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Things thatMATTER

350th Birth Anniversary of Guru Gobind Sahib

Patna: With huge glittering tents over the iconic Gandhi Maidan, lakhs of people, and lavish hospitality, Patna celebrated the 350th birth anniversary of Guru Gobind Sahib, the 10th Guru of the Sikhs. The seven-day *Prakash-Parv*, for which preparations had been on for two years and cost the government Rs 200 crore - had gathered praise not only from the locals but the Sikh community from across the world. Patna is the birthplace of Guru Gobind Singh, the 10th Sikh Guru. Built on his birthplace, the Sri Harmandir Sahib Gurudwara, is one of the holiest Sikh shrines. But the 17th Century Gurudwara, being located at a congested area of Patna the government picked the 61-acre Gandhi Maidan to host the lavish ceremonies.

Three tent cities were built with all facilities and makeshift gurudwaras were constructed. For a whole week, three *langars* - free dining arrangements - were choc-a-bloc, feeding the 3 lakh pilgrims who came from across the world. On the fourth day of the celebrations, a "pizza baba" baked and distributed 1.25 lakh pizzas to people.

Prime Minister Narendra Modi visited Patna to offer prayers at the Gandhi Maidan and served "langar" to the people. In his address, he said, "Guru Gobind Singhji has inspired mankind 350 years ago, the world should know it... He put knowledge at the core of his teachings and inspired so many people through his thoughts and ideals".

Chief Minister Nitish Kumar participated by regularly conducting surveys and interacting with the officials involved. Officials said he had looked into all details, including gifts for the visiting dignitaries.

The Sikh community in particular and the khalsas in general would remain grateful for the hospitality," said Punjab Chief Minister Parkash Singh Badal, who also visited Gandhi Maidan on 5th January and released a special postage stamp on the occasion.

World Book Fair

New Delhi: The World Book Fair has been held for the past 44 years by the India Trade Promotion Organization (ITPO), under the Ministry of Commerce, and more importantly, the Government of India is the co-organizer of the fair

What makes this an exciting event for book lovers is that nearly 800 publishers from across the country and abroad participate in the World Book Fair, making it a grand celebration of books and writers.

The New Delhi World Book Fair 2017 was based on the theme 'Manushi - Books Written on Women and by Women'

Scheduled to be held between 7 to 15 January, 2017 at Pragati Maidan, New Delhi, the fair was inaugurated by The Union HRD Minister Shri Prakash Javadekar on 7 January 2017

Japan was the Guest of Honour Country at the New Delhi World Book Fair 2017. The endeavour was supported by the National Arts Council (NAC) and the Media Development Authority (MDA) to give recognition to the authors, publishers, illustrators and other key players who are a part of Japan's publishing industry. It featured the authors who wrote in languages like English and Japanese; illustrators of graphic novels and children's picture books; and publishers of poetry, fiction, non-fiction and academic books.

"Hearts Must Change...Obama Out!"

United States: President Barack Obama helped transform the nation during his eight years stint in the White House. As he steps down from the position of the US President, Obama chose to make his final address as Commander-in-Chief in the city where he launched his boundary-breaking political career - Chicago. His final address is a lesson for all leaders on not just how to lead well, but to also do justice to the responsibilities endowed upon them.

In a forceful farewell speech, interrupted by cheers and calls for "four more years", President Barack Obama reviewed his legacy in his final address to the nation and sought to address the uncertainties and inhibitions many Americans feel as they face an imminent change in the leadership. Thanking the citizens for their support, he urged them take heart and not despair as he laid out a forward-looking vision for America.

"For all our outward differences, we all share the same proud title: Citizen," Obama said, addressing the boisterous crowd. "Ultimately, that's what our democracy demands. It needs you. Not just when there's an election, not just when your own narrow interest is at stake, but over the full span of a lifetime."

Talking about leadership, President Obama said that a leader must continue to inspire despite challenges and roadblocks. To achieve what one set out for may seem impossible, but continuous perseverance towards it will not stop you from reaching your destination. During his tenure, Obama managed to dream the impossible and did eventually succeed too.

The remarkable eight years that he was in power, Obama was always looked up to just like he still is. After the election results were declared, the one thing everyone was looking forward to was Obama's speech before he finally and formally puts an end to his stint as the President of United States of America. Such is the popularity he enjoys- something that he truly deserves. In his farewell speech, he chose his words wisely and kept everyone going. Towards the end of the speech he says, "I am asking you to believe. Not in my ability to bring about change - but in yours." There's a huge round of unending applause by the audience. Deservingly so. Only a true leader can garner such massive love and support. For someone who is in a position of authority, arrogance can come easy and integrity can be easily compromised, but Obama never let either control his mind. A leader's mettle is also seen in his modesty. As a mark of his humility, he acknowledges his team who had his back the last 8 years, giving their best under his leadership.

The man has a humorous side to him, but that doesn't make him any less serious about the work he does or has done over the last 8 years of his presidential rule. He believed that when used at the right times, humor can help one sail through the toughest of days with the minimal amount of stress. Finally, as the man himself says, "If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."

The People's President finally signs off by conveying his best wishes to the citizens with the promise of being there to serve the country as a dutiful citizen.

A LONG WAY TO LEAD - Taught by the leaders

It was a golden day for all the budding entrepreneurs with dilemma regarding startups, investments, funding and many more were to be answered by a panel of experts in their respective fields. **The i-hub Entrepreneurship Development Cell** of our college organized the B-Talk with three eminent speakers.



Our former principal, Dr. S. Lakshmi Devi, Honorable Director of Centre of Entrepreneurship and Career Oriented Program by the University of Delhi, focused on the topic 'Job vs Entrepreneurship vs higher studies' which surrounds the brain of an undergraduate especially in the final year. She presented the true picture of all these options along with real life examples of Ms. Monica Gupta, Director of "Interactive Bees" and our alumni, the old but young by heart entrepreneur Baba Ramdev and Mr. Anand Kumar, the founder of "super 30". It was followed by a speaker session on another important aspect of startup, mentoring, customer relations and feedback by Mr. Anshul Taneja, Assistant professor, Department of Business Economics, Maharaja Agrasen College, University of Delhi. He focused on the importance of mentor in one's life and that it is best to seek advice from successful people in our area of specialization and on the importance of consumer/customer satisfaction along with developing and marketing the product.



The final speaker session was conducted by Mr. Twinkle Sacchan, PhD Scholar, Department of food business management, NIFTEM on the topic 'Valuation and Funding'. He enlightened the students on various steps of financing and explained in detail about valuation and its important constituents. Mr. Ravi, from the administrative department of our college threw light on various aspects of finance and the requirements of taking loans from bank for a startup. The session concluded with a panel discussion where students participated in the discussion and put forward their concerns to the experts and the eminent speakers.

SPARDHA The Annual Sports Festival

SRCASW: Our college has recently organized a two day (19th and 20th January) annual sports fest-SPARDHA for the first time. Its objective was to develop in the students a sporting spirit, a venue to display their physical prowess and gain hands on experience of organizing a sports day at a school in future. Around 12 colleges including Gargi college, Shyama Prasad Mukherjee, Ramanujan, Kamla Nehru, Maitreyi etc. came to compete and all were full of sporty spirit. Dr. Laxmi Devi, our former principal was the chief guest of the event. On the very first day, the fest began at 10:00 a.m. with a lamp lighting ceremony by our principal, Dr. Payal Mago and Dr.Laxmi Devi. This was followed by the march past by the student council, sports council and the students of each department. Then, there was an oath taking ceremony in which all the participants swear to participate with great honesty. Instrumentation Department was declared as the winner of the March past. Thereafter, Dr. Laxmi addressed the crowd with her enlightening words and then our principal declared the sports fest open. After this exciting start the various events lined up for the day, like volleyball, kho-kho, badminton, aerobics, yoga and other fun events, quickly progressed. Each of the participants performed with complete dedication and loyalty. After a while, the athletic events started which include 100m,200m,shot-put, long-jump and many more. Apart from the sports event ,we had a DJ evening and various other fun events. At last we had a prize distribution ceremony .The event ended at 5:30 p.m. on the very first day. The second day of fest was also marked with the same enthusiasm among the students. On the second day the a few events like volleyball and kho-kho continued. The sports events kicked off with a motivating example set by our teaching and non-teaching staff who participated in various athletic events like 50 m dash, spoon race, etc. It was fun to see our faculties participating so enthusiastically. There after we had some sports events for the slum children who are a part of literacy drive under NSS society of our college. At last the prizes were distributed to the winners of the day. It was a successful event that ended with countless memories for the students.



Interviews of the Participants

"We are really grateful to college authorities" **Kamala Nehru College,University Of Delhi**

"Girls should get more opportunities. Girls should take part in sports on large scale"- **Gargi College, University Of Delhi**

Playing is just not meant for fun, It also makes us fit. Sports remove depression and make us energetic. Coaching should be provided in a right way. "Don't play for the sake of winning, play for the sake of playing" **Shaheed Rajguru College Of Applied Sciences for Women,University Of Delhi**

"My performance improves when girls are around " **Indira Gandhi Institute of Physical Education and Sports Sciences**

" Every college should organize sports fest every year" **Mata Sundri,University Of Delhi**

Principal Ma'am
sends her
regards...



It gives me immense pleasure to contribute and welcome at the same time the inaugural issue of "Ink Flash" the news letter for Shaheed Rajguru College of Applied Sciences for Women. I have always believed that students of our college have in them the potential to excel in all fields and to achieve that requires them to be good at expressing their thoughts. The youth have the power and the vision but often lack the courage to express and with expression only, comes the confidence to believe in yourself. Ink Flash would not only provide them with a platform for the same but also would be a nice medium for highlighting the college events.

The different sections of the newsletter ensures that students with varied interests can be associated with it, be it politics to sports, cartoon to glamour, comic to environment, sci-fi to gender issues and so on. Personally I would be looking forward to the campus buzz section!!

I am sure with time Ink Flash would become the first place to look for any activity at SRCASW and it's readership would extend far beyond the enrolled students and the alumni. Wishing a great success to the literary society Inklings and the entire team behind it!!

GaramMASAALA

ritu_goswami_



Insta Diaries

A habitat for INNOVATION

The college has allocated significant fund for various innovative research projects and thus providing students, the platform where they can explore their skill and work efficiently with the teachers. Presently, there are 18 ongoing research projects in the college.

The innovation project 311 entitled "Biochemical evaluation of sprouted fenugreek seeds for nutraceutical management of type- 2 diabetes using vitro assays" headed by Dr. Sadhna Jain, Dr. Punita Saxena and Ms. Heena Lamba has been awarded the certificate of MOST SIGNIFICANT SOCIETAL IMPACT in research display at the convocation ceremony of Delhi University held on 19th November 2016.

Growing hearts IN LABS

The dream to figure out a way to grow whole, beating hearts from a patient's own cells began when the researchers saw that about only about a half of the population waiting for a heart transplant were able to receive it and even among them, however, many of the patients' body will attack the foreign cells within them and reject the transplant. And this dream almost came through in 2016 in Massachusetts General Hospital and Harvard Medical School where scientists got the closest we have ever come to achieve that goal.

Now here is how it has been done. After collecting 73 donor hearts that had been deemed unfit for transplantation, the scientists used detergent solution to wash away almost

all of the heart's cells. What was left with was a milky white, heart shaped scaffold of protein called as the extracellular matrix. They then used messenger RNA to reprogram human skin cells to become pluripotent cells which is a kind of master cell which can be turned into any cell in the body, which they turned into heart cells. The scientists then added these cells to the left ventricular wall of each heart matrix, and then mounted the hearts in a specially developed bioreactor that mimicked the conditions of the human body while feeding the cells a steady diet of nutrients. After two weeks it was seen that the new tissue looked just like that of the immature human heart and when given a jolt of electricity it started beating. Though heart tissue has been grown in lab before, this was the first time heart tissue was regenerated from pluripotent stem cells in an extracellular matrix. This paved a new path towards solving the problem wherein a patient accepting a donor heart risked transplant rejection. Doctors can now grow the patient a new heart from his or her own cells and greatly cut down the chances of the rejection risk.

Drug WORKSHOP

On 12-13 January 2017, 2-Day National Workshop was held on Drug Discovery Technology - Computational Approaches in Drug Discovery and Design, which was conducted by the Department of Biomedical Sciences, SRCASW in collaboration with BioDiscovery Group, India.

The workshop was aimed to provide a set of stimulating lectures and group work sessions using latest and advanced modeling techniques of relevance to chemists, life scientists and modelers working in drug discovery. Participants should return to their labs with new ideas, best practices and software experiences to maximize productivity in their own drug discovery research activities in future. Two day talk was done by Founder and CEO of Biodiscovery group (India), Mr. Asif Naqvi.

Various topics covered at the workshop were:

- Introduction of Drug Discovery Technology.
- Science involved in disease target identification.
- Virtual Screening.
- In-silico generation of ligands.
- Protein optimization & Energy Minimization.
- Molecular Docking.
- Algorithm- auto grid & auto dock.
- Creating docking complex.
- Selection of potent inhibitors on the basis of binding energies(delta G) and Lipinski's Rule of 5.
- Structure Analysis.
- Prediction of Molecular Properties.
- Drug Likeness.
- Prediction of Bioactivity.
- Bioavailability.
- ADMET.

*When mom asks you
clean your wardrobe*



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WISE WORDS FROM THE SOCIETY

We are ecstatic to present the first edition of our newsletter 'InkFlash'. It has been a joint effort of the team members and our mentor Safdar sir to bring out this. It has been an enlightening experience of pooling in content ranging from real informative news to the gossips and rumours in the college. However, this is our first attempt and we strive to improve ourselves in the future editions. Hence, we welcome you all to give us a critical feedback.

Drop your reviews at:

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