



How to remain healthy in a polluted environment?

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Former cricket umpire Simon Taufel on his new book

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Meet Udaya Kumar, the man behind *Asuran's* sound

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An e-book with 25 infotoons puts the spotlight on online safety of girls

Are you cybersafe, girl?

Info you can use

Log on to cybersafegirl.com to download the free e-booklet.

While there, you can also enrol for an e-learning programme called 'cyber safe campus'. Once you go through a module, you have to take up a 30-minute online test to get a certificate that states that you are aware of staying safe from any kind of cyber crime.

The certificate issued by Information Security Education and Awareness (ISEA) under the Ministry of Electronics and Information Technology, is valid for two years.

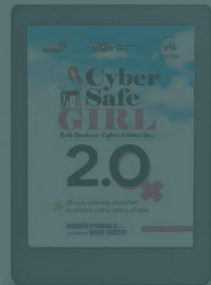
The e-booklet has completed over 1.5 lakh downloads. They have also distributed 10,000 printed copies of the booklet at various educational institutions

by K. JESHI

Why are girls so vulnerable on dating websites? An infotoon on the e-booklet *Cyber Safe Girl - Beti Ko Bachao, Cyber Crime Se* (save your daughter from cyber crimes) tries to answer that question. Cyber security expert Dr Ananth Prabhu G, the author of the e-booklet that puts the spotlight on online safety of girls using graphic images, says, "Men gain access to their private videos and photos and start manipulating them emotionally."

Ananth Prabhu created the content along with entrepreneur and social activist Vivek Shetty, and under the guidance of IPS officers Sanjay Sahay, S Murugan and Roopa D. "Each infotoon has a set of nine sketches that describe situations where women lay themselves open to exploitation. For example, at mobile recharge shops. When they leave their number with the vendor for recharge, anyone in the shop can gain access to the number and start harassing them

with calls and lewd messages," says Ananth, who is the cyber security trainer at the Karnataka Police Academy. "There is an increase in the number of online crimes against women, especially



in the last three years. We picked these 25 common crimes based on the calls from women for help. A quantum of the calls are from women whose profiles have been hacked or their pictures morphed. The experience is harrowing, but it is an avoidable one. All it needs is awareness," says Ananth.

The e-booklet in the first version carried 15 sketches. "We added 10 more sketches in the second version and there are plans to add more in version three. In the second phase, we updated the booklet.

There is an exclusive section called bonus tips that tells one how to safeguard against cyber crimes. We have added 39 various sections of the IT Act and the Indian Penal Code (IPC) under which the 25 crimes can be tried. There is also information on how to prevent or deal with situations where one is harassed with pornographic content."

Ananth says awareness has to begin at schools. "Unfortunately, most schools



Stay safe online
 Don't put yourself at risk; (Below) Dr Ananth Prabhu G
 • SPECIAL ARRANGEMENT

don't have cyber security in their syllabus. There is Information Technology Act, but no one bothers to learn it. One often ends up doing cyber crimes without being aware of their actions online."

The infotoons highlight cyber stalking, camera hacking, trolling, SMS spoofing and call spoofing where anyone can become a soft target. He gives an example of how an old woman was spooled to believe that her son is in trouble. "She received a call from a stranger, but from her son's number who is working in Dubai. He tells her to deposit a few lakhs of money in a bank account of a friend to free her son from the customs officials. She transfers the money and then learns about her folly."

In some situations, it is one's family reputation or social status that is at stake. "There is something called deep fakes. That is child's play. With the help of high-end filters, photo editors, printers, scanners, apps and other software anyone can pick your video, use your input to manipulate, blackmail and dupe you and your dear ones. This is an advance level of picture morphing which can have dangerous consequences," he explains.

Exercise caution, says Ananth. "Avoid posting close-up selfies. Instead, post a low resolution group photo. Be wary of suspicious e-mails or requests that ask you to share your photos." Ananth's mission is to create a cyber-safe India. He adds, "Internet can be a 'terrible master' or an 'excellent slave'. It's a double-edged sword. You have to be aware to choose wisely."



WATCH OUT

Profile hacking:
 A stalker takes over your email or social networking sites and manipulates it

Picture morphing:
 A person's face is morphed on to a body image to intimidate her

Online games:
 People who suffer from self-esteem and clinical depression fall prey to dangerous online games, like 'Blue Whale', which becomes addictive and harms them

Camera hacking:
 Phones with no camera guard can be exploited for such criminal activities

Key logger:
 A malicious programme that can collect all login details and other sensitive information.

Mind that footprint...

Sunita Rajesh is on a mission to demystify the notion that living an eco-friendly life is inconvenient

by SUSAN JOE PHILIP

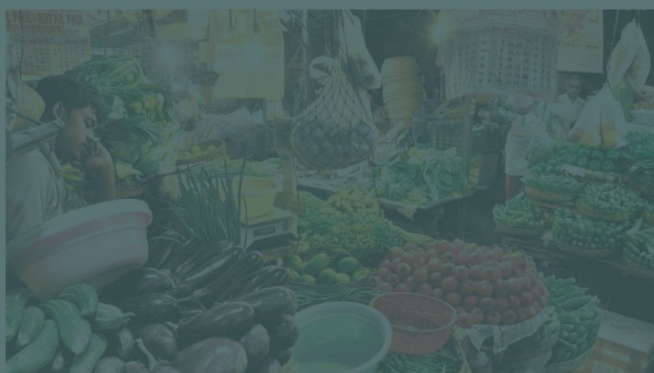
Sunita Rajesh, founder of OnlyPlanet.in, a website that helps one to calculate the carbon footprint is a concerned citizen. "Every small action of ours has an impact on our environment. According to Statista.com, India ranks 12th in carbon emission globally. On an average, a single individual produces 1.6 tonnes of carbon footprint in one year. The number has steadily increased over the years and it is alarming," she says.

The 45-year-old worked an executive assistant with an IT firm in Mumbai when she had her life changing moment. She was in a car stuck at a traffic jam in 2016. That's when she wondered why people did not carpool. "If we did that, how much we could reduce that carbon footprint," she says.

Sunita who is based in Coimbatore, researched on the subject for nine months. "Personal carbon footprint can be defined as the impact of one's lifestyle choices on the planet. It is calculated over a span of one year," she explains.

She quit her job, sold her car and learnt to cycle. "I stopped shopping for new things. Instead, I share my clothes now with my friends."

To reach out, she developed the website. "After 18 months of preparation, I launched it with the help of Harish Phuleria, Professor, Centre for Environmental Sciences and Engineering, IIT Mumbai. The website went live last year," she says.



Go local Buy produce from your neighbourhood market to cut down carbon footprint • ASHOK CHAKRABARTY

OnlyPlanet.in measures the carbon footprint based on one's mode of transport, food and electricity consumption, waste management

Mindless expenditure is common now. People equate happiness with what they buy. But we forget the ecological impact behind it

SUNITA RAJESH



and monthly expenditure. "Mindless expenditure is common now. People equate happiness with what they buy. But we forget the ecological impact behind it. Instead of this let us practise 'letting go'. Give away stuff that are of no use to you but can be used by others. Buy local. Things that are made somewhere else will have negative ecological impact due to its transportation and packaging."

Sunita is on a mission to demystify the misconception that living eco-friendly is inconvenient and expensive. "In fact, it is the opposite. When you are mindful, you will save a lot of money and energy. It is good for you and for Nature. But we have to put in the effort," she says.

Sunita has conducted 23 awareness programmes across Mumbai, Bengaluru, Chennai and Coimbatore. "It is heart warming that most participants are keen to know on how they can contribute to the environment. In future, I

HOW TO REDUCE CARBON FOOTPRINT?

Use public transport or carpool. Avoid driving during peak hours

Switch off electricity appliances when not in use

Cook your food at home. Eat local and seasonal fruits and vegetables available in your neighbourhood markets

Segregate your waste. Try and recycle dry waste

Avoid single use plastics

hope to bring in more features that will help track the carbon footprint," she says.

Sunita will lead the Mango Open House #104 on November 13 from 7:00 pm to 9:00 pm at Mango Education, GV Residency, Uppilipalayam. Entry is free but registration is a must. Visit <http://bit.ly/3GH5Mya> to register. Call 9952243541 for details

Calling all bookworms!

Ebek Readathon aims to encourage children to read books



A competition to inculcate the reading habit in school-children will be held in three stages from November 2019 to February 2020.

Organised by Ebek Language Laboratories Ltd in association with Renaissance, USA, the 'Ebek Readathon' is open to school-goers across four categories: Beginner (Grades 2 and 3), Junior (Grades 4 and 5), Junior Plus (Grades 6 and 7) and Senior (Grades 8 and 9) in Tamil Nadu, Puducherry and Bengaluru.

Tamil Nadu will be divided into the North, South, East, West and Central zones.

Each registered student receives a list of books online for every successive round and will be quizzed about it after finishing each book.

Top three winners will be selected in each student category and awarded prizes for

zonal winners.

Through personalised reports, students, parents, teachers and school managements will understand students' actual reading age levels, says a press release. The reports will recommend titles suited to the students' age.

The first stage will be held from November 14 to January 5, 2020 and the second on January 15 to January 31, 2020.

The competition finals will be held in the second and third weeks of February 2020 in non-metro and metro cities respectively.

The *Hindu* is the media partner for this event. The last date for registration is November 14, 2019. For more information, visit: <https://www.ebek.in/home>

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