

SATYAM Media

Chronicle

The Current Scenario

Prez Murmu Congratulates
Jeremy Lalrinnunga For
Bagging Gold In Weightlifting



Ponniyin Selvan I' Song Kaveri Se Milne Out:
AR Rahman And Karthi's Treat For Fans

Getafe CF vs Barcelona match
happens in La Liga.

Volume 11

Quarterly

Noida

Jul-Sep 2022

www.satyamassmedia.in

Bilingual - English / Hindi

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TOP HEADLINES

1. Urea imports to fall in 2022-23.
2. 10,000 people seek refuge in India.
3. Boat capsizes in Assam's Dhubri district, at least 7 people missing
4. FIFA honours Indian football star Sunil Chhetri with 3 episode series. PM Modi Congratulates.
5. Rohan Joshi apologises for insensitive comment on Raju Srivastava after getting trolled.



Parliament bid farewell to former President Ram Nath Kovind

A farewell ceremony to bid farewell to President Ram Nath Kovind was held at Parliament's Central Hall on Saturday. Vice President M Venkaiah Naidu, Prime Minister Narendra Modi and Lok Sabha Speaker Om Birla attended the ceremony along with members of Parliament. President-Elect Droupadi Murmu will take oath as the 15th President of India on Monday, July 25. She will be the first tribal person to occupy the country's highest constitutional post. Speaking at the ceremony, President Kovind said that he remains eternally grateful to the people of India and for giving him an opportunity to serve the country as the president. He thanked Vice-President Naidu and Speaker Lok Sabha Om Birla for the way they have conducted the proceedings of Parliament and continued its great traditions. He said the President is an integral part of the parliamentary family and, despite its differences, the interest of the nation is its top priority. "Political processes operate through the mechanism of party organisation, but the parties must rise above a partisan approach and consider what is good, what is essential for the common man and woman, with the spirit of 'nation first'," added Kovind.

By: Chetna Dahima (BMM, 3rd Year)

11-year-old Afghan twins were reunited in London

On 8 September, after the Kabul airport bombing, Two young brothers were reunited at the King's Cross railway station in London after being separated for many months while fleeing the war in Afghanistan. Tragically, after the Taliban took control of Afghanistan in August 2021, Obaidullah Jabarkhyl was separated from his parents and brothers during the country's evacuation. The 11-year-old then spent a year in Strasbourg living in fear while he awaited word from the UK Home Office regarding his visa application has now been reunited with his twin brother in London. After visiting the UK, Obaidullah Jabarkhyl claimed he was "weary yet thrilled."

Irfanullah, his twin, made it to London and is now staying with their British-based family. Parents and a sister of the boys stayed in their native nation. Irfanullah's cousin Qamar Jabarkhyl, who accompanied him to meet his brother at St. Pancras station, is caring for the twins. Obaidullah said in a statement following his arrival that he was "extremely delighted" to be with his brother once more and that he was looking forward to starting school and making new friends.

By: Akansha Chauhan (BMM, 3rd Year)

Reliance Jio to invest ₹2 lakh crore in 5G

Reliance Industries Ltd.'s Jio telecom unit, which cornered almost half of all the airwaves sold at the government's recent auction of wireless spectrum for introducing 5G services with bids amounting to more than ₹88,000 crore, plans to start rolling out its 5G services in October. While speaking at Reliance Industries' 45th annual general meeting, RIL chairman Mukesh Ambani said Jio will roll out 5G services across India by December 2023. "To build our pan-India true 5G network, we have committed a total investment of ₹2 lakh crore. Jio has prepared the fastest ever and most ambitious 5G rollout plan for a country of our size. Within the next two months. That is by Diwali, we will launch Jio 5G across multiple key cities including metro cities of Delhi, Mumbai, Chennai and Kolkata," he said. Mr. Ambani said the company was working with Google to introduce an "ultra-affordable" 5G smartphone, without providing any further details. "To take the 5G mass market, a sub-\$100 phone is imperative and Jio is rightly positioned to bring 5G to the masses," said Neil Shah, vice president of research at Counterpoint. Stating that Jio's digital service offering had made strong progress with a pan-India fibre-optic network of more than 11 lakh route kilometres, Mr. Ambani said Jio's aim was to help lift India's global ranking in fixed broadband adoption to among the top 10.

Announcing the introduction of JioAirFiber, which would allow customers to enjoy fibre-like data speeds over the air without any wires, he said Jio had developed a JioAirFiber Home Gateway, a wireless, simple, single-device solution to have a Wi-Fi hotspot in a home that would be connected to ultra-high-speed Internet using 5G. "With single device JioAirFiber, it will be really easy to quickly connect any home or office to Gigabit-speed Internet. With the simplicity of JioAirFiber, hundreds of millions of homes and offices can be connected to ultra-high-speed broadband in a

very short period. With it, India can rank among the top-10 nations, even for fixed broadband," he said.

Jio's ambitious 5G plans are in line with the company's broad strategy that saw it disrupt the telecom market with low-price data plans that triggered a price war in 2016, forcing rivals including Bharti Airtel and Vodafone Idea to cut their tariffs or risk losing market share. Mr. Ambani also said RIL would spend ₹75,000 crore for expanding its Oil to Chemicals (O2C) capacities and reiterated plans to invest ₹75,000 crore in the New Energy business.

Mr. Ambani reiterated that Reliance's capital allocation and financial framework were based on capturing opportunities in identified growth areas, while maintaining optimal capital structure and superior investment-grade ratings. He also spelt t the company's global ambitions to emerge as a significant player in the international markets. In its New Energy business, Mr. Ambani said Reliance would set up a new Giga Factory for power electronics. "Affordable and reliable power electronics is a critical component to the entire value chain of Green Energy. The design and manufacturing capabilities in power electronics and associated software systems will integrate with RIL's capabilities of Telecommunications, Cloud Computing and IoT platform," he added. Besides Solar and Hydrogen, Reliance is also actively progressing on bio-energy, offshore wind, geo-thermal and other non-conventional forms of renewable energy, and will continue to expand its manufacturing ecosystem accordingly, he said. RIL's New Energy business would help India become a net exporter of energy, Mr. Ambani asserted, adding it would make India a world leader in new energy manufacturing and a 'credible alternative' to China.

(Source: The Hindu)

Chinese troops stop Indian graziers in Ladakh

Indian graziers were stopped by the Chinese army at Demchok in Ladakh on August 21, a senior government official said. According to the official, the Chinese People's Liberation Army (PLA) objected to the presence of graziers within India's perception of the Line of Actual Control (LAC) near Saddle Pass at CNN junction in Demchok. The incident was followed by a couple of meetings between the commanders of the Indian Army and the Chinese PLA to resolve the issue. The graziers have been frequenting the area and there was a minor scuffle in 2019 also, said the official.



"This time when the graziers went with the livestock, the Chinese objected that this was their territory. The issue was raised with the Chinese," the official said. A defence source said there was no face-off between the two armies. "It was a routine interaction between local commanders on the ground level to resolve issues at the local level to prevent escalation and maintain peace and tranquility on the LAC. This keeps happening regularly all along the LAC as part of the agreed protocols," the source said. Another official added that India and China are engaged in eye-ball to eye-ball positions in the area since April 2020. Many areas in the sector have become "no patrolling zones" post-Galwan incident on June 15, 2020, when as many as 20 Indian soldiers were killed in violent clashes with the Chinese PLA. In 2018, China had pitched tents metres away from the Charding Nilung Nallah in Demchok or the CNN junction. Indian and Chinese troops are positioned in close proximity at multiple locations along the undefined LAC in Eastern Ladakh for more than two years. While several rounds of talks at the diplomatic and military level have eased the standoff at a few points turning the areas into no-patrolling zones, there are others where the build-up continues. India and China have held 16 rounds of meetings of Senior Commanders so far. Both sides failed to achieve a breakthrough for disengagement at Patrolling Point 15 in the Hot Springs area. With disengagement completed on the north and south bank of Pangong Tso, a phased disengagement is yet to take place in other friction areas in Eastern Ladakh, including Depsang and Demchok sectors.

(Source: The Hindu)

Divas rule Bollywood for decades

During the early 20th century, cinema was just a rising industry in India and it was a space reserved exclusively for men. It was in considered a taboo for women to be part of cinema. It's said that Dadasaheb Phalke, now known as the Father of Indian Cinema, could not manage to find even one female actor to act in his movie Raja Harishchandra (1913). Such was the condition that Phalke finally had to cast a male actor to play the role of Harishchandra's wife, Taramati.

First Female Actress : It was during that age that Durgabai Kamat took the courageous step of pursuing a career in acting, paving the way for numerous other women in the industry. Durgabai Kamat was a Marathi theatre actress who went on to become the first actress of Indian Cinema.

First Female Director : Fatma Begum was an Indian actress, director, and screenwriter. She is often considered the first female film director of Indian Cinema. She launched her own production house, Fatma Films, which later became Victoria-Fatma Films, and directed her first film, Bulbul-e-Paristan, in 1926.

In the Era of 1920s: Patience Cooper, Cooper first made an impact with Nala Damayanti (1920). The film starred Keki Adajania as Nala and Cooper as Damayanti. The film was a big budget Madan Theatre production and was directed by Eugenio de Liguoro, known in Italy for his Orientalist spectacles like Fascino d'Oro (1919). Her next film was Vishnu Avtar, released in 1921.



In the Era of 1930s: Devika Rani, Devika Rani Choudhuri usually known as Devi's Rani, was an Indian actress who was active in Hindi films during the 1930s and 1940s. Widely acknowledged as the first lady of Indian cinema, Devika Rani had a successful film career that

spanned 10 years.

In the Era of 1940s: Nargis, Fatima made her first film appearance in the 1935 film Talashe Haq when she was six years old, credited as Baby Nargis. She appeared in numerous films after her debut. In 1943 at the age of 14, she appeared in Mehboob Khan's Taqdeer, opposite Motilal.

In the Era of 1950s: Madhubala, Madhubala was an Indian actress and producer who worked in Hindi-language films. She ranked as one of the highest-paid entertainers in India in the post-independence era, that coincided with the rise of Indian cinema on global levels. Madhubala's first project in a lead role was Sohrab Modi's Daulat, but it was shelved indefinitely.

In the Era of 1960s: Asha Parekh, Asha Parekh is a retired Indian actress, film director, and producer who appeared in many commercially successful films throughout her career. She was the highest paid actress of her time and was one of the most successful actresses of the 1960s and 1970s. In 1992, she was honoured with the Padma Shri by the Government of India for her contribution to the field of cinema.

In the Era of 1970s: Hema Malini, Hema Malini is an Indian actress, director, producer, and politician. She is primarily known for her work in Hindi films. Malini made her acting debut in 1963 with the Tamil film Idhu Sathiyam. Malini first acted in a lead role in Sapno Ka Saudagar (1968), and went on to feature in numerous Hindi films, frequently opposite Dharmendra, whom she married in 1980. Malini was initially promoted as the "Dream Girl", and in 1977 starred in a film of the same name.

In the Era of 1980s: Sridevi, Shree Amma Yanger Ayyappan professionally credited with her stage name Sridevi, was an Indian actress and film producer who worked in Telugu, Tamil, Hindi, Malayalam, and Kannada language films. Cited as the "First Female Superstar" of Indian cinema, she was the recipient of various accolades, including the National Film Award. In 2013, Sridevi was honoured with the Padma Shri.

In the Era of 1990s: Madhuri Dixit Nene, Madhuri Dixit Nene is an Indian actress and television personality. One of the most popular leading actresses of Hindi cinema, she has appeared in over 70 Bollywood films. Her accolades include six Filmfare Awards from a record 17 nominations. In 2008, the Government of India awarded her with Padma Shri, the fourth highest civilian honour of the country. In its eighty-year history, Bollywood has seen female leads take on many forms—from the sacrificing mother or a pleading damsel in distress to a woman in charge of her own destiny. The change is slow and much delayed, but the representation of empowered women onscreen is steadily increasing. Yet, there is much work to be done and there should be greater empathy and sensibility towards showcasing real women and the problems they face.

By: Kashish Dixit (BMM, 2nd Year)

Impact of portrayal of women in media on teen girls

The mass media, especially children's television, provide more positive role models for girls than ever before. Kids shows such as Hilda, Odd Squad and Detention Adventure feature strong female characters who interact with their male counterparts on an equal footing.



There are an increasing number of strong role models for teens, as well. A 2020 study by the Geena Davis Institute on Gender in Media found that "female characters account for a majority of screen time (58.7%) and speaking time (58.8%) in live action kids' tv shows, which is higher than any other year." Despite this progress, there is a long way to go, both in the quantity of media representations of woman and in their quality. Stereotyped portrayals start early: an analysis of the channel BabyTV, which is distributed in more than a hundred countries, found that female characters were underrepresented and portrayed as fearful and helpless. Even the mascots on children's cereals are twice as likely to be male as female, with female mascots almost twice as likely to be portrayed in a gender-stereotyped way. Despite recent pushback, toys have actually become significantly more gendered than they were decades ago. While almost half of human characters in TV aimed at older children are women, when we look at non-human characters—a majority of all characters, given the dominance of animation in children's TV—the numbers are much smaller, with just 32% of animal characters being female. Overall, including both human and non-human characters, 35% are female. Both human and non-human female characters are frequently stereotyped: "girls [on TV are] often blond and presented as members of a team. If they were leaders, they tended to be red-haired." This confirms that a female character's appearance depicts what their personality will be like on the show.; This is true of children's TV around the world, with girls and women frequently portrayed as motivated primarily by love and romance and as less independent than boys and more likely to use magic to solve problems than science or technology. Children's books, in many ways, are no better. There, too, the percentage of female human characters (40%) only looks good by comparison to the number of female non-human characters (25%). Women and girls in children's books are also half as likely as boys or men to have leading roles. Science books for children feature three men for every woman in photographs and when women do appear they are often treated like the astronaut whose training, qualifications and effort are all dismissed with the caption "in zero G, every day is a bad hair day." Advertising has long been seen as the medium most prone to stereotyping. While there are some indications that this is changing, nearly half of Millennial parents see ads as an obstacle to raising their children without stereotypes. Sexist and stereotyped ads, which were once confined to TV shows or magazines aimed at women and girls, can now follow them across the internet thanks to data profiling and behavioral advertising. Targeted ads of this kind are even moving to the real world. Thanks to facial recognition, digital billboards can now show men ads for pizza and ads for salad to women.

By: Isha Gupta (BMM, 1st Year)

Guidance to access women's media

-Women are everywhere whether it is fashion, sports, etc everywhere. There is a thing called "Behind every successful man there is a woman" but now women are not behind they are on the top. Here are some YouTube channels, magazine, books, ted talks and podcasts recommended:

Books related to women:-

- > Pink is not our colour By:- Soujani Rajan
- > Men without women By:- Haruki Murakami
- > The girl with no dreams By:- Deepak Gupta
- > Women of influence By:- Rajni Sekhri Sibal

YouTube channels owned by women :-

- > MOSTLY SANE by Prajakta Koli:- she is renowned for her lifestyle and entertainment content. Koli is now one of the top YouTubers and vloggers in the country
- > RICKSHAWALI by Anisha Dixit:- she is popular for her comedy, sketches that are women-centric

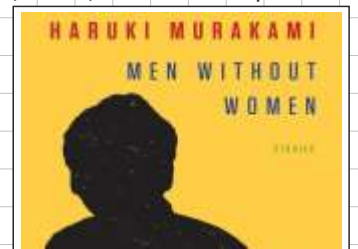
Magazines:

Azzema: The London-based publication, founded by Jameela Elfaki, aspires to provide women of colour, specifically Middle Eastern, North African and South Asian women, a safe space and platform to be heard, that is celebratory of Culture and different faiths.

Yellowzine: Founded in 2017 by siblings Oreoluwa and Aisha Ayoade, each issue focuses on different artistic disciplines while celebrating and promoting underrepresented artists from the Afro/Caribbean and Asian diaspora.

Podcasts:

- > The Vision Naari by recurring hosts
- > Real Talk with Smriti Notani by Smriti Notani
- > Kalki Presents : My Indian Life by Kalki Koechlin



By: Siddhi Gupta (BMM, 2nd Year)

Rape - An indefensible crime

Rape, generally known as balatkar is a terrifying word in itself. In India, it is one of the most common criminal activities. So petrifying, humiliating, traumatic and terrifying the word rape is that it destroys the entire psychology and effects the deepest emotions of the person being raped. The word rape has been derived from the Latin word 'rapio' which



means to take away. Therefore the literal meaning of rape could be forcibly snatching something from someone which is clearly an offence. To force means to indulge in an activity without the consent of another. India used to believe in the concept of Maatri Devo Bhava which means to worship women or mother. But keeping in view the number of rape cases which arise every day in India the concept of Maatri Devo Bhava seems to disappear nowadays. Rape is a crime not only against the

victim as an individual but against society as a whole. So utterly shameful is the offence that it even is a crime against the basic human rights. No single definition can define the word rape because of its exhaustive nature. Only the person who suffers it, knows it.

Rape is the fourth most common crime against women in India. According to the 2021 annual report of the National Crime Records Bureau (NCRB), 31,677 rape cases were registered across the country, or an average of 86 cases daily, a rise from 2020 with 28,046 cases, while in 2019, 32,033 cases were registered. The share of victims who were minors or below 18 (the legal age of consent) stood at 10%.

According to NCRB 2021 statistics, Rajasthan reported the highest number of rapes among Indian states, followed by Madhya Pradesh and Uttar Pradesh. Among metropolitan cities, the national capital of Delhi continued to have the highest incidence of rape at 1,226 cases in 2021, while Jaipur had the highest rape rate (34 per 100,000 population). Kolkata had the least number of registered rape cases among metropolitan cities, with least rape rate.

In recent time, On February 28, 2002, Bilkis fled her village, Radhikpur in Dahod district, after violence erupted in the state in the aftermath of the previous day's incident at Godhra station, in which the Sabarmati Express was set on fire, resulting in the deaths of dozens of pilgrims and kar sewaks returning from Ayodhya. She was brutally gangraped during the communal violence that followed the Godhra train-burning incident. She was 21 year old at the time, and five months pregnant. Seven member of her family were killed by rioters.

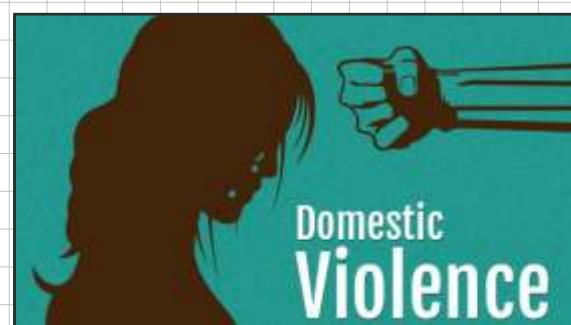
Bilkis was taken to a public hospital for medical examination only after she reached the Godhra relief camp. Her case was taken up by the National Human Rights Commission (NHRC) and supreme court, which ordered an investigation by the CBI. The CBI court on January 11, 2002 sentenced the 11 convicts to life imprisonment later the conviction was upheld.

Judiciary plays a vital role in finding a proper solution to rape cases. They are responsible to not rely on law rigidly but to allow some sense of flexibility while deciding such intense matters. Everyone are trying nowadays to bring into light the saddening part of Indian society and their approach towards rape. Film industries like Bollywood are also trying to create awareness by making movies on sensitive topics like Section 375, Pink, etc. While there have been no strict rules framed for the protection of rape victims which shows the positive side of the picture, statistics show the actual side which is that there has actually been no such change in spite of the strict laws. If the laws are really to adhere, the court and the legislation need to make some changes. The reason being the laws remain the same and the number of victims keeps on increasing every year. There needs to be some political sensitivity, judicial sensitivity, special courts and training programmes to be able to control the worsening situation.

BY:- Isha Gupta (BMM 1st year)

Saga of domestic violence

As you all know we are living in 21st century but in today's generation also women are going through this. You know what I am talking about, yes it is Domestic Violence, our country is developing but our society is not,



there are women who are going through this but still their relative or society and even sometimes their parents told them to adjust. But they should not think like this because slowly the same thing and the same adjustment keeps increasing. Here I want to tell you one real life incident, A man always used to come home drunk, hit his wife and torture her and as in domestic violence, women are not only physically hurt but mentally also because of which She injured her own daughter and ended up In jail. From my point of view I think Women should raise their voice, they should not adjust to these kind of situations. Domestic violence is a crime, it's not a small matter, voice should be raised against.

By:- Swati Rawat (BMM, 1st year)

Kim Jiyoung exists in every woman

"What do you want from us? The dumb girls are too dumb, the smart girls are too smart, and the average girls are too unexceptional?"

As a proud eighteen-year-old feminist living in the twenty-first century, I am almost always searching for powerful stories written by women and most importantly for women. I always enjoy reading Feminist fiction in translation as it helps me to understand the condition of women from all around the world. Born in an Indian society, I had little hope to have any sense of relatability from the main character as the story is set in South Korea. However, after reading the story of the life of Kim Jiyoung, I found some instances from it to be more relatable than ever.

"Kim Jiyoung is her own woman. Kim Jiyoung is every woman."

Although fictional, 'Kim Jiyoung, born 1982' written by Cho Nam-Joo is a very realistic story concerning the gender inequality in South Korea. This 163-page novel follows the story of Kim Jiyoung from the time of her birth until she is thirty-four years old. The book talks about the misogyny as well as the awful patriarchal violence faced by the women of South Korea. Cho Nam-Joo does an amazing job at showing how fruitless it can feel to be a woman in a man-dominated society from childhood, through school, in the workplace and into parenthood. Though based in South Korea, the story is certainly not limited to only the Korean society. Kim Jiyoung's story is the story everywhere, maybe in different measures. It successfully transcends cultures and shows what every woman goes through regardless of her nationality.

"Jiyoung grew up being told to be cautious, to dress conservatively, to be "ladylike." That it's your job to avoid dangerous places, times of day and people. It's your fault for not noticing and not avoiding."

Cho Nam-Joo's writing style is simple, raw yet poignant. From the first page itself, you are hooked to the story. The narrative is bold and brutal, hitting the readers at the right places. The characters are familiar yet fresh. Not only this, Cho Nam-Joo has also mixed fiction with facts at some instances throughout the book by adding several footnotes to reference statistics throughout which makes the story incredibly real and powerful, despite it being fiction.

"How can you say something so backward in this day and age? Jiyoung, don't stay out of trouble. Run wild! Run wild, you hear me?"

I would recommend this book to anyone and everyone as I believe the story of Kim Jiyoung is truly eye-opening and thought-provoking. The writing is very easy to read and very powerful making it an unmissable book for the new generation of women. I assure you that the story of Kim Jiyoung will make you cry, feel powerful and most importantly seen. Kim Jiyoung's story motivates me to become a woman who pushes the pillars of patriarchy to create a perfectly equal society for not only my future, but also the lives of all women.

By: Swakshi Kumar (BMM, 2nd Year)

Zubaida - An exemplary woman

Women are challenges. But how many don't give up and use those challenges to their



advantages? Those who do, become an inspiration for all of us. Just listening to the struggles doesn't tell as much as until you see someone is struggling in your life. In my life, this is the live example of the struggle of a woman, Zubaida, a housemaid, who only wants to feed and educate her children with her hardwork. Seeing her struggle, what she is experiencing, all this inspires me. Zubaida, 35 yrs old, a maid and a proud mother. She believes that working is the only thing which can uplift her from poverty and will also help in paying her children's education fees. As she is compelled to do work because her husband has been arrested in false rape case. Right now she is struggling her life with 4 kids. The area she comes from is not safe for women so she comes with her body and face fully covered with clothes.. From my point of view, the challenges are being faced but by working hard she became an inspiration for all of us.



By: Mehak Verma (BMM, 2nd Year)

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75th Azadi ka Amrit Mahotsav



On the occasion of 75th Azadi ka Amrit Mahotsav our college organised 15 events from 1st august,2022 to 15th august,2022. Our students actively participated in all events like Slogan writing, Article writing, Speech competition, Literacy campaign, Radio talk competition, Singing competition, Click-O-Mania, T.V interview sessions, Independence day celebration and many more. The theme of all the events were Azadi ka Amrit Mahotsav.



Speech Competition



Drama Competition



Rangoli Making



TV Interview Competition



Poetry Recitation Competition



Radio Talk Show



Slogan Writing Competition

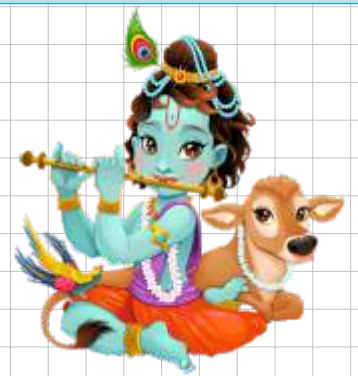


Literary Drive at the Slum of Navada



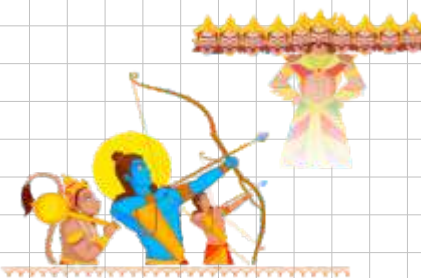
Flag Hoisting on Independence Day

Janmashtami Celebration



Dahi Handi / Nandotsav celebrations

Dussehra Celebration/Garba Night



Glimpses of Ramayan act performed by SJMC students



Glimpses of dance competitions



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SJMC students visit to All India Radio



Happy TEACHER'S Day



- T - Talented
- E - Elegant
- A - Awesome
- C - Charming
- H - Helpful
- E - Efficient
- R - Receptive



SJMC Celebrates Teacher's Day

SJMC students visit to Okhla Bird Sanctuary



SJMC organises workshop on traffic rules



Traffic police and students conversing during the workshop



Compromise, divorce is not a solution !

Marriages are believed to be the greatest and most important of all institutions. Indians consider marriages as one of the most important events of their life. They make sure that they make it a huge event, which would leave them with unforgettable memories to be cherished. Indian parents think that it's their primary responsibility to get their kids married and they teach them that only God can end a marriage but what they don't realize is that world is not black and white and happy endings aren't guaranteed.

As per data published, India ranks the lowest on the global divorce rate indexes. The divorce rate in India is lower than 1%. A BBC report of 2016 stated, "Out of 1000, only 13 marriages end in divorce because Indians choose dying in a bad marriage than the path of divorce. Between 2016 and 2020, an average of 20 people daily died by suicide due to marriage problems in India.

Divorce under Hindu law is classified into two types mutual divorce and contested divorce. Mutual divorce is considered to be the quickest and the easy way to get a divorce in India, under Section 13 B of the Hindu Marriage Act, 1955 because both the husband and wife mutually decides that they cannot live together and the best solution is to end their



marriage peacefully. Contested divorce is a form of divorce where one party to the marriage proceeds to utilize legal recourse for divorce even when the other is resisting. It also includes those situations where both the husband and wife agrees to have a divorce but are having a discord regarding any issue like the custody of children, alimony, property division etc.

Is a divorce the worst Thing in the world?

Divorce is considered to be taboo in Indian society, people of our country expects married couples to stay in a marriage even if it costs their happiness, they blame the couple for making their families go through such a rough phase. But what they don't acknowledge is that divorce is the end of a legal agreement not the end of the world. It is perfectly okay if a marriage doesn't work out. Some things are just not meant to be and it's better to accept it and move on.

There's no data recorded to tell us how many people are suffering from depression because of a bad marriage how many women sustain domestic violence, sexual abuse because of the societal pressure to stay married no matter if they have children or not.

When a married couple decides that they want to end their married the most asked *question to them is- what will happen to their children?*

It is very obvious that children want their parents to stay together for life but what they also don't want is to be brought up in a toxic environment, where their parents either talk down to each other or don't talk at all. Adjustment issues in a child whose parents are getting divorced is understandable but eventually they'll grow up and realize that it was for the best because a bad marriage is absolutely not an acceptable or a conducive environment to bring up a child.

The society looks down on divorces and deems it as a problem in people's mindsets. "Everyone should compromise in a marriage, divorce is not an option," is what couples hear in day to day life from their relatives. People need to start normalizing giving up on things that they think are not meant to be rather than wasting their energy on fixing them.

However, it's not that simple. Such a significant life change takes time to adjust and many often doubt if their choice was the right one or not. Patience and perseverance can teach the person to slowly understand and trust the process, for ultimately, it will bring them peace.

By: **Amrita Satyan (BMM, 2nd Year)**

FOMO - A fascinating phobia

FOMO! Fear of missing out (FOMO) is a fascinating psychological phenomenon. Fear of missing out refers to the feeling or perception that others are having more fun, living better lives, experiencing better things or worried about missing events or important opportunities. Nearly 7 in 10 (69%) of millennials experience FOMO. The main symptom of FOMO is always saying "Yes" and not knowing when to say "No". There is a constant desire of participating in as many

of day because you are afraid much before making a need to look perfect in order unrealistic expectations, constantly comparing yourself



network which creates FOMO the most is Facebook by 72%. Among millennials travel posts and events create FOMO the most by 59%. The survey showed 18 to 35 years old reported the highest level of FOMO among adults. FOMO can be neglected by paying more attention on setting goals, meditating, limit social media, keep a journal, being limited and be kind to yourself. Focus on the kind of things and enhances the quality not the quantity of life. FOMO is both a predictor and a trait of addiction. To reduce FOMO and increase happiness, the key is learning to accept the principal of "good enough". When you don't have to spend all your time worrying about how you'll do everything exactly right, you have more time to spend on things that make you happy and revitalize you. "DON'T LET FOMO KILL YOUR MOJO"

By: **Ishika Jaiswal (BMM, 1st Year)**

Is the war not avoidable?

The war always initiates on some terms and conditions with which you never want to agree but eventually you have to. It never brings the happiness or prosperity but the threatening physical consequences like destruction of resources, infrastructure economics, human life and after all this comes the emotional consequences like anxiety, depression and PTSD (Post Traumatic Stress Disorder). Since February 24 2022 Russia has been waging a war of aggression in Ukraine establishing Russia - Ukraine war. Why? For Power? Land? Ego? Maybe all of them. But is this even worth it? Russia aims to overrun Ukraine and depose its government and ending its desire to join NATO. Russia continues to attack Ukraine, capturing and destroying several of a city like Mariupol & Lyman. We all remember the time when the war started and all the chaos was happening. All countries were trying to evacuate their citizens from Ukraine as a responsibility so as India and it was the time when we realized that how many Indian students are studying medical in Ukraine. The situation was so intense. Russian and Ukrainian military was deployed all over there, people were scared, cold was at its peak, lack of food and resources was a big issue, people were losing their houses watching them getting destroyed in front of them where they grew up all their lives etc. They were just hoping for bare minimum; spending days and nights between the death and devil; somewhere in metro stations or basements in the chilling nights of Ukraine and were trying to leave the country safely and as soon as possible which was not really easy anyway. But between the sounds of gunshots, bombshells and shrapnel's flowing in air many voices just flashed away. So, I am bringing you one of such voice of Garima from Kanpur, A medical student who was studying MBBS in Dnipropetrovsk State Medical University", Ukraine.

In an interview with Garima:-

Q1. It was typical back then to leave the country safely so how did you make it to India?

My journey to India was very tough like every other student who was trying to evacuate. Me and my friend book a bus to Romania border which was around 25 hours from where I was and as a responsible senior student, I took my juniors along with me in the bus. This 25-hour journey was so scary because we had no idea if we will be safe or not. But anyhow we made it to Romania border at our own risk. After that we stayed in a camp for 5 days in the chilling weather of Ukraine some of my friends were also not well, there was shortage of food and resources. After 5 days we get to reach to the Romanian airport which was 450 km away to board the flight to India. That's how I reached my homeland

Q2. How does it feel to be stuck in war?

What happens when " Being a part of War is the scariest thing that could happen to you especially when you are in foreign land and so far away from your family. You are just scared all the time and constantly wish to stay alive. You see destruction only which leads to horrors.

Q3. how the war has affected your mental health?

My mental health is I think at stake, the horrifying memories from the war and I think about my studies that what will happen to my career? By this time in normal scenario, I would have been in Ukraine pursuing my final year but apparently, I am here in India tensed and disturbed.

Q4. z is everything now life and studies?

If I talk about life and it is going normal but if I talk about studies then it is totally out of line, we are getting online classes which are not so worthy specially as a MBBS student.

Q5. What do you expect from both the governments in regard with completing MBBS?

When we came back a lot of politicians promised that we will get medical seat in India which I already knew will not happen and then SC and National Medical Council of India denied that too. Now my university has offered us mobility programmer which NMC rejected but then agreed to we will be going to some other country on temporary basis.

So, this was the story of Garima and there are thousands of more students and people like her who are suffering the consequences of the war without any aid

Hence, I say that WAR is not WORTHY. Thousands of people have since died towns and cities such as Mariupol lie in ruins and 13 million people have been displaced from Ukraine but the biggest war happened after World War 2 has still not come to an end and we still don't know when will it end or will it.

By: **Devahuti Sharma (BMM, 2nd Year)**

Generational Gaps in etiquette

A Generation gap is defined as the different thought & world views held by different generation cohorts. A generation gap refers to the chasm that separates the beliefs and behaviour belonging to members of two different generation. For example- If your parents are unaware of the lack of career opportunities that social media or the internet, in general has for you & you are unable to make them understand about this, then you will suffer from a general gap. It is always nice to have fresh ideas & points of view. It is a clear indication of how we are advancing & developing at a great level. However, when this clash of ideas & view point becomes gets too much, it become a matter of worry. The most common result of this clash is distanced relations. Generally, a generations gap is mostly seen between parents & kids. It shows that parents fail to understand their kids & vice versa. The parents usually follow the tradition & norms. They expect their children to conform to the societal norms as they have. But the kids are of the modern age with a broad outlook. They refuse to accept these tradition ways. This is one of the main reasons why the conflict begins. They do not reach a solution & thus distance themselves because of misunderstandings. This is a mistake at both ends. The parents must try not to impose the same expectation which their parents had from. Similarly, the kids must not outright wrong their parents but try to understand where this is coming from.

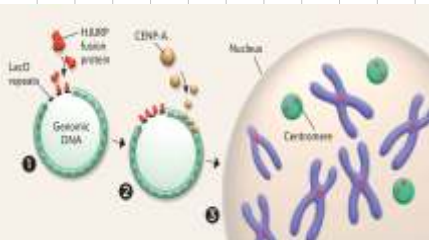
By: **Vaidehi Rawat (BMM, 1st Year)**

Artificial Chromosome

Artificial chromosomes are DNA molecules of predictable structure, which are assembled in vitro from defined constituents that behave with the properties of natural chromosomes. Artificial chromosomes were first assembled in budding yeast and have since been useful in many aspects of yeast genetics. Researchers in Ohio have created the first artificial human chromosome (Nature Genetics 1997; 15:345-55). The experiment heralds a new era in gene therapy. Synthetic chromosomes, if functional, could replace the current technology of virally mediated gene transfer. Artificial chromosomes are laboratory constructs that contain DNA sequences and that perform the critical functions of natural chromosomes.

All HACs by definition contain a functional centromere that provides them several advantages over currently used epitomal viral vectors for gene function studies and gene therapy applications. Firstly, the presence of a functional centromere enables the long-term stable maintenance of HACs as single copy epistome's without integration into the host chromosomes, thereby minimizing such complications as silencing of the therapeutic gene. Secondly, there is no upper size limit to DNA cloned in a HAC: entire genomic loci with all regulatory elements can be used that faithfully mimic the normal pattern of the natural gene expression. Indeed, not only single genes but groups of genes encoding complex pathways can be carried on a single HAC. Thirdly, the HACs can be transferred from one cell to another. Finally, because of the lack of viral sequences, HAC vectors minimize adverse host immunogenic responses and the risk of cellular transformation. They are used to introduce and control new DNA in a cell, to study how chromosomes function, and to map genes in genomes. In late 1990s, human artificial chromosomes (HACs) carrying a functional kinetochore were considered as a promising system for gene delivery and expression with a potential to overcome many problems caused by the use of viral-based gene transfer systems avoid the limited cloning capacity, lack of copy number control and insertional mutagenesis due to integration into host chromosomes that plague viral vectors. Nevertheless, until recently, HACs have not been widely recognized because of uncertainties of their structure and the absence of a unique gene acceptor site. The situation changed a few years ago after engineering of HACs with a single lox P gene adopter site and a defined structure. The most frequently used artificial chromosomes are yeast artificial chromosomes (YACs), bacterial artificial chromosomes (BACs), and P1 bacteriophage artificial chromosomes (PACs). They are used to contain lengths of DNA from 150 kb to 2000 kb. YACs hold the largest amount of DNA, up to about 2000 kb. In this review, we summarize recent progress made in HAC technology and concentrate on details of two of the most advanced HACs, 21HAC generated by truncation of human chromosome 21 and alphoidtet O-HAC generated de novo using a synthetic tetO-alphoid DNA array. Multiple potential applications of the HAC vectors are discussed, specifically the unique features of two of the most advanced HAC cloning systems.

By: Priya Uniyal, (BMM, 1st Year)



PCOS - Not a Taboo !

**"DON'T LET PCOS DEFINE YOU"
"STAY STRONG BECAUSE YOU WORTH IT"**

PCOS (Polycystic ovary syndrome) is a genetic hormonal, metabolic and reproductive disorder that affects women. It is the leading cause of female infertility. It can also lead to other serious conditions including severe anxiety and depression, obesity, endometrial cancer, type 2 diabetes, liver disease, and cardiovascular disease. It is the most common hormone disorders found in women, affecting approximately 10% of women worldwide. (This works out to be 100s of millions of women) with less than 50% of them diagnosed. Women with PCOS wrestles with an array of possible symptoms including irregular menstrual cycles, infertility, acne, facial hairs and many more. 36.6% of PCOS women have depression, 41.9% have anxiety still treated as just a fertility issue. It doesn't look the same in everyone. It's a situation that can really impact you physically, mentally and emotionally. Sometimes it blows me away, the lack of empathy and true education there is towards PCOS when you think about how common PCOS actually is,

it's actually quite insane. encourage everyone to continue the conversation and drive awareness. Be sure to also speak with a doctor and for more information undergo a health check-up. There is no cure for PCOS, but only managed with lifestyle. So why tell them all to just take the pill and lose weight. so support your friends and family members with PCOS. Having PCOS can feel isolating, make sure they know you are in the corner. WORLD PCOS DAY is celebrated on 1st September from 2018 during world PCOS day individuals and organisations around the world come together to promote PCOS awareness and support the hundreds of millions of people impacted by polycystic ovary syndrome worldwide. PCOS is a perfect example of how interconnected reproductive health is to overall health and quality of life. We stand women living with PCOS you are not alone We encourage everyone to continue the conversation and drive awareness. MAKE A DIFFERENCE - # BREAK THE SILENCE

By: Shivangi Shekhawat, (BMM, 2nd Year)

Hand - Foot - Mouth - Disease

Hand-Foot-Mouth-Disease is spreading amongst infants & children. Even youngsters can be trapped in this this contagious viral infection.

Overview of the disease:

- > Short-Term: resolves within days to weeks
- > Self-Treatable
- > Spreads Easily
- > Requires a medical diagnosis
- > Lab test often required

Symptoms of the disease:

- > Fever, soar throat, feeling dizzy, loss of appetite, mood swings, laziness, dehydration, fatigue.
- > One may experience pain while swallowing.
- > There's a possibility to get blisters, peeling, rashes, or red spots on skin.
- > Canker sore, coughing, headache are also common symptoms of this disease. As mentioned above, this virus is self-treated. Medications are provided for relief purposes.



Risk Factors:

HFMD is effecting 5 to 7 year old children and even younger than this in some cases. This injection spreads from person to person. Since children are the most innocent living beings, they don't realise anything interacting publicly.



Complications of this disease are as followed:

- > Dehydration- if the child is not habitual of drinking enough fluids then they may need intravenous (IV) fluids in the hospital.
- > Viral meningitis- This is a rare infection and inflammation of the membranes (meninges) and cerebrospinal fluid surrounding the brain and spinal cord.
- > Encephalitis- This severe and potentially life-threatening disease involves brain inflammation. Encephalitis is rare.



Prevention:

- > Wash yours hands frequently
- > Teach good hygiene to young ones
- > Disinfect common areas
- > Avoid gatherings and close contacts

It is very important to create awareness regarding this disease as most of the people are clueless. There is nothing to panic about. Just take precautions and safe.



By: Manmeet Kaur Bakshi, (BMM- 1st Year)

बेटी



जब जन्म देती हैं बेटी
खुशियाँ साथ लाती हैं बेटी
ईश्वर की सौगात है बेटी
सुबह की पहली किरण हैं बेटी
तारों की शीतल छाया है बेटी
आगन की चिड़िया है बेटी
जिस घर जाए, उजाला लाती है बेटी
बेटी की किमत उनसे पूछो
जिनके पास नहीं है बेटी..!

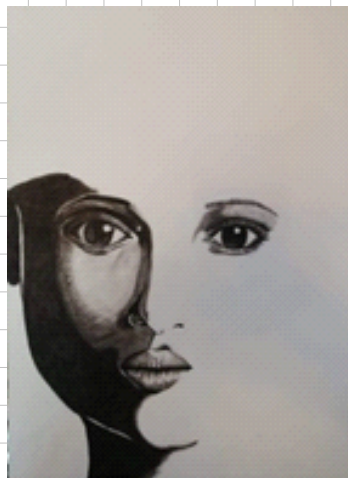
By: Kalpana Kabbu, (BMM, 2nd year)

Lone elephants in a forest



Painting by: Mansimar Kaur, (BMM, 2nd year)

**The thing women have
to learn is
“that nobody gives
you power,
you just make it”**



Sketch by: Vaishnavi Shetty, (BMM, 2nd year)

Things will always remain this way



Things will always remain this way,
Life may change for some each day.
The directions and that reach,
You will know how to breach.
Each lesson that you learn in life,
Each lesson of being do wise.
Will let you know about something,
Will teach you something you will.
Remember all through your day,
Do things that you love doing.
You will have a better way,
You just live once in life.
Make the most of your strive,
Stay happy and keep that smile.
All the way and every while!



By: Isha Gupta, (BMM, 1st year)

I had a dream



I had a dream
Last night I had a dream,
I dreamt of rivers, I dreamt of streams,
I dreamt of the big blue sky,
I dreamt of the animals down and the birds flying high.
I dreamt of a world where no one knew what was hate,
I dreamt of a time where nobody would curse their fate.
I dreamt of people who's hearts were filled with love,
I dreamt of adults who's mind was pure as a dove.
I dreamt of a day when no child would go hungry to bed,
I dreamt of world where everyone would share their bread.
I dreamt of world of forgiveness and compassion,
I dreamt that the world was a family and helping each other
was their passion.
I woke up in the morning to a world that my dream hardly
knew,
But then I jolted myself and promise that I gotta make this
dream come true!
No discussing brand new crushes,
No acting insane together, no arguments that are baseless.
Life is definitely nothing without friends,
And that's why I never want this friendship to ever end.

By: Isha Gupta, (BMM, 1st year)



**Krishna once said :
Don't be panic, have
some hope, I know
everything.
Not now, but one day I
will give your
everything to you.**

Sketch by: Komal Kumari, (BMM - 2nd Year)

We are not little girls



Capture by: Muskan Pandey, (BMM, 2nd year)

**Great views are
meant
to be captured**

Wondering the reason why, nobody ever taught us to fight.
We wore our heart on sleeve, no one even once believed.
We can pave our own way, shattering all the glass ceiling away.
Standing tall like a big man, now we get the business commence.
We ain't little girls, nobody tells us what we should learn.
We unravel the truth behind, we need no one to watch our
spine.
We have a lot of courage, no one can sabotage.
We ain't no more little girls, we now know whom to trust.



By: Muskan Chaudhary, (BMM, 1st year)