash prize and trophy to SRM University for the outstanding performance in sports

SRM University, the Pioneer Institution in the field of education has achieved a unique feat in the field of sports, during the academic year 2009-10. It is the only University in Tamilnadu which won Gold Medal in All India Inter University in

Volleyball and bagged Bronze medal in All India Inter University in Ball Badminton.

Sports Development Authority of Tamilnadu (SDAT) awarded cash prize Rs 65,000 and Trophy to SRM University for producing outstanding sportsman for the year 2009-2010.

Chancellor of SRM University blessed and wished them to rewrite history in the field of sports in the coming years.



Dr.T.R.Pachamuthu, Chancellor and Director of Faculty of Science and Humanities and Sports with University players after winning the SDAT trophy.

29th Bhatt's Memorial State-Level Ball Badminton Tournament

SRM Arts and Science College won the 29th Bhatt's Memorial State Level Ball Badminton Tournament for the fourth consecutive year.

SRM beat SDNB. Vaishnav College 2-1 (29-20, 25-29, 29-22) in the finals. Shindhubharathi played exceptionally and set the game for the winners. SRM Arts & Science College had marched their way into the finals after beating Sriram Arts & Science College in the Quarter finals and MOP Vaishnav College in the semifinals. Shindhubharathi was named the player of the tournament.

Players name List

Shindhubharathi
Sharmila
Suganya
Pavani
Seethaladevi
Karpagam
Suja.RI



The Principal of SRM Arts & Science with the women's ball badminton team

Score Details

Beat MOP Vaishnav Arts College
Score: 29/17, 29/18

Quarter Final

SRM Arts & Science College
Beat Sri Ram Arts College
Score: 29/10, 29/8

Finals

SRM Arts & Science College
(Defending Champion) Beat
SDNB Vaishnav Arts College

Semi Final

SRM Arts & Science College Score: 29-20, 25-29, 29-22

State-level 28th Ball Badminton Fives Tournament 10

Organized by Nagai Ball Badminton Association, Nagapatinam on 17th and 18th July 2010

SRM University Beat BBC, Thanjavur
Score: 29/10, 29/15

SRM University Beat RBBC, Trichy
Score: 27/29, 29/20, 29/19

League Result

SRM University Beat RRC, Dindugal
Score: 29/20, 29/10

SRM University Beat GORC, Nagapatinam
Score: 29/15, 29/18

Finals Result

SRM University (Defending Champion)
Beat PBBC, Palani
Score: 29/10, 29/25,

Players Name: Madan,Prabhakar,Saravanan, Manjunath,Sathish,manobharathi,Sathishkumar,Thangapandain

Totally 18 Teams are Participated, Last Three years Consecutive SRM University Champion is this Tournament



The winning SRM Men's Volleyball team.

State-Level A.Veeraiya Vandayar Memorial Volleyball Tournament

Organised by A V V M Sri Pushpam college, Thanjavur
Date : 9th and 10th August 2010

Match Result

SRM University Beat Bharat Arts College
Tanjore
Score : 25 - 6, 25 - 12

Semi finals

SRM beat AV College, Mayiladurai
Score : 25 - 11 , 25 - 14

Finals

SRM beat Sathyabama University
Score : 20 - 25, 19 - 25 , 25-18 , 27- 25 , 15 - 8



The Chancellor and the Director of Faculty of Science and Humanities and Sports with the men's ball badminton Raw

FREEWHEELING

SPECTRUM



Alone but not Lonely... *autobiography of a non-vacationist!!*

Trisha Anand

“Atkan Matkan Dahi Chataakan.....” my cell phone was screaming out its latest ringtone. I noticed the call was from home, but I didn't pick up! No, I should not be mistaken as the new generation brat who ignores parents. I didn't pick up because I was sure that it would be my sibling (for the fifth time since morning!) describing my favourite mom-made dishes and how he is relishing them. Yes! I am one of the much pitied students who stayed at the campus during the vacations for internships, projects, competitions, in-plant trainings etc.

Dilip Shukla, who stayed for the vacation for a project, says, “Although I do miss home, I know I will gain a lot from the ongoing project, so I have no regrets about staying back.” Deepti Shrivastava, who stayed on for a competition, observes, “It is the time when you take stock of what you have achieved and what you want to do next.” Sharanya Ravichandran adds, “Only serious students stay during vacations and it is the best time for exchanging information”.

It is not always that you give a smile to every person you see in your hostel corridor, it's not always that you wish birthday to a mess worker, it's not always that you notice your hostel supervisor's new dress and it's not always that you start loving the college you have always cursed for assignments and tests! It all happens only when you have some time to spend with yourself.

all these don't work then visit your doctor and explain your problem to him and he will be able to help you. Don't take pills without a doctor's order

Everyone craves to be home, but when you are at your very own campus, you find you are alone but certainly not lonely during vacations --even without friends. Akshay Garg exclaims nostalgically, “It's the first time I see old notices, torn banners, deserted canteens and the silent campus. It's obviously taking me closer to the college. Time without friends is difficult to spend and you suddenly realize that you are changing the leaf in your calendar daily.”

Of course, you come to understand the importance of friends and family more but there is more to this loneliness than just missing your loved ones. The emptiness of canteens haunts you in the beginning but then you start appreciating it as you can sit on your favourite table and remember how you enjoyed the last treat. The roads near the Hitech block, Main block, Annexure campus and the IT Park are deserted but then you realize the glory of solitude on the ‘Roads less travelled’.

On the serene paths near the Hospital you can remember the unforgettable moments you spent with friends. You can notice the cascading ripples in the lake for the first time because you were always busy chatting with friends even while you sat at the bank. You remain no more interested in a visit to ‘Skywalk’ or ‘Golden beach’ since you feel at home in the campus! You can notice the vegetables in your food in mess while whole year long you didn't even know what you were eating because you were always in a hurry.

Apart from our jobs we all were here for, we all rejoiced and strengthened the bond with the college, and the irony was that we never realized that any such bond existed! Somehow, now it seems that besides us being part of SRM, SRM is now a part of us.

Fasten Your Sleep Belts!

Shiv Prakash Nadar

Sleep is one thing every student loves. Most of us take it for granted and sleep at odd hours. Some of us catch up on sleep in the afternoon; most of us do it during exams to help us stay awake at night. Well, it helps us do well in our exams but it affects our system in the long run. According to the sleep disorder experts, lack of sleep can lead to numerous mental and cardiological problems. Moreover, lack of sleep can have a fatal effect on the functioning of the immune system, leaving us more susceptible to other diseases and disorders like cancer and even the common cold, as our body is not able to regenerate the natural killer cells.

Insomnia and sleep apnoea (which is a sleep disorder characterized by pauses in breathing during sleep) are two conditions which have significant associated health costs. If a person is diagnosed with either of the two, then it's important to take proper medical help since the consequences can be devastating.

Here are few tips on how to fall asleep if having the trouble to do so

Tip no.1

Some of the advices on how

to fall asleep fast include being firm about it and struggling to fall asleep and not letting your mind think at something else. Just try to empty your entire mind and to think only at the color white and imagine that all around you all is white. You are in a white room, with nothing else it. This is your mind. An empty room that is very at ease and relaxed.

Tip no.2

Something else that you can try is to keep distractions away such as looking at the TV or something similar, as this will keep you awake more than normal. Instead, you can always read a good book or a even a really boring book (like ones text books) because they will put you to sleep in no time at all. Be sure not to have magazines near the bed because they will prevent you from sleeping.

Tip no.3

The old trick of counting sheep or who knows what could be good remedies, so try them even if you are a bit cynical about it. If it gets results then keep doing it as your sleep will get better.

Tip no.4

Establish a regular sleep schedule. This involves setting a regular bedtime and wake-up time and making every attempt

to stick to it, including on the weekends. This will help to set the body's clock in a way that will make nighttime sleep deeper and more consistent. Avoid taking naps, especially in the afternoon.

Tip no.5

Take a short walk before bed. Light exercise aids sleep. Exercise regularly during the day. This needn't be a marathon every day, just a good jog or a long walk to get fresh air will be sufficient.

Tip no.6

Use the bed only for sleep, not reading or watching television. This is largely so you don't associate your bed with anything else other than sleeping. If you do not fall asleep fairly quickly, get out of bed. Do not return until you are feeling drowsy. Again, this is for similar reasons as above.

Tip no.7

Don't eat a big meal or spicy foods just before bedtime. A small snack that contains tryptophan (a natural sleep-promoting amino acid) may help, such as turkey, banana and fish. A warm drink of milk before bedtime may help too. Make sure you have a comfortable mattress, a pillow you like, and adequate bed covers for the time of year e.g. quilt for winter. If