Dr Yogesh C. Joshi, Associate Professor, MBA Programme, Sardar Patel University presented a paper entitled 'ID 257: Quality and Environmental Management in a Large Dairy Cooperative: The Case of AMUL Dairy', at the 4th International CSR-Conference, Berlin, https://www.conftool.com/csr-hu-berlin-2010/ held at Humboldt-Universitaet zu Berlin, during September 22-24, 2010. This paper is coauthored with Dr Albert Schram, Associate Professor, School of Management, Masstricht University, The Netherlands.
Schedule of Orientation Programmes and Refresher Courses to be held at UGC Academic Staff College during the year 2010-11

**Orientation Programme**

1. 6-12-10 to 9-1-11 5th Orientation Programme

**Refresher Course**

1. 4-10-10 to 24-10-10 Education & Physical Education

2. 8-11-10 to 28-11-10 Research Methodology in Humanities (Inter Disciplinary)

3. 15-11-10 to 5-12-10 ICT Application (Multi Disciplinary)

4. 15-11-10 to 5-12-10 Computer Science

5. 6-12-10 to 26-12-10 Business Studies (Multi Disciplinary)

6. 6-12-10 to 26-12-10 Nano Sciences (Multi Disciplinary)

7. 3-1-11 to 23-1-11 Research Methodology in Basic & Natural Sciences (Multi Disciplinary)

8. 3-1-11 to 23-1-11 Chemistry

9. 7-2-11 to 27-2-11 Women Studies (Multi Disciplinary)

10. 7-2-11 to 27-2-11 Mathematics and Statistics

11. 28-2-11 to 20-3-11 Performing and Visual Arts (Inter Disciplinary)

12. 28-2-11 to 20-3-11 Library Science

13. 28-2-11 to 20-3-11 Comparative Literature (Inter Disciplinary)

**Short Term Course**

1. November 2010 Interactive Workshop for Ph.D. Students

2. 29-11-10 to 1-12-10 A Course in Manuscriptology

**Notes:**

- Kindly read eligibility criteria before filling up the application form.
- We shall cancel any programme/course without any prior notice, if we don't have 20 eligible participants for the said programme/course, as per the minimum requirement by UGC.
- Selection will be made strictly in accordance with the guidelines of the UGC.
- Last date of Application for all courses will be 15 days before the commencement of the course.
- Application form must have;
  * Signature of your principal along with college stamp and college seal.
  * Recent Passport size photograph.
  * Rs 500/- DD in favor of 'Director, Academic Staff College' payable at Vallabh Vidyanager.
- Invitation will be sent to eligible candidates before 7 days of commencement of the course.
- Kindly email your queries/inquiries to directorascspu@gmail.com
Extension

શ્રી રામકૃષ્ણ સેવા મંડળ સંચાલિત અસ્પથ્ય કદર્શન

શ્રી રામકૃષ્ણના પુસ્તકોનું વિસ્તારક પાઠશાળાના દર્શનનું આપાતક માપ્ય હતી. કદર્શનના આભારી માયી સી. સી. ગાંધી તથા શ્રી રામકૃષ્ણના સેવા મંડળના માયીઓની શ્રીમતી જ્ઞાનદાસીની આસપાસ અને આશીર્વાદાંિત હતા. કદર્શનના તમામ કાર્ડનો વિભિન્ન પ્રયુક્તઃ મેળવી પ્રણાલી-પ્રશાસન સહાયીઓ દ્વારા વેદાન્ત બંધનોને સામગ્રી લાયક થઈ રહ્યે, તામાં સૌથી અને પહેલાં સભાની યુર્જ કરીને ઉત્તાનિત કરવા હતા. સમાજ કાર્યકાર્યમાં સુનામીને આભારી માયી સી. સી. ગાંધી, સેવા મંડળના માયીઓને આભાર માયીઓને પ્રયુક્તઃ મેળવી પ્રાર્થના વિદ્યાર્થી અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. 

અસ્પથ્ય કદર્શનના ઊજવામાં લંબ-કાળ હોસ્પિટલની ઊપાધી શ્રી ગૃહ થયા છે અને સામાજિક કાર્યકાર્યમાં આભારી માયી સી. સી. ગાંધી, સેવા મંડળના સુનામિને આભારમાં આભાર માયીઓને આભારમાં આભાર, સુનામીને સામ Gujarat અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. આપાતક પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. 

શ્રી ગૃહ થયા છે અને આભાર માયી સી. સી. ગાંધી, સેવા મંડળના સુનામીને આભારમાં આભાર માયીઓને આભારમાં આભાર, સુનામીને સામ Gujarat અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. 

શ્રી ગૃહ થયા છે અને આભાર માયી સી. સી. ગાંધી, સેવા મંડળના સુનામીને આભારમાં આભાર માયીઓને આભારમાં આભાર, સુનામીને સામ Gujarat અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. 

શ્રી ગૃહ થયા છે અને આભાર માયી સી. સી. ગાંધી, સેવા મંડળના સુનામીને આભારમાં આભાર માયીઓને આભારમાં આભાર, સુનામીને સામ Gujarat અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા. 

શ્રી ગૃહ થયા છે અને આભાર માયી સી. સી. ગાંધી, સેવા મંડળના સુનામીને આભારમાં આભાર માયીઓને આભારમાં આભાર, સુનામીને સામ Gujarat અને બોડીઓ પ્રક્રિયા રાજકોટમાં સુધી સથાપિત હતા.
Isolates in Arsenic Bioremediation for PAH Bioremediation Breaking Yard and Exploitation of the Bacterial Wealth Long-Term Polluted Sea Coast near Alang Shipbreaking Yard and Exploitation of the Bacterial Wealth Potential of Marine Bacterial Assessment of Bacterial Community Structure of Research

...
Impact of Computer on Human Health

In the present day world, technology advancement has hurtled beyond imagination. It is because of these improvements that life has become so easy and comfortable. New innovations in the fields of Science and Technology and other areas have transpired to be a gateway for progressive development of a nation and also for the entire human civilization. One such example is that of the rapid developments in the field of Information Technology (IT). The boom in the IT industry has retained its footprints in all major sectors thereby registering itself as a cardinal service. However, with development in the field of communication in apace with IT, people often tend to make haste on their day-to-day life. As a result of such a volte-face in human behaviour, there have been many stumbling blocks too. In other words, the phrase 'Haste makes Waste' rightfully applies. One of the very serious outcome of it is the dwindling health issues. Growing numbers of BPO (Business Process Outsourcing) has helped many people find their work place by hiring them. People working in such MNCs (Multi National Companies) have a very tight schedule and requires to remain engaged in their work night and day. With the high scale of remuneration package they offer, the employees are also flooded with undue work load which exerts negative vehemence in them. Since, a major part of the job is carried out with the help of computer systems, the impact of computers on human health and eudaemonia calls for a meticulous observation. There are numerous instances when witlessness on part of the people regarding the down side of computer usage has posed a grievous issue; not to mention other social deviance involved with it.

Given that the use of computers cannot be substituted, precautions while using it can be a way out for all the possible problems. Prolonged usage of computers can result in many health complications and may even call for serious medical attention. The intense bright display of the computer monitor can even dim our vision which may extent upto the level beyond recovery. It may also relate to severe headaches and fatigue and turn out to be a nightmare for many. Other than Ophthalmic issues, there are many other which are worth mentioning. One can suffer from back and shoulder pain, neck strains, restlessness, weak muscles and other bodily injuries with the worst resulting to hormonal imbalance. Hormones are an essential component in the human body. They foster the proper functioning of various body organs. The continued usage of computer can cause these hormones to be very imbalanced, which may threaten the person's normal capabilities. Hormones are often related to the term 'muscle tension' in the book of medical science. 'Muscle tension' due to unrestrained use of computers can leave a scary impact, which may make an individual impotent. Unless proper precaution and other safety measures are exercised, these problems can take an unstoppable trend and pose more problems beyond our imaginations. Since the use of such an useful device is not only restricted to professionals alone but also to students and general people, awareness about the risks and damages caused by it must be clearly highlighted.

Safety measures for people using computers on a daily basis or prolonged period:

- Use Anti-glare screen with your computer, monitor to overcome eye pain or strains and other related issues.
- Use Anti-glare goggles or lenses in case of public computers or office computer where such a facility is not available.
- Try to restrict your work with regular breaks or intervals.
- Soak your eyes with a clean wet cloth when you feel pain or heaviness in the eyes.
- Practice various exercises and yoga tips as and when possible to relax your eye and body.
- Get your medical check-up every three months and have a proper analysis of your health status.
- Sleep for atleast 7 hours to remain fit and active.
- Sit in a comfortable position while using your computer.

Some exercise that you can try:

- Close your eyes. Gently place your palm on your eyes without exerting any pressure. Stay for 15 seconds and then release. Now open your eyes. Do this for 5-10 times at the interval of seconds during each try. It will greatly help to relax your eye muscles.
- Keep your eyes open. Take one of you finger and position it in the middle of your both eyes. Slowly move the finger in the straight direction front and back while you stare at it. Repeat it for a few times. This will help you to improve your focus, which is greatly affected by prolonged computer usage.
- Regular morning walks and jogging can help you remain active and refreshed throughout the day.

Source: Internet
Sheel Shrutam welcomes readers’ contributions in the form of news, views, ideas and information for publication. Please send your contributions before 1st week of every month to Param Pathak, Department of Gujarati, Sardar Patel University, Vallabh Vidyanagar 388 120.

Email: sheelshrutam@gmail.com