Newspaper Clips
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Love desk job? Know the risk

Spending 10 Yrs In Front Of A PC Can Double Chances Of Bowel Cancer: Study

London: Desk job could be as harmful to your health as smoking, a study has found.

Those who have worked for more than a decade at a computer terminal are twice likely to develop bowel cancer, scientists have said. Spending 10 years in front of a PC almost doubles the risk of bowel cancer even if one goes to the gym. A study conducted by the University of Western Australia found that one of the main risk factors was long periods of inactivity.

Dr Claire Knight, of Cancer Research UK, said, "The more active we are, the more we can help reduce our risk", The Sun reported.

The amount of time people spend staring at screens

TURN IT OFF: Those who sit for long without getting up have a larger waist circumference and higher levels of cholesterol

has a direct link to heart's health, cardiologists say. Those who work 11 hours a day raise their risk of heart disease by 67%, according to researchers at University College London. Sitting for long periods without getting up

have a larger waist circumference and higher levels of bad cholesterol, experts in Australia have found. Dr Genevieve Healy, from the University of Queensland, said, "Even small changes, as little as standing up for one minute, might help to lower this health risk."

According to data made available by the British Chiropractic Association (BCA) one third of us sit for more than 10 hours a day and half do not leave their desks — even to have lunch. Slouching at your computer means you are more likely to be a sufferer. Rishi Loatey, of the BCA, said: "Our bodies are not designed to be so sedentary."

Working from dawn to dusk has been linked with dementia. Middle-aged employees toiling more than 55 hours a week have poorer mental skills and short-term memory than those on less than 41 hours, research has found. Dr John Challenor said, "Enormous amounts of time doing the same task causes brain ache."

Computer keyboards harbour more harmful bacteria than a toilet seat, studies show. However, in order to minimize the risks one should not sit for long periods and stretch regularly. By drinking a lots of water and taking a deeper breath helps in maintaining good blood circulation in arms and legs. PTI

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'Regular Net users don't abide by law'

Melbourne: A new study has found that frequent Internet users are less likely to respect the law, serve on a jury or do volunteer work. According to an Australian National University poll, while regular web surfers were more politically engaged, they also had less deference for traditional societal values.

Only 38% of respondents who logged on at least once a day felt it was

KNOWLEDGE IS POWER?

important to obey laws and regulations, compared with 51% of less regular cyberspace visitors. Almost nine in 10 respondents had Internet access at home, with 82% of people having broadband access. Some 68% of poll participants used the Internet at least once a day. ANI

SPIRIT OF ENTREPRENEURSHIP

Simple Computing

Ishan Srivastava | TNN

It all started with the question, "Can computers be made simpler?" In the early part of the last decade, India had only 5.6 million computers even though its population was a billion-strong. And to Rajesh Jain and Alok Singh, it looked like simplicity of use was the critical factor to enhance PC penetration.

"It's not that people don't have the money to spend on computers. This is a country of millions of DTH connections, two wheelers and four-wheelers. People need to see enough value to invest their hard-earned income," says Alok Singh. They felt a normal PC was not a very consumer-oriented device. "With so many different parts with different specs, it's a complex device to buy and even harder to manage. Our study showed that the keyboard is the biggest pain point. Most people lose interest in the first 15 days."

Low-cost computers abound in the market but they lack features. "That doesn't work. The Indian consumer

ALOK SINGH
CEO & MD, NOVATIUM

is very discerning and aspirational," says Singh. So, with the objective of making a computer that's simpler to use and maintain, they founded Novatium in October 2004. With a million dollars each from Jain, an entrepreneur and investor, and Ray Stata, chairman of Analog Devices, the company started with a team of four from the facilities of TeNeT (Telecommunications and Computer Networks) Group at IIT-Madras.

Today, Novatium has over 56,000 subscribers across India and has more than 130 employees. It offers a PC, together with cloud-based services, through telecom operators like MTNL, BSNL, Tata and Airtel. There are a variety of products and packages. Consumers pay Rs 7,000 to Rs 14,000 towards the PC and make a monthly payment of Rs 400 to Rs 700 for the broadband as well as maintenance and support from Novatium.

Venture capital firm NEA (New Enterprise Associates) invested in Novatium in 2007, 2009 and 2010. In August 2010, global telecom major Ericsson too invested in it. With the fresh funds, the company is looking to scale up faster and explore markets beyond India.

Singh was born in Varanasi in Uttar Pradesh. His father was on deputation to the United Nations Development Programme (UNDP) to train teachers, and conse-

quently Singh lived in a number of places—Nepal, Bhutan, Tripura, Meghalaya, Assam and West Bengal. He went on to study mechanical engineering from BE College, Shibpur, in 1990 and joined Tata Motors in Jamshedpur. Four years later, he was transferred to a newly formed joint venture, Tata Cummins. "This was my first start-up experience. The early stages of big JVs are very chaotic and everything has to be done from scratch," says Singh. After spending five years there and a brief stint at Satyam, he moved to Cummins Auto Services in Pune as CEO where he spent six years. Then Novatium happened.

Faced with the task of developing affordable, powerful and yet easy-to-use computers, he headed for IIT Madras. "There were many technologies like grid computing, virtualization and network computing, but all were primarily creat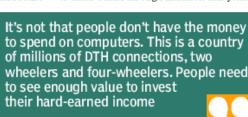ed for enterprise use. We had to thread them together to create a user-friendly front-end while we manage the whole thing at the back-end," says Singh. Despite his engineering background, he had to learn everything from scratch. "But I realized it's much easier to learn when you are more mature. Also, it was a great opportunity to learn from great teachers like Prof Ashok Jhunjhunwala and Prof Timothy A Gonsalves," he says.

The challenge was to develop a solution that would work equally well at speeds of 100 Kbps and 100 Mbps. They also developed their own browser-based operating system (OS), much like the ChromeOS by Google. "It was all research and pilots in the beginning. We have applied for 14 global patents out of which seven have been awarded," says Singh. "Sceptics said the concept of network computer for this purpose won't work. Today, with the emergence of cloud computing, this is seen as the future of computing."

They decided to go commercial towards the end of 2008. But then the market tanked. "VCs went silent," says Singh. The company finally went commercial in November 2009.

Novatium is targeting to close this year with 4,00,000 customers. "I expect a 50:50 share between India and international markets. With the advent of wireless technologies like 3G, growth will be fast. Fixed connections and the delays in their installation were big stumbling blocks for us," says Singh. The company has a subsidiary in Singapore and is looking at establishing some in Europe and the US, where it is currently working through Ericsson. It also plans to enter China through Ericsson this year.

> It's not that people don't have the money to spend on computers. This is a country of millions of DTH connections, two wheelers and four-wheelers. People need to see enough value to invest their hard-earned income
>
> **Alok Singh** | CEO & MD, NOVATIUM

The Indian consumer is very discerning and aspirational, feels Singh

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परीक्षा में गलती नहीं कर पाएंगे स्टूडेंट

सीबीएसई ने ऑनलाइन एग्जाम के लिए जारी किए निर्देश

◉) अमर उजाला ब्यूरो

- ◉ मॉक टेस्ट से एक दिन पहले कर सकते हैं अभ्यास
- ◉ देश में ऑनलाइन व ऑफलाइन एक मई को होना है
- ◉ बोर्ड की वेबसाइट पर स्टूडेंट को मिल सकेगा लाभ

नई दिल्ली। देश के प्रतिष्ठित संस्थानों नेशनल इंस्टीट्यूट ऑफ टेक्नालाजी (एनआईटीज) आईआईटी, डीम्ड संस्थानों में बीई, बीटेक और बीआर्क, बी प्लानिंग कोर्स में दाखिले के लिए होने वाली एआईईईई की ऑनलाइन परीक्षा में स्टूडेंट गलती नहीं कर सकेंगे। कैट की राह पर चलते हुए पहली बार हो रही इस परीक्षा को लेकर सीबीएसई ने ऑनलाइन एग्जाम कैसे देना है। प्रश्नों को कैसे हल करना है इसकी जानकारी मुहैया कराई है। परीक्षा के ऑनलाइन अभ्यास की सुविधा उन्हें प्रदान की गई। जिसका लाभ सीबीएसई की वेबसाइट पर स्टूडेंट प्राप्त कर सकते हैं।

सीबीएसई की ओर से पहली बार छात्रों को ऑफलाइन एग्जाम के साथ-साथ ऑनलाइन एग्जाम की सुविधा भी प्रदान की गई है। रविवार को होने वाली परीक्षा के लिए बोर्ड की ओर से परीक्षा को लेकर कुछ टिप्स जारी किए गए हैं। जिससे कि छात्रों को यह पता चल सके कि उन्हें ऑनलाइन एग्जाम कैसे देना है। निर्देशों में स्पष्ट किया गया है कि परीक्षा 9.30 बजे से 12.30 तक चलेगी। छात्रों को कंप्यूटर पर लॉग इन करने की इजाजत 9.20 से 9.30 तक दी जाएगी। वहीं लॉग इन स्क्रीन निर्देश स्क्रीन के बाद आएगी। इतना ही नहीं वेबसाइट पर मॉक टेस्ट के वीडियो उपलब्ध कराए गए हैं। जिसमें माउस के क्लिक के साथ ही उन्हें वीडियो से फॉर्म भरने की जानकारी मिलेगी। परीक्षा के नए संसाधनों के रुप में उम्मीदवारों के लिए शॉर्ट वीडियो का संकलन जारी किया है।

वीडियो को इसे प्राप्त करने के लिए पैसे खर्च करने की आवश्यकता नहीं है। केवल एक क्लिक से ही उम्मीदवार एआईईई की ऑनलाइन प्रक्रिया से परिचित होंगे। वीडियो से छात्रों में परीक्षा को देने का आत्मविश्वास प्राप्त होगा। बोर्ड की ओर से बताया गया है कि रिसेट, सेव एंड एक्जिट, स्किप, मार्क फॉर रिव्यू, बटन का प्रयोग कहां और कैसे करना है।

जिससे कि छात्र सही बटन का इस्तेमाल करते हुए परीक्षा को दे सकें। छात्र के कंप्यूटर स्क्रीन के दाईं तरफ एक रंगीन डायग्राम दर्शाया जाएगा जो प्रश्नों का स्टेटस बताता रहेगा। सफेद रंग इसका संकेत देगा कि आपने प्रश्न संख्या तीन को हल नहीं किया है, यदि आपने पांचवें प्रश्न का उत्तर नहीं दिया तो लाल रंग का संकेत मिलेगा। इसी तरह हरा रंग प्रश्न संख्या सात को उत्तर देने को कहेगा।