

I never, ever grew up as a young woman believing that my gender would stand in the way of doing anything I wanted.

JACINDA ARDERN



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DELHI
MONDAY • MAY 6, 2019

Off to greener pastures?

Why do our students find universities in Russia, China, Ukraine and Poland ideal to study medicine?

LIFFY THOMAS

For Dhanush V., it was not enough he studied medicine. He wanted to study medicine in India. That dream was only partially fulfilled. He went to Russia to pursue a medical degree, three years ago. A raft of factors forced him to make that compromise.

Around that time, there was confusion over whether students from Tamil Nadu would be exempted from having to take the National Eligibility cum Entrance Test (NEET). The private medical colleges that his parents approached, on his behalf, were seeking a huge capitation fee. “They were dilly-dallying about giving me a seat,” says Dhanush, who is in the third year of his medical course at Volgograd State Medical University.

To foreign shores

Around 7,000 students from India go to a foreign country every year to pursue a medical degree.

According to the Medical Council of India (MCI), their number is on a steady rise. From 2014, the MCI has mandated that aspirants get an eligibility certificate to study abroad.

In 2017-18, the MCI received 18,383 applications from students, as against 10,555 applications the year before, according to a report published in *The Hindu*. Of this, the Council issued 14,118 eligibility certificates in 2017-18, compared to 8,737 in 2016-17.

A small percentage of students

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● At a private college in India, pursuing medicine would cost more than ₹60 lakh

● China, Russia, Ukraine, the Philippines, Georgia and Nepal are some of the popular choices for Indian students.



ILLUSTRATION: SEBASTIAN FRANCIS

go to well-known universities in the U.S. or the U.K., for the global visibility that degrees from there offer. A majority go to other parts of the world as medical education there is comparatively cheaper than in India.

According to Moksh, an overseas educational consultant, pursuing MBBS in Russia, China, Ukraine and Poland would cost anywhere between ₹10 lakh and ₹30 lakh. At a private college in India, it would cost more than ₹60 lakh.

Agreeing that many students are leaving abroad because of the huge fee structure in private colleges, S. Sacchidanand, vice-chancellor, Rajiv Gandhi University of Health Science in Bengaluru, says the Indian government has been making many changes to ensure more aspirants get to study in their home country.

“For the six lakh students who aspire to be doctors, there are 60,000 undergraduate seats to be filled in both private and government medical colleges, annually,” says Sacchidanand.

At the postgraduation level, the number of seats offered was half than those offered at the UG level. “Through various interventions the number of PG seats was increased to 38,000,” he says. Tamil Nadu, for instance, has been adding 100 seats for the last five years to enable more students to study in the state. He says India has a good number of medical colleges but the number of students in a class is comparatively

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low. “An ideal class strength ranges from 100 to 150,” he adds.

With new medical colleges coming up in neighbouring countries, the process to find a seat is much easier, say students. China, Russia, Ukraine, the Philippines, Georgia and Nepal are some of the popular choices for Indian students.

Wooing Indians

Many universities in Asian countries are in partnership with Indian colleges. G. Richards Olds, president of St. George's University in West Indies, who was in India recently to talk to schools and colleges about the institution, feels medicine is a subject that demands global exposure in learning. The 40-year-old university has 17,000 graduates from 140 countries, and close to 2% of its students are Indians.

“We want to increase this number further and are keen on taking bright Indian students on board,” says Olds. The university has a tie-up with M.S. Ramaiah Institute of Medical Science, Bengaluru.

MCI's role

MCI does not discourage students from studying abroad, but it wants aspirants to apply to colleges that have been approved by the Council. It also welcomes those who complete their MBBS course to return to India to start a practice, for which they have to clear Foreign Medical Graduate Examination (FMGE) – a screening exam that tests their aptitude for medicine.

MCI also insists that students do their homework by comparing curriculum. To help students make a wise choice, the National Board of Examinations (NBE) ranks institutions based on performance of candidates in the screening test.

STUDY ABROAD

Opportunities on a platter

Students studying in Newcastle University have a plethora of positives to pick from

ARCHANA SUBRAMANIAN

The Newcastle University (NCL), the U.K., is, quite literally, the heart of the city of Newcastle. Situated at the centre, it boasts of a 180-year history and is today internationally-recognised with impressive accolades to its name, including ‘University of the Year’ (Educate North Awards 2018).

It has over 200 undergraduate and 300 postgraduate and research degrees in a wide variety of subjects for students to choose from. With campuses in Newcastle, London, Singapore and Malaysia, and a community of 28,000 students from more than 135 different countries, NCL is truly a world-class university.

What does NCL do that makes it an attractive study destination for international students?

Ranking

A part of the Russell Group's research-intensive universities, NCL's cutting-edge research feeds directly into teaching, creating world-class learning experiences. A global reputation and a rank in the top 150 World University Rankings for 2019 make it a hot pick. NCL also ranks among the top five for civil engineering, cancer studies and town planning.

Campus

Four sprawling libraries spread across the campus provide students access to one million books and two million e-books. The Student Union building is the place to be in if you want to grab Subway sandwiches and Domino's Pizza within the campus. Its 1,500-capacity space hosts weekly club nights and regular gigs for students. Students keen on joining sports can choose from over 65 sporting clubs. NCL's Student Union gives



students a unique chance to be a part of their 4,500 volunteer force to participate in various activities, clubs or initiatives. This includes an opportunity to be on the Freshers' crew (welcoming new students on campus), being a section editor of *The Courier* (NCL's tabloid), the President of the Rugby Club, or volunteering in over 100 community organisations. There are also 16 cafés and four museums on campus.

Scholarships

NCL's scholarship schemes are offered to students globally. However, India has increasingly become a high priority country, based on increased activity in a range of areas, including partnership with universities and institutions, research collaboration, corporate engagement, and alumni relations. In the 2018/19 academic year, 115 students from India received a scholarship from NCL.

Some scholarships available to applicants from India are:

Vice-Chancellor's International Scholarships: The value of these awards is between £1,500 and £5,000

and are awarded as tuition fee discounts to eligible undergraduate and postgraduate applicants at point of academic offer.

Vice-Chancellor's Excellence Scholarships: This includes 50% tuition fee discounts to 13 students and two full tuition fee discounts available to undergraduate and postgraduate applicants from India.

NCL Overseas Research Scholarship: Postgraduate research students from India can also apply for the Newcastle University Overseas Research Scheme, which provides the difference between Home and International fees for the duration of the programme.

External scholarship schemes: The University also participates in a number of prestigious scholarship schemes in conjunction with the British Council, Commonwealth Commission and the Chevening Commission, to provide full or partial scholarships to students from India. The schemes include: British Council India GREAT Scholarship Scheme, British Council India 70th Anniversary Scholarship, Commonwealth Scholar-

ships, and Chevening Scholarships.

Headstart

NCL offers loans and funds to students startups. Companies like The Spaces Collective in London, Camellia in Singapore, Indlovu gin in Africa, ReadListenLearn in Bangladesh are some companies that have benefited from this facility and have also in turn provided employment to others.

For those looking for jobs within Newcastle, opportunities, especially in engineering and retail, have increased with many multinational companies such as Nissan and AkzoNobel coming into the city. Jobs are also rife in the service and retail industries, which now make up a large part of Newcastle's economy. The city is home to some of the largest shopping chains in the EU like Marks & Spencers, which offer lucrative part-time jobs and internships in the retail and business sections.

Finally, the city itself is a point of attraction for students considering this University. It offers a good mix of cosmopolitan and stu-

Professor Chris Day, Vice-Chancellor, Newcastle University, U.K., shares his views on the University's global advantage:

“At Newcastle University, we support, engage and integrate international and home students, building on our strong performance in international and student satisfaction surveys and thereby, create a truly positive international environment. We are committed to providing an international educational experience which challenges and empowers students and shapes graduates who are adaptable, responsive to future needs, and with intercultural awareness. In a world of increasing connection and mobility, we ensure that our programmes address global needs. Wherever they are from, our students will have careers with global dimensions.”



dent-friendly hubs. The city, located on the banks of the River Tyne, is famous for its culture, vibrant nightlife, fascinating history, great shopping and beautiful architecture. To add to this, hills, lakes, castles dot the city which boasts of beautiful coastlines.

The writer was in Newcastle at the invitation of the University.

SCHOLARSHIPS

DST Postdoctoral Fellowship in Nano Science and Technology, JNCASR 2019

Jawaharlal Nehru Center for Advanced Scientific Research (JNCASR) is awarding monthly fellowship and other benefits to selected research applicants for undertaking R&D projects, studies, etc at recognised research institutions in India.

ELIGIBILITY: Indian students who have a Ph.D. in science or engineering; or have submitted Ph.D. thesis for interests in nano-science and technology, and are below 40 years of age.

PRIZES AND REWARDS: A monthly stipend of ₹55,000 (fellows with Ph.D.) or ₹45,000 (fellows with submitted thesis) along with a contingency research grant of ₹2,00,000 per annum for a period of two years.

DEADLINE: Applications open all year

APPLICATION MODE: Offline

<http://www.b4s.in/EDGE/DPF1>

British Council GREAT Education Full Scholarships, September 2019

British Council India is providing scholarships to Indian students who wish to study in the U.K. for undergraduate or masters courses. Thirty five scholarships will be provided to attract Indian talent for pursuing higher education in the U.K.

ELIGIBILITY: Indian students who have completed their class XII or equivalent, or graduation and are applying to recognised U.K. universities. Students must clear required language proficiency exams.

PRIZES AND REWARDS: Complete tuition fee waiver

for the course duration and master's scholars will be provided complete tuition fee waiver for the first academic year (two-year courses) or whole academic term (for one-year courses).

DEADLINE: May 15, 2019

APPLICATION: Online

<http://www.b4s.in/EDGE/BCGE254>

GEV Memorial Merit Scholarship 2019 for Law Students

Dr. Goolam E. Vahanvati Scholarship Fund is providing scholarships to students pursuing law degree courses across the nation to study at premier law institutions. This scholarship programme will provide students a chance to be mentored by elite judiciary communities of India.

ELIGIBILITY: Indian students pursuing LLB/LLM courses in any year of their course curriculum, at premier law institutions of India. Students who have cleared CLAT, LSAT-India, AI-LET, or any other law entrance exam in 2019. Applicants' family income should not be more than ₹10 lakhs p.a. Every applicant should have scored at least 60% in class X and XII exams.

PRIZES AND REWARDS: Selected scholars will be awarded a scholarship sum of ₹50,000 to ₹2 lakhs per year for academic expenses. Scholars would also receive training and mentorship.

DEADLINE: May 31, 2019

APPLICATION MODE: Online

<http://www.b4s.in/EDGE/GMM2>

Courtesy: www.buddy4study.com

Don't drag your feet

If you habitually put off tasks without justification, then, you are possibly a chronic procrastinator



THINK
ARUNA SANKARANARAYANAN

You have an entire month before you need to submit your stats project. Unlike last semester, you decide that you will work on it beforehand so that you don't turn in substandard work in the last minute. So, you make a list of possible topics and shortlist a few. Two days go by as you get busy completing other assignments. You promise yourself that you will start working on the stats project on Thursday, which morphs into Friday and the weekend is before you.

Days melt into weeks and three days before the due date, you are a ball of nerves. Berating yourself for dilly-dallying only exacerbates your stress. How can you fight your tendency to procrastinate?

According to Timothy Pynchyl, who has researched the near ubiquitous phenomenon for close to two decades, procrastination results when we knowingly delay acting, even as we are aware of the consequences of doing so. We may

have every intention of acting, but fail to implement our plans.

Habitual
Unlike other forms of delay, procrastination stems from our own "reluctance to act." If you failed to turn in your stats project because your mother was hospitalised, and you had to attend to her, then your delay is not a form of procrastination. Everyone is compelled to postpone certain tasks now and then due to other pressing commitments. But, if you habitually put off tasks without adequate justification, then, you are possibly a chronic procrastinator. However, you can change your ways.

Everyone finds certain tasks onerous. But procrastinators tend to put off aversive tasks because they feel good for a short while when they postpone them. However, the immediate gains come with long-term costs. People who habitually procrastinate have lower levels of achievement. Moreover, Pynchyl says they also harbour more negative feelings and have compromised health compared to people who get jobs done on time.

When presented with an arduous task, procrastinators need to "find a way to cope" with unpleasant feelings, according to Pynchyl. So, as soon as the temptation to forego or abandon a task surfaces,



Do it now: Don't put things off.

"stay put" counsels Pynchyl. Don't succumb to the urge to give up. Further, expect to feel reluctance when you have to start a project. You may also create an "implemental intention," a term coined by Professor Peter Gollwitzer. Thus, you may tell yourself beforehand, "If I feel apathetic towards the task, I will not give up. Even if I feel like quitting, I will persist."

To work on a task, you don't have to feel like doing it. Pynchyl argues that we have to relinquish the notion that we need to feel motivated to perform an activity. Instead, if you simply act on your intention, you will "see your attitude

Everyone finds certain tasks onerous. But procrastinators tend to put off aversive tasks because they feel good for a short while when they postpone them.

and motivation change." The crucial message is that your drive need not precede your activity. On the contrary, the very act of persisting on a task can have a catalysing effect.

Most importantly, when we tackle procrastination, we must channel our energies into coping with unpleasant feelings. As Dr.

Pynchyl says in an article by Charlotte Lieberman in *The New York Times*, "Procrastination is an emotion regulation problem, not a time-management problem." Thus, when we slip up and fail to do a task, we are more likely to take corrective actions if we treat ourselves with kindness. Instead of chastising yourself for wasting time yet again, extend compassion towards yourself. Besides quelling discomfiting feelings, a softer, gentler approach will more likely help you complete your pending tasks.

The author is Director, PRAYATNA. arunasankara@gmail.com



LIVE LIGHTLY
NIVEDITA DAS NARAYAN

How would you feel at the sudden dawning that you were living close in the presence of a celebrated virtue, entirely blind to it when you did? What if the knowledge of that virtue being the guiding light for someone of indelible influence in your life – the knowing that it was a virtue at all – came to you when he is no longer accessible?

So today, as I sit down to pen this audacious prose, I am representing that moment of dawning, and accessing conscious streams of remembering, recounting and processing what it meant to be him – my Dad.

Recalling the years
Without much ado, let me state that I resented my dad for a large part of my growing up years. Barring the softening in the last 15 years of his life managing a degenerative illness, he was a rough and tough guy! When I say tough, I am not being entirely supportive, in my memory of him. I remember the toughness of a hardened patriarch, steeped in the regulation of a missionary boarding school, living a stern, austere life; with a perpetually laden backpack of pathos, pain and thankfulness of the eight-year-old boy who fled his birth-home to save himself and rebuild a life in this country. To me, his toughness was ruthless, dogged, most often devoid of the indulgent 'I wish' or 'I'd love to' – perhaps because his one cardinal wish to escape, to flee the communal killings in Noakhali, was fulfilled miraculously, early on in life. Dad almost begrudged the romance of life – eating the same kind of food for every meal, never ever tempted by the mouth-watering Delhi street food, frugal in acquiring, owning or trying new things, spartan habits – no tea, no coffee, no tobacco, no downtime and often sombre; fathering by

Courage gives us the voice to speak the mind – however stark and raw the truth. Courage, above all, is deep faith in the self.



the should and must, living by denying himself simple comforts, toiling to save every penny to sustain his family of five. We heard his most generous allusions mostly in his thankfulness to the God he prayed to, for his (re-built) life, his stable government job and the roof above our head.

So, today, as I listened to Maya Angelou ruminate on the abiding human virtue of courage – that without courage we cannot practise any other virtue consistently – it shot off telling connections to the man who I have come to understand better, over time. What follows is a short recollection of what I now understand as ingrained expressions of courage:

Dad was reclusive and secured in being so – this was his courage, to ignore the comfort of belonging. Dad was brutally stern; often rude in his refusal to align with anything he didn't believe in – this was his courage, to stand apart from popular opinion.

Dad was frugal, yet fearless, in lending substantial sums from his small salary to the most unfamiliar borrowers. This was courage to trust.

Dad was comfortable with being the aloof, distant, unyielding man down the lane.

This is courage that cared little about what others thought of him.

Dad was relentlessly repetitive – this was courage to follow the monotony of discipline.

Why? This is because courage gives us strength to stand apart. Courage is consistence and daily observance even when it gets tedious and dreary. Courage demands accountability. Courage negates hesitation. Courage cushions the anxiety to belong – to rise above pressures to locate in the centre of a polite society. Courage gives us the voice to speak the mind – however stark and raw the truth. Courage, above all, is deep faith in the self. Courage underpins consistency – to be kind, generous, steadfast, fearless, disciplined or honest.

And as for my Dad, it was perhaps in those perilous minutes confronting being hacked, submitting or dying, to finally escaping across the border – when overwhelming fear would have been trounced by this courage for life.

Nivedita is a life coach, blogger and writer who simplifies the patterns and archetypes she encounters at work and in life. nivedita@lifealign coaching.com

INNOVATION

Creating creators

Codevidhya starts young by offering future-ready coding curriculum to schools with innovative tools

MADHUMITHA SRINIVASAN

Literacy is a right and a need that the government has been addressing for decades. As the world heads towards an increasingly tech-centric future, the ability to code could be the "next level of literacy". It is on the basis of this presumption that Shivram Choudhary founded Codevidhya.

"In this era, where most jobs involve programming and dealing with software, coding has become the most popular language worldwide. Considering this, the idea of teaching coding as a part of literacy was established," he says. Codevidhya is an education startup, dedicated to converting classrooms in Indian schools into programming powerhouses with a vision to empower the new generation to create and innovate using technology.

It offers a structured and up-to-date coding curriculum for schools to teach coding to students from classes I to X.

It offers a full-year programme that includes overall learning in the form of training for teachers, workshops for students, an online platform for assessments, projects, code challenges, assessments, programme monitoring, mentoring and support. Focus is laid on programming languages, and exposure is given to Scratch, HTML, CSS, JavaScript, Python, PHP, and more. Besides, Codevidya also offers summer and winter clubs and after-school programmes that have a shorter duration.



Headstart: Get, set, code.

Benefits

What is the need to introduce coding so early in schools?

The answer lies in viewing coding as a life skill, in a technology-driven world that is witnessing automation, and the development of robots and self-driven cars. "In this digital era, every second job is based on technology, and our schools are still teaching simple operations such as left-clicking, right-clicking the mouse, which students can learn easily, in no time. Learning to code is similar to learning a new language. Sooner the children are exposed to fundamental topics such as sequencing, loops, and conditionals, the more deeply they absorb these concepts," explains Choudhary. Plus, including something new and innovative to a school's curriculum can give students a break from the usual.

This learning extends its use beyond the classroom as well: it stimulates idea generation in kids, teaches them how to think and solve logical problems, stimulates critical thinking, teaches them to break down one big problem into smaller problems and find solutions,

and analyse different situations in order to connect the dots eventually.

Choudhary complements this point with the example of students from class VII, VIII, and IX students from Euro International School in Sikar developing an app that solves a real-life problem.

"Ekunit.org, is an online platform that instantly connects blood donors and receivers on an urgent need basis. The young developers came up with this idea when they were asked to think out-of-the-box and look around for a social problem that can be solved through coding and technology. EkUnit is the most successful project that has been implemented and is live. Lives of 19 individuals have been saved using this application," he explains.

Currently, Codevidhya has partnered with Isha Vidhya Schools to implement their annual curriculum to teach coding to its less-privileged students from class IV to IX across 10 schools around South India, covering districts of Coimbatore, Erode, Salem, Dharmapuri, Kanyakumari, Tuticorin, Cuddalore, Villupuram, Chittoor and Karur.

BON APP-ETIT

ARATHI MINI

Most of us lead extremely stressful lives. Be it our studies, internships, or just everyday hustle bustle, sometimes, all we want to do is to run away to the Himalayas. Since such an escape is not generally possible, the best we can do is to meditate and calm ourselves. Here are some apps that will help.

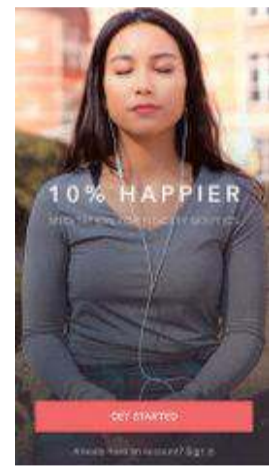
Stop, Breathe & Think: Meditation & Mindfulness



You can receive recommendations regarding meditation and emotional strength. Hundreds of videos, from experienced yoga instructors, will instruct you how to perform the asana. There are also videos about accupressure, and daily meditation and breathing techniques. The app comes with meditation timers and sleep sounds to help you sleep better. Other features include focus strengthening exercises, anxiety taming techniques, meditation methods that can be done during

commutation, and so on. (<http://bit.ly/2VDswfA>)

10% Happier: Meditation For Fidgety Skeptics



To begin with, there is a seven-session introductory course and mindful meditations. After the completion of this course, you will get daily videos which teach you the basics of meditation, which progressively become more complex. There are audio meditation techniques also that help in coping with anxiety and stress. There are tips on eating, work ethics, relationships, and so on, so that every aspect of your life is taken care of. If you are too busy to take out time for a prolonged meditation session, there

are shorter versions that you can do during your commute. (<http://bit.ly/2Pz58e1>)

Calm - Meditate, Sleep, Relax



If you are a beginner, who has never performed any meditation or yoga in your life, then this is the perfect app for you. There are hundreds of programmes suited for beginners, intermediate and advanced users. The app also provides guided meditation sessions that last from three to 25 minutes so that you can choose that length that works for you. Did you love listening to bedtime stories when you were a child? *Calm* will help you relive those moments as it comes packed with more than a

100 sleep-time stories for adults and children. (<http://bit.ly/2VzCoqO>)

VIDEO CAFE

RADHA VARADARAJAN



Navigating digital information

"My brain has, to an extent, been hacked by large corporations that are able to monetise my attention," says John Green, *New York Times* bestselling author and host of the 10-part video series.

This series is a crash course in the practical applications of media literacy and credibility awareness. "Much attention has rightly been paid to the ways that misinformation and disinformation are shaping our political and social discourse, but they are also shaping us as individuals and as communities. To be able to evaluate the quality of information available online is a necessity in today's world," he says.

The videos in this series share various critically-proven methods to comb through the web for the right information, and provides a platform to learn to interact with the internet in a manner that professional fact-checkers do.

EAR SHOT

ASHOK RAJAGOPALAN



MY COLLEGE YEARS

‘Pick a lane and stick to it’

Indira Rangarajan owes her learning to travelling and spending time outside the classroom



■ DEEKSHA TERI

Indira Rangarajan’s childhood involved a lot of travelling and as a result, changing a lot of schools. But that is where she learnt the most, says the National Programming Head for Radio Mirchi’s second frequency, Mirchi Love, so much so that she now believes in studying through travelling.

“My father was in the Army, so I have been to many schools across the country and abroad. I started kindergarten in Nigeria and then went through schools in Kapurthala, Wellington, Chennai, Secunderabad, Delhi and back to Wellington, plus, maybe a couple of other places along the way. There are way too many schools to name them all but I’ve been to the whole spectrum of what schooling can offer in India. From Sainik School to Kendriya Vidyalaya and from St. Ann’s convent to Army Public School,” says Indira.

Life lessons

Indira pursued under-graduation in Women’s Christian College Chennai, majoring in biology, instead of what she actually wanted to study – Psychology and English Literature. “It was an early lesson in life that you may not always get what you want the very instant you want it, and that you may have to wait and make things happen when the time is right.”

As she wasn’t excited about her course, Indira spent a lot of time indulging in extracurricular activities in college. “I spent all my time doing other things like writing, organising fêtes and events in and outside college and acting in plays – basically, doing anything but academics.”

It was after completing her college that Indira started experimenting with her career choices. She started an unpaid internship as a copywriter in an advertising agency. “I loved the entire pro-

cess of creating ads and concepts. I remember working all days of the week and for hours at end. I was lucky that I stumbled into advertising so early in my career and met some amazing creative folks – an experience which has changed the course of my life. I moved to Ogilvy and spent some of my best years there working as a copywriter and then an Associate Creative Director. I decided to take a break and do my masters in mass communication and journalism in the U.S.”

Indira strongly believes that learning life-skills is more important than formal education. According to her, it is important to learn “how to overcome setbacks; how to break down bigger challenges into smaller achievable goals; and how to work and collaborate with people.”

Rote learning
As far as the present education system is concerned, Indira feels the emphasis these days is on rote-learning and regurgitation of facts. “I doubt if teachers ask students for their opinions in class. I meet so many young kids today right out of regular college (apart from the top tier ones) so unequipped to enter the workforce. They have poor writing and communication skills, their command over any language is sketchy and their general knowledge is non-existent. I may be exaggerating but the concern is real.”

Some words of wisdom for the next generation: “Find something you love and do it every day. Not all days will be great; plough through the tough ones, take mini-breaks and get right back on track. You have to pick a lane and stick to it.”

POSTCARD FROM...SHEFFIELD

Intensive cancer research

A combination of lecture and practical modules is what prompted Bhadra Varma to choose the university

After completing my master’s degree in Biotechnology from Union Christian College, Kerala, I decided to pursue a second masters in biomedical science from an international university to attain research experience in the field of cancer biology in which I would like to pursue a PhD after the completion of the course.

In 2017, I applied for the Master’s in Biomedical Science programme at the University of Sheffield, which is a one-year postgraduate course focussed on exploring human health, diseases, and treatment strategies. I chose this University because of its ranking and that of the department, the wide choice of modules it offers, and the presence of world-class scientists who are experts in their own field of research.

In 2018, I was nominated by the University of Sheffield for a British Council India 70th Anniversary Scholarship which was awarded to 100 Indian women who received offers from U.K. universities to pursue Master’s in STEM subjects. The scholarship amount valued £30,000 covers my tuition



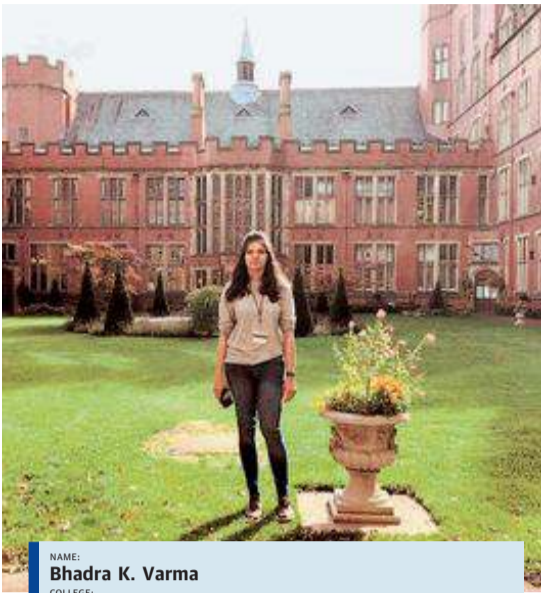
expenses.

Dual advantage

The course is one of the few programmes in the U.K. that offers Cancer Biology as a lecture module which captured my attention. The programme

combines both theory and practice where the students get the opportunity to receive top notch training on facilities like RNAi screening, single cell omics and electron microscopy facilities. In addition, the seminars given by both internal and external speakers help students learn about the various developments taking place in other research areas.

As a part of the course, I have taken Cancer Biology and Modelling Human Disease as the lecture modules and Developmental Genetics and Neuroscience Techniques as the practical modules. Through these modules, I have had a chance to learn technologies and concepts in the field of Biomedical Science and the laboratory research project in the final semester helps students to handle individual research projects in different labs under the guidance of a world class research team. I have been doing



NAME: Bhadra K. Varma
COLLEGE: University of Sheffield, U.K.
COURSE: Masters in Biomedical Science

my research project under the supervision of Professor Carl Smythe, Professor of Cell Biology and his PhD student, Laura Maple, since February which will be completed by July 2019.

After completing the course, I plan to pursue a PhD in Cancer Biology in one of the top-ranking research institutes in the world. Currently, I am in the process of applying to various PhD programmes and I hope that the research experience I gain from the University of Sheffield will help me achieve my career goal.

Everything about the University, from the library and sports facilities to medical and accommodation services, are man-

aged by experts to ensure that students receive the best experience.

Sheffield is a great city. What I love about it is that it is one of the safest and friendliest places to live in. The locals are very considerate and friendly and there are many good cafés and restaurants around the city which serve quality food. Sheffield is also famous for the amount of green spaces it has like the Peak District National Park, Rivelin Valley Park and the beautiful gardens where students can go trekking, cycling, or walking.

The writer is pursuing masters in Biomedical Science at the University of Sheffield, the U.K.

ADMISSIONS

■ Masters’ in Emergency Medicine (MEM)

INSTITUTION: Jupiter Hospital (Thane and Pune), in association with George Washington University, the U.S.

DURATION: Three years
START DATE: July 1

ELIGIBILITY: MBBS (recognised by MCI)
mem.gw@jupiterhospital.com for forms

■ M.Sc. Accounting, Governance and Financial Management

INSTITUTION: Sheffield University Management School, the U.K.
DURATION: 12 months
START DATE: September
ELIGIBILITY: A 2:1 honours degree (or equivalent), in any subject, is required. Overall IELTS

grade of 6.5 with a minimum of 6.0 in all components.
http://tiny.cc/8j235y

■ B.E. Automobile Engineering

INSTITUTION: KCG College of Technology, Tamil Nadu
DURATION: Four years
https://admissions.kcgcollege.ac.in/

■ Summer finance programme

INSTITUTION: Wharton School, University of Pennsylvania, the U.S.

DURATION: Two weeks

DEADLINE: May 12

ELIGIBILITY: High-school students between the ages of 15 and 18, with a keen interest in finance and a basic understanding of economics and business.
http://tiny.cc/7m235y

■ Undergraduate programmes

INSTITUTION: Shiv Nadar

University, Uttar Pradesh

DEADLINE: May 15

ELIGIBILITY: Based on class XII results and performance in entrance tests SNUSAT and Academic Proficiency Test (APT), the last date for appearing for which is May 20
https://www.snu.edu.in/

■ Summer 2019 trimester: full-time, executive and certificate programmes

INSTITUTION: Swarnabhoomi Academy of Music, Kancheepuram District, Tamil Nadu

START DATE: May 2019

http://sam.org.in/

■ BEng Mechatronic Systems

INSTITUTION: University of Essex, the U.K.

DURATION: Three years

DEADLINE: June 30

ELIGIBILITY: Open to all UG students interested in robotics
https://www.ucas.com/

JEE COUNTDOWN

IIT dreams

With just about three weeks to go for the JEE Advanced test, one must be prepared to revise and take mock tests to clear the cut off

■ PARTHA HALDER

The second edition of JEE Main concluded on April 12. Engineering aspirants who have done well in JEE Main and are eyeing a seat in the IITs, have just crossed their first hurdle. Up next is the JEE Advanced 2019 on May 27. With just three weeks remaining remember that the most critical phase of preparation is about to begun.

Take a break of one or two days and use this time to relax. Begin with preparing a systematic, foolproof, concept-wise revision plan.

Revision

Remember, it is the quality of time spent that is important and not just the quantity. Many times, questions are asked wherein multiple concepts are interlinked and concept wise revision helps improve the quality of overall attempts.

While revising, you must pick up representative questions specific to a concept or chapter and solve them. As a result, while solving a question, you will be reminded of certain concepts or techniques that you studied earlier.

If you did not get time to revise your class XI syllabus before class XII Boards and/or before JEE Main, then, you must do it now as 40-45% of the questions in JEE Advanced



could be from there.

This exam will consist of two three-hour question papers. Each question paper consists of three separate sections – chemistry, physics and math. The questions are objective – designed to test comprehension, reasoning and analytical abilities of the candidates. Students should revise the concepts thoroughly along with their application. In JEE Advanced, there is always a surprise element in terms of the pattern of question and its marking scheme. Focus should be to solve questions by applying reasoning and analytical skills. Students should refer to archives – JEE Advanced question paper bank of previous years. Develop a strategy for time-management in between the sections.

Mock tests

One must subscribe to a good All India Computer Based (Mock) Test Series. Such tests usually give an all-India rank by comparing students on a common platform. It is advisable to solve at least one mock test every week.

Your performances in the mock tests must be analysed, drawbacks must be identified, and steps for improvement must be prepared. So, each mock test should be followed by test analysis conducted by a subject expert.

Your performances in the mock tests must be analysed, drawbacks must be identified, and steps for improvement must be prepared. So, each mock test should be followed by test analysis conducted by a subject expert. It will give you insights to an ideal approach required to do well; map it with your performance and calculate the gap.

While writing the tests, you should look at building the right exam temperament, body clock adjustment, ability to focus in various test-taking environment, and so on.

Success in JEE Advanced is directly proportional to the number of questions solved by “YOU” and NOT “solution seen by you”. Hence, you must not

refer to the solution without solving a question by yourself. Give yourself sufficient time to think logically, to arrive at the solution approach. Start with conventional methods of solving, and later develop smarter and efficient ways to solve questions, to save time.

Negative marking

Every paper consists of easy, moderate and difficult questions. While solving the mock tests, develop an eye for selecting the right question. By solving the easy and moderate questions quickly, you will be able to clear the cut-off. To go to the next level, attempt difficult questions. The idea is to keep negative marks at bay.

Keep referring to quality notes prepared over the last 18 months.

To pursue the above points, you must remain physically fit and mentally focussed. Meditate to develop inner calm, self control and power of concentration. Six hours of sleep is a must.

The author is Centre Head, FIIT JEE, New Delhi

VALUE ADD

Engineered for the future

In a technology-driven world, engineering education is evolving to include all aspects of life

■ V.T. GOPAKUMAR

Scientific and engineering knowledge is witnessing meteoric growth owing to the accelerating rate of technology introduction and its adoption in everyday life. Technology is opening new doors every day, and technical progress is part of all societal developments. Thus, it is imperative to develop technologists, business leaders, and a workforce that benefits from these transformative technologies.

This is one of the reasons why engineering education is growing leaps and bounds.

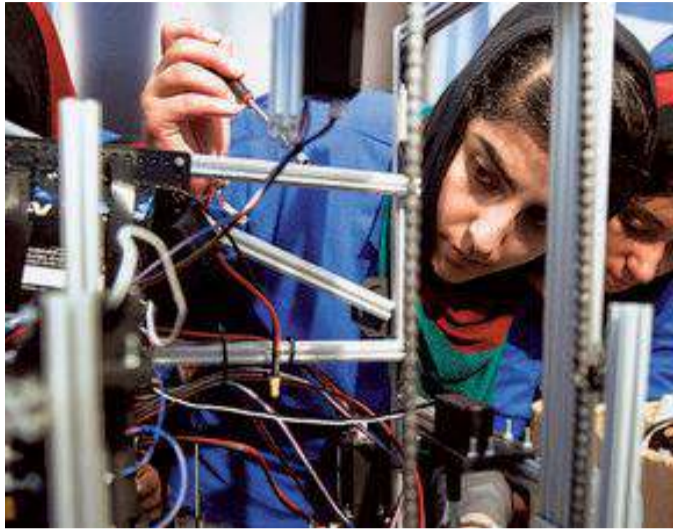
Initially the basic streams of engineering were electrical, civil and mechanical, which soon diversified to include computer science, telecommunications, chemical, automobile and biomedical engineering, besides others.

Interdisciplinary

In the recent past, interdisciplinary engineering streams have gained popularity. This includes mechatronics, nano science, robotics, fibre optics, metallurgy and aerospace and marine engineering. Now, emerging technology is shaping engineering study with courses on artificial intelligence, photonics and optical signal processing, robotics and machine learning, cloud computing and virtualisation technology, mobile computing, game design and augmented reality, and Big Data analytics, to name a few.

Studying engineering will present many career opportunities. With an engineering degree, one may find a job in not just the same area as one’s core specialisation but also in other allied areas as an academician, government officer, a defence /police personnel, bureaucrat, researcher, software engineer, app developer, technical writer, entrepreneur...the list is endless.

As technology becomes increasingly ingrained into every facet of our lives, the convergence between engineering and society will also increase. The role of engineers in our day to day lives is evident, be it



Inclusive: Engineering today.

in telecommunication, banking, health, travel, education, or business – engineers make the world easy to navigate and affordable.

Perhaps, it is time the public understood how engineers play a vital role – mainly, so that they are appreciated and second, to prepare and guide their wards to pursue an engineering education. It has been approximated that there are more than 4,000 engineering streams being taught around the world.

Choose wisely

Choosing a stream of engineering education is indeed a difficult and crucial decision to make. Before choosing, it is important to know which particular stream or branch of engineering you wish to specialise in and what your aptitude is.

If you are not sure, seek guidance from someone from the academia or industry. There are also some institutions that offer course that provide basic engineering knowledge in the first two years, and then allow you to concentrate on one or two areas of specific interest in the next two years.

Take effort to understand each branch of engineering carefully. Look up its syllabus and curricula, the current and future opportunities in the job market or the scope for further research.

Now, emerging technology is shaping engineering study with courses on artificial intelligence, photonics and optical signal processing, robotics and machine learning, cloud computing and virtualisation technology, mobile computing, game design and augmented reality, and Big Data analytics, to name a few.

Unless it is a nationally or internationally renowned institute, take utmost care to learn about it – affiliations, courses offered, faculty (especially their qualifications and scientific contributions like research publications, patents and books), alumni, and campus placements (offers received by students, companies that come to recruit, and average salary offered, and so on).

While many details are available online, you could connect with a few alumnae through social media, especially LinkedIn to get more feedback on the college under consideration.

The writer is academician (engineering education) and senior consulting engineer for IoT-based low cost medical devices.