



RNI No. GUJENG/2013/49300  
Retail Selling Price : Rs. 10/-  
Annual Subscription : Rs. 100/-  
Published Date : 10th of Every Month  
Language : ENGLISH

# The Gardi Times

EDITOR : PROF. VIRANG OZA, CO-ORDINATOR : MRS. KIRAN SUHEL SHAH Year : 6 | Issue : 61 | Page : 4 | MAY 2018

## STTP AT IIT RAM Ahmedabad

The Department of Civil Engineering had been envisaged for training in terms of Industry Interaction, Workshop and Expert talk. The Head, Prof. Vimal Patel had always encouraged and helped the faculties to attain the training session organized at different IIT's and NIT's. The faculties Prof. Gaurav Jagad and Prof. Natasha Sagar attended the Short term training programme on "EMERGING TRENDS ON PAVEMENT GEOTECHNICS" from 30th May, 2018 to 4th April, 2018. The Short Term Training Programme included the innovative design ideas of pavement and failure case studies, which were delivered by faculties of SVNIT, SURAT and IIT Gandhinagar.

The training included the one day site visit to construction of retaining wall and laying down of geo grids, visit to working bituminous mix plant, Ready Mixed Concrete plant, site visit of RCC pavement construction with advanced equipments. The faculties also gained the knowledge of the consultancy practices and use of the advanced equipments in their laboratories.

### OUTCOME:

- The faculties gained the knowledge of consultancy practices in bitumen
- The faculties gained the knowledge of revision in codal practices of pavement design
- The faculties gained the knowledge of advancement of use of piezoelectric materials in pavement and soil strengthening through nanotechnology.

### Glances of the visit:



5-day Short Term Training Program on  
'Emerging Trends in Pavement Geotechnics'  
(30<sup>th</sup> April – 04<sup>th</sup> May, 2018)  
Organised at IITRAM, Ahmedabad



# Much more to do, with YOU in focus

For a student, nothing can be scarier than the simple thought of exams. The stress they go through before appearing for exams is just mind boggling. We all have been through situations when, no matter how much we spend our time in studying and covering the syllabus, we always feel we are still unprepared to face the evil monster called examination! All of this only leads to something called as pre-exam anxiety.

If we are to believe in experiences, many times the very same 'anxiety to perform well' in an examination results in performing poorly. The reason is that we spend way too much energy and time in worrying than in actually concentrating on understanding the subject.

So here are a few ways that could help one deal with pre-exam anxiety:

## 1. Meditation

No matter, how boring this might sound, but it is very useful in relaxing your mind. It's a gift you can give your over-stressed brain, during exams.

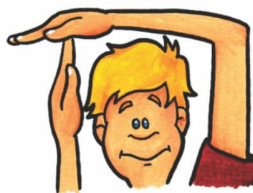


## 2. Sketching a quick schedule and religiously following it

This helps a person to anticipate how much of it is really there to study. Also, when you make a plan before hand, it saves you a lot of time, by not having to think about what to and what not to study.

## 3. Ensuring that the schedule includes sufficient number of quick breaks

It is a very wrong notion that, a person who studies a long time, scores better marks. In actual it is more about the quality of the study time. It is an observed fact that when a person takes sufficient amount of breaks in between all the studying, it helps in concentrating better. However, it is important to note that, by 'sufficient' it does not mean taking a break every 5 minutes. This will affect adversely. Thus, have your breaks too planned out.

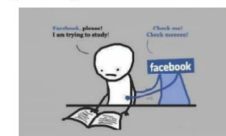


## 4. Keeping your study group very limited

We cannot disagree that, today group studies have become the most common way of studying during exams. It has its own advantages, but also many disadvantages. Thus, though I am not against group studying, it is advisable to limit your study group to very less number of friends. Else, we all know what we end up doing.



## 5. Try and avoid social networking sites, unless it is your break time



It is very common, for students to have their Facebook open while they are studying. It is a very bad idea, as it leads to distraction. Limit your social networking abilities to only the quick breaks and remember to logout once the break is over.

## 6. Do not indulge in asking friends how much of the syllabus they have completed

It is a common habit to discuss with friends on how much they have completed. Come on let's deal with it! This idea of having a race in completing more syllabus with your friend can only ruin your ability to grasp the subject. Thus, the best idea is not to worry about how much your friend has completed. Rather, take your own time and understand what you study.



## 7. Make notes while studying



Through this, it can help you memorize better, help you have the satisfaction of having something concrete to prove to yourself that you have completed the said syllabus and also can act as a quick guide for revision.

## 8. Avoid skipping meals

In fact during exams due to more of mental work, it is advisable to have healthy and full meals, because your mind needs it. So to go on a crash diet during exams is certainly a big NO!



## 9. Ensure sufficient amount of sleep



Your mind too needs some rest, just like you. So do a favour to your brain and give it sufficient amount of good sleep.

Spend that energy and time on concentrating rather than worrying about what would happen if you fail, because trust me worrying about failure will only help you fail! Good Luck!



## Why do we fold hands while saying “Namaste”?

### Meaning of Namaste

The meaning of Namaste has a beautiful and powerful psycho-spiritual origin. 'Namaste' is India's most well-known export to the western civilization. Namaste is a spiritual greeting of respect when you meet any spiritual teacher, fellow student or when greeting someone you honour. One translation is that it means, **“I bow down to the divinity within you”**.

When you honour the divine another person at the same time you are honouring it within yourself. Namaste expresses the very essence of respect for all of the Presence of God within all of us. In truth, each of us is part of one big family. We come from the same source of life and return once we pass away from the physical body. Namaste helps to remind us of our common heritage while bringing to life the important need for respecting each other.

The other important feature of reciting Namaste when you greet someone is the holding of the hands together over the heart as though in the gesture of praying. This brings together the two positive and negative polarity energy fields in the body balancing them over the heart. The heart is the strongest source of electrical energy in the physical-enteric body. By balancing your energy there is a union of masculine and feminine polarity in the entire auric field of energy.

Try this on your family and spiritual friends when you see them. It creates a mood of peace, serenity and respect which is far greater than a hand shake or simple hello.

