



UEFDSA newspaper

Joensuu/Kuopio, Finland

VOL.I . . . No.5

SEPTEMBER 5, 2019

ZERO BITCOINS

SUMMERBBQ 2019
FOOD WAS DELICIOUS

SENSORY ABILITIES AND
SENSORY LOGIC —
THE BALANCE OF STRESS,
INPUTS AND SENSES

AALLONHUIPUT
VISITING UEFDSA

Contents

Miia Hurskainen:

- [What we do](#)

Salseng Mrong:

- [Utra island in different seasons](#)
(front page photo)

Ari J. Tervashonka:

- [Sensory abilities and sensory logic – The balance of stress, inputs and senses](#)

Juha-Matti Huusko:

- [SummerBBQ 2019](#)
- [Aallonhuiput visiting UEFDSA](#)

Rowmika Rawi:

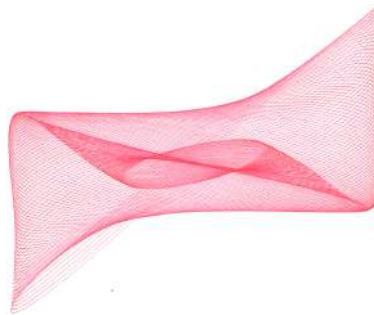
- [Technology – Humanity's Delicacy](#)

Other sections

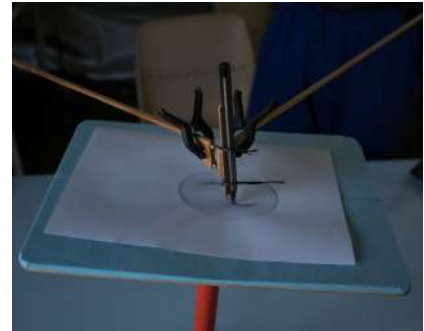
- Comments by SMS
- Coming events
- Advertisement prices

SciFest 2019

SciFest 2019 was held 29.–31.8.2019 in Botania, Joensuu. Weather was good and in total 5700 people visited the event.



This picture is not made with computer. . .



. . . but by a pen. . .



. . . in Tommi Sallinen's harmonograph!

UEFDSA newspaper

ISSN 2669-8951 (electronic)

ISSN 2669-8943 (printed)

Made by University of Eastern Finland Doctoral Student Association (Itä-Suomen yliopiston jatko-opiskelijoiden

yhdistys - UEF DSA ry)

Funding This newspaper supports itself. No membership fees are used to produce it.

Appears once a month as pdf at <http://www.uef.fi/web/dsa/newspaper>

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Writers

- Juha-Matti Huusko
- Ari Tervashonka
- Become a writer! By writing 6 stories per year, you get an official writer status and a certificate.

Photographers

- [Salseng Mrong](#)
- Become a photographer! By sending us 20 photos per year, you get an official photographer status and a certificate.

Contact us at uefdsa@protonmail.com

What we do

You might have heard about the monthly meetups and even attended one, two, or more. You may have attended the Summer BBQ at some point or you have drunk mulled wine in the PreChristmas party. Maybe you have attended a DSA lunch once or twice. On the other hand, maybe this is the first time you learn about these events. Whatever the case may be UEF DSA is more than just the free time activities.

Our members are a heterogeneous group of people in various age groups and life situations. We have young members; we have members who have children and even those who are more experienced in life. The common thing between all the members is the big “bad” thesis.

The free time activities are not all we do. We have a plan to arrange more informative seminars

like the “What to do after PhD?” –miniseminar held in August. If you have any ideas, you would like to hear or learn more about, please let us know. We collaborate with **Merja Lyytikäinen** from UEF Doctoral School as much as possible so that those miniseminars can be a part of the “Doctoral Studies, Career and Networking” course.

We get to introduce UEF DSA on “Doctoral Studies, Career and Networking” course yearly. Twice a year UEF DSA introduces the association at “Welcome to UEF” –staff orientation for new staff. We have only taken part in the English versions but have proposed that we could take part in the Finnish version in some form as well. Did you take the Doctoral Student Well-being survey last spring? Niina Vuokila (chair 2018), Chloe Wells (vice-chair 2018) and I took part planning the survey with Merja and the Doctoral School coordinators. During those planning session we

raised the issue of grantees vs. employees. That turned out to be fruitful as DSA was asked to make up list of all the issues PhD students working on grants face in UEF. Many of our members gave their opinions and those were forwarded to Merja. The work continues but first step has been taken with the “Health Care Info for researchers” which is aimed at international researchers who are not familiar with the Finnish healthcare system.

We, the board, take the well-being of PhD candidates at heart. PhD journey is both a tough and a rewarding journey. Peer support is an important factor on this journey. We try to think of ways to lower the threshold for our events so that all of our members would feel welcome. We invite you to suggest activities to do together. Remember the first step is yours to take!

Miia Hurskainen
chair 2019

UEFDSA 2019

Miia Hurskainen	chair
Ari J. Tervashonka	vice chair
Bukunmi Akinwunmi	secretary
Juha-Matti Huusko	treasurer
Hasan Sohail	events manager
Katarzyna Wisniewska (Kasia)	social media coordinator
Kenneth Muhumuza	material manager
Katinka Käyhkö	associate

To join as a member in UEFDSA, you need to

- be a PhD student in UEF
- pay a 10€ membership fee once
- fill a membership application form

More information at:

<http://www.uef.fi/fi/web/dsa/membership>

Also non-members are welcome to join our events. From non-members, we usually collect a 2€ fee to cover for the snacks present, if any.



Salseng Mrong

Utra island at summer. . .

Utra island in different seasons

UEFDSA newspaper is happy to have Salseng Mrong as an official photographer. Salseng shared us photos of Utra island in 3 different seasons.

Salseng Mrong in Instagram: <https://www.instagram.com/salseng.mrong/>



Salseng Mrong

... Autumn ...



Salseng Mrong

... and Winter.

**SENSORY ABILITIES
AND SENSORY LOGIC –
THE BALANCE OF
STRESS, INPUTS AND
SENSES**

By **ARI J. TERVASHONKA**

Our senses are beginning and endings of our knowledge. What we perceive gives us lifelong ability to modify what we think, learn and cultivate within ourselves. Sensing – perceiving – receiving input – processing data – Memorization – initialization and pairing with other memories. Human is still not a machine. These very unique processes are due to our ever so slightly differing sensory capabilities, sensory logic, memory processes, comparison and initialization abilities. All of these processes and more are due to our whole body, not just brains but innumerable amount of senses and overlapping senses. Also, neuroplasticity, genes and environments and our abilities to adapt to different environmental changes play a large role how we develop sensory logic in our lifetime.

Originally we have been thinking for a long time that humans have five senses. Touch, sight, hearing, smell, taste. In addition to that, some of the scientists agree that people have, depending on the classification 14–20 different senses, varying from the sense of space to sense of balance. Sensory abilities related to touch can be already divided to heat- cold-, pain-itch, and pressure senses. Some of

these are more mundane like ability to detect when our bladder or intestine is full or sense of hunger and thirst.

There can also be unique connectivity or overlapping of senses that create additional senses that many of us don't have. These mixed or "new" senses are synesthesia phenomenon where one sensory stimulation leads to experiences in a second sensory or cognitive process. Some of the most common examples of these are grapheme-color, spatial sequence and number form. A person can add a unique smell to a sound or view numbers as colours. Some of these can be extremely beneficial and some rather difficult depending on a person.

Additionally, there is a theme of sensory processing sensitivity that has been overlooked in most cases. According to SPS research, some 15–20 % of the human population has a certain amount of sensory processing sensitivity. It means that in many of us there is 1 out of 5 chance that you have particularly sensitive sensory processing capability with some sense or senses. This can be extremely beneficial for those who recognize these capabilities, study them and develop them more further to aid their senses with not only sensory understanding or highlighting the sensibilities of certain senses, but also by recognizing own personal sensory abilities there are many alternatives for memorization, learning, stress balances and input data problems.

On a personal note, it took me several years to understand and develop emotional memory as a

register for different memorization purposes. Today if I have a public speech I can instantly access tens of different themes surrounding any currently spoken themes in the speech, while corresponding to the audience. It has rendered the pre-made speech papers useless. While working on writing projects the theme of the subject has a certain feel to it. It works almost as a colour coding for different related memories that come nearer which thereafter can be measured, systematized and used for writing. The end result for studies was that some of the most difficult parts were performed instead of mediocre style were at the end evaluated mostly 5/5. This was not a fast nor an easy change. The most difficult part was to recognize the sensory logical elements at play.

The similar theme I have been facing when talking with countless amount of teachers, professors and others who teach or mentor while doing researching. "At a certain point for some students, it seems as something just clicks and everything becomes more fluid." The comprehension of certain scientific field will take years no matter in what style or scope person tries to handle the information. There are however a lot of differences in what parts are the most difficult ones. Sometimes the difficulties might be memorization, accessibility to different forms of memories, comprehension, understanding of theme connectivity, understanding the relations of a reference frame in science. Needless to say that many things need that solid "klikk" until studying becomes a lifelong learning habit, as fluid as breathing.

For academic life and continuation of academic career, these are very solid cornerstones for anyone who wishes to build their own life on their unique capabilities.

For some people, very open sensory abilities can cause a lot of stress or harm in terms of the amount of sensory inputs. It is not always a matter of introversion or extroversion or something simplified as that. Person can have a very keen sense of space, moving people or photographic memory that does not shut down in a public setting. Along with other alternative combinations of sensory abilities, the only ways to balance more heightened sensory (and therefore the heightened amount of stress) is to naturally or artificially limit the amount of sensory inputs. This can mean rigid timetables or very large variations per each day from zero socializing to weeks being in the middle of social life. There are countless ways and decisions that a person can do to balance the sensory inputs to a more humane level. Still, the balance works in both ways. Humans are mostly social species, suffering from extended solitudes and moreover the learning and constant maintenance of neuroplastic-

ity of the brains require new inputs. These can vary from new books, art-making to different places to travel or new people that you meet with new ideas. Anything that can make brains think that this is even slightly new can maintain neuroplasticity and therefore affect the balance of learning.

One more longer way is to understand your own sensory logic through introspection and through countless different experiences. This is to learn the logic of how you perceive things, does it differ and what affects the importance of the sensory data. It is at the same time knowing the real priorities of your life, being very honest to yourself and cumulating knowledge of your deeds and misdeeds to learn from them. If you are having too much negativity in life it can help cut those negative parts out from your life or reevaluate your criteria of negativity. Stress can be also prioritized by choices of recognition. To ask yourself what is the stress and not only what are stressful things but also to ask yourself why you can create and form better sensory logic that will guide you towards a more effective and balanced life. To some this is the theme of crystallization of the

themes in life at old age, but to me this theme is not only neuroplastic difference between young and old people but also the end result of long development of sensory logic.

Lifelong learning aside, there are a lot of things that we humans could consider with the theme of neuroplasticity and sensory logic. Just imagine how teaching would be like if the people were separated not by their age but by their sensory abilities and the teaching would be developed based on the sensor logic of those who are learning. Sadly so high amount of specialization would mean big groups and nationwide systems and long trips to home. There might be also additional benefits from learning and maintaining further development of one's sensory abilities in terms of memorization and development of variedly usable sensory logic. Recognizing personal talents and sensory logics at early age could establish the next global renaissance of learning. Potential of this could form new standards for the future work life where most basic jobs will be replaced by automation.

Ari J. Tervashonka – sensory logician

Riddles

- 1) What is 2 meters tall, grey, weights 8 tonnes and says “sssh-hhh”?
- 2) How do you make an elephant statue?
- 3) The poor people throw it to the street, but the rich keep it safely in their pocket. What is it?
- 4) What has 4 feet in the morning, 2 feet during the day, and 3 feet in the evening?
- 5) During a snowstorm, you found a deserted house and were saved. You feel cold. You have only 1 match in your matchbox. After searching the house, you find a candle, a fireplace and a cigarette. Which object will you light the first?

SummerBBQ 2019



UEFDSA has a habit to arrange a SummerBBQ each year. This year, we met in Kuopio on Saturday 17.8. at 16 in back yard of Snellmania/Melania.

We had some special guests. **Saani Shakil** and **Abdollah Noorizadeh** came to visit us from Aalto University. Also, a long haired friend had joined our chair Miia.



We barbequed some BBQ food and ate it with bread and salad. We had also some lemonade and bun pudding.

In addition to talking, we had some activities such as hand mehendi.



Aallonhuiput visiting UEFDSA

Can PhD student associations in Finland collaborate? Slowly it is happening.

Saani Shakil and **Abdollah Noorizadeh** came to visit Kuopio and Joensuu in August. Afrin and I hosted their stay.

On Saturday 17.8., we visited the Kuopio city center, Puijo tower and UEFDSA SummerBBQ. The next day, we visited Joensuu campus, Koli and Ilosaari island.

It would be nice to arrange a whole Finland event. We might be able to do it during 2020. While waiting, we can grow good connections by hanging out and perhaps joining seminars through video calls.

Hyvät and Aallonhuiput had a joint pub night in Fat Lizard, Helsinki, on 28.8.2019 at 19. If the event happens again, I will join the event.

Juha-Matti Huusko



Afrin, Juha-Matti, Abdollah and Saani in Puijo tower, Kuopio.



Saani, Juha-Matti and Abdollah in Koli.



Blueberries. After eating blueberries for a while, we decided to pick them for next 1 hour. End result was 1.5 kg.

To describe the trip in one sentence, let's say: Häme chiz aliye! = Everything perfect! (Persian)
Read more about Aallonhuiput at: <https://www.aallonhuiput.fi/>

Technology – Humanity's Delicacy

(Hindi)

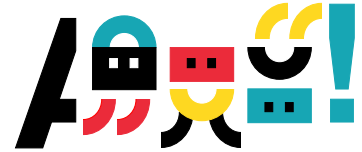
Nazuk sa prani insaan hai,
Jiske dil me itne armaan hai,
Jinka hadh aasmaan hai....

(Translation)

Delicate is human being,
Who possess several desires in his heart,
Of which the limit is the sky....

Humanity is speculated to destroy itself with its own inventions. Mankind has dispersed technology all over the planet and far beyond. The advantages we reap are short lived until before either the earth dies choking, or we end ourselves with nuclear power, or artificial intelligence takes over the earth. This advancement was just not enough and we now leap to the space in search of aliens, without realization that it might be an open invitation for human race destruction and conquering of earth. This could come from the very being we sought friendship from, who were million of years more advanced and aggressive than us. On the path of trying to be stronger, humanity has only turned way too susceptible...

Rowmika Ravi
Dept. of Internal Medicine,
Kuopio



Aallonhuiput logo, redrawn by LaTeX/TikZ. Around 100 TikZ commands code makes this 5kB picture. Code in Overleaf: <https://www.overleaf.com/read/rjhxvpntsc>

Riddle answers

- 1) A smoke sauna stove.
- 2) Take a large rock and cut off everything which does not look like an elephant.
- 3) Snot. (= Nose dirt.)
- 4) A human.
- 5) The match.

Comments by SMS

send your message to
+358 40 528 2815

- Write starwars on the keyboard with your left hand, you must. Yes, hmmm.

Yoda

Calculate or estimate the integral

$$I = \int_0^{\infty} \frac{x^{-2/3}(1-x)^{-1/3}}{x^2+1} dx = \int_0^{\infty} \frac{1}{x^{2/3}(1-x)^{1/3}(x^2+1)} dx.$$

Hint: Denote the integrand by $f(x)$. The approach

$$I = \int_0^1 f(x) dx + \int_1^2 f(x) dx + \int_2^{\infty} f(x) dx$$

yields $2.065 \leq I \leq 4.6276$. Here $B(x, y)$ is the beta function.

Coming events

New staff orientation

Kuopio: 6.9.2019 at 10–13, Me201

- 10.00 Rector Jukka Mönkkönen's welcome over a cup of coffee
- 10.20 Salary System (YPJ) and employment relationship matters, Minna Väisänen
- 11.15 Taxation, health care and social security in Finland, Anne Kauppinen, HR specialist
- 12.15 UEF Library services for staff, Tuulevi Ovaska, Communications Coordinator & Information Specialist
- 12.30 UEF Doctoral Student Association (DSA), Miia Hurskainen, Chair
- 12.45–13.00 UEF Postdocs, Ashik Jawahar Deen

Joensuu 25.9.2019 at 9–12, AU103

- 9.00 Rector Jukka Mönkkönen's welcome over a cup of coffee
- 9.20 Salary System (YPJ) and employment relationship matters, Marja Piironen
- 10.15 Taxation, health care and social security in Finland, Anne Kauppinen, HR specialist
- 11.30 UEF Library services for staff, Riitta Holopainen, Information Specialist
- 11.45–12.00 UEF Doctoral Student Association (DSA), Juha-Matti Huusko, treasurer

Health Care Info for researchers

- do you know what kind of health care you are entitled to?
- what to do in a case of emergency?
- who to contact if you fall ill?

- what has Kela card got to do with health care?

- Join health care info for researchers in
- Joensuu: 29.8.2019 klo 13-14 Au 210
 - Kuopio: 5.9.2019 klo 15-16, Sn203

Miniseminar "What after PhD" was held on Wednesday 21.8.2019. Participants could join both in Kuopio MS307 or Joensuu F111.

Talks:

- **Hasan Sohail:** Introduction of DSA
- **Dr. Sohaib Khan:** Opportunities after doctoral degree in Health Sciences
- **Representative from SIMHE:** Opportunities offered by SIMHE - How to sell your doctoral study skills outside of academic world
- **Juha-Matti Huusko:** Financial security and joining unions
- **Ari J. Tervashonka:** Planning the future beforehand

Find Ari's slides from: <http://www.uef.fi/fi/web/dsa/seminars>



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If you want to publish advertisements at a fair price contact us with your advertisement at uefdsa@protonmail.com

For the next newspaper

(regular price)

Size A5	70 €
Size A6	30 €
Size A7	15 €
Size A8	10 €
Size A9	5 €

For the next 3 newspapers

(ota 3, maksa 2)

Size A5	140 €
Size A6	60 €
Size A7	30 €
Size A8	20 €
Size A9	10 €

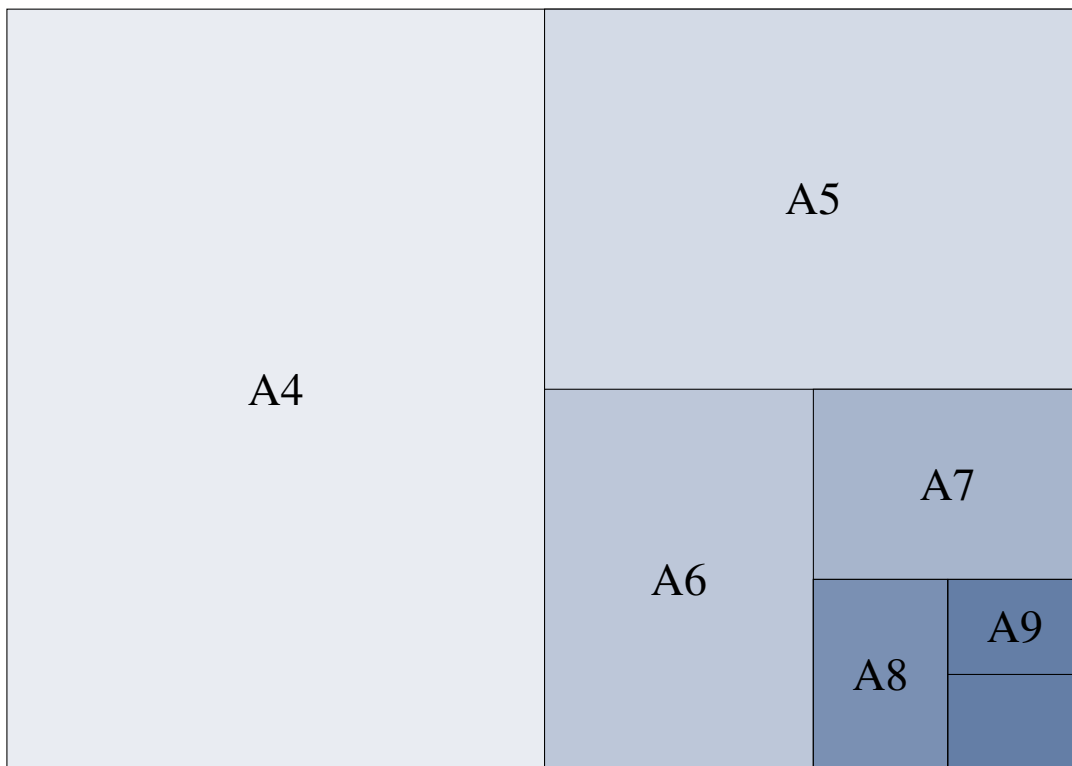
Long term

(at least 3 newspapers)

Size A5	46.60 €	/ newspaper
Size A6	20 €	/ newspaper
Size A7	10 €	/ newspaper
Size A8	6.60 €	/ newspaper
Size A9	3.30 €	/ newspaper

Full page size advertisements are negotiable.

- UEFDSA newspaper supports itself. It is not done with membership fees.
- Of the advertisement money, 70 % goes to expenses of writers and magazine.



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Osta mainos. Esimerkiksi tämä A9-kokoinen mainos maksaa 5€. Kuukausittainen hinta 3.30€/kk. Ota yhteyttä: uefdsa@protonmail.com

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