



**Issue contains.....**

- ⇒ Recent technologies
- ⇒ Awareness articles
- ⇒ ORIC Activities Highlights
- ⇒ Upcoming International Conferences
- ⇒ Scholarship Opportunities

## Team ORIC e-Newsletter, Issue 1, Jan 2016

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**We are very thankful to all the faculty members, you made our aim successful, lets come towards the second issue of ORIC e-newsletter. I appreciate and honor the decision of worthy Chancellor and Vice-Chancellor for establishing the ORIC at Jinnah University for Women and am particularly thankful to all faculty members for being supportive, active and interactive on this platform.**

The team of ORIC is launching the second issue of a monthly e-newsletter to inform faculty and students about upcoming events, research funding opportunities, latest research projects and other university activities. In this issue, you will find the details of international conferences, innovative ideas to work on final year projects, informative articles and glimpse of latest technologies.

As a take home message, I would say that innovation is a constant exercise to dream, working for making it a reality and then dreaming again for something new. Nations which don't take risks or embrace the changes, fail to maintain their existence. We as Pakistanis, have the responsibility to work for national security in the field of science and technology, culture, arts and history. We are the generation of children of the flag bearers of independence, who successfully fought for their creation of Pakistan. Let's do it again, let's join hands together to hold the flag of innovative Pakistan.

**Long Live Pakistan.**

## AT A GLIMPSE!!

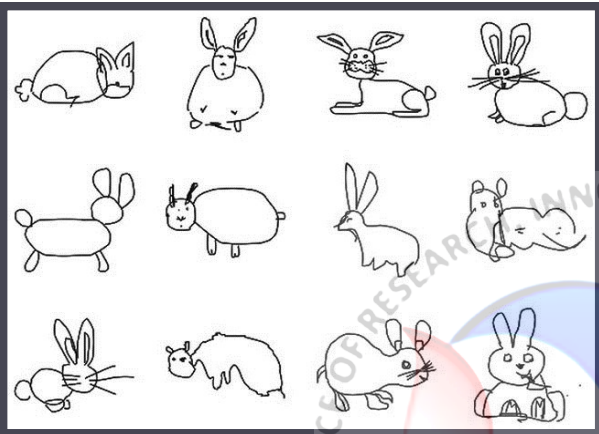


### Bee Pollen Could Boost Battery Performance

February 16, 2016 | Article

Pollen — the pesky, sneeze-inducing stuff that makes allergy sufferers everywhere miserable — could be the next greatest thing in battery research, according to a new study.

[Read More>> http://www.livescience.com/53718-pollen-could-make-better-batteries.html](http://www.livescience.com/53718-pollen-could-make-better-batteries.html)

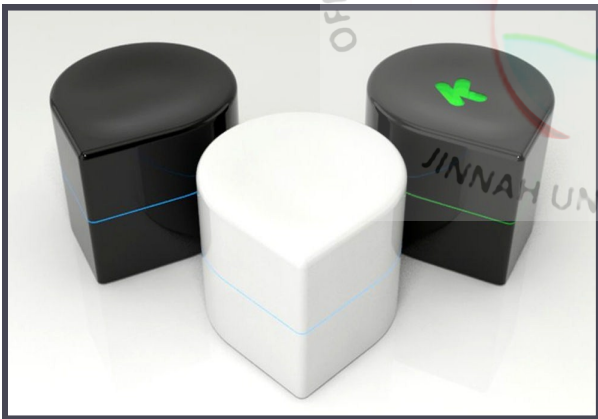


### Computer Program Identifies Rough Sketches

September 13, 2012 | Article

The researchers taught their computer program to learn how to recognize doodles by feeding 20,000 sketches of 250 object categories that were hand-drawn by humans.

[Read More>> http://www.livescience.com/23187-computer-program-identifies-rough-sketches.html](http://www.livescience.com/23187-computer-program-identifies-rough-sketches.html)



### Pocket-Size Device Lets You Print from Anywhere

November 15, 2016 | Article

A new mobile robotic printer that is only a little bigger than three stacked hockey pucks will enable people to print anywhere and on any size page of paper.

[Read More>> http://www.livescience.com/56882-pocket-size-mobile-printer.html](http://www.livescience.com/56882-pocket-size-mobile-printer.html)



### 3D-Printed Gadget Lets Kids Turn Smartphone into Microscope

October 19, 2016 | Article

A 3D-printed smartphone microscope system is making microbiology interactive by allowing schoolkids to experiment and play games with light-seeking microbes.

[Read More>> http://www.livescience.com/56540-3d-printed-smartphone-microscope.html](http://www.livescience.com/56540-3d-printed-smartphone-microscope.html)

# ANXIETY-MYTH & FACTS



Written By Charlotte Harding, femail.co.uk

There is a stigma attached to all mental illness. Sufferers often feel misunderstood and unable to talk openly about their condition, which in turn adds to the confusion surrounding the illness.

**In an attempt to clear up some of the common misunderstandings about anxiety, here we provide a guide to four common myths about the condition.**

**MYTH:** *You only get anxiety if you are a nervous person.*

**FACT:** Anyone can suffer from anxiety. It is one of the most common mental health problems, with more than one in 10 people diagnosed with the condition at some point in their lives.

Both men and women can suffer from anxiety and it can be triggered by anything from redundancy to moving house to relationship problems.

Four million people in this country also suffer from phobias - a type of anxiety - which are an irrational fear of anything from needles to air travel to spiders. You do not have to be a nervous person in general to suffer from any of these problems.

Attention Anxiety and Depression Sufferers:

## FIGHT BACK AGAINST ANXIETY!

"How to Cure Anxiety, Eliminate Depression and  
Take Back YOUR Life... Once and For All!"



Emma CORRELL '15

# ANXIETY IS A THIEF

DON'T LET IT STEAL YOUR LIFE

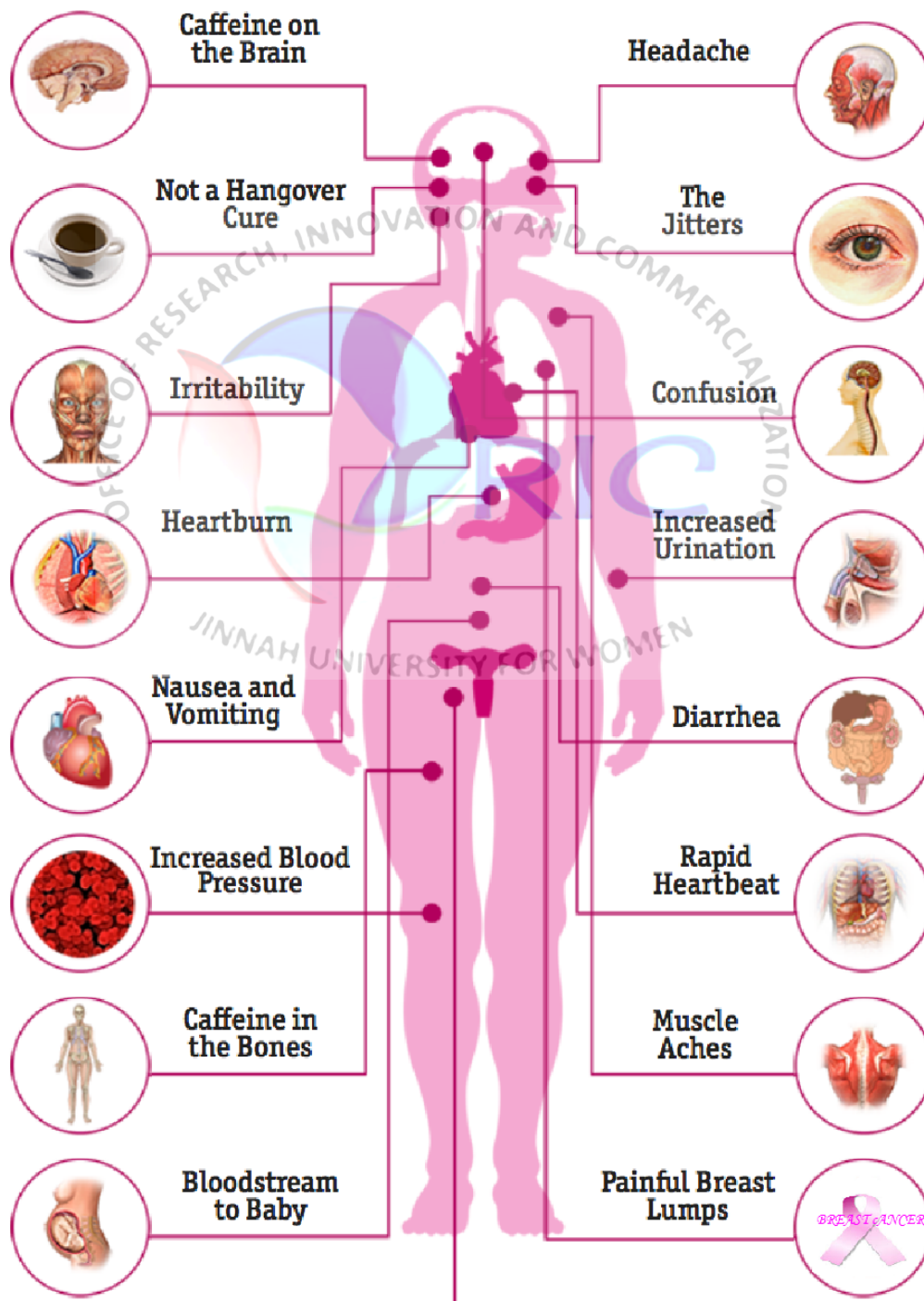


Reference: <http://www.dailymail.co.uk/health/article-131358/Anxiety-myths-facts.html>

# THE EFFECTS OF FAST FOOD ON THE BODY

Written by Ann Pietrangelo and Elea Carey  
 Medically Reviewed by George Krucik, MD, MBA  
 on November 2, 2015

“Fast foods often contain too many calories and too little nutrition. If fast food is a regular component of your diet, you might find yourself struggling with weight problems and ill health”.



## Effects of Fast Food on the Body

Food is fuel for your body. It has a direct impact on how you feel as well as on your overall health. Fast food isn't necessarily bad, but in many cases it's highly processed and contains large amounts of carbohydrates, added sugar, unhealthy fats, and salt (sodium).



## Digestive and Cardiovascular Systems

Many fast foods and drinks are loaded with carbohydrates and, consequently, a lot of calories. Your digestive system breaks carbs down into sugar (glucose), which it then releases into your bloodstream. When you take in high amounts of carbs, it causes a spike in your blood sugar. That can alter the normal insulin response. Frequent spikes in blood sugar may be a contributing factor in insulin resistance and type 2 diabetes.



## Respiratory System

Obesity is associated with an increase in respiratory problems. Even without diagnosed medical conditions, obesity may cause episodes of shortness of breath or wheezing with little exertion. Obesity also can play a role in the development of sleep apnea, a condition in which sleep is continually disrupted by shallow breathing and asthma.



## Central Nervous System

The study determined that people who eat fast food are 51 percent more likely to develop depression than those who eat little to no fast food. It was also found that the more fast food study participants consumed, the more likely they were to develop depression. A junk food diet could also affect your brain's synapses and the molecules related to memory and learning, according to a study published in the journal Nature.



## Skin and Bones

Chocolate and greasy foods are often blamed for acne, but they're not the real culprits. It's carbs that are to blame. According to the Mayo Clinic, because foods that are high in carbohydrates increase blood sugar levels, they may also trigger acne. The study in Thorax showed a higher risk of eczema (inflamed, irritated patches of skin) among children with a diet high in fast food. When you consume foods high in carbs and sugar, bacteria residing in your mouth produce acids. These acids can destroy tooth enamel, a contributing factor in dental cavities. When the enamel of your tooth is lost, it can't be replaced. Poor oral health has also been linked to other health problems.



## Effects on Society

The Obesity Action Coalition (OAC) reports that the number of fast food outlets has doubled since 1970, a period during which the number of obese Americans also doubled. It's likely that many factors have contributed to the obesity epidemic, but the correlation between the availability of cheap and fattening fast food and national weight increase is stark. Obesity increases the likelihood of heart disease, high blood pressure, kidney disease, diabetes, joint problems, and more. In 2008, obesity-related medical costs were estimated at \$147 billion. Diabetes alone was estimated to be responsible for \$69 billion just in lost productivity. Numbers like these suggest that the costs of cheap fast food are surprisingly high.

**Reference:** <http://www.healthline.com/health/fast-food-effects-on-body>

# ORIC SESSIONS

## INTERNEE SELECTION TEST 2017

ORIC organized a internee selection test 2017 on 20<sup>th</sup> January 2017 at “Lecture Hall” in F-Block 2<sup>nd</sup> Floor, JUW for the student of JUW to bring them in a practical environment which is necessary to have an idea about professional environment.. The test was composed of the questions related to the knowledge of MS Office, self-expressions of the students regarding challenging tasks and the way of communication with clients. The test basically conducted to assess the students and their potentials.

The students showed the great interest in the internship program, 79 students registered for the internee selection test out of which 70 students appeared in the test which is a really a worthy indication for ORIC. The test was conducted to assess the students. How they express themselves? What is the potential of the student? How they can perform their tasks under pressure?. These are the main focuses in the test. The internee selection test 2017 was conducted by ORIC in which many students were participated and showed their interest. Though it was a great experience of ORIC that students were very much devoted for the position.





## INTERVIEW SKILLS

ORIC organized a seminar on Interview Skills on 30th January 2017 at Muhammad Uzair Auditorium, JUW. The seminar was started with the recitation of Holy Quran by Ms. Ghazal Fatima and she hosted the session as well. Around 320 students attended the seminar with the great interest. The guest speakers of the seminar were Mr. Sheraz Siddiqui, Senior Manager & Consultant, Mr. Hassan Zia, Ms. Urooj and Ms. Hafsa from Occasions Pvt. Ltd.

The seminar was having two sessions, the first session was carried out by Mr. Hassan Zia on the topic of “Personal Development & Motivation” and the other was carried out by Mr. Sheraz Siddiqui on the topic of “Resume Writing & Interview Skills” while Ms. Urooj and Ms. Hafsa were there to promote the Job Fair which is organizing by Uni-Corp on 17<sup>th</sup> February at Department of Public Administration, University of Karachi. It was very successful event because participants showed the great interest and the trainers also enjoyed the audience because of their effective response. This was the great achievement of ORIC to held a successful event which is the encouragement to organize these kinds of events for the career development of the students of Jinnah University for Women.



**ORIC Team with the team of Occasions Pvt. Ltd.**

## MOMENTUM EXPO 2017

Momentum was a two-day event packed with Excitement and different sessions. Momentum gathers investors, business leaders, tech executives, speakers and academia who take the stage to share their stories in chats and keynotes. One stage was purely dedicated for pitching. The others were filled with experts sharing their stories and highlighting newest trends that will design the future of the internet driven business. The team momentum provided a platform to entrepreneurs who are at the core of the 'Eco System Leadership' to get them started in the Pakistani Startup scene. A startup usually faces financial crunch in its early stages. To help them in their endeavor, this initiative provided eligible startups with major 'Eco System Feeders' which have components providing certain free and discounted services to reduce their financial burden to allow a startup economy to succeed. The event was held on 6th and 7th February for the participating startups. 20 startups were selected by the mentors and they pitched to the jury and a vast audience. 3 of them were selected for the final round to battle it out to be titled **'WINNER OF THE PITCH AT MOMENTUM 2017'** and awarded PKR 2 million.

The image displays a promotional poster for the Momentum Pakistan 2017 event, held in Karachi, Pakistan, on February 6-7, 2017. The poster features a night view of a modern building complex with the event title and dates prominently displayed. Below the main title, it identifies the event as a 'Leading Startup Conference in Pakistan'. The poster also includes the Momentum logo (Investment | Startup | IoT) and the website URL www.momentum.org.pk.

Below the poster, a grid of logos represents the academic partners of the event. The word 'ACADEMIA' is written in the center of this grid. The logos include:

- NEWPORTS UNIVERSITY
- UNIVERSITY OF KARACHI
- LUMS
- IBA Institute of Business Administration Karachi
- UNIVERSITY OF AERONAUTICS & TECHNOLOGY
- MAHARAJA UNIVERSITY
- IQRA UNIVERSITY IU
- Institute of Information Technology
- KASBIT
- PAF-Karachi Institute of Economics & Technology THE CENTER OF EXCELLENCE
- Dadabhoj Institute of Higher Education
- UNIVERSITY OF Sindh
- DSU
- UNIVERSITY OF Sindh

## CONFERENCES

### 3RD GLOBAL SUMMIT ON PLANT SCIENCE

Conference Series LLC invites all the participants from all over the world to attend “3rd Global Summit on Plant Science” during August 07-09, 2017 Rome, Italy which includes prompt keynote presentations, Oral talks, Poster presentations Young Research Forum and Exhibitions.

**Why to attend:** With members from around the world focused on learning about Plant Science and its advances; this is your best opportunity to reach the largest assemblage of participants from the Plant Science and Agriculture community.



Fore more details visit: <http://plantscience.global-summit.com/>

### 2<sup>ND</sup> INTERNATIONAL CONFERENCE ON FOOD CHEMISTRY AND NUTRITION

We are delighted to welcome you to Vancouver for the prestigious 2<sup>nd</sup> International Conference on Food Chemistry and Nutrition. Food Chemistry will focus on the theme “Where food meets science: Exploring recent advances in food research and business”. We are confident that you will enjoy the Scientific Program of this upcoming Conference. This conference going to held on July 24-26, 2017 at Vancouver, British Columbia, Canada.



Fore more details visit: <http://foodchemistry.conferenceseries.com/>

### CONFERENCE ON NUCLEIC ACIDS, MOLECULAR BIOLOGY & BIOLOGICS CONFERENCE

Conference Series LLC is pleased to invite the contributors across the globe on its "2nd International Conference on Nucleic Acids, Molecular Biology & Biologics Conference" which is slated at Philadelphia, USA. during August 31-September 01, 2017. 2nd International Conference on Nucleic Acids, Molecular Biology & Biologics Conference (Nucleic Acid-2017) provides a premier platform to present and discuss fundamental discoveries in nucleic acids biology, which have impacted nearly every facet of biology with wide ranging implications for human health.



Fore more details: <http://nucleicacids.conferenceseries.com/>

## “5<sup>TH</sup> GLOBAL CHEMISTRY CONGRESS”

On behalf of 5<sup>th</sup> Global Chemistry Congress 2017 organizing committee, invites analytical expertise, chemistry people in all fields, researchers, professors, scientific communities, delegates, students, business professionals and executives to attend the “5<sup>th</sup> Global Chemistry Congress” which is going to be held during Sep 04-06, 2017, London, UK.



### Why to attend:

- Meet experts and influencers face to face
- Conferences provide a great opportunity to network where most people can help each other uncover ideas and spark inspiration.
- Encounter new vendors and suppliers
- Attending a conference forces you to grow and challenge yourself

Fore more details: <http://globalchemistry.conferenceseries.com/>

## 2<sup>ND</sup> INTERNATIONAL CONFERENCE ON DESIGN AND PRODUCTION ENGINEERING

Conference Series LLC cordially invites all the participants to attend "2nd International Conference on Design and Production Engineering" during August 21-22, 2017 at Birmingham, UK. This Design and Production 2017 serves as a platform for international exchange of ideas, collaborations and cooperation. It is anticipated that a wide-ranging of research and applied topics of Engineering will be covered during the conference.



Fore more details: <http://design-production.conferenceseries.com/>

## WORLD CONGRESS ON MICROBIOLOGY

Conference Series takes immense pleasure in inviting the scientists, researchers, professors, delegates across the continents to its upcoming “World Congress on Microbiology” to be held during **September 18-19, 2017** in Dublin, Ireland with the theme, “Perceiving the challenges of the inter-disciplinary world of microbes through Research, Response & Regulation”. . Submit your abstract on or before **March 15, 2017**.



For more details: <http://microbiology.conferenceseries.com/europe/>

## SCHOLARSHIP PROGRAMS FOR PAKISTANI STUDENTS

### OFID SCHOLARSHIP AWARD FOR INTERNATIONAL STUDENTS

OFID's Scholarship Program sponsors outstanding young students from developing countries who wish to pursue a Master's degree studies in a relevant field of development, from any recognized university/college in the world. The deadline for scholarship application is 1<sup>st</sup> May, 2017.

**For more details visit:** <http://www.scholars4dev.com/4021/ofid-scholarships-in-international-development/>

### THE DENYS HOLLAND SCHOLARSHIP AT UNIVERSITY COLLEGE LONDON

The Denys Holland Scholarship aims to support undergraduate students from any country, who without the support of the scholarship would be unable to secure the funding required to study at University College London, and who can demonstrate their intention to make full use of the activities offered by UCL and the Student Union Bachelor's Degree Programme in any subject offered at the University. The deadline for scholarship application is 7<sup>th</sup> July, 2017.

**For more details visit:** <http://www.scholars4dev.com/15836/the-denys-holland-scholarship-at-university-college-london/>

### TÜRKIYE GRADUATE SCHOLARSHIPS FOR INTERNATIONAL STUDENTS

Türkiye Scholarships are intended for candidates from all over the world who want to pursue Master and PhD studies in Turkey. The deadline for scholarship application is 17<sup>th</sup> Feb, 2017.

**For more details visit:** <http://www.scholars4dev.com/3829/turkish-government-scholarships-for-international-students/>

### ADELAIDE SCHOLARSHIPS INTERNATIONAL (ASI)

The University of Adelaide offers Adelaide Scholarships International (ASI) to attract high quality overseas postgraduate students to areas of research strength in the University of Adelaide to support its research effort. The deadline for scholarship application is 31 Jan/30 April, 2017.

**For more details visit:** <http://www.scholars4dev.com/6711/university-of-adelaide-scholarships-for-international-students/>

### INTERNATIONAL AMBASSADOR SCHOLARSHIPS AT UNIVERSITY OF WEST

The International Ambassador Scholarship recognises and provides financial support for outstanding students who wish to act as ambassadors for the University of West London. Any full-time undergraduate or postgraduate course at the University of West London, The deadline for scholarship application is 16<sup>th</sup> July, 2017.

**For more details visit:** <http://www.scholars4dev.com/8119/international-ambassador-scholarships-university-west-london/>

