

ADINET e-News Digest

No. 42

March 2017

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PATHWAYS TO HAPPINESS

About a year ago we had started the series called Pathways to Happiness. Several topics which lead to happiness were covered. As stated earlier this was done since happiness is the precursor to success. This is the last instalment in this series.

What does it take to make us really happy & fulfilled in our life? We have been conditioned & programmed to believe that happiness comes from outside. We think that money, success, good job, healthy relations etc. make us happy.

The truth is happiness is something inside us. Happiness is our natural state of being. We need to be aware of this conditioning & stop chasing happiness. Happiness is a state of our mind. Happiness is a choice, it is a conscious decision. We can choose to be happy even when we are not feeling it. By choosing it, even if we are initially faking it, we are giving ourselves permission to allow happiness to enter our lives.

We keep putting off being happy. We feel we will be happy after school, after college. It is always after, after something is completed or achieved. The truth is we can be happy right now. We don't have to wait for some time in the future, when everything is perfect. We don't need to wait for getting a lot of money, a house or car. This means that we are waiting for something to happen in order to be happy.

We have been deluding ourselves for years when we think that we will be happy, when we achieve something in the future. If we are not already happy right now in our life, then there is no reason to believe that we will be happy in the future. We can be happy right now, simply by deciding to be happy.

Only you can control how you feel, nobody else does, you decide & determine what every moment of your life means. You have the power to look for the good, to be grateful & experience happiness in every moment of your life, in spite of what is going on around you.

Being Happy is about the journey, not the destination. We have heard all this before, we know this from many sources. But there is a big difference between knowing something & really living it. This has to really sink in, to really experience it.

Learn to enjoy all the little things in life, not just the big things. We need to learn, we need to really teach ourselves to find happiness in all the small things, in every moment of every day, even in activities we do not enjoy.

How can we do this?

1. Incorporate new rituals in our life, especially the morning ritual.

It helps to change our focus, since whatever we focus on we will feel it. If we focus on how to be happy right now, or think what is great about this moment, then we will start to FEEL happy.

2. Ask our self what we are happy about right now in our life? We are programmed to look for the big things & focus on what we don't have instead of what we do have. Reprogram our self to believe that we can be happy in each moment.

We could be happy about our body, health, be happy that we can walk, talk, work & be happy that we have supportive & loving family & friends, etc.

3. These little things which we take for granted are actually very important. Find joy & happiness in each & every repetitive routine work which we do every day.

Despite what happens to us, we can change our attitude to be positive, to be grateful and to be in the moment.

4. We need to accept this concept & remind ourselves that happiness is indeed a choice.
5. Keep a Happiness Journal like a Gratitude Journal. It helps to

appreciate & be grateful for everything in our life.

6. Staying in the Present Moment keeps us happy. We keep thinking all the time & these thoughts affect our feelings & our mood. Repetitive negative thoughts keep us stuck in worries. To quiet the mental chaos, remember to stay in present moment. This helps because what we are doing in the present moment is often not disturbing & the anxiety we feel is mostly thoughts about the past or future. Staying present takes power away from these disturbing thoughts & could help to remove anxiety & depression.
7. Practicing mindfulness keeps us happy when our mind gets disturbing thoughts or takes us out of the present, it redirects our attention back to what we are doing. When we give our full attention to any daily activity, we will notice how it calms us down.
8. We need to pay attention to our breath. Just focus on our breath, inhale & exhale slowly & notice how our breath feels as it enters our nose & fills up our stomach.
9. **Is it really important to choose happiness? It absolutely is.**

Content Marketing @ Content is king or queen and here are five reasons

Why content is king for start-ups

Despite all the mountains of research done on marketing strategy, there is only one reason why anyone buys something: they want it. Welcome to the world of content marketing. Content is king or queen and here are five reasons why there's a reason why.

- ☐ Customer, interrupted
- ☐ Content lives forever
- ☐ How much does it cost for a start-up?

- ☐ Brand thyself wisely
- ☐ Buying from trustworthy place

Source: [Daily News Analysis 12th February 2018](#)

CHILD-PROOF WINDOWS 10 @ FOLLOW THESE SIMPLE STEPS TO SECURE YOUR CHILD'S HOME COMPUTING EXPERIENCE

Setting up a computer for a child's use? You have a lot to consider. From inappropriate content on the internet and even on your desktop to screen usage limits, it's important to make sure your kids have a safe environment on their computer.

We'll show you how to find and set up Windows 10's parental controls. We'll also share some tips for making your PC as child friendly as possible using third-party parental controls for Windows 10. Of course, nothing can replace parental guidance, but these will make your job a lot easier.

Source: [Mumbai Mirror 12th February 2018](#)

Web-Based, Interactive Learning Helps Middle Schoolers Excel in Science @ Study

A new study shows that web-based learning tools in the classroom promote science literacy for underachieving students.

Middle schoolers did better with science lessons when they could learn online, watching videos, playing educational games, running virtual experiments and collaborating with classmates. Under-achievers did especially well, with access to pop-up vocabulary definitions, interactive diagrams, digital note-taking, watching videos with captions and access to text-to-speech that allowed them to hear information read aloud to them.

The science units designed for the project aligned with the Next Generation Science Standards for grades 6, 7 and 8. The four units covered 10 to 14 weeks of daily instruction and included:

- Knowing My Body (life science);
- Caring for Our Planet (life science);

- Our Place in the Universe (earth and space science); and
- Energy: Going Beyond the Sports Drink (physical science)

Class on wheels: Mobile van turns teacher for kids

MUMBAI: Taking technology to the doorsteps of those who do not have access to the latest channels in learning, a mobile learning van is doing the rounds of Dharavi and its neighborhood.

SATYABRATA TRIPATHY/HT Students watch videos on the solar powered screen installed on the mobile van, on Friday.

Nawneet Ranjan, the founder of Dharavi Diary, runs the STEM (science, technology, engineering and mathematics) van to inculcate scientific temper among students. The gadgets in the van run on solar power.

Source: Hindustan Times 13th February 2018

Akashvani in The Digital Age @ Website & Mobile App

To keep up with the modern times, AIR is expanding its reach, with the help of new age technology. Here's how you can enjoy the radio, without the radio!

The All India Radio (AIR) is the national public radio broadcaster of India, and one of the largest media organisations in the world. Established in 1936, it now reaches out to 99.18% of the Indian population through 262 broadcasting Centres.

To keep up with the modern times, AIR is expanding its reach, with the help of new age technology. Here's how you can enjoy the radio, without the radio!

Source

<https://www.thebetterindia.com/129387/in-dia-radio-without-radio-catch-akashvani-digital-age/>

The challenge of education in India

Indian universities are seen today to be serving every conceivable purpose except the one that they were designed for: the cultivation of the intellect

Amidst all the commotion about the focus on the agriculture sector and the seeming neglect of the middle classes, education did manage to get some attention of the Finance Minister this year. To enhance quality of higher education in India, the government plans to launch the "Revitalising Infrastructure and Systems in Education (RISE)" with a total investment of Rs. 1 trillion in next four years.

Full Story Available @ Business Standard (Mumbai Edition) 15th February 2018 page 10

Low-cost Encyclopaedia for people with hearing disabilities – Sign Language @ An information hub for all

When curiosity gets the better of you, you simply Google your query. Answers clarifying your doubts come in both long and short form from different sources. But that is the easiest thing for you.

However, an easy every day activity for abled people isn't quite the same for people with disabilities. And Jahnavi Joshi and Nupura Kirloskar from BleeTech Innovations, not only understand that, but also empathize with it so much that they made it their aim to change that.

Over the course of six months, Jahnavi and Nupura built AskBlee, which is essentially a low-cost encyclopaedia especially for people with hearing disabilities. "Information and knowledge, like language, isn't perceived alike by everyone. It differs from person to person," begins Nupura, explaining their innovation. "Similarly, people with hearing disabilities do not perceive the English language the same way as the abled crowd. And our aim is to make this information accessible for people with hearing disabilities," she says.

Source

<http://www.asianage.com/technology/in-other-news/150218/an-information-hub-for-all.html>

Learning without regimentation

Attending class in a research university should not be made compulsory

There is an ongoing debate among students in Jawaharlal Nehru University, New Delhi, about

compulsory attendance. This is not a demand for the right to not attend classes. Rather, the protests against compulsory attendance aim to protect the university's academic culture, which emphasizes that learning is more than just classroom presence. What are the roots of this protest?

First, absenteeism has never been a problem in JNU. Students attend classes across disciplines, not just in their own departments. Undergraduate students complement their core disciplines by attending lectures in allied disciplines at the Masters level. Their motive is the pursuit of learning. Second, there are questions regarding whether the statutes of this university have been followed rigorously in terms of reservations and seat allocations. The reason why a university without compulsory attendance has risen to be a premier research institution in the country is because it follows the best global standards in academic research, is creative in its methods, and, most importantly, recognizes that academic autonomy is the only way to guarantee independent, thoughtful, and path-breaking research. The fact that compulsory attendance has been imposed points to the danger of bureaucratic centralization disrupting nuanced and proven practices of academic heterogeneity and autonomy. There is also a risk that such a measure may suffocate the freedom to think independently.

Source | The Hindu | 19th February 2018

Learn to communicate at all levels or perish

Proficiency in a language doesn't always determine how good a communicator you are. For too long, communication has been looked at as a "soft skill" that relies on flourish and flair. It's time we punctured that connotation. Communicating well is hard.

Sure, logical thinking and multiple perspectives lead to tangible action for ideas to move and solutions to be implemented. But any chance of success for a solution begins with getting colleagues, managers and clients to buy into and align with your solution. This is tough and only possible if you engage people in a constructive and inspiring way. This is why communication plays a crucial, indispensable role because the best thinking is no good if it can't be absorbed by others.

Proficiency in a language doesn't always determine how good a communicator you are. Effective communication—especially in the workplace—is about being able to convey your thoughts lucidly so that the people being addressed immediately get what is being said. In fact, some of the best communicators we know don't speak good English.

The recipe for great communication is similar to what we said in the context of problem solving. To solve a problem, you need to logically structure issues. It's the same with words and thoughts. We are poor communicators because we don't reason, debate and question enough. To communicate and reason better, you need to read. Then, you need to reason and think through better. Inculcating reading, writing, and, through this, reasoning as a habit is the only way to get at this.

Take a unit of work, whether it is problem solving or execution. You begin by reading, hearing or watching something or someone. This helps you comprehend the situation. You apply your analysis and judgement to this understanding, and reason through to a certain decision or outcome. To get this communicated or implemented, you now need to write, speak or present, and the reading-writing-reasoning (the 3 Rs) communication loop begins again.

Take charge of your communications imprint. Begin by auditing yourself. Get help from a friend, peer or family member whose communication abilities you admire. Use it to lay down a road map for improvement. It could be the most important investment you make for your career.

Source

<http://www.livemint.com/Leisure/8vC4Ga8RpHNMMLuouOtnfL/Learn-to-communicate-at-all-levels-or-perish.html>

Habits of highly creative people

Follow in their footsteps to tap into your inner genius

Japanese writer Haruki Murakami lives by the 'early to bed, early to rise' axiom, while Spanish artist Pablo Picasso did exactly the opposite. He would go to bed late and wake up late, and start painting around 2 pm, often working feverishly till dusk. Different people have different rituals and habits that they

follow, and this, often defines both them and their work. Here's how some artists get their creative juices flowing:

01 Daily journaling

This is a powerful habit that writers like Mark Twain and Oscar Wilde, and artists like Frida Kahlo and Leonardo da Vinci, swore by. University of Texas psychologist and researcher James Pennebaker suggests that maintaining a regular journal may even strengthen the immune cells, T-lymphocytes and reduce the impact of stress on your physical and mental health.

02 Talk to yourself

Sounds crazy? But scientists at Bangor University, UK, found that talking to yourself may indicate a higher level of intelligence because auditory commands are better controllers of behavior than written ones. TEDx speaker and award winning author Meghna Pant talks to herself at the most mundane moments- while driving, cooking, cleaning or taking a shower

03 Early birds have more peace

Months before he actually starts shooting his celebrated annual calendar, photographer Daboo Ratnani wakes up at 4.30 am, to think. "It's more peaceful at that hour. There are no distractions and the mind is fresh to think of concepts which I often write down before I forget them," he says. Writers like Murakami, Voltaire and John Milton, too, set their alarms for 4 am — and have admitted to writing their best, and most, at that time.

04 Yoga and meditation

Pump more oxygen into your brain with a surya namaskar, a balasan (child's pose) or the kapotasana (pigeon pose); these are known to facilitate creativity. Artist Arzan Khambatta has been practising Iyengar yoga for the last 18 years and feels it helps him "tremendously, not only to relax and stay healthy, but also in my creative process".

Bhatt, on the other hand, meditates several times a week at home, both in the morning and just before bedtime. "It calms my mind, keeps it alert and helps me take better creative decisions," she says.

05 Pay attention to the world

Ratnani keeps looking for ideas in the most ordinary things. "I get out on the street and look for regular things — anything that piques my interest to turn into a fashionable image," he says.

Khambatta enjoys photographing old monuments and streets full of people from different lands. "From funny signs to people and even textures of peeled paint – they all find place in my collection," he explains.

06 Music feeds the imagination

Professor Dawn Kent of Liberty University, Virginia, in the US, says that when music enters the inner ear, it engages with different areas of the brain, including the parts used for cognitive functions like reasoning, memory, attention and language. This, then, can stir the imagination. Researchers at Radboud University Nijmegen, in the Netherlands, also found that music could be a potential avenue for fostering creativity in the workplace.

[Source | Mumbai Mirror | 19th February 2018](#)

Digital Sabbath?

How about a weekly break from social media?

"Technology is hijacking our minds and society" — this is the official introduction of the Centre for Humane Technology (CHT), an initiative of "former tech insiders and CEOs" who have now realized there are grave problems with what they helped create. Tristan Harris, Google's former Design Ethicist, Roger McNamee, who advised Mark Zuckerberg in the early days of Facebook, and Aza Raskin, who was formerly head of user experience at Mozilla, are among the drivers of this recent initiative.

Today, we have virtually fallen under the spell of the digital universe, and have been lured to "like," "share," and "follow" more, read and watch much more than we can digest, and provoke and outrage much more than we can handle, all the while believing these actions are perfectly natural. In that context, the CHT makes the important point that the most popular digital platforms — the Facebooks, Twitters, Instagrams, and Googles — are in a "zero-sum race for our finite attention."

That's bad news for all of us, and here's why: "Snapchat turns conversations into streaks, redefining how our children measure friendship." Likewise, "Facebook segregates us into echo chambers, fragmenting our communities." Also, "Instagram glorifies the picture-perfect life, eroding our self-worth." Thus, it turns out, we might be trapped by a system that is being run with the help of "massive supercomputers". They can do what it takes to keep us at it, relentless in the pursuit of their goals, delivering a personalized experience like never before, and giving us a high when others agree with us, notwithstanding the trolls.

How did it come to this? Maybe this is what happens when smart, ambitious people, backed by the wealth of the richest investors on earth, zero in on psychosocial problems that technology can apparently solve. Then they unleash their solution, for free, throughout the world.

Until that fine day when you realise nothing in this world can be free, and that it has cost you something. Writer Douglas Rushkoff has been making this point for a while now, often succinctly, like when he said: "On Facebook we're not the customers. We are the product."

How do you deal with this? On its website, the CHT lists a slew of ideas to help us live the digital life more "intentionally" — like turning off notifications, except from people, and going grayscale, so as to not get lured by the shiny icons. Abstaining from this world may not be realistic for many, but how about a weekly break, a digital Sabbath of sorts? After all, it's free.

Source | The Hindu | 20th February 2018

Using Personal Knowledge Management in Your Practice @ Podcast

Hosts Dennis Kennedy and Tom Mighell discuss their own personal knowledge management systems, analyzing what works and what doesn't. The amount of information humans go through every day is fairly overwhelming. From social media posts and online articles, to podcasts and emails, how can you store and organize all of this information so that it's actually usable?

They also explain the three basic characteristics of a successful knowledge management system. As always, stay tuned

for the parting shots, that one tip, website, or observation that you can use the second the podcast ends.

Podcast **Link**
[| https://legaltalknetwork.com/podcasts/ken-nyedymighell-report/2018/01/using-personal-knowledge-management-in-your-practice/#](https://legaltalknetwork.com/podcasts/ken-nyedymighell-report/2018/01/using-personal-knowledge-management-in-your-practice/#)

Print vs Digital

"There is a lot of value in a printed book. It is cheap, you can travel with it, you don't have to plug it in, and you know that it will still be around two centuries later because a book is a book. It works. Digital is cheaper, but you don't know where it is after you have read it; you cannot lend it to friends, and in one century it will probably be lost. An e-book is not going to revolutionise the market," says Nourry, who was in Delhi for the 10th anniversary of Hachette India.

However, the retail dimension is as key as copyright issues, as publishing a book is not every expensive. But book publishers need book stores and outlets and people who read, and that's why protection of retail is key for the future of the business, points out Nourry. "Innovation is the big challenge because the world we live in will be different from the world we will be in 20 years from now; today access to the internet is from a keyboard, in five years' time it will be voice-activated. What impact it will have on our business, I don't know, but there will be one, so we have to be more innovative than we have been in the last 50 years," he says.

Link
[| https://www.thehindubusinessline.com/news/print-publishing-is-alive-and-well-despite-digital-wave/article22744983.ece](https://www.thehindubusinessline.com/news/print-publishing-is-alive-and-well-despite-digital-wave/article22744983.ece)

What Is Digital Literacy?

While the word "literacy" alone generally refers to reading and writing skills, when you tack on the word "digital" before it, the term encompasses much, much more. Sure, reading and writing are still very much at the heart of digital literacy. But given the new and ever-changing ways we use technology to receive and communicate information, digital literacy also encompasses a broader range of skills—everything from reading on a Kindle to gauging the validity of a website or creating and sharing YouTube videos.

The term is so broad that some experts even stay away from it, preferring to speak more specifically about particular skills at the intersection of technology and literacy.

[Link| https://www.edweek.org/ew/articles/2016/11/09/what-is-digital-literacy.html?cmp=eml-enl-dd-mostpop&M=58389129&U=1210902](https://www.edweek.org/ew/articles/2016/11/09/what-is-digital-literacy.html?cmp=eml-enl-dd-mostpop&M=58389129&U=1210902)

THE WORKPLACE OF THE FUTURE

What will the workplace of the future look like? Will it be ruled by technology or changing demographics? Will we have to be more cognizant about the changes in work culture? Will robots, chatbots, and artificial intelligence and virtual reality assistants work alongside the full-time, part-time, contingency, and gig workers?

What should we be prepared for, and what should we be concerned about? Amid these questions, a certainty looms. Jobs are really not going anywhere. They are just evolving to the next levels. The question is: How high and different are those levels?

IT IS ALL ABOUT SKILLS, NOT SCALE

Clearly, it is not about headcount any more. It is all about skills, not scale. This is the fundamental game changer of the future workplace. Revenue will be linked not to headcount, but to the right skills. The future will be “scale” for such skills. From my experience, I am convinced that clients will be willing to pay for better skills.

GET READY FOR SKILLS ‘UBERIZATION’

Millennials will rewrite both the demographics and patterns of working. Independent workers will significantly increase in number. In India, the estimated number of freelancers is more than 15 million—about 40% of the world’s freelance jobs.

The World Economic Forum’s prediction in its report Future of Jobs says that 65% of children who enter primary school today will take up jobs that don’t exist yet. Furthermore, by 2020, more than a third of the desired core skill sets of most occupations will be those that are not considered important today.

TECHNOLOGY WILL HAVE A PROFOUND IMPACT

Undoubtedly, rapidly advancing technologies are opening new windows of opportunity across business lines—robotic process automation, Big Data analytics, internet of things, augmented reality, machine learning, natural language processing, cloud and cybersecurity services. The upshot of this is that the bar on what seems “good enough” will keep constantly rising. In terms of what we call the workplace (where and when we choose to work, who will deliver the work, and how we deliver results), there will be profound changes. Digitalization will spread rapidly, as will automation.

Most important, we should be upskilling our people. Skill development is a critical imperative.

Nasscom asserts that 60-70% of the existing workforce will need to be reskilled to meet future needs. It is heartening to note that as an industry, we are working together to create a comprehensive digital skilling platform to reskill 1.5-2 million people in the next four-five years.

Better collaboration between human resources, procurement, information technology will help organizations to manage a successful blended workforce. Developing leadership skills of employees is equally critical. Organizations need leaders and managers who are ready for the demands of the future.

WORK CULTURE, THE POWERFUL GLUE FOR FUTURE WORKFORCE

Rewiring the cultural mindset in both organizations and professionals will be an imperative for tomorrow’s workplace. Holacracy (decentralized management) could well be the new operating system to redefine and redistribute control of work practices.

Employees need to be given the leeway to act more like entrepreneurs in self-directing their work. Work-life balance and “work-from-anywhere” are two realities to reckon with. Security teams need to create secure tech environs with advanced security analytics and machine learning—and without privacy conflicts. In all, exciting times loom ahead. There is uncertainty, and there are challenges, too. But there are more than enough promise and possibilities for the industry to look ahead with confidence to the workplace and workforce of the future.

Speed Reading Works @ 4 Apps to Help. How Speed Reading Can Help You Get More Done (And 4 Apps to Help)

If you're looking to maximize your productivity, having speed reading as a skill can help you out a lot. It allows you to read more while still comprehending and retaining the information that's on the page. Whether your goal this year is to read more books or you just need a boost in reading documents for work, speed reading can help you.

How Speed Reading Works

Speed reading trains your mind to stop vocalizing the words you're reading in your head, which is what slows us down. With speed reading, you scan the page and take in the words that are relevant, with your mind filling in the rest, as not every word needs to be read to comprehend what's going on.

There are various methods for speed reading, as different ones will work for different people. They all involve focusing your concentration and scanning for the key words in a paragraph to get the gist of what the piece you're reading is trying to say. Training in the art of speed reading helps you break your old reading habits and replace them with the new ones. Luckily, technology offers multiple apps to help you out.

1. Spreeder

Spreeder offers speed reading software as well as training exercises so that you can get even more practice. Its tool lets you adjust the speed so you can start off slowly and increase as you get better at speed reading. The app also gives you reports on your progress so you can see what you've accomplished and what you need to improve.

You can input multiple file types on the platform so you can practice on e-books, articles from news sites, and reports from work. It also comes with a public domain library already built into the cloud. Spreeder offers a free web app, as well as free apps for iOS and Android that are solid. However, to unlock all of the features, the full software is \$37.

2. Spreed

While the name is almost identical, Spreed is different than the aforementioned Spreeder. If most of the reading you do is web- and browser-based, Spreed is an excellent tool. It's a Google Chrome plugin, so you can highlight the text of whatever web page you're on and choose to use the Spreed plugin to read it instead of just the standard page. You can adjust how many words are viewed at a time as well as words you see per minute. And it's free.

3. Wear Reader

If your smartwatch is your go-to gadget because you're always running around, Wear Reader is perfect. It lets you speed read right on your watch face, so you can read while you're on the go.

The small watch screen is perfect for speed reading, as it will only show one word at a time. As with the others, the speed is customizable. You can also rewind and fast forward in case you missed something or want to jump ahead. Available for both Apple Watch and Android Wear, it's \$1.99 for Apple and free for Android.

4. ReadMe!

Made for iOS and Android, ReadMe! has two different kinds of speed reading techniques built-in. BeeLine uses color to guide readers' eyes where they need to be, while Spritz cuts down on eye movement. These are a bit different from the usual method, which is reading one word at a time.

A subscription to the service is \$1/month or \$5/year. This gets you great features like offline usage and PDF support, which can be crucial for things like company documents and briefings. They also advertise using the Dyslexie font, which is the font that's found to be best for people with dyslexia and other reading difficulties.

Speed reading is a useful skill, both for comprehension purposes and just having a bit more time on your hands since you're able to read faster. Get these apps, then go ahead and start digging through that to-read list you've been working on.

[Link | https://en.softonic.com/articles/how-speed-reading-can-help-you-get-more-done-and-4-apps-to-help](https://en.softonic.com/articles/how-speed-reading-can-help-you-get-more-done-and-4-apps-to-help)

Human Library offers books of a special sort

Libraries are repositories of books, but Wilton Library is planning an event where the books are actually people. It's the Human Library, where a group of people may be "checked out" to tell their stories. People with a story to tell are invited to apply to join the "collection."

The program, scheduled for March 24, is being spearheaded by Teen Services & Makerspace Manager Susan Lauricella and Melissa Baker, media and digital services librarian. The two attended a Human Library event in the fall of 2016 at Fairfield University and were "blown away by the experience," Lauricella told The Bulletin.

Human Library began in Denmark in 2000, and Wilton Library is the first non-academic library in Connecticut to receive permission to offer a Human Library event. The program provides a safe, non-judgmental environment for people who have encountered prejudice (a "human book") to talk one-on-one with people interested in learning more about their challenges (the "readers").

At the Fairfield event, the women spoke with a young woman who had not been able to come out about her sexuality with her family or her small-town community. They also met a young man with schizophrenia and learned about the challenges he has faced.

The library has a number of human books lined up willing to talk about depression, mental illness, anti-Semitism and immigration to the United States in the 1930s, discrimination based on appearance, adult ADHD, race relations, younger-onset Alzheimer's disease, surviving cancer and a coma, navigating the ABC program, being a follower of Christ, and raising a special needs child.

The books who are participating may be found on the library's website, www.wiltonlibrary.org, along with a brief synopsis of their stories. Their names are omitted, although some may be familiar members of the community.

With about 11 people signed up, Lauricella and Baker are seeking more people. They hope to have as many as 20. There is an application process. Potential books must have a story that involves being misunderstood in some way by others. They must be willing to talk about challenges or prejudices they've experienced.

The program will run four hours, and books must commit to participate for at least two hours. Books must be at least 18 years old. The application deadline is the end of this month. Applications are on the library's website. Click on The Human Library icon on the home page. Questions may be addressed to Lauricella at slauricella@wiltonlibrary.org or Baker at mbaker@wiltonlibrary.org.

The goal, Baker said, is "more understanding, more compassion."

Source

| <https://www.wiltonbulletin.com/117557/human-library-offers-books-of-a-special-sort/>

Accessible Books Consortium (ABC) @ Blessing for Blind or Visually Impaired Users

In June 2014 WIPO had launched ABC to give access to publication for people who are blind. The motive behind these initiative is that publisher around the world want to produce works that are "Born Accessible" so that it can be used by both normal (sighted) & print disabled readers.

Legal framework Marrakesh (VIP) Treaty is already executed and more countries are joining up to it, the publisher have to focus on producing books in accessible formats and making them widely available.

Full Information Available
@ http://www.wipo.int/wipo_magazine/en/2018/01/article_0001.html

Google!!! One name with many tools. Insights on how to use these tools effectively

Many of us Google It on Daily basis!!!!!!

The search box may not be the only one way to smartest place to begin.

There are variety of Google tools available in domain but some of the tools which is more important they are

- Google Books
- Google Images
- Google News
- Google Newspapers
- Google Scholar

For more insights on how to use these google tools effectively please click on the below link.

Link| <http://blogs.slj.com/neverendingsearch/2018/02/25/google-on-knowing-where-to-start/>

Google Launched @ Symptom Search collaborative work with doctors from Apollo Hospitals for medical conditions

Google India on Tuesday rolled out its Symptom Search feature in India that lets users find quality health information on their smartphones.

In a bid to make it easier for patients to understand their medical symptoms and improve the quality of search results, Google on Tuesday rolled out a new feature called 'Symptom Search'. With the latest update, users can now find quality information around various medical symptoms, right on their mobile devices.

By doing this, Google aims to help users navigate and explore health conditions related to various symptoms, and quickly get to the point where they can talk to a health professional or do more in-depth research on the web.

Press Release @ Mint dated 28th February 2018

Perfection was never the key to success but determination is

Yes totally agree with this that no matter how inexperienced you are at something, never equate or get saddened if you are not good as the other one.

Perfection is an illusion and is not the key to success

Perfection is neither readily available on the shelf of a supermarket nor a fruit hanging high on a tree that can be plucked and consumed. The paradox is: we crave that impeccability which doesn't even exist in the real world. Perfection is an illusion; it doesn't exist in absolute terms, what can be very picturesque to one but may be ugly and offensive to other.

In a race to attain perfection in our skills, we let our courage-to try-succumb to the daggers of abashment and failure. A lotus, jewel among floras, aesthetic symbol, blooms in a muddy pond. A potato is never a perfect shape when viewed from the eyes of a purist yet goes with millions of delicious recipes around the world. This shows that flawlessness was not in the blueprints when the almighty designed the nature and the human, then why most of the time we are very envious of a perfect life or an ideal skill? Striving to be at the apex we hesitate to act until perfection is attained.

No matter how naïve you are at something, never compare or get disheartened on not being as good as the other one. Remember perfection was never the key to success but perseverance is.

Source | Hindustan Times | 3rd March 2018

Work Stress @ How to battle - 5 quick, effective, and realistic ways to manage stress

Work stress is inevitable. We can either fall prey to the stress and damage our health (both physically and mentally) or learn to tackle it. Here are 5 quick, effective, and realistic ways to manage stress.

We can either fall prey to the stress and damage our health (both physically and mentally) or learn to tackle it. Here are 5 quick, effective and realistic ways to manage stress.

Breathe the right way

Most of us breathe shallow and that prevents us from inhaling oxygen to our maximum capacity. Belly breathing has the capacity to shift our nervous system from sympathetic (fight and flight) to parasympathetic mode (rest and digest) almost immediately. While it takes time to master this way of breathing, one can

certainly schedule reminders to consciously breathe through the belly for at least two minutes anytime during the day.

Sleep better

Sleep time is the repair mode of our body. All the stress and strain we undergo during the day, our body uses the sleep mode to repair and recover from it. Lack of quality sleep can not only halt our detoxification and recovery process but can also make the next day an irritable one. Make sleep a priority even if your social calendars demand you to spend your evenings out. You must set your priorities right.

Try and avoid bringing work home and use evenings to relax. Including some “me” time every will help.

Find your linchpin

A linchpin is a pin that passes through the end of an axle on a wheel to keep the wheel in position and in balance. If the linchpin is removed, the wheel goes out of balance. Every one of us has a linchpin that keeps us going.

You need to understand what that linchpin for you is and make sure you are using it every day, such as playing with your kids, reading a book, gardening, dancing, playing a musical instrument or a sport. Doing it every day (even if that means for a few minutes) helps break the monotony of homework —home and boosts your energy to face the rest of the day.

Set intentions for the day

One of the biggest factor that can add up to the work stress is lack of management. Soon after we wake up, we get thrown into the chaos of life and let it rule over us. Instead, waking up to a daily morning ritual of lemon water, practising positive affirmations followed by setting intentions/ to do list is a much sorted way to begin mornings.

Include your linchpin in that list and also your meal breaks (because you do not want to be mindlessly eating while working). Once we set the intentions for the day, there's better chance of increased productivity and accomplishing those tasks well before the deadline.

‘Accept’ and ‘let go’

Two simple words, but powerful and difficult to master, can change your work and personal life. We often come across situations and people at work that can stirrup our emotions and induce stress.

Yoga teaches us Shakshi Bhaav, which means quietly observing unpleasant situations like a third person. Acceptance and letting go is exactly that.

Source | Business Standard | 5th March 2018

Not only Grades!! But meaningful feedback is need of an hour for the students

Why students need meaningful feedback, not just grades? Imagine you went to a doctor for a routine check-up, and the doctor said you have an unhealthy lifestyle and must change that.

She then suggested three options: take care of your health; do more physical activity; walk briskly for 30 minutes every morning as your job is sedentary. Which advice would you find the most meaningful? The first is too broad and something you already know; it adds no value. The second provides a solution, but falls short of creating an impact as it does not tell you what needs to be done. However, the third one is specific: it identifies the gap and tells you exactly what you need to do given your circumstances.

Let's apply the same principle to a classroom. Maya, Santosh and Neha are grade five students in different schools. They appeared for their term exam, and all three scored 40% in mathematics. Their respective teachers evaluated their performance and gave feedback in different ways. Maya was asked to study harder. Santosh's teacher asked him to focus more on studying maths. Neha's teacher said, “You struggled with 2-digit subtraction with carryover,” and then gave her remedial worksheets to improve her 2-digit subtraction concept. The feedback provided to Neha is specific and meaningful, which, along with the remedial sheets, has the power to impact Neha's learning.

John Hattie and Helen Timperley of the University of Auckland conceptually analysed feedback and reviewed the evidence of

feedback's impact on learning and achievements. "Feedback needs to provide information specifically relating to the task or process of learning that fills a gap between what is understood and what is aimed to be understood (Hattie and Timperley, 2007)." The next question is, "When is feedback most meaningful?" To find out the effectiveness of feedback, Hattie synthesised results of 180,000 studies and found that the highest effect involved students receiving information feedback about a specific task and guidance on how to do it more effectively. Praise, rewards and punishments had a lesser effect. Feedback must be targeted at individual students and it must be specific to impact their learning.

Multiple studies, different articles and the pilot we ran all point towards the importance of meaningful feedback. Providing feedback that is specific, caters to the student who is receiving it, and tells clearly what needs to be done is the need of the hour. This will not only increase self-awareness in a child, but will also bridge the learning gap, thereby making the teaching-learning process more effective.

To make this happen, we need the right set of diagnostic tools. Tools that can effectively and efficiently help teachers understand the strengths and areas of improvement of each and every student. Such a tool would ensure that teachers are spending most of their time in communicating and closing the learning gap, rather than conducting assessments and analysing results. With such tools and committed teachers, we can ensure that meaningful feedback is provided to every student consistently, leading to maximum learning.

Source | Financial Express | 5th March 2018

National Virtual Library of India: C-DAC spearheads massive virtual library project

Research, academics, and general users from various sectors are today depending more on digital information. Corresponding to this demand an increasing amount of digitized data and services based on such data are being initiated. Digital Information today serves as an important knowledge asset. The target users of NVL will be: students, researchers, doctors, professionals, and novice users, including educationally, socially, economically, physically disadvantaged groups.

"The idea was to have a massive online library, where resources from across fields available in all possible forms, could be collated and made available on a single platform," said Dinesh Katre, senior director and head at C-DAC's Human-Centred Design and Computing Group

Spearheaded by the Centre for Development of Advanced Computing (C-DAC), headquartered in Pune, the massive National Virtual Library of India (NVL) will be an online platform covering tens and hundreds of fields, ranging from arts, music, dance, culture, theatre, science and technology to education, archaeology, literature, museums, cartography maps, e-papers and manuscripts, among others. This program is a part of the National Mission on Libraries initiated by the National Knowledge Commission under the Ministry of Culture. A limited-version launch of the NVLI portal by Shraavan Kumar, joint secretary in the ministry, was recently held in Mumbai.

The idea was to have a massive online library, where resources from across fields available in all possible forms, could be collated and made available on a single platform. This would largely benefit researchers, students, and subject experts, among others, who would no longer need to hunt or spend hours for reference material in traditional library buildings.

Once formally launched, this could be one of the world's largest virtual libraries where information on such diverse subjects are available. The biggest advantage for India is the federal government system, where data gathering from government-run institutions is easier. Other partnering institutions for this project include IIT-Mumbai, IGNOU, Raja Ram Mohan Roy Library Foundation, Kolkata, and Kalyani University, West Bengal.

There are 40 institutions which will share their data in whatever available formats. C-DAC has been conducting training workshops and seminars at these 40 institutes so that there is a standard format for documenting the varied contents, presently measuring a few terabytes.

Source | Indian Express | 5th March 2018

Information for this issue has been provided by Mr. Pralhad Jadhav, Senior Librarian, Khaitan & Co. Mumbai