# INELECTRONICS

magazine

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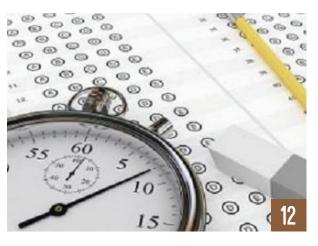
# EDITORIAL

### **EXPRESS YOURSELF**

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INELECTRONICS Magazine is a non-profit student run magazine that is published bimonthly. The first issue was released on May 2010 followed by 6 other issues published over the last 4 years. Our magazine is the result of the effort made by the student writers and editors of ISC who simply attempt to be of use to their university, community, and country in general.

In the midst of the information flood of the media, students initiatives and achievements are no longer highlighted or given enough recognition that is why the magazine offers them the opportunity to express and share their creativity, passion, and enthusiasm.

### In this issue

The sixth issue of IM magazine covers different topics related to the actuality of the club, the technology that is growing in our word and to the Algerian society. It also highlights the club's events organized by Inelectronics members. A new section had been included in this issue called "INELECERS" which highlights the achievement and talents of INELEC students. An entertainment page had been included in order to ensure a relaxing corner for our readers.

### Thank you

Our words of thanks must be incomplete so that they aren't a thousand lines long.

As a start, the magazine team would like to send a special thanks to our sponsor A-SHARIKA School.

Giant thanks as well to the people who helped us in the realization of this issue including our designers who had been one of the main building blocks of IM magazine, editors, photographers, and all who have added a positive value to ensure its improvement.

And above all, thanks to our writers for throwing in with us—and to you, our readers, for making it all real, always remember our gratitude for your interest in **IM Magazine**.

**IM Team** 

### INELECTRONICS IS ONLINE

# **Security**

After a long time of no real presence on the web (except for facebook groups and pages ...), www. inelectronics.org is finally online. It's built using the free and open source blogging Content Management System "Wordpress", but with the right collection of plugins and modifications, it became more than a blog, more than a simple website. It has a forum, a small social network, a newsletter, a guestbook and of course a blog where all news, announcement and articles are going to be posted. So you may consider checking it from time to time to stay updated.

help by hosting the website. DZSecurity is the first and best hosting service in Algeria with excellent hosting, excellent support and excellent security. If you are thinking about hosting your own website, we suggest that you head to www.dzsecurity.com and check their various plans.

## LIVE YOUR OWN ENTREPRENEURIAL TRIP WITH **INJAZ**

Hocine Merzak AMIROUCHE (L03/04)

njaz is a non-profit organization that provides an extra-curricular program so-called "company program "whose major goals are empowering the entrepreneurship concept among students, and building a bridge between the educational field and the private sector which enhances their opportunities to embark their own entrepreneurial trip in their nearest future. Beside the business culture gained from the coaches chosen by the staff of Injaz, students can also enrich their sense of responsibility, enhance their leadership skills and learn about team work which are tools needed in order to become a successful entrepreneur.

Injaz El Djazair was established in October 2010 and it now collaborates with more than 20 universities and schools competing



nationally to win one of the following prizes: the best enterprise, the best innovative idea, the best marketing campaign and the best advertising.

Two years ago "Algreenia", a Junior Enterprise established by ENP students, won the first prize in the 6th edition of Injaz el Arab. Their idea was based on collecting, storing and transporting paper to recycling sites. For the second edition and once again another team from ENP "Assurair" – won the prize of the best enterprise nationally and the best innovative idea regionally, having as a product a gas-detector.





This year Injaz El Arab is present in 15 countries in the MENA region, having 15 teams, each representing its country and competing for the regional price. However, for this term, INELEC is having 3 teams that are taking part of the competition, each having 35 entrepreneurs which increases the likelihood over the ability of Inelecers to reach nothing but the top since the challenge was highly elevated by Solstice Energy. At this stage, there can be no definitive answer but only wishes for our representatives to bring the jackpot

### **S4SEXPERIENCE**

Benyoucef BENMEZIANE (E07/08)

4S or Students For Students; a tutoring company led by students (mostly from the team) for the benefit of high and middle school pupils. S4S was different because of the youth factor and the fact that we offered what most teachers couldn't: fresh experience, most of us were roaming high school hallways three or four years earlier which meant that we had encountered the same syllabi our fellow pupils were having problems with. The idea then went along to outline a greater field that stretched to extra-curricular activities such as programming, software tutorials and post-baccalaureat guidance.

But back in the real world, the project couldn't move forward because of the ill-organized time table, the members collegial priorities and most importantly: Lack of spirit, all of which could be set aside because we had no prototype to crown our project! And so there was a chance. At the time of the final display, a sub-group of members continued to keep S4S on life

support which was a medical miracle given that they're electrical engineers, and the presence of Mr. Benlahcene as a team coach added some hope to the future end result which seemed dreadful prior to that point. The final display was quite the wakeup call for the team, the level of competency and professionalism that the other teams showed was astonishing; especially in marketing and advertising, but even then

there was still hope because we thought that the game can still be played on an individual level, but sadly, it wasn't enough. Regarding S4S, it was simply a big project where our goals outweighed our capacities by a winning margin that couldn't be filled with the hard work of a small group of future corner office engineers



### **SOLSTICE ENERGY**

### WHAT DOES IT TAKE TO BECOME AN ENTREPRENEUR?

Feriel AIMEUR (M01/02)

he introduction of the entrepreneurship world to students at the Institute of Electrical and Electronic Engineering sparked great excitement among them to create their own junior enterprise for the Entrepreneurship Competition INJAZ El-Djazair. Keeping the competition in mind, the students participated putting-in creativity and energy to come up with great innovations. Among the many teams competing, the group "Solstice Energy" which designed and manufactured wallets that charge mobile phones using solar energy, won the award of "the most innovative idea" for the Company Program competition Injaz El Djazair.

The project started on February 2013 with underprivileged resources and an inexperienced group of students. Their focus has utterly been placed on introducing a new technology to the Algerian market. After long hours of brainstorming, they agreed on creating the Junior Enterprise called Solstice Energy, having as a mission the promotion and integration of the use of renewable energy technologies in the creation of "sustainable communities". Their project served directly the purpose of reducing our dependence on conventional power sources by harnessing the sun instead.

Why choosing the name Solstice Energy?, "A solstice is an astronomical event that occurs twice each year as the Sun reaches its highest (summer solstice June 21) or lowest excursion (Solstice winter December 21) relative to the celestial equator on the celestial sphere." The term "Solstice" comes from the Latin solstitium (" soil", "sun", and sister, "Stop, hold"), implying a sun that stands still in the sky and lasts. By relating these terminologies to their project, the group members came up with the idea of naming it Solstice.

Yet, the process of creating a solar wallet as an alternative to the traditional charger took months of work and persistence.

The participants proceeded as follow:

- Planning phase preceded by intensive research.
- Looking for the availability of the components that the solar charger needed to be assembled with.
- Designing the wallet which was done by fixing a small solar panel on the back that would capture sunlight and eventually convert it into energy.

The creation of the product was the hardest challenge faced by the members of Solstice Energy. After some failed prototypes, they had been able to finalize the product and make it work.

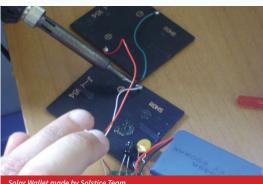
The entire process of running a business requires taking calculated risks and the fact that the currency was devalued in our country means that the costs of internal development have also declined sharply. This is why the staff of Solstice Energy is willing to take part of technology development in Algeria. It may not be easy as a start, however; the crave and willingness to achieve goals surpasses most obstacles.













# HUMANS, THE NEW ALIENS INVADING MARS!

Nabil Bouarroudj (M01)



hile the Algerian youth is seeking for the European boarders, trying to flee the overwhelming issues and problems taking over the country, others have surpassed imagination and are trying to take off from the planet earth seeking for new living lands.

It is neither Hawaii nor Thailand that we are talking about; it is the planet Mars that had been chosen as a destination by a Dutch Company which is willing to send four lucky Earthlings to colonize the Red Planet and never comeback as had been



reported by CNN.

The trip is planned for 2018 by the Mars One foundation, a non-profit organization based in the Netherlands, by sending machines to test the possibility of life in Mars including the four people whom will have the opportunity to land on the planet.

Although, it may sound as an opportunity to some, but actually they are risking their lives due to the possibility of failure

and incertitude of success resulting from periments. One of Lansdorp's visions, this experience, besides their inability of for instance, is a balloon with a camera returning to earth, which is considered as attached to it that would film Mars from an advantage by the company since having an altitude of 200 to 500 meters, which has one-way trip reduces costs. It would also never been done. be the first privately funded planetary exploration mission as had been reported How much would it cost? by CNN.

experience for some since the start of the porting as estimated budget of \$6 billion project, where more than 200,000 people for getting the first four humans to Mars. A have signed up to be prospective astro-reality TV concept may help covering the nauts as it had been reported by Mars One costs which will be exclusively and for the CEO, Bas Lansdorp, which implies their first time filmed from the planet, uniquely agreement on taking the risk and live the transmitted from the solar system! mysterious and thrilling experience outside the globe. The application form is already However \$6 billion is enough to feed a closed and the ones who made it to round whole nation and spare the middle east 2 had been notified by the company.

### **Human Settlement on Mars**

Mars One designed a mission using only the billions of dollars on the thousands existing technology. In the coming years, of people who aspire to live rather than a demonstration mission, communication spending it on 4 persons who are taking satellites, two rovers and several cargo a chance to die. While some are seeking missions will be sent to Mars. A reliable for prosperity and peace on earth, others living environment will be waiting for the are looking for development by chasing astronauts when they leave Earth as had other planets; an unextractable maze the been reported in Mars-One.com. "The humanity is creating leaving this word highest priority is to actually have liquid unbalanced. water on Mars," said by Bas Lansdorp. Mars One is also interested in "fun" ex- Mars? Only time will tell! ■

The CEO of the company is expecting to get the majority of funds for the unmanned We have to admit that it is an exciting mission from sponsors and partners re-

> region from the endless wars they are facing. A settled mind would logically believe that it is more rational to spare

> Would humans be the Aliens invading

# International INTERNATIONAL CES 2014

Marouane ITOU (L03/04)

he International Consumer Electronics Show "CES" is the world's biggest gathering place for all who thrive in the business of consumer technologies. The event is held on January every year; this year's edition took place in Las Vegas Convention Center, attracting major companies and industry professionals worldwide; In few words, "CES" is the global stage where next-generation innovations are introduced to the marketplace.

CES showcases more than 3,200 exhibitors, including manufacturers, developers and suppliers of consumer technology hardware, content, and technology delivery systems and more. It includes also a global conference program with more than 300 sessions, having 152,000 attendees from 150 countries. The best products in CES 2014:

#### LG

LG came up with a few announcements during its press conference, a new Webos, Web Operating System. which is an internet service through which a user can access his computer data remotely anywhere on any computer and in any part of earth were internet is available. It has been termed as "Web Operating System" because they are present on the web and not on the computer of the user, all the data is being stored on the servers of the Web OS provider, this system to be used in its smart TVs.

Also a Curved and flexible OLED, a light-emitting diode (LED) in which the emissive electroluminescent layer is a film of organic compound which emits light in response to an electric current.

The company also presented the system "LG HomeChat" which is a system that allows you to text your appliances as if they were people. With simple conversational texting, you can now check the contents of your refrigerator, turn on your washer machine and even command your robot vacuum to clean your living room carpet and kitchen floor, and all this can be accomplished whether you are in the backyard playing basketball, or thousands of kilometers away.

The Lifeband Touch is new fitness tracker that helps by wrapping itself around your wrist and reminding you to get on the move. It has a full touch OLED display, which is a lot fancier than what we have seen on fitness trackers so far. It has now been officially revealed after a lot of rumors. The band, in addition to being water-resistant, it also tracks the calories you burnt and the steps you walked.



### Sony

The Japanese company Sony was also present in the first day of the "CES". In a press conference, it announced about 7 Ultra HD televisions to be launched soon, it also presented the smart bracelet "SmartBand" with functionalities similar to the LG product "Lifeband", but Sony's SmartBand seeks to monitor much more than that. Set to debut this spring, this product works in conjunction with its LifeLog app to create a visual representation of your day, SmartBand is a 24/7 wearable device, boasting a 7 day battery life and a waterproof body.



### **ACTUALITY**

### Samsung

Samsung did not miss the ceremony where it presented four new Tablets; it also talked about the new project "Samsung Smart Home" that aims to make our daily home life more comfortable. It is almost the same principle approached by "LG HomeChat", and it is important to stress that the new 105" Ultra HD TV curved and equivalent to 2.66 meters has opened the competition between Samsung and LG in this area.



#### Intel

Intel was present as well and showed to the media the new 3D webcam "RealSense". The camera gives the images a deeper dimension plus a voice command system developed in partnership with Nuance. However, this camera is a device that is very much like a Kinect for a laptop.



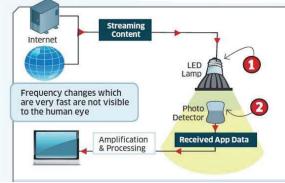
### **Toshiba**

Toshiba marked its presence with a revolutionary Innovation, known as the "concept 5 in 1". As the company confirmed, this new computer can be used either as a laptop, a tablet, a home computer, an electronic notebook, or even a TV. The project is still in the process of development and is supposed to be available on the upcoming moths.



### LiFi

For the past couple of years, various companies have worked on LiFi (LiFi: new way to establish wireless communication links using the Led lighting networks.) and finally The French technology company "Oledcomm" brought down the curtains on a device capable of transmitting data at broadband speeds using light from a lamp.



### **Yellow Jacket**

Yellow Jacket is the iPhone case that can transform your IPhone into a stun-gun; The Company has already sold the world's first stun-gun iPhone case for the iPhone 4 and 4s for \$99. Now it's launching the iPhone 5 and 5s version for \$149, IPhone stun gun case can deliver 650 K volts of shock that is enough to drop the average person to their knees in about three seconds. If used correctly, it shouldn't cause any lasting damage because it has low amps (1.3 mA).



### **PowerPot**

The "PowerPot" is a new startup company that produces a portable thermoelectric power generator. It can be used to charge cell phones, power lights while cooking. The principle is so simple. You just have to put the pot above the heat source, fill it with any liquid and then connect the electronic device via the USB cable.



It is safe to say that we are living in a very rapid changing world where we already have all the resources and the technologies needed to make our daily life easier, and through that event, we witness every year a lot of creative inventions that revolu-

tionize our world, improve our living and help us find solutions for the problems we may face, this event is for every geek and everyone who is crazy about technology, so stay tuned and do not miss the next CES

INELECTRONICS SECTIONS' ACTIVITIES CODE

TThe Open-Code section includes Programming, web design, Linux operating system and Open hardware programming. Its main focus is to work on different projects using the Open Source technology.

This year, open Code had been divided into 5 subsections:

- **1.Java Programming:** In this subsection teams work on different projects according to their programming skills, from beginner to advanced using the Java programming language in order to solve simple problems or creating entire software.
- **2.Python programming:** This subsection is also about programming; teams work on different projects and use their programming skills in order to solve real world problems.
- **3.Game Design:** This subsection merges both programming and design. The teams in this subsection work on two dimensional games.
- **4.Web design:** This subsection focuses mainly on web design using either Word-Press, Joomla, or writing the entire code using HTML, CSS, scripts, and PHP.
- **5.Linux Operating system:** In this subsection, we learn how to use one of the most powerful open source operating systems which Linux OS.

TECHNICAL

**ECTRONICS** 

The technical section is of a major importance in the club, it provides a chance to its members to practice electronics and implement projects of their own. Each year different teams work on the realization of some mini-projects with the help of a supervisor.

This year the technical section will include two different subsections:

- **1.Robotic sub-section:** The subsection had been created for hobbyists in order to help them advance in the field of robotics by sharing their knowledge, and focus on team work in order to progress.
- **2.Arduino sub-section:** Arduino is a single-board microcontroller that a lot of students had been using lately, that is why this subsection had been created to help them implementing their projects.

The section has also launched an activity called Technical Basics on January, 28th in order to help beginners throughout learning some basics about practical electronics.

ENGLISH

The English section is a space for the student to get acquainted with the language on a regular basis, practice it more frequently, effectively and persuasively in everyday life's discussions and profession related talks.

The section provides an appealing atmosphere for the students to interact and share their insights into a wide range of issues that stimulate intellectual buoyancy among them.

The section is subdivided into two main activities which are scheduled fortnightly.

- **1.Debates:** the Students gather after making some research in such-and-such a controversial topic where each side of debaters introduces their case and arguments it in English, thus enhancing their fluency in articulating their thoughts.
- **2.Public speaking:** that is where the students get their chance to face their fear of addressing a given audience, and have their performances improved through evaluation & their self-confidence strengthened.

# NEW OPEN SOURCE PLAYERS ON THE MOBILE OS MARKET

Seif Eddine EL AHOUEL (L03/04)

martphones took over the world few years ago. Symbian and Blackberry phones were the trailblazing smartphones until Apple released the iPhone changing the entire industry. Today, Android took over 78% share of the market leaving 19% for iOS and the remaining 3% between Windows Phone, Blackberry and others. The rise of the Mobile and Tablets market and the buoyant demand for its products inflamed the competition between technology companies. Here are some of the open source new players on the market:





After a failed attempt with Bada OS, then a spectacular conquest of the Mobile market becoming the number 1 mobile phones and smartphones manufacturer with a close cooperation of Android, Samsung is now joining com companies Vodafone and Orange to launch Tizen, a new open source operating system for smartphones. This new open source system will allow developers to use the cutting edge technology to develop new services free of any restrictions imposed on the current proprietary systems. "Unlike develop freely whatever we envision because it is an open-source operating system" said JunOtori, Japanese mobile phone operator NTT Docomo

Tizen's compatibility with the current Android applications is a big advantage which makes it easier to adept to



the market alongside with the HTML5 apps. The first Tizen phone made by Samsung is expected to be announced during the Mobile World Congress 2014 in Barcelona.





Focusing on low-end devices, the Firefox OS ran mobile phones have already been sold in Spain, Germany, Romania, Venezuela, Mexico and Brazil. The Mozilla community developed Firefox OS to make smartphones more accessible edge but the recent announcement of a tablet by Foxconn to be released later this year gives the development of the HTML5 operating system a push forward. Geeksphone, the startup Spanish company that made some of the Firefox smartphones announced an upcoming device granting dual boot of Mozilla's Firefox and Google's Android on a high Trying to create a new revolution, Mozilla announced during the Mobile World Congress a plan to sell new powerful smartphone with no more than \$25.



Ubuntu Touch is a mobile OS that, once a keyboard, transforms into a complete desktop platform. What started as a project to realize that with any Android start crowd funding to make the Ubuntu Edge: A powerful mobile phone with distinguishing features to showcase what Ubuntu Touch is capable of at only too reasonable prices. Unfortunately, set a new record for the largest sum of money pledged in a crowd funding drive in which 27 770 funders proved faith in it. The world was supposed to witness some phones shipped with Ubuntu Touch in 2014 but it seems that it is not ready yet for commercialization, and we the first device.

# What does this mean to Android, iOS, Windows Phone and Blackberry?

For now, they have nothing to worry about; Android is still leading with a huge difference, followed by iOS, while Windows Phone is taking the 3rd spot from Blackberry in the race leaving it struggling behind more and more

# THE BLACK MATTER

Walid BOURICHE (M01)

ou sit alone in absolute darkness watching the silent sky in fear and awe looking like a black piece of leather garnished with jewels and diamonds of a breathtaking beauty. Everything is flowing in peace and easiness, but wait, don't judge too quickly because if you hang on a while, you will find that what you see is much less than what is expected. There is a lot more in our universe that meets the eye and one of the most puzzling riddles of our recent history is **the dark matter**.

Dark matter, named such because it is an unknown that does not interact with light — can't be seen directly by telescopes and doesn't emit or absorb light at any significant level. It's not like any "normal" matter such as stars, planets or any living or nonliving material on Earth. It's not even a black hole.

### The riddle of the lost mass:

We are now in the face of a big difficult puzzle and in order to simplify it we start by a simple analogy. In your daily life you often lose some of your stuff, and for you the next step is to look for it in usual places until you may find or miss what you are looking for. But what if we lose a part of the universe mass? Don't be surprised, it is indeed a hard fact that a big part of our universe mass is missing and we could not find it.

The best way of approaching the understanding of this mystery is to go back in time to the 1930s, during that time a lot of physicists focused on Galaxies, their movements, masses and their mass density distributions.

In order to weight a galaxy, you could either measure the light density that is coming from it, or compute the angular speed of its Galactic-disk, but how? And what is exactly meant by that? Let us take a closer look at our galaxy for example; we notice that it looks like a disk made of billions of



stars, and if we look to the distribution of these stars we could see that the highest concentration is near the center, considering now our planet as a point on that disk, we are bound to rotate with it along with billions of other systems and stars. The scientists made an assumption that the speed of the stars near the center must be greater that the speed of those far from it based on the "Doppler Effect" theory, but the practical measurements and results didn't match with the theoretical ones and banished the statement saying that the distance from the center of the galaxy had an effect on the speed of the stars!

In 1933 Firtz Zwicki is the first physicist who noticed the effect of the dark matter when he studied the Galaxy clusters 77

#### The dark truth:

Physicists spent a long time investigating these mind boggling observations and ended up with two hypotheses; either the mass was not concentrated in the center or there were other invisible masses near the galaxies' ends. The latter, suggesting that the masses do not produce nor reflect any detectable light, introduced the notion of "the dark matter". A title that implies in its wording the proof of our confusion and the scarce information we have surrounding this matter.

In 1933, the physicist Firtz Zwicki noticed the effect of the dark matter while studying the Galaxy clusters which contain millions of randomly distributed galaxies. Zwicki

found that the movement at the edge of the galaxy to be so fast that it could destroy the cluster. Strangely enough though, the galaxy still holds together, an additional information that led him to think that something is holding the gravity of the cluster.

## So what's the nature of the Dark Matter?

For a long time, scientists searched for the nature of the dark matter and eventually came up with two different perspectives:

- The dark matter is a known substance that is assumed to be the remains of collapses. The collapse, thought to be due to shortage of Hydrogen fuel, results in an enormous hole that swallows up everything, even light. Other scientists say that the dark matter is brown stars\_ stars without enough fuel to start their reactions.
- The dark matter is an unknown substance formed during the "Big Bang" (also called Weak Impact Mass Particles " WIMPS").

### The destiny of the universe:

We can consider the dark matter as the hidden hand that controls the strings of the universe. So it will either collapse under the huge gravitational force of the dark matter, or it will scatter all over as consequence of the lack of this matter to hold it together. Until this day, the physicists are still trying to unlock the equations of this problem in order to unveil the hidden parts and pockets of our big deep mysterious universe

## FACEBOOK DISEASE

Zahra RABIA (L01/02)



ou might have heard about many diseases that exist nowadays, but could you believe that Facebook is a disease?

A Researches had been done by two doctoral candidates at Princeton University reporting the social network's popularity which is spreading like an infectious disease. It is said that the social media websites follow the same outbreak, growth and decline patterns. This later is considered as epidemics. It is known that Most of them have a life cycle extending for only about three years after they reach their peak, which would mean that Facebook is in its way to decline and disappear two or three years later. We can consider MySpace as an example which has reached its peak in 2008 and then suddenly dwindled to nearly nothing by 2011.

Using the Google search data as a basis, researchers reported that Facebook reached its peak in 2012 and has already started to decline, it had been estimated to lose 80% of its members by the year of 2017.

As any other disease, the Facebook disease has also its symptoms including a tendency to over share posts and wake up at night

to check how many " likes" your status update has reached.

The research entitled «epidemiological modeling of online social network dynamics» by John Cannarella and Joshua A. Spechler revealed: "The last decade has witnessed the rise of immense online social networks (OSNs) such as MySpace and Facebook. In this paper we use epidemiological models to explain user adoption and abandonment of OSNs, where adoption is analogous to infection and abandonment is analogous to recovery."

Hopefully for the recent time, Facebook's fortunes are increasing and the future will reveal the destiny of this dominating social network.

However, the majority of Facebook users are addicted to their news feed and are living this disease by continuously checking the likes received,, friend requests and the recent wall updates. So it cannot be denied how Facebook changed our daily life since the first day we logged and became facebook users



# YOUTH FOR ALGERIA

Idir BENALI (L05/06)

outh for Algeria was created two years ago by a group of Algerian students, that were a part of an American program called ACCESS, having as a mission to raise awareness among people by organizing massive informative campaigns, and have a positive impact on the society.

During one of the ACCESS sessions, the teachers there displayed a video about 'Nick Vujicic' and how courageous he was by facing his disability and becoming an inspiration to the humanity.

This was a turning point for all of us, so we had to make a change in ourselves and start impacting our surrounding positively, that is why we have decided to start our 'community service career and create Youth for Algeria.

Since its inception, YFA has chained several Actions. It all started out with the visit of Mustapha Bacha hospital in March 2012, we were around 20 inexperienced members, poorly equipped and modestly financed volunteers, Which was indeed a reason to lose hope especially at the beginning, but we didn't back down and carried on

YFA SDF Operation 2013/2014

with our hands held high. We've kept on moving with our journey and had an even more expanded consciousness after every initiative.

The association started to gain experience and grow up after the realization of some actions. A presentation about YFA was conducted at INELEC, since lots of

volunteers study there. We also took part of different actions: visiting the elderly homes, helping children in hospitals and orphanages, distributing food to the homeless, and we are programming to visit the center of the abandoned woman on the upcoming days





# CRACKING THE TOEFL TEST

(ETS) TOEFL.

Ihsane Youcef DEBBACHE (E09/10)

tudents often find themselves required to prove their proficiency in English, whether it is to study abroad, to get an internship or find a job. The TOEFL test is the criterion for that matter and the certificate obtained describes their aptitude in English based on their scores. Most universities and scholarship opportunities require a threshold score to be surpassed in order to approve the student's application. Hence, as far as many students from our institute are concerned, it is important to provide some information on this test.

First you need to know that the TOEFL does not exactly evaluate how good you are in English, but how good you are in taking the TOEFL. In other words how well you prepare for the test! I have seen fluent English speakers getting scores up to 60 and 70 in TOEFL after 2 or 3 attempts while others, fairly mediocre, getting scores up to 90 and even 100+ in their first shot. Is it coincidence? Not at all. If you want to beat the test, only three simple steps to follow:

- Know the test
- Adopt strategies
- Practice

#### THE TEST:

There are two versions of the TOEFL test, the old paper based test, TOEFL PBT, and the new Internet based test, TOEFL IBT. Although nowadays the IBT is the most frequently used, and the PBT is mainly provided in countries where the IBT is not accessible, both are available in Algeria. The IBT, though, is strongly advised and will be the topic of this article.

The TOEFL tests your English abilities in four sections: reading, listening, speaking and writing in that order each one evenly graded over 30 points, for a total score of 120 points in a total time of about 4 hours.

### THE READING SECTION:

It consists of 3 to 4 reading passages from academic texts of about 700 words, (sometimes 4 passages are given but only 3 of which are graded. The test taker does not know which passage is not graded and thus must answer them all). Each reading contains 14 multiple choice questions for a total of 42 to 56 questions in a time of 60 to 80 min. This section mostly tests your ability to:

- \* Understand written English.
- \* Speed-read and grasp general ideas.

The best strategy I personally adopted for this portion of the test is the following:

- \* Take 2 to 3 minutes to speed read the text and draw a mental image of the general idea and the ideas of each paragraph.
- \* Immediately start answering questions and go back to the corresponding paragraph (Do not answer without referring to the paragraphs).
- \* Read the question first, go back to the paragraph then read the answer choices (Do not go the other way around).
- \* Proceed by elimination.

### THE LISTENING SECTION:

During this section you just have to sit back and listen to parts of lectures. Then, answer the given multiple choice questions. Four to six lectures, mostly parts of classroom discussions and courses of about 3 to 5 minutes each followed by 6 questions are played, then two to three conversations, each 3 minutes long, followed by 5 questions for a total of 34 to 51 questions.

The key to success in this section is concentration. You can take notes to help you answer the questions; actually, you are encouraged to do so, but it depends on the way you work, some prefer to take notes and some prefer not to, you will find out which works best for you with practice.

### THE SPEAKING SECTION:

The speaking is the most stressful and unreliable part of the TOEFL. Preparation for it is immensely necessary. Even fluent speakers often have trouble with this part, not because speaking is harder than the other sections but because of the way it is evaluated in TOEFL. You will be speaking to a computer, in a room where everybody will be speaking at the same time which tends to be very confusing but again, don't worry, with the right strategy in hand you can crack this section easily.

The section contains 6 questions where you either listen to parts of a lecture, read a passage or both. Then you have 15 to 20 seconds to prepare your answer and 45 to 60 seconds to articulate it on the microphone, the whole section lasts about 20 minutes.

Few tips while taking this part of the test:

- Focus during the question.
- Draw a mental image quickly of what you are going to say,



then say it! Do not over think it.

 Try to avoid taking the speaking part of the test at the same time as everyone else.

How to do that? Easy, the first two sections last about 2 hours, and then there is a 10 minutes break before the speaking section which lasts only 20 minutes. So even though everyone starts at **roughly** the same time, if you are fast on the reading and listening (you'll know when you practice), then start as soon as you can and try to gain some time there. But if you are slow then the best strategy is to start late, and take all the time available for these sections. Either way, you will be able to do your speaking before or after the others, and avoid the 20 minutes window where the room gets disturbingly noisy!

### THE WRITING SECTION:

This section evaluates your writing abilities in English based on two short pieces of writing. The first task lasts 20 minutes during which you read a text, listen to a lecture and then compose an essay. The second part lasts 30 minutes and is about expressing your point of view on a given topic and supporting it with arguments and examples.

Tips during the test:

- Get used to QWERTY keyboards (that's how the TOEFL IBT computer is configured, even in Algeria).
- Avoid mistakes, misspellings, and practice typing fast.
  The time provided is barely enough to write the necessary
  number of words to get an excellent grade. Being fast on
  the keyboard is a key skill to succeed in this section.
- Write as much as you can, without getting off topic or redundant. Word count is an important part of your grade.

### **BEST PREPARATION PRACTICES:**

The best way to prepare for the test is Practice. An efficient way to do so is to get hold of test simulation software and avoid spending too much time reading books. This kind of software, Kaplan, for instance, which contains 4 full practice tests, or Barron's which has 7, allow you to see your grades especially the reading and listening sections so that you can assess your improvement by yourself.

The speaking and writing section need a slight different prepara-

tion approach. I recommend **watching the NOTEFULL videos on Youtube** with some practice on the simulation software. Those videos explain exactly what to expect from the questions besides giving valuable advices.

It is also advised to visit the website of notefull: **www.notefull. com** for further preparation materials.

# ON THE NEXT ISSUE OF THE MAGAZINE: TOEFL OR IELTS? WHICH TEST IS BEST FOR YOU?

The IELTS is the other reference test of English generally used, it is administered by the British Council. Both tests have many similarities and are widely accepted worldwide, but there are some key differences, for instance the TOEFL is based on American English while the IELTS is based on British English, also the speaking part of the IELTS is conducted through an interview with an examiner unlike the TOELF where the test taker speaks into a microphone, or for instance the writing part of the IELTS is handwritten, while in the TOEFL it is typed on the computer... Etc. So If you are wondering what test to take, we will contrast the two during the next edition of the magazine

Special thanks to Amine BOUNOUGHAZ for his contribution.

### **INFORMATION AND CONTACTS:**

The TOEFLIBT is provided in Algeria by the In-tuition school in Said Hamdine.

To register you need to first open an account at **ets.org**, then you can register either through the school, the fees are then **25000 DZD**, or you can do it yourself by registering online and paying **180\$**. Notice that it is cheaper to pay online (180\$<25000DA) but you need to have a way to do that (like a credit card or PayPal)

You can download the simulation software and other materials online, or you can get them by contacting the club.

In sum, TOEFL is not only about your level but how well prepared you are. With the right preparation and strategy you can crack this test.

### INFORMATIVE .....



### **PLUGITINTO THE SUN**

Issam LABIDI (L05/06)

mong all the efficient sustainable sources of energy, the sun is the only one to come and go on a regular basis. This fact makes it the most reliable way of electricity power generation. Converting solar energy to electrical power consists of the use of a specific material through a process called photovoltaic.

Photovotaic (PV) is a method of generating electrical power. The Photovoltaic effect is exhibited by means of semiconductors which convert the solar radiation into direct current electricity.

Solar panels composed of a number of solar cells containing a photovoltaic material are used for this purpose.

The Wikipedia definition may immediately involve the concept of mega-factories, which is actually right, i.e. the implementation of solar photovoltaic might cost a lot of money. But this is only the case if you want to supply a whole city with sustainable power.

If you now consider your house with your average power consumption rate, the photovoltaic will prove especially efficient

in reducing the costs of use. So, go ahead and turn your house into a solar station

### What will you need?

Let's start from the very basic use which is turning on a light bulb, one PV (photovoltaic panel) of 300W is needed to switch on all the light bulbs of an F4 apartment that you can fix on the roof or on any surface of your building sides sufficiently exposed to solar rays.

But this will not ensure your independence of the power grid; higher consumption will require bigger systems. Therefore, providing the different household appliances with power imposes an arrangement of multiple PV in the form of array the sole disadvantage of space management.

One might say that the PV raises a DC current that must be firstly converted into an AC one. Well, you don't have to bother about this for the simple reason that most PV modules come with a built-in inverter, amplifier, and regulator to meet your 220V wall outlet. All you are left to do is connect the wires.

How much will it cost?

Most of us might think of solar systems as budget consuming plans. However, this is not totally correct. The photovoltaic panel price depends on the amount of power it produces and the country of manufacture. For instance, a typical imported panel of 300 W made in China can cost between 20,000DA to 30,000DA whereas the Algerian PV panel notably made by "Condor" or "Rouiba éclairage" costs around 45,000DA. Although the last one is a bit more expensive, however, it should be perceived as a nice deal when you consider the amazing effect it has on your electricity bills ■

### **INTERVIEW**



### **INTERVIEW WITH**

# **PROFESSOR KAMEL HARICHE**

Nabil BOUARROUDJ (M01)

e received his M.Sc. and PhD degrees from the University of Houston in 1978 and 1987 respectively; he is currently a Professor at the Institute of Electrical and Electronics Engineering in Boumerdes. His research is related to linear and nonlinear systems as well as Automatic control of MIMO systems.

### **INTFRVIFW**

### Q. Could you tell us about your career?

I was born in Bordj bou Arreridj where I have finished my elementary school and college, I moved to Setif to complete my high school years and in 1969, I got my Baccalaureate degree. I graduated from the University of Algiers in 1973 majoring in physics then I went to the army for two years and I worked about one year in Sonic which is a National enterprise.

In 1976, the INELEC project started where I was recruited among the first group of faculty candidates. I went to the University of Huston in Texas in order to purchase a master degree in Control Engineering, I came back to Algeria, in 1979, and started teaching at INELEC, at that time, I was also the head of the department. After three years of teaching at INELEC, I came back among the first group to the USA in 1983 to purchase a PhD degree while I was also teaching in Huston University. From the first group sent to complete their PhDs, I was the only one coming back to Algeria in 1988 and since that day, I started teaching at INELEC.

# **Q.** Could you tell us more about INELEC project?

INELEC is an Algerian project, the institute of Electrical and Electronics Engineering was built because they were planning on building an industrial pole in the western part of Algeria like in Tlemcen and Sidi Belabes, so they needed an institution of Education to train engineers in the electrical and electronics fields.

At the beginning of the project, the whole institution was managed by a consortium of American universities, there was an American corporation called EDC "Education Development Center" which had made the entire job of founding this institution, like contacting the universities and creating good working conditions. All the staff and teachers were American at INELEC. Meanwhile, Algerians were sent to the United States in order to ensure their trainings.

When the first group came back in 1979, there was a problem between the Algerian government and the American Vis-à-vis, causing a disagreement about renewing the contract which expired on 1979, leading



to the departure of the Americans who founded and worked at the institute. It was a difficult time and we had to make the institution work correctly.

this is my country, this is the country that gave me education, a country that sent me to the USA, the least that I could do is to comeback and help, it is as simple as that.

in my opinion, this is my country, this is the country that gave me education, a country that sent me to the USA, the least that I could do is to comeback and help, it is as simple as that.

# Q. What about other teachers whom were among the founders of INELEC project?

Notice that there was not only one group which had been sent to the USA, there was also Mr Dahimene, Mr. Noureddine, Mr. Hamaidi, Mr.Kribes and others among the other groups.

# Q. Why choosing to come back to Algeria instead of staying in the United States?

I don't like to give lectures, besides the ones delivered in class, but in my opinion,

# Q. What is the factor that pushed you to reach your achievements?

When you are a young student, it's clear that you are motivated, you think about your future and what you would like to be, I had a small experience in teaching, when I finished my license in physics, I was a teacher assistant at the University of Algiers and I have to say that I liked it. So when the opportunity of joining INELEC came, I said that was it.

Q. What differentiates INELEC students from the ones of your generation and



### few generations back?

From 1976 to few years back, there was an INELEC spirit and it has existed, Students' behavior was completely different from the behaving of current students. As an example, INELEC students always started their year very early, at the beginning of September they were all here, they used to work very hard, ask a lot of questions and behaved well In the sense where we didn't have as many strikes as we are having nowadays. Now I feel that things are starting to change in the behavior of students, they are more after the grade rather than learning. However, today ways of learning are various and the whole idea based on American education is that students don't learn only from the courses delivered in class which is just considered as part of the students' learning process.

# Q. INELEC students feel that they are not prepared enough to face the industrial life? Is it due to the incompleteness of the program or on the students' work?

Well I can say that it's due to both of them. Nowadays, students don't work very hard, from the other side having a training is an important part of the learning process, and back to the 70, 80 and 90's students used to go to industrial forms for trainings. The

idea was to prepare them for the industrial field. Currently, there are private businesses so it's not possible to force someone in taking students for trainings.

### Q. How do you see the future of INELEC?

Actually, I'm of an optimistic nature, So I think if students are aware or get aware of the opportunities they have, and start behaving the way they should, there is no way for me to be pessimist. Students are the main part concerned about this process of learning and Algerian students are just like any other students in the world, they are not less intelligent than Japanese or Americans. Few years back this institution trained the best engineers in the country, and if it could have been done at that time why not now!

### Q. What is your advice to INELEC students?

Now I am retiring, but suppose I'm still young and I didn't retire, if things go wrong,

continuous continuous

I can change and go teach in another place, but for me it's a crime to have started in 1976 in an institution like INELEC that forms the best engineers in Algeria and some decades later, we destroy it, it's just a crime!

In all what had been said, it's not my life or my achievements which are the most interesting, what is more important is the future of this institution. I want the students to understand that it is their life, it is their future, it is their project, they can make it a very lousy institution, as they can also make it a good one and be the ones benefiting from it, and as teachers, we can only help them to improve this institution



### **INELECERS**



Stars of Science (SOS) is a Pan-Arab competition (has been shown in MBC 4 Channel), dedicated to the young Arab innovators with ages ranging between 18 and 30 years old. SOS is initiated and funded by the Qatar Foundation. The program has passed through 5 seasons; however the last season has seen the participation of 2 Algerian candidates who made it after the casting tour among 16 men and women. after the casting tour, the 16 candidates went to Qatar science and technology Park, in Doha to develop their projects, where they have passed through 4 selection phases, after each phase, a number of candidates were dropped from the competition, to be left at the end with 4 candidates to compete for the first 4 prizes.

Yasser Nezzari a 5th year engineering at IGEE, had a chance to participate in the fifth season, and make it up to the 2nd phase (Product engineering phase). His project was a platform that captures the human expert movements through Microsoft Kinect and convert them to movement planning and control data for a target robotic device in a real-time. His project has a unique feature, which is the performance that it offers, and the uses of commercially available devices, and components.

"Stars of Science will open you the gates to other opportunities, and once you make among the top 16 you will be registered for both Algerian and GCC patent. I do not recommend it for students in their final year because its nature will oblige you to stay in Qatar for more than 3 months and that will make you in hard position, whether you continue in the competition, or focus on your studies", Yasser said.

### Game Developers and GDG Bordj DevFest Winners: M4H

### About the team:

Abdelkader SELLAMI – Project Manager Mounib MAZOUZI – Game Designer & Developer Jalal CHACHOUA – Game Developer Imad TOUBAI – Graphics Designer

The name of the team was going to be M4G (Minds 4 Games) but then they decided to not limit themselves in the competition and changed it to M4H (Minds 4 Hack).

### About the competition:

GDG Bordj DevFest is a challenge to develop an application or website according to a theme within 24 hours where 5 teams were competing with different chosen themes. M4H competed by having "Education" as a subject to be treated. Being the first competition for M4H, it has been challenging as they faced some difficulties, had some fun and at the end won the first prize.

"At first, we were afraid that there will be a theme where we are unable to make a game," says Mounib Mazouzi, "because we entered the competition having in mind the creation of a game, however, we were glad when we were given "Education" as a theme, although it was hard to mix it with games, but it was still possible to be done". Imad Toubal adds: "the trickiest part was getting the idea about a historical game, but since we were in November 3rd. November 1st was an easy choice"

The game was called "Road 2 Revolution" which takes place after the 1st November 195 events. The player plays as a "Mujahid" and fights in different great battles exploring and living the Algerian revolution while having fun.

About the difficulties the team faced, Mounib admitted that making a game in 24 hours is a challenge by itself. He started coding while Jalal was responsible for the sounds, Imad focused on graphics and Abdelkader was charged to gather story elements for the game and prepare the presentation of the project. One of the main difficulties is coding! As Mounib and Jalal alternated on making the code, they often ended up replacing existing codes since each one uses a unique style and different algorithms that turned



lmad Toubal, JalalChachoua, a coach, Mounib Mazouzi, Abdelkader Sellami



out to have positive impact. Many bugs had been found, however, they managed to detect them and have them fixed before the deadline.

At the end, the team managed to finish the game on time, with a presentation and a video trailer



that you can find online. https://www.facebook.com/M4Hack



Concerning the tools he used in his projects he says: "I use the GML (Game Maker Language) which is pretty much C, Game Maker Studio, and in the past I used GameSalad to create my first game Water Drop"

### Some of the games he made:

**Water Drop:** The player controls a water drop, helps it to reach the ground and avoid hitting the clouds. Shiro The Hero: The player takes the role of a teen boy called Alex who is possessed by an ancient brave king he can transform into the king temporary. The player's main mission is to collect the King's old gears so he can retake his body.

**Blaite:** where you play as a mercenary cursed Ninja who wants to destroy the White and the Black clans. His curse allows him to change his body's color, while being white he can kill any Black Ninja he touches, and vice versa. Mounib is developing a new game called **E-War** in collaboration with the Gaming subsection of Open Code to share his knowledge with the rest of the club members. He hopes that one day we would witness an Algerian studio that makes real good and successful games.

### **Brain Games**

- 1. Find the five-digit number in which the first digit is three time the third the fourth digit is twice the second; the third digit is the sum of the second and fourth; and the fifth digit is the product of the third and fourth.

  (Hint: There are no zeros.)
- Attach the same four-letter word to the front of each of the words below to make a totally new word.
   (Hint: The new words are not compound words.)
   \_\_\_just \_\_\_\_ dress \_\_\_\_ able

3. Replace the last letter of each pair of words with a new letter, making each word into a different English word, then place the new letter on the blank between the two new words.

As you read down, what word is formed by the letters in the blanks?

Flat	 Lame
Saves	 Doom
Arid	 Dive
Kept	 Pert
Grit	 Spit

**4.** Fill in the blanks by rearranging the same seven letters to make two different words.

"," sai	d the critic, "how
boring it is when	an individual
becomes too	and talks
for hours."	

**5.** Find one word per line that can be added to each noun in the group to make a compound word.

Boat	Maid	Work
Light	Strong	Line
Fall	Step	Ball

	2	8		5				3
	6					8		
3		5		7	2			
		9	3			2		
			4		9			
		1			8	6		
			1	9		7		4
		4					6	
2				4		9	3	

### **Did You Know?**

1) Some people perform poorly in Maths because of a phenomena called "Math Anxiety".

Mark H. Ashcraft, Ph.D. defines math anxiety as "a feeling of tension, apprehension, or fear that interferes with math performance". Highly anxious math students will avoid situations in which they have to perform mathematical calculations. Unfortunately, math avoidance results in less competency, exposure and math practice, leaving students more anxious and mathematically unprepared to achieve.

**2)** There is a trick to multiply complementary pairs?

Take the rightmost digits and multiply them; the result forms the two rightmost digits of the answer. Then take the first number without its rightmost digit, and multiply it by the next higher whole number; the result forms the initial digits of the answer.  $(61 \times 69 = 4209)$ 

3) Douglas Engelbart and Bill English invented the first mouse prototype in 1963 at the Stanford Research Institute (now SRI International) as part of military funded project

### Answers

8	ε	6	L	Þ	9	9	ı	2
ı	9	9	ε	8	2	₽	6	L
Þ	2	7	9	6	L	3	9	8
6	Þ	9	8	2	L	l	ε	g
9	8	3	6	l	Þ	2	۷	9
L	ι	2	9	9	ε	6	8	Þ
9	6	ı	2	L	8	g	Þ	ε
2	9	8	Þ	ε	6	L	9	ι
ε	L	Þ	ı	9	9	8	2	6

.0

5. House, head, foot.

4. Observe, verbose.

3. ВВАІИ.

2. Read (readjust, readdress, readable).

.925,19.

# THE QUANTUM YOU

### "IF OUR THOUGHTS CAN MAKE US SICK CAN THEY MAKE US WELL?"

**DR.JOE DISPENZA** 

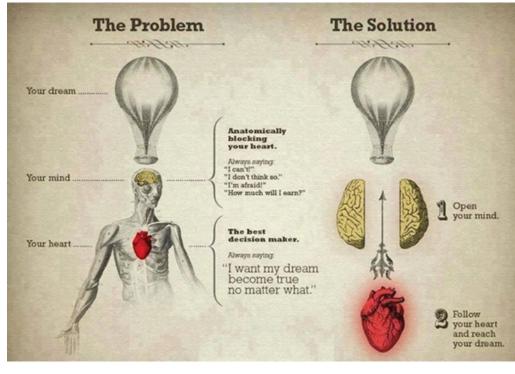
Khaoula ALI (L03/04)

o far, I and so many others have wondered about how much do our thoughts impact on ourselves and on the ones that we want to be.

You may have wondered, as so many others, about how much our thoughts impact ourselves and the people we want to be. Does it even make sense when someone says: "I want to change, I will become whom I want be and I won't give up?". You are, probably, saying: "Of course it doesn't make any sense!", because you only believe that bad thoughts have the power to bring you down while the good ones have no effect on you. Perhaps, willing to change yourself has never worked out for you! But what is preventing from making the difference?

The science of you: what are we made of? Everything in this world is connected to a sea of information in a dimension of time and space allowing us as human beings to stay connected. Furthermore, we are not only a physical body but we are a physical body connected to a brain; our connection across time and distance makes us think that obviously our present thoughts are what we would like to be in the future. The potential of our existence is what creates our thoughts which are considered as the language of the brain translated to feelings as well, interpreting the language of the body. But I already have bad thoughts inside of me, what should I do? "Nerve cells that fire together, wire together" Hebb's law

If we are always pessimistic, we are clearly going to have the same undesirable results for the same experiences because thoughts become feelings which will naturally impact



our body! According to Hubb's law and neurophysiology, if you frequently activate the same nerve cells by thinking the same way, doing the same things, thus feeling the same emotions would set them on fire in the course of time, which means creating a habit! Hence, firing the same circuit will put you in a state of mind called "INSIDE THE BOX". So, fire the right nerve cells by using courage, self-confidence and kindness, think positive in order to no longer have your wrong nerve cells fired together by feeling the fear, doubt and shame.

### **MASTER JOY:**

Now that you know the quantum you, you understand why it is so important to think positively. You no longer should let your bad thoughts accumulate in your head by letting them get over you. They may have no effect on you for the moment being, but they will as time goes by because your thoughts become an experience which, in turn, becomes an emotion, and once you feel the

emotion, your body begins to believe in its true existence. Eventually, your body and mind begin to work as one and you are almost being that person by only changing your bad thoughts so just stay inspired and stay strong

### THE OVERRATED OPTIMISM

Kheyreddine HADRI (L03/04)

feeling that good things will happen and that something will be successful is called optimism referring to Dan Brown. It is a feeling that we require having, when we push ourselves to some limit and expect something in return, it is right there where you will get what we have already gave.

It implies that during stressful circumstances you may have gone through like Exams, Job interviews, Meetings and other situations, which by any mean or another, you must have considerable potentials and efforts to obtain a desirable result. Yet, you cannot know the result. Then, optimism comes in handy, based on what had been given as a price whether it was physical, mental or financial. There is no place for, luck, unless you buy it to certain that you will have what you wish for, based on your hopes and feelings.

Optimism happens to exist in order to make willful-goaled people feel good about what they have delivered as efforts which is awarded with something in return. For example, sacrificing rest and sleep to score a high grade in some exam, gives in reward, after you hand-over the answer sheet, the chill and the feeling that you have done well, that is optimism. Submitting your curriculum vitae for a job summarizing your capabilities and achievements which you really worked hard for brings excitement and hope that you will be employed for that. These facts are closer in indication of being realistic.

You cannot give nothing and expect something. Regardless to the fact that being optimistic or pessimistic will never change a definite result. It is just a temporary state of mind and then, it vanishes.

Furthermore, what have been stated does not declare that these words are against optimism, in fact, it supports it and clears the meaning of it. In the other hand, most of dream-in-pink people embrace it in the improper way and they dare to express that "being optimistic never harms!" Well, too much of something harms, and that is what these words are against, the overvalued optimism.

It is the status of giving a Zero and wishing hopefully it will become a One. It is attending a test desiring a proper degree but without a preparation. It is a denial that makes people blind to rationalize and seize the reality. It is the incapability to sight what is obvious to come. It is a moronic state of using optimism by lying to ourselves in the intention to ignore the hurtful truth. "The human mind has a primitive ego defense mechanism that negates all realities that produce too much stress for the brain to handle. It is called "denial". Without it, we would all wake up terrified every morning about all the ways we could die. Instead, our minds block out our existential fears by focusing on stresses we can handle like getting to work on time or paying our taxes. If we have wider, existential fears, we jettison them very quickly, refocusing on simple tasks and daily trivialities." Inferno, Dan Brown

With a minimal deduction, it is simple to observe that one common factor, among many, between overrated optimism and denial, is that, both prevent the human mind from forming a complete image of surroundings. Hence, it is equitable to say that overrated optimism, with its effects that makes humans neglect all what troubles them and make them unhappy and unfortunate, leads to denial,

since both functions equivalently
—occasionally they are identical.
Another factor is that, denial occurs
when someone overthinks about his
future, and depending on his mentality
whether he was an optimist or a
pessimist, his mind will form a vague
reflection from the alternating present
making the person flee from his future
and prefer not to think about it at
all. "How foolish is man! He ruins the
present while worrying about the future,
but weeps in the future by recalling his
past!" Ali Ibn Abi Talib

The point is that, the refusal to accept that something unpleasant or painful happened is a bad mere human nature. Avoid being over-optimist neither pessimist, just be rational and do not overthink. Manage to put everything in count, control your inputs to acquire a suitable output. Do not run, sooner or later you will collide to your fears and anxieties. Deal with it straightaway before it is too late

The magazine team is preparing issue #7
Be part of it

# Send us your articles

Before March 25th 2014







**Expand Your Mind Change Your World** 







