



i360 NEWSLETTER
2023

Volume 9 – January

In Spotlight
“Ms. Aditi Gupta ”
Faculty - IDS, Indus University



INDUS CUP 2k24

Indus Cup 2024 was organised from 8 to 13 January. It was a Gala celebration of Sports, this national level tournament consisted of six sports, including kabaddi, volleyball, basketball, carrom, chess and Table Tennis. More than 75 teams participated in this event playing more than 800 games. The winners and runner-up were lauded with cash prize of more than three lakh rupees. This national level Indus cup is testament for Indus University's commitment to elevate Sports and bring the rich sporting culture and its values to the students. Indus Cup was coordinated by Asst. Prof. Ruchit Soni and Asst. Prof. Monil Salot.



FDP

Mr. IndrJeet Rajput, Assistant Professor, IITE, had successfully completed Microsoft, SAP & AICTE led Faculty Development Program on 'AI Evaluation: from Foundations to Generative AI' under TechSaksham from 11-15 December 2023.



INDUSTRIAL VISIT

Department of Electrical Engineering conducted an Industrial Visit to Akshar Biotech Pvt. Ltd. – a CNG Bio Gas Plant, Ahmedabad on 23rd December 2023. 18 students who visited the Industry, got the opportunity to witness sustainable energy production firsthand and gained insights into the role of renewable energy in addressing environmental challenges.



CERTIFICATION PROGRAM

The Department of Electrical Engineering, IITE, in partnership with AlphaTech Automation, Ahmedabad, conducted a 30-hour Certification Program on 'Industrial Automation', which was held from 19-23 December 2023. The primary objective was to offer participants valuable insights into the principles of Programmable Logic Controllers (PLC) and Supervisory Control and Data Acquisition (SCADA). This program aimed to enhance participants' comprehension of industrial automation, providing them with the necessary knowledge and skills to meet industry demands. Assistant Professors Dr. Vineeta Chauhan and Dr. Rashmi Sharma were the coordinators for the course.

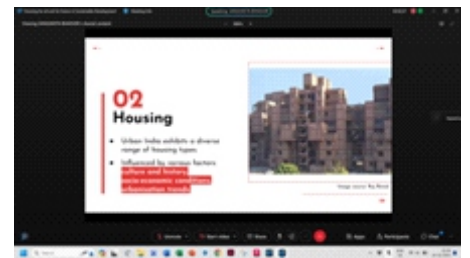


VIPASSANA RETREAT

Associate Professor Mr. Vishal Chudgar attended a three-day Vipassana retreat from 27th Dec to 30th Dec 2023 at Dharmaj. 'Vipassana' means 'to see things as they are', is one of India's most ancient techniques of meditation.

TEACHER TRAINING PROGRAMME

Assistant Professor Pratik Zaveri along with Associate Professors' Atreya Bhattacharya and Vishal Chudgar of IDEA, participated in a five-day National Online Teacher Training Programme on 'Housing for all and its future in Sustainable Development' from 18-22 December 2023, organized by CoA – TRC Pune, and SVCA College of Architecture, Hyderabad under the Aegis of Council of Architecture's Training Research Center.



REGIONAL MEET

Ms. Vaishali Patel, Assistant Professor, IICT participated in the regional meet held on 27th December-2023 at Institutions Innovation Council and MOE's Innovation Cell at Gujarat University, Ahmedabad.



INDUSTRIAL VISIT

Department of Chemistry, ISHLS, Indus University organized an industrial visit to Veeda Clinical Research Pvt. Ltd. on 2nd January 2024 under the guidance of Assistant Professor, Dr Nikunj Valand. There were total 23 students of post graduate programme of chemistry along with one departmental faculty visited the facility. In this visit, students had visited Instrumental lab, Clinical Trial Lab, ICD centre, Sample preparation Lab, and Examination department. The Veeda team conducted a research and development with trial activity based presentation for the attendees.



INTERNATIONAL WORKSHOP

Dr. Hiral Joshi, Professor, IIPR, attended one week online International workshop on Contemporary Trends and Fundamentals of Scientific Research from 8-12 January 2024 organized by FMS, the ICFAI University, Raipur.



RURAL STARTUP CONCLAVE

Dr. Dipti B. Patel Associate Professor and Ms. Kamna Tripathi Assistant Professor, IIPR along with two B. Pharm students of semester-IV attended Rural Startup Conclave organized by IIT Indore in association with Center of Rural Development and Technology (CRDT), sponsored by SERB during 5th - 6th January, 2024. The conclave included various expert panel discussions and pitching sessions for rural innovators. Dr. Dipti B. Patel, Ms. Kamna Tripathi and Dr. Falguni Tandel presented their idea on Nutriprash: Empowering Rural Health: The Crucial Role of Calcium-Rich Ayurvedic Product in Nurturing Strong Bones and Vibrant Lives, during the pitching session for rural innovators on the second day of the conclave.

SHORT-TERM TRAINING PROGRAM

Dr. Amrita Sharma, Assistant Professor, IICT, attended a five-day Short-Term Training Program (STTP) on "Recent Trends in Communication, Computing & Networking" organized by RTU Recognized Centre of Excellence Advanced Wireless Communication, Department of Electronics & Communication Engineering, Poornima College of Engineering, Jaipur during 8- 12 January 2024.

KNOWLEDGE SHARING SESSION

Department of Computer Science, Indus Institute of Information & Communication Technology organized a Knowledge Sharing session on 'Leveraging AI for Enhanced Healthcare Delivery Systems' on 6th January 2024. The resource person, Mr. Parimal Trivedi, Lecturer, IICT shared insights on topics like Eye-tracking Measures and Methods to Monitor the Health of Human Operators while Handling Complex Systems, AI and Healthcare: Before and Beyond, Machine Learning Algorithm Using Hybrid Model of CNN & Expert System for the Diagnosis of Leukemia Cancer and Analyzing the Efficacy of AI Models for Healthcare. The participants found the session informative.



INDUS DESIGN SCHOOL SETS NEW RECORD WITH THE LARGEST CYANOTYPE PHOTO

On 21st January, 2024, the Indus Design School, achieved a historic milestone by breaking the world record for the largest cyanotype photo. The monumental piece boasts dimensions of 6 feet in height and an impressive 560 feet in width, surpassing the previous record by nearly 320 square feet made in Greece. This ambitious project serves as a heartfelt homage to the cultural heritage of India, with a special welcome to Prabhu Shri Ram on the eve of the Pran Pratishtha ceremony of Ram Mandir at Ayodhya. Passionate students from Indus University under the guidance of Ms. Aditi Gupta, Assistant Professor at Indus University, have collaborated on this groundbreaking project.

This extraordinary undertaking goes beyond breaking records; it symbolizes cultural unity and artistic expression. By merging traditional artistry with modern creativity, Indus Design School hopes to create a piece that resonates universally, transcending language barriers and fostering a sense of global community.

The cyanotype photo is not just an artistic creation; it is a testament to the dedication and passion of the students who have poured their hearts and souls into this project. As they raise the bar for artistic accomplishments, they encourage others to discover the limitless potential found in the fields of arts and culture.



NATIONAL FACULTY DEVELOPMENT PROGRAM

Mansi Mehta, Assistant Professor, IICT, participated in a 10 Hours National Faculty Development Program on Blockchain Technology, organized by Ramrao Adik Institute of Technology - D. Y Patil Deemed to be University, Bishop Heber College and SR University in Collaboration with ExcelR Edtech Pvt. Ltd during 8-12 January 2024.



NATIONAL FACULTY DEVELOPMENT PROGRAM

Vaishali Patel, Assistant Professor, IICT, participated in a 10 Hours National Faculty Development Program on Blockchain Technology, organized by Ramrao Adik Institute of Technology - D. Y Patil Deemed to be University, Bishop Heber College and SR University in Collaboration with ExcelR Edtech Pvt. Ltd during 8-12 January 2024.



NATIONAL FACULTY DEVELOPMENT PROGRAM

Dr. Amrita Sharma, Assistant Professor, IICT, had participated in 10 Hours National Faculty Development Program on "Blockchain Technology" organized by Ramrao Adik Institute of Technology - D. Y Patil Deemed to be University, Bishop Heber College, and SR University in Collaboration with ExcelR Edtech Pvt. Ltd. during 8-12 January 2024.



STUDY PROGRAM

Assistant Professors Mr. Aditya Jain and Mr. Naitik Vakharia, along with 26 students of Semester-I, visited Tera village in Abdasa Taluka of Bhuj for their Related Study Program-I from 8-13 January 2024. External Collaborators- Girisha Gajjar and Nidhi Patil had also accompanied them for the visit. Through the visit the students developed an understanding of rural context and documenting the day to day life of inhabitants of Tera. Students also visited the Bhuj Earthquake Memorial (Smritivan), A stepwell at Hampar and the Harappan Archaeological site of Dholavira.



INDUSTRIAL VISIT

Department of Physics, IISHLS organized an Academic visit for B.Sc. (Physics/Chemistry/Maths) & M.Sc. (Physics) students of all semesters at Institute of Plasma Research (IPR) on 18th January, 2024. Mr. Spandan Ranpariya, Faculty of Department of Physics coordinated the visit and also accompanied the students. During the visit, students could explore the Exhibition of Plasma-based experiments, Robotics lab, Cryogenics lab, Science Park and SST1Takamak.



LECTURE SERIES

An Expert Lecture by Ar. Eugene Pandala was organised as a part of IDEA Lecture series on 19th January 2024. The lecture was on Ecology and Architecture which aimed to explore the learnings that constitute the various aspects of the symbiotic existence of Ecology and Architecture.

By tracing the heterogeneous components of the prominent architectural practices in India, the series aims to examine the relationship between the physical built environment and the appropriate responsiveness of architectural design decisions.

Since buildings consume a substantial amount of energy and resources; meaningful architecture must seek to use them in a careful, thoughtful, and judicious manner to cater to the environmental risks and socio-cultural needs.



TECH FEST TECHNOfREAKS - 2024

Department of Computer Science, Indus Institute of Information and Communication Technology organized the much awaited yearly techfest under Association of Computer Science and Information Technology (ACSIT), "Indus Technofreaks 2k24" on 19th January.



PAPER PRESENTATION

N. Meenalochani- Research Scholar, Dr. Ankit Sodha - Assistant Professor and Dr. Payal Mehta- (I/c) HOD Civil Engineering Department presented paper entitled 'A Comprehensive review on Ferrous based alloy reinforcements for smart structures and bridges' on 19th January 2024 at 2nd International Conference on Futuristic Advancements in Materials, Manufacturing and Thermal Sciences.

PAPER PRESENTATION

Mr. Girish Gandhi- Research Scholar, Dr. Ankit Sodha - Assistant Professor and Dr. Payal Mehta (I/c) HOD Civil Engineering Department presented paper on "A Review On Application of Nanomaterials in Transportation Engineering" in 2nd International Conference on Futuristic Advancements in Materials, Manufacturing and Thermal Sciences.

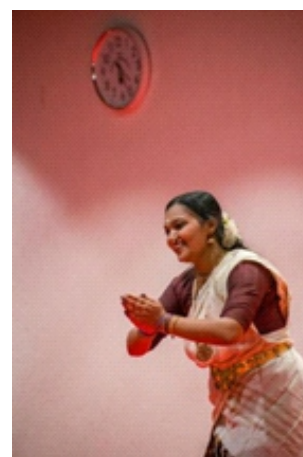
"श्रीराम मंदिर, अयोध्या प्राण प्रतिष्ठा महोत्सव"

Indus University hosted a divine celebration of the "श्रीराम मंदिर, अयोध्या प्राण प्रतिष्ठा महोत्सव" on 22nd January 2024. The event featured an assembly of staff and students, a welcoming address by the host, a prayer and lamp-lighting ceremony by dignitaries by Dr. Nagesh Bhandari & Dr. Ritu Bhandari - Honorable Presidential Secretariat, Dr. Sandeep Chakraborty- Executive President, Dr. Vedvyas Dwiwedi- Executive Vice President, Dr. R.K. Singh - Registrar & Dr. Ram Sharma- Dean CIS, Chief Guest - Shri. Praveen Mohan delivered a keynote speech, followed by a Q & A session. The gathering resonated with the chanting of the Hanuman Chalisa, creating a spiritual ambience. A live telecast of the Pran Pratishtha of Ram Mandir in Ayodhya and an Aarti of Lord Rama added a divine touch. Shri Praveen Mohan was felicitated, and the event concluded with a vote of thanks by the host. A Nukkad Natak based on the Ramayan theme and a spectacular display of fireworks marked the grand finale of the divine celebration of the "श्रीराम मंदिर, अयोध्या प्राण प्रतिष्ठा महोत्सव"



CELEBRATION OF 'DAYS' BY IIMS

Indus Institute of Management Studies in collaboration with AIMS celebrated various days like Kesariya Diwas (22nd January 2024), Retro Day (23rd December 2024), Signature Day + No Bags Day (24th January 2024), and Cultural Day (25th January 2024). During these celebrations, AIMS organized various activities such as Vintage Song and Shayari Competition, dance and singing performances, dumb charades etc. It was a rejuvenating and memorable event.



WORKSHOP

The Department of Chemistry, IISHLS organized a three-day Workshop entitled 'Mastering the Art of a Successful Interview Powered by AI Tools' in collaboration with Knowhow Academy, Ahmedabad during 23-25 January 2024. Experts Mr. Juned Coach and Mr. Bhagyesh Ranpara from Knowhow Academy trained over 76 undergraduate, postgraduate students, and research scholars of the institute. As a testament to their active involvement and performance during the workshop, seven students from IISHLS received winner certificates from Academy.



75TH REPUBLIC DAY CELEBRATION

To commemorate the 75th Republic Day of India, Indus University celebrated the day with utmost pride in their eyes and patriotism in their hearts. With all the honour and dignity, Chief Guest, Dr. Nagesh Bhandari, Honourable Presidential Secretariat of Indus University unfurled the National flag which was followed by National Anthem and NCC song. The NCC Nirikshan and parade of the NCC Cadets left the audience with love and respect for their country.

In his address, Honourable Presidential Secretariat- Dr. Nagesh Bhandari and Honorable Executive President - Dr. Sandeep Chakravorty briefed the audience of progress, achievement and new benchmarks set by Indus University. Respect was paid by bestowing a garland of flowers to Bharat Mata by all dignitaries.

Thereafter, Rank Ceremony was conducted for NCC cadets followed by beautiful musical and dance performances by the talented students of the university.

This memorable day came to an end with singing of the National Song and a flag-off to the bikers of the Rotaract club and Photography club of Indus University for "Patriot on Wheels-2.0" for their ride on motorcycles from Indus University to Mahudi.



AWARENESS SESSION

Department of Computer Science, IICT, organized awareness activity of NPTEL 'SWAYAM' courses on 24th January, 2024 for the 2nd Year students of Integrated MCA & Integrated MSc(CA&IT) of IICT. Information about course enrollment, credit system and the examination process were explained by both the faculties to all the students which is the part of NEP-2020. Previously on 9th January, 2024 the awareness session was conducted by Dr. Bansi Raja (SPOC-NPTEL, Indus University) for students of PG courses of IICT. The coordinators for the same were Assistant professors Mr. Kirtankumar Rathod and Ms. Vaishali Patel of IICT.



EXPERT SESSION

Dr. Falguni Tandel, Principal, IIPR delivered an online talk on 'QA for continuous Quality Improvement' organized by School of Pharmaceutical Sciences, Apeejay Stya University, Delhi on 27th January 2024.



WORKSHOP

Department of Civil Engineering, IITE, organized a Workshop on 'Project Guidance and Bridge Course-2024' for Final year Civil Engineering students. Total 31 Students from Indus University as well as students from other institutes attended this workshop. In the workshop students were benefited by comprehensive project guidance, where experts imparted advanced simulation and modelling techniques, drawing inspiration from iconic global projects.



INSTITUTE INDUSTRY INTERACTION SERIES

Indus Institute of Management Studies(IIMS) kickstarted the semester with the 1st Indus Institute Industry Interaction Series organized by Dr. Rajesh Ojha and coordinated by Indus I3 cell. The speaker Mr. Sachin Gupta, Vice President Wholesale Banking IDFC First Bank Limited, Ahmedabad delivered an expert lecture on 'Careers in Banking and Financial Services' which was held on 30th January 2024.



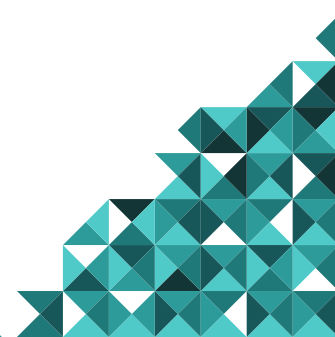
TRAIN THE TRAINER

Department of Computer Science, IICT, organized 'Train the Trainer' session on 'Journal Indexing - SCOPUS /WEB OF SCIENCE /UGC-CARE' for faculty members of Indus University on Saturday, 27th January 2024. The resource person Dr. Amrita Sharma provided information on the functions and usability of Scopus, UGC CARE, and Web of Science journals. She also demonstrated the submission process for publishing research papers and/or review articles for the above mentioned. She gave detailed guidelines about all the Do's and Don'ts. She also emphasized on various other topics like the importance of Open Access journals and subscription journals like IEEE/Springer/Elsevier, the Importance of Journal Rank, Plagiarism Avoidance, Citation, Single-blind/Double-blind Reviews etc. A Questionnaire round was also conducted for the participants to clear their doubts. The entire session was very informative and impactful for the faculty participants. The Session was coordinated by Assistant Professors, Dr. Mukta Agarwal & Mr. Deepal Shah of IICT.



Abstract Reduction of CO_2 to a greenhouse insulator under dry reforming reactions (DRM) can mitigate two greenhouse gases (CO_2 and CH_4) together, as well as OCM reaction may be a source of H₂ energy in future. The cost-effective and highly catalytic activity of SnO_2/MgO catalysts for the DRM of CO_2 and CH_4 was investigated. The catalysts were prepared by a sol-gel method. SnO_2/MgO and $\text{SnO}_2/\text{MgO}/\text{Ni}$, Co , Fe , Cu , Zn , Al_2O_3 catalysts were prepared, investigated for DRM and characterized by X-ray diffraction, scanning electron microscopy, and energy-dispersive X-ray analysis. The catalysts were used for the DRM of CO_2 and CH_4 at 400–600 °C. Among the prepared catalysts, SnO_2/MgO or $\text{SnO}_2/\text{MgO}/\text{Fe}$ catalyst exhibits the highest catalytic activity for the DRM of CO_2 . Ni also enhanced reducibility under oxidizing and reducing environments, but catalytic efficiency is hindered by surface graphite-type carbon deposition. The catalytic activity of SnO_2/MgO catalysts is improved by the addition of Fe, Cu, Zn, and Al. The catalysts are stable under the reduction of "strongly irreversible NiO ", expanded surface area and the highest concentration of easily accessible active sites are responsible for the superior performance. (H_2 yield = 1.71 to 4.90 mmol time on stream) under oxidizing and reducing conditions during DRM. The outstanding performance of the $\text{SnO}_2/\text{MgO}/\text{Fe}$ catalyst makes a significant stride toward

Dr. Paras Patel, Assistant Professor, Chemistry Department, IISHLS, successfully qualified the Gujarat State Eligibility Test (GSET)/SLET examination in Chemical Science. He achieved this milestone during the 17th Gujarat State Eligibility Test, held on November 26, 2023.



SELECTION AS REVIEWER

Dr. Vineeta Chauhan, Assistant Professor, IITE received certificate of Appreciation for participation as Technical Program Committee Member and Reviewer in the 6th International Conference on Communication and Computational Technologies (ICCT 2024) held during January 8-9 , 2024 organized by RIET, Jaipur.



PAPER PUBLICATION

Priyanka S and Dr. Monika Gupta have published a research paper on 'Contemporizing Earthen Architecture - A Futuristic And Sustainable Approach' in International Journal for Multidisciplinary Research, Volume 6 Issue 1, Jan-Feb 2024.

STTP

Ms. Mansi Mehta Assistant Professor, IICT, successfully completed an online Short Term Course on NEP 2020 Orientation and Sensitization organized by UGC-MMTTC, Gujarat University, during 18 - 28 December, 2023.



PAPER PUBLICATION

Ms. Vaishali Patel Assistant Professor, IICT published a research paper entitled 'Exploring Adversarial Robustness in Deep Learning : Algorithms and Techniques for enhancing model securities.' in YMER an International Open Access Journal Issue 12 (December 2023).



PAPER PUBLICATION

Dr. Monika Gupta, Associate Professor, IDEA published a research paper on 'Seismic isolation and retrofitting - an art for protection of historic heritage' published in international journal of emerging technologies and innovative research (issn: 2349-5162 jetir.jetir.org) International peer reviewed & refereed journal, scholarly open access journal on 12th December 2023.



MoU

Department of Electrical Engineering, IITE, Indus University signed an MoU with AlphaTech Automation, Ahmedabad. This collaboration will help to promote opportunities like Lab Development, Placement, Expert Talks, Certificate courses, Workshops, Internships, and Industrial visits for our students.



STUDENT ACHIEVEMENT

RURAL STARTUP CONCLAVE

Mr. Ronak Gajera and Mr. Shubham Gupata, Sem IV students of B. Pharm, IIPR, Indus University, attended Rural Startup Conclave at IIT Indore in association with Center of Rural Development and Technology (CRDT), IIT Indore sponsored by SERB during 5-6 January, 2024.



TENNIS CHAMP

Khushali Modi, BBA semester II student, was one of the winners at the Gujarat State Ranking Tennis tournament held at Altius tennis academy from 30th December 2023 to 1st January 2024.



REEL MAKING COMPETITION

Atharva Tayde, a student of BBA semester 4 won the 1st prize in Reel Making competition at Indus Techno Freaks 24, organized by ACSIT and the Department of Computer Science at Indus University held on 19th January 2024.



INDUS CUP-2k24

Sunit Borse, MBA semester 2 student, was the winner in Carom board game in the Indus Cup event, organized by Indus University from 8-12 January 2024.



CAPTURING THE GALAXY

Dhruv Patel CSE Semester 4 student, and ASTRO club coordinator, captured images of Andromeda galaxy which is 2.5 million light years away and also captured, the GEMINIDS meteor shower. The photos are taken from dark skies, deep inside the POLO Forest, Gujarat. The camera used is CANON 1200D. The meteor image is a combination of multiple shots taken continuously for 3-4 hours, called as composite image. Some are the great Fireballs to observe and capture by ones self eyes.



STUDENT ACHIEVEMENT

MUSICAL MAESTRO

Devmitra Sharma, B.Tech-CE student, secured third position at the esteemed "Crescendo - The Acoustic Event," a national level musical extravaganza held at "Atharv-Ranbhoomi" and hosted by IIM Indore.



RAMAYANA - DRAWING

Parshva Patel, computer Science Engineering, IITE, student, drew the entire Ramayana in a single drawing on the auspicious day of Pran Prathishta, the Ayodhya Ram Mandir.



INDUS CUP- 2k24

Shruti Joshi and Tejaswini, B.Tech CSE semester 2 students from secured second position in table tennis sport in the Indus Cup.



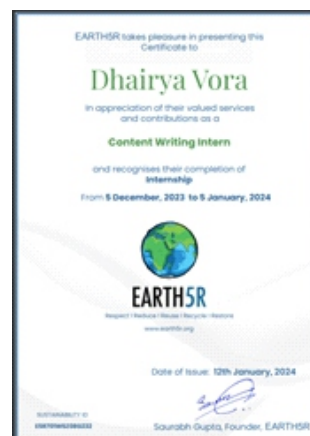
VIBRANT GUJARAT

Dhairya Rupeshkumar Vora, semester-6 BTech IT student, worked as an Organizer for events at 'VIBRANT GUJRAT 2024'



INTERNSHIP

Dhairya Rupeshkumar Vora, semester-6 B.Tech IT student, completed successfully one month content writing internship from EARTH5R from 5th December 2023 to 5th January 2024.



BOOTCAMP

Parekh Vansh, IMCA, received the certificate of React.js. It was 5 days online bootcamp organized by LetsUpgrade.



STUDENT ACHIEVEMENT

CERTIFICATE COURSE

Sahil Sinha, MBA semester-2 student, completed 2 certificate course - HR Models & HR Analytics



SOFT SKILL

Bhaskar Jha, B.Tech CSE semester-4 student, completed 15 days TCS iON Career Edge - Young Professional training course which included training soft skill topics like Communication skills, Business etiquette, Interview preparation, GD skills and also some insights of AI(Artificial Intelligence).



PLACEMENT CORNER

STUDENTS PLACEMENT

Total 69 students from B. Tech (CE/CSE/IT), MCA/MSc.IT, B. Tech (Mechanical, Metallurgy, Automobile), MCA, MSc.IT and MBA were selected with packages ranging of Rs.3.60 LPA and RS.7.00 LPA

FINISHING SCHOOL SOFT SKILLS SESSIONS

The T & P Team conducted separate finishing school sessions for the registered students of campus drives by AIRTEL (MBA/IMBA), ODOO INDIA on 3-4 January 2024

“Health Benefits of Sun Exposure” Dr. Hirak Joshi, Professor, IIPR

नमः सूर्याय शान्ताय सर्वरोग निवारिणे
आयु ररोग्य मैस्वैर्य देहि देवः जगत्पते ॥

Lord Surya, ruler of the universe, you are the remover of all diseases, the repository of peace. I bow to you and please bless your devotees with long life, health, and wealth.

Lord Surya or Sun God is recognized as the “Pratyaksha Devta” in the Hindu tradition. Sun God is visibly seen in front of the eyes. Lord Surya is the source of all life and energy on Earth.

He is called as the “Sarva Sakshi Bhutam” the one who is a constant witness to every happening. Lord Surya is recognized as the embodiment of all knowledge. He dispels the darkness of ignorance and bestows wisdom. The reason why the sun is worshipped during ancient times is because the sun provides us with many kinds of benefits. Humans have a long history of using sunlight therapy in ancient India. Today, sunlight therapy is referred to as heliotherapy. Here are the few listed benefits of exposure to sunlight specially in winter.

- Exposure to sunlight kills bacteria. This has been proved by the studies of Niels Finsen who won the Noble Prize in 1903.
- Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. Due to this connection, one of the main treatments for depression with seasonal pattern is light therapy, also known as phototherapy.
- Sunlight has the ability to cleanse the blood vessels, as per some reputed medical journals. It is found that people with atherosclerosis have improved a lot with exposure to sunlight.
- Sunlight has an energizing effect on the body. Exposure to natural light during the winter can help combat feelings of fatigue and sluggishness.
- According to the World Health Organization (WHO) Trusted Source, sun exposure might help treat several skin conditions, too. Doctors have recommended UV radiation exposure to treat psoriasis, eczema, jaundice, acne
- Today it is known that vitamin D, the so-called sun hormone is needed by almost all organs and cells of the body. Increased exposure to the sun should therefore be associated with improved health benefits. Vitamin D is metabolized from cholesterol through the skin and liver under influence of sun exposure, more precisely the UVB component. Whereas it was assumed for a long time that the main role of vitamin D is to maintain calcium homeostasis and bone health it is known today that the sun hormone is needed for and influences almost all organs and cells of the body.
- Moderate amounts of sun over your lifetime, especially in your teen and young adult years, might make you less likely to have problems seeing things at a distance (nearsightedness). But too much direct sunlight can hurt your eyes.

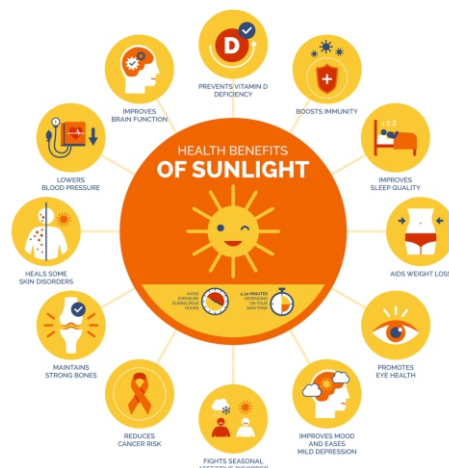
“Health Benefits of Sun Exposure” Dr. Hirak Joshi, Professor, IIPR

In addition to some skin issues, filtered sunlight also can be used to treat a condition called jaundice that mostly affects newborns. It happens when there's too much of the chemical bilirubin in the blood, and it makes a baby's skin look slightly yellow. Putting the baby in sunlight behind a window (to filter out the harmful kinds of rays) may help get rid of the bilirubin.

- Studies suggest that bright light therapy (both from a lightbox and the sun) might help improve the symptoms of bipolar depression and attention deficit hyperactivity disorder (ADHD). Light therapy could also help people experiencing eating disorders.
- One of the studies stated that sun's light can help decrease the risk of developing metabolic syndrome, which includes high blood pressure, excess body fat, and high blood sugar. This might be because a certain wavelength in sunlight can travel deep enough in your body to have an effect on certain types of adipose (fat) tissue that might protect against metabolic syndrome.
- The stress hormone is known as cortisol. It may increase your appetite and experts suggest that high cortisol levels lead to weight gain. In a study conducted by the Center for Neuroscience, University of Colorado, it was found that through exposure to bright light, cortisol levels can be decreased.
- In 2001, a study conducted by the University of Milan, Italy shows that early morning sunlight can reduce the longevity of hospitalization in patients with bipolar depression. In the case of hospital rooms where no sunlight enters, the patients' length of hospitalization is increased as compared to the rooms where sunlight enters.
- According to experts, Vitamin D has a preventative effect on diabetes. A study in the year 2006, led by the University of Malmö University Hospital, Sweden found that the consumption of Vitamin D in early life was strongly associated with a lower risk of type 1 diabetes.
- Skin disorders, such as acne, psoriasis, eczema, etc. can be healed with the power of sunlight. A study indicated that heliotherapy did wonders in relieving the symptoms of psoriasis. Fungal infections can also be healed with sunlight.

According to scientific theories, the energy emitted every second by the sun is equivalent to millions of nuclear power plants put together, and it has been an uninterrupted process for billions of years. Yet this energy has not reduced in any way. The glory and brilliance of the sun are a part of God's wonderful creation

Contributed by Dr. Hirak Joshi, Professor, IIPR



KUDOS...!

“

CONGRATULATIONS

Dr. Sarita Sharma, IISHLS

successfully defended her Ph.D. Viva-voce examination entitled "Harnessing Plant Growth Promoting Rhizobacteria Assist Phytoremediation and Phytomining of Heavy Metals" on 12th December 2023 at Department of Microbiology and Biotechnology, SOS, Gujarat University, Ahmedabad under the guidance of Prof. (Dr.) Meenu Saraf.

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CONGRATULATIONS

Ms. Rashmi Sharma, EL. ITE

for her PhD Viva-Voce Examination on the topic entitled 'Modeling, Control & Analysis of Modular Multilevel Converter Based STATCOM' on 5th January 2024 at Gujarat Technological University, Ahmedabad under the guidance of Dr. Vijay Makwana .

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CONGRATULATIONS

Ms. Nirali Dave, IIMS

successfully defended her PhD. Viva voice and completed her PhD entitled ""An Empirical Study of Behavior Pattern of Mutual Fund Investors in Selected Districts of Gujarat"" under guidance of Dr. Tejal Shah, Assistant Professor of Indus Institute of Management Studies.

Spotlight

Ms. Aditi Gupta – ‘Destined Designer’

This month's spotlight is none other than Ms. Aditi Gupta (Faculty from Design). It was great to interview her, the more we talked with her, the more enlightened the conversation became. As student, the path envisioned was never leaning towards design, but the destiny had other plans, a path filled with challenges but never too big for her attitude. Ms. Gupta was always very possessive and vocal about her ideas and creativity since her academic days. Her tip for design students are not only to have good ideas but to incorporate good ideas with great understanding of consumers, products and materials used for the same. In her transition period of being student to being faculty she has become more cohesive and very interesting profession.

She and her team, under the visionary leadership of Dr. Naina Bhandari & Mr. Prabodh Mishra, HoD IDS set the world record of creating Cyanotype on the very auspicious day of Pran Pratishtha Mahotsav of Prabhu Shree Ram. When perused about the ideation, she the need to document a design. She has been developing her prints with different techniques. She explored Cyanotype and also conducted a workshop on it. As an output of workshop, 'world record idea' was construed and it also showcased the belief of all the students who laid for 30 minutes on canvas. She also insisted that student should focus on what they can individually create with their hands.



The interview was conducted by Dr. Nikita Gadani and Ms. Mansi Mehta

We express our gratitude and appreciate the efforts of the following i360 team representatives for coordinating with different institutes and collecting preliminary data.

- 1) IICT- Ms. Mansi Mehta
- 2) IIMS - Ms. Drishta Barot
- 3) IIATE & WIIA - Capt. Umang Jani
- 4) IISHLS - Dr. Bhavika Vyas
- 5) IDS, IAS, WDC & ICSII- Dr. Monika Gupta
- 6) ISS (Indic Studies), T&P and SAC- Ms. Pushti Purohit
- 7) CE&IT, IITE - Ms. Sejal Thakkar
- 8) Computer Science Engineering, IITE - Dr. Ashwin Patni
- 9) Core Branches, IITE - Mr. Marnish Modi
- 10) NCC - Lt. Dr. Parshva Shah.



Team i360

Dr. Nisha Thankachen
Mr. Monil Salot
Ms. Mansi Mehta
Dr. Monika Gupta
Dr. Samir Patel
Capt. Umang Jani

Ms. Meeta Agrawal
Dr. Daisy Kurien
Dr. Nikita Gadani
Ms. Parita Shah
Ms. Abheepsa Vyas