



SATYAM Media Chronicle



**THE FRONTLINE
WARRIOR**

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THE FRONTLINE WARRIOR:



Sonu Sood has been at the forefront of numerous relief efforts during the Covid-19 pandemic. Actor Sonu Sood, who is doing his bit to help people tide over shortage of hospital beds, oxygen supplies and life-saving medicines during the second wave of the Covid-19 pandemic, called it 'more satisfying' than delivering a ₹100 crore film. He has been involved in numerous relief efforts since last year, from helping the needy with medical bills to airlifting stranded migrant workers and students. Despite battling with COVID-19, Sonu Sood is trying to work on a system to help out the masses. Currently, India is struggling with a second wave of the

pandemic, with lakhs of Covid-19 cases and thousands of deaths every day. Hospitals in several states are facing a critical shortage of oxygen, beds, and medicines. Actor Sonu Sood, who was actively involved in social service during the COVID-19 pandemic, said on Wednesday that this was the most important role of his career. He approached the authorities, received the necessary permission, and arranged transport for this group. Realizing that there were millions of other people who were stuck like this across the country, he started connecting with others to help stranded migrant workers.

Swiggy begun its vaccination drive for delivery partners, to display vaccination status on app.



Food delivery application, Swiggy has announced that it has begun vaccinating its driver partners. Swiggy has said that it would encourage delivery partners to get vaccinated because they provide an essential service.

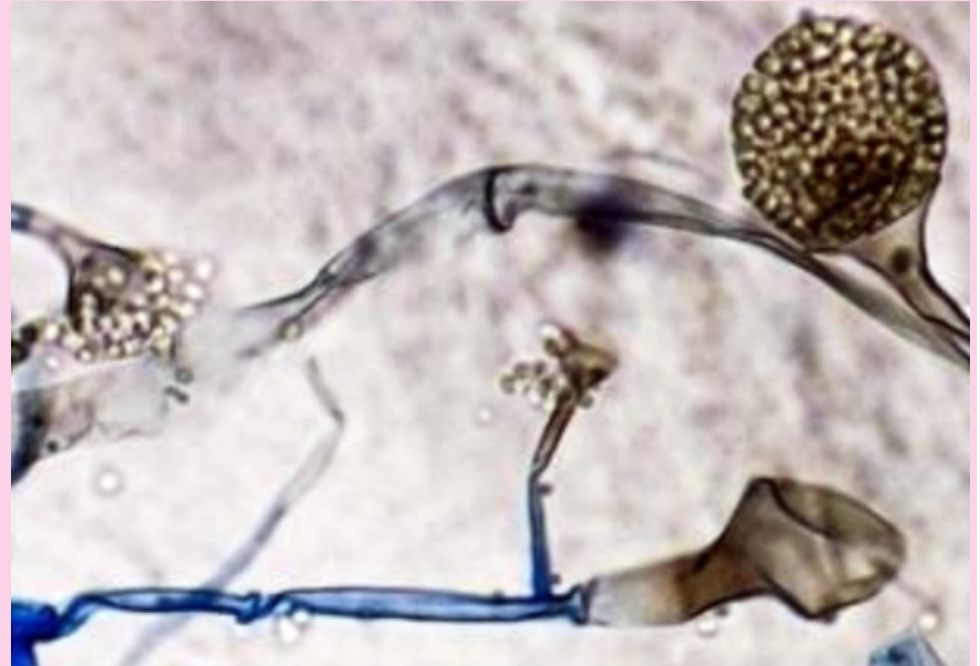
Swiggy has started vaccinating its delivery partners in Bangalore and frontline staff from its grocery delivery service instamart and its brand kitchens in accordance with the vaccination guidelines of the Government. Additionally, Swiggy has also been working with authorities and health care partners

to prioritise Covid-19 jii for delivery partners as part of the nation's essential service providers," the company said in a statement.

During the first wave of Covid-19, Swiggy had started displaying the temperature of delivery partners on its app and now it plans to notify users about the delivery partners vaccination status on the app. Swiggy had also started the no-contact delivery to minimize interaction between the delivery partner and the user.

-By Shreya Mathur

BLACK FUNGUS Complicates India's COVID Pandemic



It's been more than a year since India is struggling with Covid-19 followed by its other variants making the situation worse. Moreover, there is another disease which is hitting our country namely Black Fungus or Mucormycosis. It is a rare but serious fungal infection, being detected relatively frequently among Covid-19 patients in some states. The disease manifests in the skin and also affects the lungs and the brain. The signs and symptoms which can be seen in the person when contracted with black fungus are headache, one-sided facial swelling, nasal or sinus congestion, fever, blurred or double vision with pain, thrombosis, necrosis and skin lesion.

According to the reports, this disease is primarily affecting Covid patients because the use of steroids raises sugar levels and some medicines restrain the patients' immunity. The 'Black Fungus' is present in the environment and those with low immunity or comorbidities are prone to this infection.

A summary of Covid-19-associated Mucormycosis showed 94% of patients had diabetes. Black Fungus cases have been reported in states such as Gujarat, Maharashtra, Madhya Pradesh, Delhi, Uttarakhand and Haryana among others.

In Maharashtra, 90 people have died due to Black Fungus. 1500 patients found infected, out of which, around 850 are active patients receiving treatment as stated by Rajesh Tope, the health minister of the state.

The black fungus has been declared an outbreak in Rajasthan. Currently, the state has around 100 black fungus patients and a separate unit has been made at Sawai Man Singh (SMS) Hospital in Jaipur for their treatment.

5 people died due to Black Fungus in Sirsa district of Haryana so far.

2 cases of black fungus were confirmed in UP's Aligarh on 19th May as stated by a senior health official.

5 black fungus cases have also been reported from the Kumaon region of Uttarakhand, with 1 patient each found in Almora, Nainital and Pithoragarh and 2 in Udham Singh Nagar district. In total, 38 black fungus cases have been reported so far from Uttarakhand.

-by Noopur Goyal

DOCTORS LIFESTYLE DURING PANDEMIC



In 2019-2020 Corona virus pandemic is spending global level as we know it. While on one hand people across INDIA and around the globe are largely enclose to their homes with business and educational institutions all shuts down because of the virus and they start working online and on the other hand doctors leading the battle against covid-19 from the front. They work 24hrs to save many lives from the virus. Doctors putting their own life at risk, they timely our heroes in these difficult times. There are many doctors who live separately from their families and friends for a month or a year so that they keep their family safe. All the doctors stand strong with their weapons like, thermometer, stethoscope, medicine, vaccine and ventilator. During pandemic even, doctors are looking their own family members but they still moving and helping others. They ignoring their personal problems doctors are still working for our nations. During the pandemic doctors doing a lot of efforts to save many lives but if any covid patient dies their family members don't support the doctors they start blaming them. During these challenging times doctors are not buyers they think that the patients is poor or rich they only believe that firstly "we save someone life". In the second wave of covid India lost approximately 269 doctors. According to INDIAN MEDICAL ASSOCIATION (IMA) report that 747 doctors have died of covid-19 for example, Dr. k.k.aggarwal was a physician and cardiologist who was a president of the confederation of medical association of Asia, he saved so many lives and gave a lot of efforts towards the patients. There is one another example of brawny senior doctor J.K.MISHRA who was an eminent doctor in prayagraj he lost his life due to covid because he unapt to find the ventilator. So, like these doctors there are many more doctors who worked serval-serval days mainly in pandemic but when it comes to doctor's life many doctors didn't get a good treatment, ventilator for themselves. Doctors are always ready to stand opposite the critical situations of patients but the covid 19 situation is so dangerous and this pandemic time also doctors give their whole efforts. Doctors are also getting tired and had a lot of stressed but they don't think about that, doctors first priority is to save the life of patients. Stay away from the family, friends long time. Doctors sacrifice their life during covid time is so painful for them but at this time doctors couldn't work with emotions they have to work strongly during pandemic. Live separately from their families and friends for a month or a year so that they keep their family safe. All the doctors stand strong with their weapons like, thermometer, stethoscope, medicine, vaccine and ventilator. During pandemic even, doctors are looking their own family members but they still moving and helping others. They ignoring their personal problems doctors are still working for our nations. During the pandemic doctors doing a lot of efforts to save many lives but if any covid patient dies their family members don't support the doctors they start blaming them. During these challenging times doctors are not buyers they think that the patients is poor or rich they only believe that firstly "we save someone life". In the second wave of covid India lost approximately 269 doctors. According to INDIAN MEDICAL ASSOCIATION (IMA) report that 747 doctors have died of covid-19 for example, Dr. k.k.aggarwal was a physician and cardiologist who was a president of the confederation of medical association of Asia, he saved so many lives and gave a lot of efforts towards the patients.

A NURSE'S STORY OF FIGHTING THE VIRUS: VIVEKI KAPOOR

A deadly second coronavirus wave is sweeping India, pushing the death toll to more than 200,000. Medical staff are at the forefront of the battle against Covid-19, dealing with death and devastation on a daily basis. In this first-person account, nurse Viveki Kapoor tells the BBC how the virus has changed her life - and her small victories and defeats.

I'm the nurse in-charge at the intensive care unit (ICU) of the Covid ward in a private Delhi hospital and I supervise the work of 25 nurses. Since the pandemic began, many staff quit, they said our salaries were so low and not worth the risk. The second wave has brought a flood of patients. Like all other Delhi hospital, ours also had to turn away so many after we filled up. Our workload has gone up five times. All the nurses are now putting in extra hours of work. We always come on time, but we are never able to leave on time. I've been a nurse for 22 years and worked in the past during disasters which would bring an influx of patients to emergency, but what is unfolding now is unprecedented. Now I'm so tired at the end of the day, that I can fall sleep anywhere. I don't even need a bed anymore. Nursing is described as the noblest profession in the world and we are called 'sister' for a reason. Our patients think of us as family. Whenever a new patient is admitted to hospital, a nurse is the first person they meet and they form a special bond with us. The patients who are coming in infected with Covid are very afraid, so we try and motivate them. I tell them the story of the lion and the deer. I tell them that a deer runs faster, but the lion is still able to catch it because it stumbles when it's afraid. So, I tell my patients that you must think positive, if you think negative, the virus will win. Earlier, sometimes patients would complain that they called for a nurse and she didn't attend to them immediately, but now they are being very cooperative. They can see we are working very hard. Sometimes, they even ask us if we have had lunch or tell us to go drink some water or tea. In the first wave, we received a lot of older people, but now it's really sad to see people as young as 15 or 17 coming in with the infection. We try our best, we try to save a patient until there's one breath left in him or her. I feel very happy when a patient recovers, I feel I'm able to help people and that all my hard work has paid off. But when a patient dies, I feel crushed. I'm especially tormented by the death of the young people, it breaks my heart each time one of them dies. Recently, my daughter's friend's father died. He was a young man. I felt heartbroken, but what could I do except console his family? Last week, 25 patients died in my hospital after oxygen pressure dropped. I felt so helpless and angry. I always used to take pride in being an Indian, but it breaks my heart to see what's happening in the country and I blame our leaders for it. All they care about is winning elections. Covid-19 has not just turned my job into a time of nonstop tension, it has also made my home life very stressful. My husband, a doctor in a government hospital, has been sick for the past fortnight so I'm managing work and home all alone, doing all the chores, looking after our three children. In between, I was very worried because my 90-year-old mother, who lives in the town of Mathura, tested positive. My mother was admitted to a hospital there and put on ventilator. But she's recovered and is now back home. Imagine a 90-year-old beating the deadly virus? I put it down to god giving me a refund for all my good work and the blessings of my patients. It's the love of my family and my neighbors that keeps me going. They say they worry about me, but they also understand that what we are doing is important. They say: "We are so scared of catching the coronavirus that we have stopped stepping out of our homes, but you go out every day to meet it. "A neighbor recently told me that earlier she used to light one clay lamp every day at dusk to pray for the long life of her family. Since the outbreak of the virus, she tells me, she lights an extra lamp for my wellbeing. And that makes my job, and life, worthwhile.

AN INTENT DISCUSSION TO DEFEAT CORONA



While I was busy in my world thinking about this pandemic I got to know about this lady Mrs. Soni Mukherjee (housewife) and additionally I got to know about my queers. I questioned her about the road she crossed being a covid patient and as she is beautiful her answer was the same; she acknowledged us, " In Between her whole family was infected she got infected too. She was in a great agony but keeping positiveness in mind but not in ailment, and taking precautions during home quarantine with good results today. At last with pollyannaism she informed us to be prepared to get self dependent, and take care with each and every emergent strategies provided like taking steam daily, having a proper diet, social distancing and also doing exercises and yoga daily.

As well as I raised my curiosity in front of Mr. Aashvik Singh (employee) who was admitted to Patna hospital of Bihar because of the pandemic he personally faced, I asked him about the hospital and I came to know with worthwhile news, that the staff members nature was really indisputable and immaculateness was also perfectly good, doctor's psyche was also interactive. He concluded with praising about the workers' courage and doctor's hardwork in during this widespread. At last he wanted to spread this message that "PRECAUTIONS IS BETTER THAN CURE"

We are living in a time of uncertainty and it is the time how we as an individual and society stands up and support each other in the time of crisis. I had an interview with a COVID-19 recovered patient- Mr. Ashish Sahu. When I asked him about symptoms of COVID-19, he told in the starting he was suffering from fever and cough, but he ignored it. On the fifth day he came to know that he was also affected with breathing problems. As soon as he got he got the report he hospitalized himself. After that we have heard that of sugar, heart patients, blood pressure get infected faster in comparison to others. And he he was suffering from sugar since 2 years, therefore being a sugar patient too he recovered in 30 days and have to take precautions tougher than a normal patient, and he also told that after recovery he faced a bit problem of weakness too. By ending the interview he suggested to take precautions, use masks and sanitizer, take balanced diet daily.

Regarding covid pandemic we had a conversation with Riya Sindhani (a college student). She was asked about her experience during her COVID positivity. She said, " It wasn't good enough ofcourse! But still she learnt many things like how to handle emotions and healthy alone positively." Questions was asked that when did she got to know about the infection and places visited contemporarily , she replied her cousin was contaminated and after four days she founded herself covid positive too. She also told us how she was home quarantined and had weakness, headache, pain in body and red eyes. She came out through this after 14 days of self isolation, and she asked everyone to take relief, do not panic with this.

As soon as we completed this we had a deep conversation with Insha Siddiqui (a college student). Her experience was asked regarding the infection and she answered that she never want to experience such things in life again. The body pain was unbearable, weakness was at the forfeit and she was unable to move from one week. As we came to know her family was tested positive, so after asking this question about oxygen she replied she didn't faced the problem but her mother was hospitalized. She told she took fifteen days to recover but ended up with good results and today she and her family is alright taking happily precautions and want this covid to get finished from root.

Some questions were raised regarding covid With regards to this rampant

pandemic, we had a conversation with Mr. Jatin Sharma about how he fought with corona, on this he said that his journey was very difficult, he had to stay far away from his family during this ailment. Society even used to treat him like an untouchable instead of encouraging him. He also added that might be people were very intimated because they themselves were very intimated by this menace. When he interrogated related to lack of oxygen, he said that there was not that much problem as he had oxygen available in his home. When asked about the contribution of ayurvedic medicine in the battle of corona, he said that he cured himself from home remedies and took maximum prescriptions and did not consume much ayurvedic however he used ramdev baba's corona kit which helped him to recover soon. He registered his words as such, " take maximum precautions because only healthy and cautioned India can get rid of this looming pandemic. A journey to defeat Corona Coming out of our curiosity, very patiently we asked our first question with Ms Jiya (a board student), where did she went before testing corona positive, and we came to know that she was a board student and she went to the school for her pre- boards and practicals were going on. She also had to cancel her practical as was tested corona positive. We then asked her being a covid patient and a student of boards how she handled her psychological way to get negative she replied, that her family supported and motivated her especially her mother who kept on encouraging her, but during those days because of fever and body pain she was unable to study and revise. But still she kept her negative mind away from her and today she is well prepared to write the exam. With speaking last words of interview she suggested everyone to be at home as much as possible unless it's an emergency.

COMPILED BY GAIETY BHBHYA (BMM 1ST YEAR)

INTERVIEW BY SONI MUKHERJEE AND AASHVIK SINGH BY GAIETY BHBHYA (BMM 1ST YEAR)

ASHISH SAHU BY SAKSHI SAHU (BMM 1ST YEAR)

RIYA SINDHANI AND INSHA SIDDIQUE BY RITIKA SARSWAT (BMM 1ST YEAR)

JATIN SHARMA BY PRIYA JHA (BMM 2ND YEAR)

JIYA BY SUBHANGI DUTTA (BMM 1ST YEAR)

कोविड के संबंध में कुछ सवाल किए गए



कोविड के सलिसल्लि में हमारी बात मस्टर जतनि शर्मा से हुई उससे पुछे जाने पर किकैसा रहा आपका कोरोना को मात देकर ठीक होने तक का सफर उन्होंने कहा कि बहुत अलग की तरह उनका सफर कठिन रहा, उन दनों अपने परिवार से काफी दूर रहना पड़ा उन्हें। कोविड होने के बाद और कोविड होने से पहले अपने शरीर में बदलाव के वषिय में उनका कहना था कि ज्यादा बदलाव देखने को तो नहीं मिला हालांकि कोविड होने के बाद शरीर में ज्यादा कमजोरी आ गई है। कोविड से रकिवरी और मेडसिनि के वषिय में उन्होंने बताया कि उन्होंने होम रेमेडी से ही खुद को ठीक किया और ज्यादा से ज्यादा प्रीकॉशन्स लिया। ऑक्सीजन की कमी से संबंधित सवाल पुछे जाने पर उन्होंने कहा कि ऑक्सीजन की कोई परेशानी नहीं हुई उन्हें क्योंकि घर में ऑक्सीजन उपलब्ध था। कोरोना की इस लड़ाई में आयुर्वेदिक मेडसिनि के योगदान के वषिय में पुछे जाने पर उनका कहना था कि उन्होंने ज्यादा आयुर्वेदिक मेडसिनि का सेवन नहीं किया था सरिफ रामदेव बाबा जी का कोरोना कीट का प्रयोग किया जो उनके लिए आरामदायक रहा। अतः इस महामारी में लोगों को सुझाव देते हुए उन्होंने कहा कि हमें इस महामारी में मजबूत रहना है और ज्यादा से ज्यादा प्रीकॉशन्स लेना है। हम स्वस्थ रहेंगे तभी देश के लिए कुछ कर पाएंगे।

What should you include in your winter diet?



A change in a weather will also change the requirements of your body and as winters are going on, so all we need to know about us what we eat to make our body fit in winters. Here is a quick list of what you should include in your winter diet:

Go for the dry fruits – cashews, Almonds, dates, walnuts should be a must have in your daily routine, these nuts help your body to fight with the laziness and provide a heat in your body.

Take more green vegetables – green vegetables are high in protein and vitamins specially green leafy vegetables for example spinach, green leafy vegetables are good for skin and hair also in the winter season.

Increase the intake of non veg – like fish, eggs, chicken these are the great source of calcium and vitamin which helps in maintaining our immune system. Prefer more vegetables soups – ignoring the so-called fast food switch to the soups and rooted vegetables with some garlic and ginger it taste better with it. Guard yourself with Broccoli and Cauliflower – winter sickness is a hard thing to beat and the cruciferous vegetables like broccoli and cauliflower can help you build a great defence against sickness. Winter is one of the best season if your body and your immune system is fit and this can be possible only when you make your winter diet wisely.

*Farheen Fatma
Student of SJMC Sem.-V*

FINDING A RAY OF HOPE



In today's world, social acceptance has become so crucial in an individual's life that even his/her self-assessment does not hold any value. All that matters now is to be socially accepted. Wherever we saw today, in any corner of the world or in any industry, people have created their own typical stereotypes to fit in. A burning topic which is at peak nowadays which have shown clearly how the society or the so called glamour industry is making their own norms to accept a particular individual in their industry is Bollywood Nepotism, Nepotism can be defined as the act of using power or influence unethically to get the near and dear ones a good work and a good job. Nepotism in Bollywood is not a new phenomenon but something which has become a hot topic recently only when a Bollywood actress Kangna Ranaut labeled filmmaker Karan Johar the 'FLAG BEARER' of Nepotism in an interview. Kangana even called Karan Johar 'snooty and intolerant' towards outsiders who do not have any such Godfather in Film industry. It is a bitter truth of Bollywood that Nepotism has gone so far in this industry that actors who are really talented are sidelined as the first priorities are always given to the favorite ones, or the star kids. And the worst part is if that outsider tries to raise his/her voice against such awful action then he/she is either suppressed or threatened in an ill manner.

*Shreya Mathur, BMM
Student of SJMC Sem.-3rd*

Status of Women in Journalism



Back when we were young we always heard from the people that journalism is not safe for women's, they have to do reporting at night, etc. but now this thinking has started to change in everyone's mind because as you can see there are so many female journalists have shown the people that they are not less than anyone.

Women were restricted by custom from access to the journalism profession, sometimes they face significant discrimination.

"I always wanted to become a journalist but when I told my family they got scared that how can I work between so many males journalists but when time passes and they saw that there are so many women journalists have come in this field then they allowed me to study this profession". There are some serious problems faced by the female journalists in the places while assigning Beat, Stories, and promotion for higher posts. Whatever difficulties women have faced they have never seen behind anyone, they are always one step ahead of everyone. India's first female journalist, Vidy Munshi worked for several newspapers and magazines, including, ten years with Russy Karanjia's Blitz. Like Vidy Munshi, there are many more female journalists who have given a new face to the journalism profession. Eg- Anjana Om Kashyap, Shweta Singh, Barkha Dutt, Nidhi Razdan, Gauri Lankesh, etc and many more has to come. We should never underestimate the power of women in any field.

*Insha Siddiqui, BMM
Student of SJMC Sem.-3rd*

Many outsiders have become the victim of such actions in the industry, but who cares!!! It is also said that there is certain lobby in the B Town which is also known as the Privilege Club consisting members like who have a filmy background and who are reluctant to do anything to hold a Monopoly in Bollywood Industry. They have created certain typical regulations for the outsiders to fit in their so called Privilege Club. In some or the other way they are always being told or realized by them that there is no place for outsiders in this glamour industry. They are worthless, they do not have any status nor do they do not have any such big filmy background and as a outcome of all this behavior outsiders are always sidelined are some are thrown out of the industry like anything. It is not that the star kids are not talented but the opportunities that they get are far bigger and the budget for their film is huge. Whereas, the outsiders need to work way harder to attain that level of success. It's not that doing hard work or attaining success after a long time is a wrong thing but being partial with the same level of talent and in the same industry is something that is intolerable. For example, Ananya Pandey in her first Debut Film 'Student of the Year2' got so many awards like her first Filmfare in the category of Best Debut Actress, whereas, Sushant Singh Rajput in his first Debut 'Kai Po Che' which was an amazing film didn't even get a single acknowledgment. It's not that there is nothing wrong with the star kids getting more advantage but the fault comes from the ones who have created a Stereotype in the Film industry. Basically, this industry is built on Nepotism and one day or the other this industry will collapse into pieces and leftover will only be the Glittered Pieces of Ash. All we can say that, B Town is' A black hole with only an imaginary ray.

Life in Lockdown



Lockdown, a big title which everyone even our coming generations will remember forever. The worldwide biggest Pandemic COVID-19 has left us in such a difficult situation that we are now badly influenced by the way we work, communicate and lead our daily lives. Due to this all the non-essential businesses are shut down which lead them to incur heavy losses. While many of the sectors have shifted their work online like the IT and education sectors. But, the life of lower strata of society have been adversely affected. Their livelihood and means of earnings have been badly affected. The pandemic has created a lot of insecurities and uncertainties across the world. In a survey, it was reported that 65% people are now suffering from mental problems of feeling loneliness all the time. People are now suffering from various health issues by doing all the work from home all the time. Apart from this, the businessmen are having heavy losses which most of them do not know when they will be able to recover. Many employees who have been working tirelessly day and night are being provided half salaries by their companies. In some sectors, there is no limit of hard work the people are doing right now. But their work is not getting appreciated or getting

recognition. Due to which there have been reports of suicidal cases. A report from Indian Today came few months ago that a student of 7th class, son of a farmer committed suicide because his father was not able to give him a smartphone for online classes. So, this is a pertinent question we need to think right now that is this the direction our youth will have to go in the current situation? The global pandemic has already taken the lives of millions of people. The lockdown has badly affected the people mentally and emotionally. There are certain good things which also happened during this lockdown. The climatic change, the environment, the global warming situation have changed in the positive direction. We can see now that our earth is healing itself. People are more focused about health and hygiene, the way they live have changed now. Earlier, we rarely saw people wearing masks and using sanitizers. But, now these products come under our basic necessities of life. People are now more focused on maintain their immunity system. We are in the midst of unpleasant circumstances and it is the necessity to move forward in harmony to fight this menace.

Kirty Sinha,
Student of SJMC Sem.-V

Digital Journalism well received in India



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PRIYA JHA
Student of SJMC Sem.-3rd

Japan to confer Order of the Rising Sun, Gold and Silver Rays decoration to Bengaluru teacher



School of Journalism and Mass Communication under the aegis of Satyam Fashion Institute, Noida affiliated by SNDT Women's, University, Mumbai celebrated International Women's Day with JK 24X7 news. The Anchor of JK 24X7 News was Radhika Chaudhary and the Guest was Seema Dhaka, Delhi Police Women Head Constable.

The Guest was escorted by Dr. M. Alam, Dean, SJMC and Ms. Priyanka Sarkar, Programme Head, SJMC. The programme was focused on Women's Day and covered a lots of issues and questions that every woman faced before stepping out of their homes or

had ever come to their mind. One of our talented women Khushi Chaudhary recited her poem "kab tak ladti rahengi betiyan" and Shweta Singh sang a song "Naa aana is desh laado" which talked about issues bothering the women a lot.

Some amazing questions were also asked and were beautifully answered by our guest and her presence motivated us a lot to do whatever we wanted to. This was an encouraging conversation held inside the SJMC campus.

Ayushman Bharat Diwas: April 30



आयुष्मान भारत दिवस

Every year, the Ayushman Bharat Diwas is celebrated on April 30 in India. The Ayushman Bharat Diwas is celebrated to achieve twin missions. They are to promote health and wellness to the poor and also to provide insurance benefits to them. The day aims to promote affordable medical facilities in remote areas of the country based on the Socio-Economic Caste Census database. It will also promote health and wellness and provide insurance benefits to the poor.

What is Ayushman Bharat Scheme?

The Scheme was launched by Prime Minister Narendra Modi in April 2018.

According to the Ministry of Health and Family Welfare, the Ayushman Bharat Scheme has so far operationalised 75,532 Ayushman Bharat Health and Wellness Centre. It has fixed a target of 1.5 lakh Health and

Wellness Centre by 2022.

The beneficiaries are chosen from the Socio-Economic Census Database.

It is the largest health cover in the world.

It aims to provide five lakh rupees of health cover per family per year. The beneficiaries of Pradhan Mantri Jan Arogya Yojana is from the bottom 40% of the Indian Population.

The scheme also covers fifteen days of pre-hospitalisation and fifteen days of post-hospitalisation. This includes the expenses of medicines and tests.

The scheme subsumed the Senior Citizen Health Insurance Scheme and Rashtriya Swasthya Bima Yojana.

The scheme has packages that include knee replacement, bypass and other treatments provided at 15% cheaper than the Central Government Health Schemes.

World No Tobacco Day celebrated on May 31



World No Tobacco Day (WNTD) is organized every year on May 31 to highlight the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption globally. WNTD was created by World Health Organization (WHO) in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes.

On this day, WHO calls on millions of tobacco users to take the pledge and quit tobacco today.

"Commit to Quit"

I Pledge to Quit Tobacco

Key Facts-

Approximately 39% men and 9% women use tobacco, worldwide. Over 1 million people die from second-hand smoke exposure every year.

Use of nicotine and tobacco products increases the risk of cancer, cardiovascular and pulmonary disease.

According to Global Adult Tobacco Survey-2 (GATS 2016-17), 26.7 crore adults in the age group of 15 years and above (29% of the adults) consume tobacco in some form or the other, though the prevalence of tobacco use has reduced by six percentage points from GATS-1(2009-10) to GATS-2. In compliance with the MPOWER measures suggested by WHO for effective interventions to reduce the demand of tobacco, measures implemented by India include: displaying pictorial health

warnings in 85% of the display area of the tobacco packs on both the sides; now from 1st September 2020, new sets of specified health warnings have to be used on packs of all tobacco products*;

conduction of second round of GATS;

substantial investment made under 12th five year plan for expansion of National Tobacco Control Programme;

ban on smokeless tobacco products;

implementation of the tobacco free film and television policy and

strengthening the cessation facilities with the launch of toll-free national tobacco Quitline and

mCessation services by Ministry of Health & Family Welfare, Government of India in

partnership with WHO and ITU (International

Telecommunications Union).

This initiative aims to support tobacco users of all categories who want to quit tobacco use

towards successful quitting through constant text messaging on mobile phones.

Tobacco users may take the help to quit tobacco at Quit plan and can give a missed call on 011-22901701 for registration or e-register by filling mobile number and e mail ID through www.nhp.gov.in/quit-tobacco or call 1800112356 (toll free).

We should encourage everyone to become educated, spread awareness and create a tobacco-free generation.

World Environment Day On 5th June: History & It's Significance

Every year 5th June is dedicated to the environment and celebrated all over the world as World Environment Day and this year on 5th June 2021, the world will be observing 47th environment Day. as the whole world is fighting against COVID-19 pandemic, therefore this year the day would be celebrated on the digital platform. We can learn so many things from nature, and the best example is a tree. It grows by keeping itself grounded only and takes care of everything which is around it, whether useful or not. As humans too, it's our responsibility to give proper care and attention to nature which is the basis of life's existence.

Read the complete article to learn more about World Environment Day including its history, theme, and significance of celebrating this day.

History: It's important to learn the importance of nature and value what it provides to us for our survival. With the same perspective, the UN General Assembly decided to celebrate a day as World Environment Day and educate people for human interaction with the environment. However, it took 2 years to put this idea into action, and in 1974, this day was first celebrated. The celebration for World Environment Day is done on a rotation basis, i.e. every year a different country is chosen to host the event and announced by UNEP (United Nation Environment Programme)

This day has been celebrated since 1974 by more than 143 countries, focusing on the major environmental issues and encouraging people to safeguard our nature. Every year, a theme is decided for this particular day and this time, the theme is "Reimagine. Recreate. Restore.". As 2021 is quite a difficult year for the whole world and the recent incidents are the proof of it with some huge countable incidents including Covid-19 pandemic, cyclones, and lots more. After experiencing these incidents, there is nothing wrong with saying that it's high time we must protect our environment and

understand its importance in our lives.

What is the significance of celebrating this day?

With more than 143 countries celebrating this day, World Environment Day has become a global platform for public outreach. For many years, the celebrations were made in different ways by organizing activities such as campaign with the motives of sensitizing the locals for the growing environment and ways to prevent them, tree plantation programs, organizing plays, quizzes, lectures, and poster competitions are quite popular in schools and colleges on this day.

India ranks among top 10 in ITU's Global Cybersecurity Index



As per the ranking, India has moved up by 37 places to rank as the tenth best country in the world in the Global Cybersecurity Index 2020 launched by the International Telecommunication Union on June 29, 2021.

India has made it to the top 10 in Global Cybersecurity Index 2020 by ITU, moving up 37 places to rank as the tenth best country in the world on key cybersafety parameters. (Representational Image)

India has made it to the top 10 in Global Cybersecurity Index (GCI) 2020 by ITU, moving up 37 places to rank as the tenth best country in the world on key cybersafety parameters.

The affirmation by the UN body of India's efforts on cybersecurity, comes just ahead of the sixth

underlining its commitment to cybersecurity. GCI assessment is done on the basis of performance on five parameters of cybersecurity including legal measures, technical measures, organisational measures, capacity development, and cooperation. The performance is then aggregated into an overall score. For each of the five aspects, all the countries' performance and commitment were assessed through a question-based online survey, which further allowed for the collection of the supporting evidence.

Through in-depth consultations with a group of experts, the questions were then weighted and assessed, to arrive at the overall scores.



anniversary of Digital India on July 1. India is emerging as a global IT superpower, asserting its digital sovereignty with firm measures to safeguard data privacy and online rights of citizens.

As per the ranking, India has moved up by 37 places to rank as the tenth best country in the world in the Global Cybersecurity Index (GCI) 2020 launched by the International Telecommunication Union (ITU) on June 29, 2021.

The US topped the chart, followed by the UK and Saudi Arabia tied on the second position, while Estonia was ranked third in the index.

India has also secured the fourth position in the Asia Pacific region,

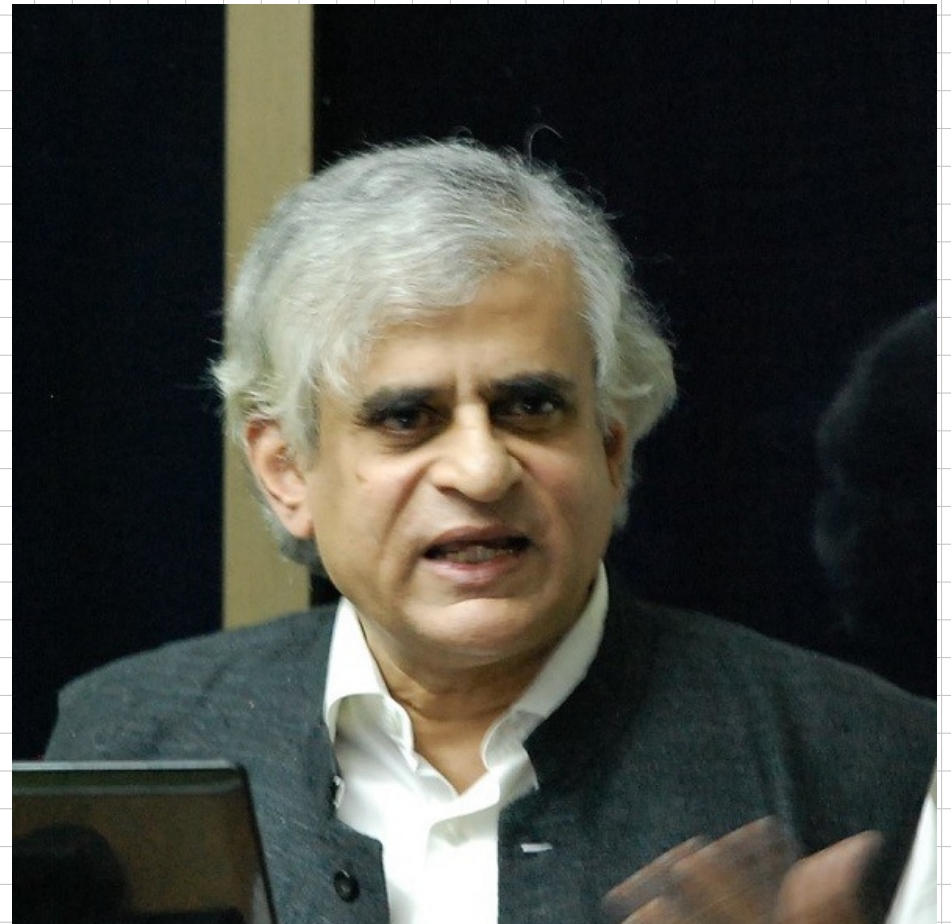
The GCI results for India show substantial overall improvement and strengthening under all parameters of the cybersecurity domain. India scored a total of 97.5 points from a possible maximum of 100 points, to make it to the tenth position worldwide in the GCI 2020. India has worked relentlessly on all the five pillars over the last few years, resulting in significant improvement in its ranking in Global Cyber Security Index.

Source: 'India ranks among top 10 in ITUs Global Cybersecurity Index | India News, The Indian Express

Journalist P. Sainath Wins Japan's Fukuoka Grand Prize 2021

Sainath dedicated the prize to his fellow journalists who are reporting from rural India and to PARI, the news website he founded in 2014.

The 2021 Academic Prize and Culture Prize was awarded to Japanese scholar Mio Kishimoto and Thai writer and filmmaker Prabda Yoon.



Renowned journalist P. Sainath was the recipients of the Fukuoka Grand Prize 2021, one of Japan's top awards open to people from all Asian countries for "investigate[ing] impoverished farming villages in India, listen[ing] to voices from the rural population".

The Fukuoka Prize has three categories, Academic Prize, Culture Prize and the Grand Prize. Sainath was the recipient of the Grand Prize. Previous Indian winners of the prize include Professor Romila Thapar (Academic Prize), Ustad Amjad Ali Khan (Culture) and A.R. Rahman (Grand Prize).

The citation for the award says Sainath, who is the founder of the news website PARI, was awarded the Prize for being, "A passionately committed journalist who has continued to investigate impoverished farming villages in India, listen to voices from the rural population, capture the reality of the people's lifestyle, and report 'rural stories'. As Asia goes through turbulent changes, Mr. Sainath has been seeking new 'knowledge' and promoting civil cooperation. For this reason, he is a very deserving recipient of the Grand Prize of Fukuoka Prize."

Sainath, who has reported extensively on the crises in rural India and the farming economy during his four decades as a journalist, has been the recipient of many awards, including the Amnesty International Global Human Rights Journalism Prize and the Ramon Magsaysay Award. He has also authored several books, the most famous among which is Everybody Loves A Good Drought, and was a part of documentaries such as Nero's Guests.

Sainath told NewsLaundry that with the cash prize of 5 million yen (Rs 33 lakh), he would start a fundraiser to help families of stringers who have died of COVID-19 and start a fellowship for rural journalists from Dalit and Adivasi communities.

During his acceptance speech, he dedicated the prize to his fellow journalists who are reporting from rural India and to PARI. He said the award signals support to an "endanger species in journalism", referring to his and PARI's extensive coverage of rural communities. He noted that during the pandemic, when the need for public-spirited journalism is at its highest, corporate-owned media groups have laid off thousands of journalists and workers.

Moderna to be India's fourth Covid vaccine. Here's a quick primer on the other three



Research trials have shown that Moderna's mRNA vaccine, which is administered in two doses, was 95.4 per cent effective at preventing Covid cases for males and 93.1 per cent for females.

A medic shows a vial of the Covid-19 Sputnik V vaccine during its launch in Bengaluru, Tuesday, June 29, 2021. (PTI Photo)

Moderna's Covid vaccine is on course to become the latest

been granted restricted emergency use authorisation by the drug regulator."

"This new permission for restricted emergency use potentially opens up a clear possibility of this vaccine being imported to India in the near future," Paul added.

Here's a list of Covid vaccines currently approved for use in India: Moderna

On Monday, pharmaceutical company Cipla, on behalf of the US

administered in two doses, was 95.4 per cent effective at preventing Covid cases for males and 93.1 per cent for females.

In fact, a study by US Centers for Disease Control and Prevention (CDC) found that just a

single dose of Moderna reduced the risk of infection by 80 per cent two weeks or more after the first of two shots. CDC recommends a gap of 28 days between the two doses.

Covishield

The Oxford-AstraZeneca vaccine produced by the Serum Institute of India was one of the first Covid vaccines to be approved for use in India.

Experts note that even one dose of Covishield is over 70 per cent effective in protecting from severe disease and hospitalisation against the Delta variant of the SARS-CoV2 coronavirus.

Indian guidelines for Covishield vaccination have evolved from a recommendation of a gap of 4-6 weeks in February, to 6-8 weeks in March, and finally to 12-16 weeks in May. These were based on the data from clinical trials conducted to prove the vaccine's safety and efficacy, and are summarised below.

Explained | AstraZeneca vaccine and the Covid-19 variants in India
Covaxin

The Bharat Biotech's vaccine, India's first indigenously produced Covid jab, was approved for emergency use while it was still undergoing trials. The vaccine has shown the ability to bring down symptomatic Covid-19 cases by 77.80 per cent, according to data from its phase 3 trials, which was reviewed by the Subject Expert Committee (SEC) of the Central Drugs Standard Control Organization (CDSCO).

The pharma company has recently submitted its proposal for Emergency Use Listing approval by the World Health Organisation.

Sputnik V

The Russian vaccine, developed by Gamaleya National Research Institute of Epidemiology and Microbiology in Moscow, was approved for use in India in May.

Dr Reddy's Laboratories, based in Hyderabad, has partnered with the Russian sovereign fund RDIF, to

distribute the doses in India. According to results published in The Lancet, the vaccine has an efficacy of 91.6 per cent.

The Centre has fixed the maximum price of

Covishield for private Covid-19 Vaccination Centres (CVCs) at Rs 780 per dose, while that of Covaxin at Rs 1,410 per dose. Sputnik V is priced at Rs 1,145 per dose.

Several other vaccines are in the pipeline to expedite India's vaccination drive against Covid-19. Johnson & Johnson (J&J) is in talks with the Indian government to explore ways to speed up the delivery of its single-shot Covid-19 vaccine in the country, Reuters reported Tuesday. Last week, Pfizer CEO Albert Bourla had said that the Pfizer Covid vaccine is now in final stages to get approval for use in India. Other vaccines such as 'Novavax and Biological Es Corbevax are also expected to roll-out in the future.

Source: "Moderna to be India's fourth Covid vaccine. Here's a quick primer on the other three | India News, The Indian Express



addition to India's vaccination drive as the Drugs Controller General of India (DCGI) gave approval to Mumbai-based Cipla to import the vaccine for restricted emergency use in the country.

Dr VK Paul, who heads the Covid Task Force in the country, said: "An application was received from Moderna through their Indian partner Cipla following which Moderna's Covid-19 vaccine has

pharma major, had requested the drug regulator for import and marketing authorisation of the Moderna jabs.

The US government will also be sending a certain number of doses to India through Covax, a programme by WHO and GAVI to ensure equitable distribution of the Covid vaccine.

Research trials have shown that the mRNA vaccine, which is