

COVID-19 pandemic in India



The COVID-19 pandemic in India is a part of the worldwide pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). As of 26 August 2022, according to Indian government figures, India has the second-highest number of confirmed cases in the world (after the United States of America) with 44,389,176 reported cases of COVID-19 infection and the third-highest number of COVID-19 deaths (after the United States and Brazil) at 527,556 deaths. In May 2022, the World Health Organization reported the number of Covid deaths in India to be an estimated 4.7 million mainly during a surge in May - June 2021, a figure that is almost 10 times the Indian government's estimate and nearly a third of the estimated global Covid deaths. The figure is similar to other estimates of Indian Covid deaths, but Indian authorities have rejected these estimates and questioned the methodology used.

The first cases of COVID-19 in India were reported on 30 January 2020 in three towns of Kerala, among three Indian medical students who had returned from Wuhan, the epicenter of the pandemic. Lockdowns were announced in Kerala on 23 March, and in the rest of the country on 25 March. Infection rates started to drop in September. Daily cases peaked mid-September with over 90,000 cases reported per-day, dropping to below 15,000 in January 2021. A second wave beginning in March 2021 was much more devastating than the first, with shortages of vaccines, hospital beds, oxygen cylinders and other medical supplies in parts of the country. By late April, India led the world in new and active cases. On 30 April 2021, it became the first country to report over 400,000 new cases in a 24-hour period. Experts stated that the virus may reach an endemic stage in India rather than completely disappear; in late August 2021, Soumya Swaminathan said India may be in some stage of endemicity where the country learns to live with the virus. By 23 December 2021, India had 78,190 active cases which was lowest in 573 days. This number fell to 21,530 in March 2022.

India began its vaccination programme on 16 January 2021 with –AstraZeneca vaccine (Covishield) and the indigenous Covaxin. Later, Sputnik V and the Moderna vaccine was approved for emergency use too. On January 30, 2022, India announced that it administered about 1.7 billion doses of vaccines and more than 720 million people were fully vaccinated.

Source: [COVID-19 pandemic in India - Wikipedia](#)

5G Spectrum Auction 2022: 5G services to be launched in India by October 2022, Reliance Jio top bidder

5G Spectrum Auction Date 2022: The 5G spectrum auction concluded successfully with a total bid amount of Rs 1,50,173 Crores, informed Union Telecom Minister Ashwini Vaishnaw on August 1, 2022. The Minister stated that a total of 72,098 MHz of spectrum was offered for auction, out of which 51,236 MHz has been sold. The Telecom Minister informed that the fifth generation (5G) telecom services are likely to be launched in India by October 2022. He stated that all formalities including approval and allocation of the 5G spectrum to the successful bidders and upfront payment will be completed by August 12.

A total of 40 rounds of bidding were conducted in the past seven days. Overall, 71 percent of the total spectrum that was bid out has been sold to four top bidders including Reliance Jio, Bharti Airtel, Vodafone Idea and Adani Data Networks. **5G Spectrum Auction 2022- Who was the top bidder?** Reliance Jio Infocomm was the top bidder with bids worth Rs



88,078 crore, accounting for 58.65 per cent of the total Rs 1,50,173 crore received by the government in the 5G Spectrum auction.

Reliance Jio made bids to acquire 24,740 MHz (in 700 MHz, 800 MHz, 1800 MHz, 3300 MHz & 26 GHz).

Bharti Airtel made bids worth Rs 43,084 crore to acquire 19,867 MHz spectrum in 900 MHz, 1800 MHz, 2100 MHz, 3300 MHz & 26 GHz bands.

Vodafone Idea Ltd made bids worth Rs 18,799 crore to buy 6,228 MHz spectrum in 1800 MHz, 2100 MHz, 2500 MHz, 3300 MHz and 26 GHz frequency bands.

Adani Data Networks Ltd made bids worth Rs 212 crore to acquire 400 MHz spectrum in 26 GHz frequency band.

5G Auction Dates. The 5G Spectrum Auction had begun on July 26th and concluded on August 1, 2022.

5G Spectrum Auction 2022: 7 Important Facts

1. The four major bidders in 5G Spectrum Auction 2022 included Reliance Jio, Bharti Airtel, Vodafone Idea and Adani Group.
2. The four bidders deposited a combined amount of Rs 21,800 crore in Earnest Money Deposit (EMD), based on which they were eligible to bid up to about Rs. 1.9 lakh crores.
3. Reliance Jio, which deposited Rs 14000 crore, had the highest EMD, followed by Bharti Airtel that submitted Rs 5500 crores, Vodafone Idea which submitted Rs 2200 crores and Adani deposited Rs 100 crores.
4. The EMD reflects the quantity of airwaves a company can bid for in the 5G Spectrum auction.
5. The 5g auction was held for different spectrum bands including low, mid and high frequency bands. The 5g spectrum auction saw 72,000 MHz (72GHz) airwaves go up for bids with reserve price being Rs 4.3 lakh crores.

Spectrum Bands: Low frequency bands- 600 MHz, 700 MHz, 800 MHz, 900 MHz, 1800 MHz, 2100 MHz, 2300 MHz Mid Frequency bands- 3300 MHz High Frequency Band- 26 Ghz, When will 5G launch in India?

The 5G services are likely to be rolled out in India by October 2022, as per Union Telecom Minister Ashwini Vaishnaw.

What is 5G spectrum auction? The 5G Spectrum auction is a process through which the government sells the rights to transmit signals over specific bands of the electromagnetic spectrum and assigns scarce spectrum resources. **What is Spectrum?** Spectrum refers to radio frequencies that can carry information wirelessly for a range of services including telecommunications. These wireless signals enable us to make calls, use our social media, book an Uber, get directions or use Google maps using our mobile devices.

The frequencies we use for wireless communication form a portion of what is called the electromagnetic spectrum, which encompasses several other frequencies that we interact with daily.

How does spectrum work? There are three spectrum bands for wireless communication- low, mid and high band spectrum. All three bands are essential for robust network, in this a robust 5G network.

Spectrum Bands- The low spectrum band travels longer distances with minimal signal interruption and is suitable to serve thousands of people over long distances with fewer towers.

The mid spectrum band comprises both low and high band spectrum, providing a mix of coverage and capacity.

The high-band spectrum, which is above 24 GHz, travels shorter distances but offers high capacity and ultra-fast speeds. It is however subject to interference from dense objects.

Source: [5G Spectrum Auction 2022: 5G services to be launched in India by October 2022, Reliance Jio top bidder \(jagranjosh.com\)](#)

SJMC Highlights



Anushka Dhaka, one of our Multi talented and intellectual scholar was invited as a guest on News 24 channel on the ongoing debate of Bollywood drugs peddling. She was invited as guest to put her opinion on how the substance abuse buzz is affecting today's youth when they look up to these celebrities as their idols. This opportunity helped put the perspective of lakhs of students out to the public and her answer was applauded for its relevance.



In spirit of Education and Learning during lockdown School of Journalism and Mass Communication, SFI, Noida-Sector 62 organized a webinar with *Voice Personality and Broadcast Presenter RJ Mannan Thakral on "Career Prospects in Radio Jockeying and Live Show Anchoring".* The initiative was taken to answer the comprehensive learning needs of the Media Students and help the media aspirants in Career guidance and understanding. It was a great experience for the participants to hear such an eminent Broadcast Presenter RJ Manan Thakral. The interactive and informative webinar helped the participants to gain a better understanding of the subject, and their roles as students of Journalism.



Suhani Bakshi, an energetic and enthusiastic Media student of Vth semester received an opportunity to work at 94.3 My FM and explore the world of a Radio Jockey. Not only she was live on the Radio set but experienced the work of copywriting, voiceovers and event management. Suhani has always been very keen in participating in college activities and this was yet another commendable moment in her career in media.

#	Country	Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases	Total Tests	Population
	World	16,032,501	+101,116	644,302	+2,487	9,802,637	5,585,542		
1	USA	4,264,689	+16,382	148,667	+177	2,929,207	2,066,815	52,643,220	331,123,317
2	Spain	2,345,200		85,385		1,592,261	670,534	4,911,063	47,355,710
3	Italy	1,374,224	+37,202	31,802	+146	876,394	463,878	11,849,068	60,263,472
4	France	906,720	+5,871	13,192	+146	597,140	196,388	26,610,423	65,336,710
5	South Africa	421,596		6,343		245,771	169,882	2,684,438	59,355,500

U.P. Top Headlines

- Due to Corona, U.P. industries are suffering a heavy loss.
- In 11 months, UPPCB slapped Rs 14 cr fine on 'polluter' NIA NHAI & Jd Nigan, but made zero recovery.
- Bareilly vyapar mandal seeks closure of markets for 15 days.
- Relief for builders as UP government gives six month extension to projects.
- Day after eight cops killed in Kanpur, over 25 UP Police teams formed to nab Vikas Dubey.
- Teen girl raped, attacked by youth in Meerut.
- Gangster Sunder Bhat's Rs 7 crore property demolished in Noida.
- Lockdown muzzles Uttar Pradesh's illegal gun trade in Meerut.
- Prayagraj youngsters down to cycling during lockdown.
- Gang busted, used to siphon funds on the pretext of bank loans against fake papers in Agra.

Bharat Biotech's Covaxin: India's first indigenous Covid vaccine candidate

Covid-19 vaccine, Covaxin is developed by Hyderabad-based vaccine manufacturer Bharat Biotech in collaboration with the Indian Council of Medical Research (ICMR), and is all set to begin human clinical trials. It has been granted an approval from the Director General of India (DCGI) for human clinical trials against SARS-CoV-2, the virus which causes the coronavirus disease. As the coronavirus infections continue to surge in the world's fourth worst-hit country, Bharat Biotech is among seven Indian firms working on Covid-19 vaccines. It was the first to get the regulatory nod to begin phase 1 and phase 2 human trials. Recently, ICMR, Director-General Dr Balram Bhargava also wrote to the principle investigators in the Covaxin trial asking for the vaccine to be launched by 15th August, triggering a massive controversy about how the timeline would be struck. Earlier, the company had submitted that the trials will be conducted over 15 months. Bharat Biotech's Covaxin vaccine falls under the category of inactivated vaccines. In such vaccines, the pathogen is 'deactivated' so that it can no longer cause infection. However, parts of the virus can still be identified by the body's immune system and can trigger an immune reaction. Hepatitis A, influenza, and polio vaccines used in India are some examples of inactivated vaccines.

It's a proud moment for us to announce the release of our monthly newspaper- Satyam Media Chronicle designed and produced by the students of School of Journalism and Mass Communication, Satyam Group of Institutions, Noida. This newsletter publication is an attempt to engage in the practical learning of the Media Industry. It consists of 8 pages covering National, International, Economic and Sports News. There are pages dedicated to empowering stories of women, student's innovation, career after 12th and SJMC highlights. We are glad to announce that this newsletter is indeed Student's innovation produced under the guidance of our Chairperson- Ms. Sneha Singh, Principal- Dr. Vandana Jaglan, Dean- Dr. M. Alam and Program Head- Ms. Priyanka Sarkar. You can access the SMC newspaper by simply logging on our website satyamassmedia.in

SJMC Highlights

SCHOOL OF JOURNALISM & MASS COMMUNICATION, NOIDA
(Under the aegis of SFI, Noida)
Affiliated to SNDT Women's University, Mumbai

Learning mustn't stop due to Covid-19
Live Webinar with

Topic: Career Prospects in Contemporary Media
July 18, 2020 | Saturday | 4:00 PM

Moderator
Mannan Thakral
Broadcast Presenter, Voice Personality, Radio Jock, Anchor

SPEAKER
Ms. Peenaz Tyagi
An Award-Winning - TEDx Anchor and Editor
News Nation India's Leading Hindi Language TV News Channel

C-56A / 14 & 15, Sector - 62, Noida, Pin-201209 | **E-Certificate will be provided to every participant

SPEAKER
Mr. Pawan Kumar Sharma
Senior Journalist, Lok Sabha Television

Topic: How to become Effective Mass Communicator?

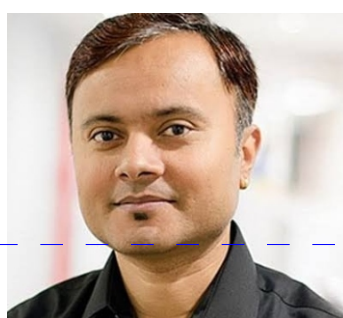


In spirit of Education and Learning during lockdown School of Journalism and Mass Communication, SGI, Noida-Sector 62 organized a webinar with *Ms. Peenaz Tyagi, Tedx Anchor and Editor of the channel News Nation, India on "Career Prospects in Contemporary Media".* The online session was moderated by the Voice Personality Mr. Manan Thakral . The initiative was taken to answer the comprehensive learning needs of the

Media Students and guide the new batch of 2020 in Career guidance and understanding. It was a great experience for the participants to hear such an eminent panelist Ms. Peenaz Tyagi . The interactive and informative webinar helped the participants to gain a better understanding of the subject, and their roles as students of Journalism.

In spirit of Education and Learning during lockdown School of Journalism and Mass Communication, SFI, Noida-Sector 62 organized a webinar with *Mr. Pawan Kumar Sharma, Senior Journalist of the Lok Sabha Channel on "How to become effective Mass Communicator?".* The initiative was taken to answer the comprehensive learning needs of the Media Students and guide the new batch of 2020 in Career guidance and understanding. It was a great experience for the participants to hear such an eminent speaker Mr. Pawan Kumar Sharma . The interactive and informative webinar helped the participants to gain a better understanding of the subject, and their roles as students of Journalism.

Students of Mass Media attended a webinar with Mr. Christo Tomy on "Sphere of Cinema" and "Changing Trends in Screen Writing" with Christo Tomy. Christo is an Independent Filmmaker from Kerela and 2 times National Film Award Winner. The session was highly enlightening for the students.



Students of Mass Media attended a webinar with Mr. Mukesh Sharma, Hindi BBC-Editor on "Challenges before the Newsroom and Journalism during Covid-19 pandemic". The session catered to the comprehensive learning requirement of the students.

Students of Mass Media attended a webinar with Prof. Rekha Pande, Director of Center for Women's Studies and Professor at Department of History, University of Hyderabad, Telangana on "Women's History in Ancient and Medieval India", and with Prof. Geraldine Forbes, Distinguished Teaching Professor at Department of History, State University of New Chicago on " The New Women in Colonial India". The session was highly informative and enlightening for the students.



B.A. - Mass Media for Girls only

Journalism
Advt. & PR
Animation

ADMISSIONS OPEN 2020

IGNITE-2K21

School of Journalism & Mass Communication- SFI, Satyam Group of Institutions, Noida is the destination for those who are looking to pick up experience for a future media career, no matter what area you're keen on. There are huge number of activities and live projects you could get involved with! From the student newspaper, radio shows, website designing and content writing to theatre and drama clubs etc there's are lots of things you can start your media career.....

The Editorial Page

Media and Democracy



Media came into existence in 1780 with the introduction of a newspaper namely "The Bengal Gazette" and since then it has matured leaps and bounds. It has been playing a very important role in shaping human minds. Media plays a crucial role in shaping a healthy democracy. It is the backbone of a democracy. Media makes us aware of various social, political and economical activities happening around the world.

It is like a mirror, which shows us or strives to show us the bare truth and harsh realities of life. It is therefore essential for media to maintain certain standards while dominating news. Media organizations are generally assumed to play an important role in democracies, but how effective are they in performing this function is a matter of study. The power of Media can be used to reinforce democracy.

It can be used as an instrument to bridge between governors and the governed. This Paper aims to analysis the supposed role of media in deepening Democracy. Through his research paper an attempt has been made to highlight the role of Media in strengthening democracy in India. The present study highlights the impact of media as a platform of nation building through political, social, economic and cultural democracy.

Democracy is a system of government in which all the people of a country choose and elect their representatives' called democracy. Media came into existence in 1780 with the introduction of 'The Bengal

Gazette' and since then it has matured leaps and bounds. It has been playing a very significant role in shaping human minds and opinion.

Democracy is a popular political notion in today's world, fair and free elections are the prerequisite of democracy and rule of the law, protection and freedom of human rights and supremacy of the constitution are important elements in true democratic system. The media's relationship with democracy has allowed people the right to participate in media and share the information they found and want to contribute to the people through the media.

Since media democracy allows people the right to participate in media, it extends the media's relationship to the public sphere, where the information that is gathered and can be viewed and shared by the people. The public sphere is described as a network of communicating information and points of view from people, which is reproduced through communicative action through the media to the public.

The relationship of media democracy and the public sphere extends to various types of media, such as social media and mainstream media, in order for people to communicate with one another through digital media and share the information they want to publish to the public.

For a democratic country, access to information is essential, freedom to read or write is an important element to expose and

reveal the truth, to ensure self-development and self-fulfillment of citizens and to help ensure participation of citizens in a democracy. In other words Democracy in general terms is understood to be a form of government which is subject to popular sovereignty.

Media are like a beacon that should be welcomed when there is nothing to hide and much to improve. Indeed, this is the concrete link between the

functioning of the media and good governance – the media allow for ongoing checks and assessments by the population of the activities of government and assist in bringing public concerns and voices into the open by providing a platform for discussion.

Priyanka Sarkar
Assistant Professor
School of Journalism & Mass
Communication, SFI, Noida

Life in Lockdown



Lockdown 2020, 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.

Kirity Sinha,
Student of SJMC Sem.-V



Students Articles

Press – a boon or a cruse?

The press bring about social and political change or economic development is extremely limited. Press is a boon if it is socially responsible, educative, informative, unbiased. But it is curse if it carries eagerness among the people's misconceptions of facts of someone's reputation. For many public, press become boon because they predict if they narrate their anecdote so that public believe they get solution or a justice. Press is that type of power where public get to know the reality of the world and also it polished the dirty attitude of the society. But at the same time press become curse also. At many times, information reported may not be authentic form.

Sometimes fake news manipulated the minds of the audience. For example, a particular political party may control the reports or anchor in their favour which show the political control in press or media. It clearly hampers the honest. It's true that without press or media basically in today's generation we can't survive but don't make the press curse. Press is that strongest weapon where public/society give their opinion or raise their voice without fear. Sometime press don't show the reality but at the same time they show the reality because truth never hide.

By-Debanjana Chakraborty

Nepotism In Bollywood



Nepotism is quite famous in the bollywood industry and there's been quite a lot of talk about it since past few years. I feel it's present everywhere in the world be it in any business or industry. Well, I do feel some people in the industry do support nepotism but most of them want 'talent'. I don't believe in blaming anyone for being born as a star kid. Without the talent and skill, no one can survive in the bollywood be it any star kid or an outsider. I feel the debatable topic should not be about nepotism but 'equality' in every aspect. Giving equal opportunities and respect should be the major concern for the people to talk about. There are many examples which prove that it's about nothing but 'talent'. Actors like Alia Bhatt, Ranbir Kapoor and Hrithik Roshan, it's their skills which make them the best actors and it does not even matter whose son or daughter they are. On the other hand actors like Rajkumar Rao, Pankaj Tripathi, Priyanka

Chopra and Deepika Padukone, they all really are ruling the industry. Example such as Twinkle Khanna being a daughter of the famous superstar Late Rajesh Khanna could not mark her journey in bollywood as she lacked the acting skill but she has a great writing skill. For a star kid, it might be easier to step into the industry but surviving is tough especially without talent. Audience play a major role in choosing what and who they want to see on screen, they can make or break superstars. Well, the industry is changing and prioritizing talent over anything else but still it's a long way to go and hopefully discrimination of any sort would end in the industry or for that matter anywhere in the world and we would see new emerging talents in the industry.

Deeksha Pandey
(B.M.M–Semester-1)

SAROJINI NAIDU WOMEN FOR WOMEN



When it comes to the strongest women ever Sarojini Naidu is the first in the list. The most unforgettable and notable person of all times. Her compassion towards her work made every woman realise to light up their world with more opportunities. She is a remarkable example for development of women and making them independent. Imagine yourself as a woman of 21st century getting married at early age, uneducated, jobless, dependent on male members, having two children at the age of twenty!! After imagining it, your reaction might be 'no ways' right enough? All credit to Sarojini Naidu. She was an activist, a politician, poet. She was granted with the title "the Nightingale of India" by Mahatma Gandhi for her exceptional poetry skills. Moreover, she played a prominent role as a freedom fighter and struggled for Indian independence.

It is a clear fact that she is a powerful personality even now. An extraordinary woman who had faith in herself and became the first woman to head Indian National congress and govern the entire state at the time when females were seen as slaves. Also, she went to jail very often because of her awful statements and poetry against British rule. But as said she was a fighter and her fearless decisions made her legend. While she went to abroad for higher studies, she thought of Indian women's who were helpless to take even small decisions by their own. Early marriage, violence, harassment, society pressure etc. was something faced by huge women population. They were ill-treated. In order to remove this completely, Naidu believed in bringing equality among both men and women. She inspired other women's to be self-sufficient, fight against society norms, remove concept of male domination,

stand against harassment, get well educated and focus on their career for their bright future. She gave her whole life in encouraging them through her articles, poetry and frequent visits to the people. Because of her kind gesture and pleasant nature Gandhi Ji always supported her work. The condition of women steadily changed due to her efforts.

Today the status of women is quite satisfactory. It is fortunate to say that today's women are smart enough to tackle any situation. They are independent, self sufficient and leading the world., a tough competitor and earning respect in every field. From being a CEO of a company, doctor, teacher, engineer, influencer to a manager, women have gained high respect in every aspect. Furthermore, they became successful to break the old stereotyping norms. Now a woman is the bread earner and strength of the family. They get a great opportunity to learn, to vote, to express their feelings. Also, they have a facility of separate university, hostels, jobs. Sarojini Naidu's contribution in the emancipation and empowerment of women of India is obliging.

We salute her struggle and thank her for bringing a change that is precious. Her enthusiasm towards women's promotion is indeed indelible. The spark she left in every woman became helpful indeed. Still in some parts of country women are treated badly. We celebrate National Women Day on veteran Sarojini Naidu's birth anniversary, every 13th Feb. Let's take a pledge to be the next Sarojini Naidu and help those women to get a different and their best identity.

SHUBHANGI DATTA (BMM 2nd SEMESTER)

Students Articles

Role of fake news during pandemic

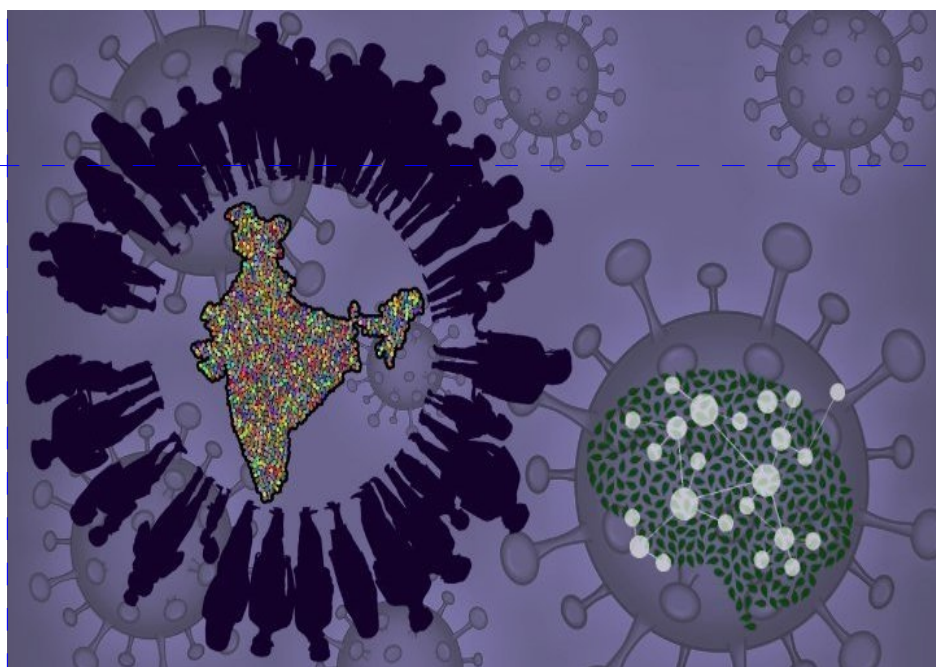


During this pandemic we all spend our most of the time on social media. Because everyone wants to know about things like vaccine, COVID-19, fungus and all. On T.V or social media there are lots of news and fake news also. So what is fake news exactly- it is false or misleading information presented as news. It often has the aim of damaging the reputation of a person or entity, or making money through advertising revenue. During this pandemic this fake news takes place very fast and this is an enormous problem for everyone because this time is very hard for everyone. We need to differentiate between real news and fake news, and how we can do this? Thoroughly see every fact, listen professional, watch only professional news then decide if it's true or not. And also don't share that kind of news which has no true facts and cannot be proved. So the conclusion is being a responsible citizen, don't share fake news and also don't tell any other person of that kind of news which is not proved through these small steps we stop carrying fake news and give only true fact-based news only. So not only during this pandemic but also every day we have to stop carrying fake news.

BY:- Alka Jha
Transgender

COVID-19 Has Aggravated India's Hidden Mental Health Pandemic

The ongoing global health crisis, the COVID-19 pandemic, has given rise to an unusual challenge to our health systems, economy, socio-political organizations, and the infrastructure of most countries and the world. This pandemic has also served detrimentally not just physical health but mental health as well. Lack of known strategies to control this pandemic, lockdowns, loss of work and shelter, sudden rise of patients in hospitals, closed educational institutions and more such turmoil have resulted in a huge impact on every aspect of human life all over the globe. Work & education, physical and mental health conditions, family dynamics &



social connections are some of these aspects. While many of these repercussions are being discussed on social media, news portals on a daily basis, but COVID-19's impact on mental health remains one of the least considered aspects, particularly in India. The lockdowns have given some people an opportunity to work (or study) from home, enabling

Genders of gender

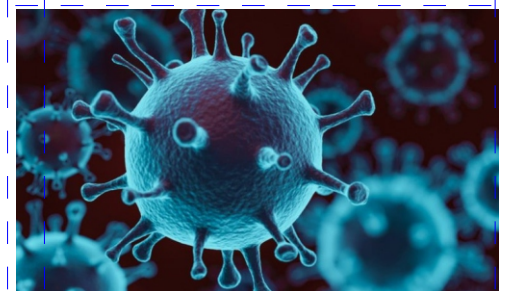
Whenever we talk about gender, the mindset automatically connects to the two types of gender firstly male and secondly female. Obviously by living in a stereotypical society we have adapted this psyche, but what about them, aren't they human, or they don't have life, or maybe they don't feel anything. In day-to-day life too people think and get confused about genders, when equality and education is at the top list of priorities. Where on one side we talk about equality, and at the same we don't get committed to it. It's not about the whole; some know the difference between knowledge and intelligence and they accept the truth. There's no such big thing in getting a body of transgender, everyone has got a body to live not to get assumed. It was never a mistake of any gender to get the body, it's all about biology. How a person comes into life, and takes birth in this alluring orb. When a male is produced X chromosome intersects Y chromosome, with the same process when X chromosome intersects X chromosome a female is produced. But when any of the chromosomes increase by its manner (when X chromosome increases or when Y chromosome increases) it produces transgender, which is normal by its behaviour, but unfamiliar with others. But sometimes it doesn't come by birth but after spending some of the time they realise that their body is different from others, and that's totally fine, explained by doctors themselves. Imagine a person is being cursed without any reason, without any mistake, how it would feel. Or just think yourself by that situation, whether it would be an ease for life, or whole life would be a curse. We have arrived in that era where we live by our own strategies so why not them. Therefore, government came to give an equal opportunity to those who are human but not a gender unequal material. Government published Transgender Person (Protection of Rights) Act, 2019 on 19-July-2019, enacted by parliament of India, introduced by minister of social justice and empowerment, first reading on 5-August-2019, and assented on 5-December-2019. Its objective is the protection of transgender and to take care of their rights and welfare and other related matters. In today's life many transgender have seen achieving their dreams without thinking about the gender they belong but taking care of humanism. Still in some parts of the countries we are unable to give equal opportunity, but hoping for someday to get good results. Let's make a collateral to take care of humanism but not of getting a bond of Gender.



Gaiety Bhabya

them to spend quality time with their family and build connections. This, in turn, can increase psychological wellbeing and a feeling of happiness but this is the instance of only a small segment of the population.

A huge population is facing an adverse impact of COVID-19 on their mental health. Such as COVID-19 positive patients often suffer from depression, anxiety and post-traumatic stress related to the disease. Frontline workers often face stigma from their community and family and have to deal with the fright of getting infected. They also undergo burnout, anxiety and insomnia related to overburdening workloads.



Increased suicidal thinking and suicide, especially among youth is a major concern during this time, which could be stimulated by the isolation during the quarantine during the lockdown period. After a national lockdown was announced on 25 March, within five days Kerala had registered eight cases of suicide by individuals, who failed to bear up with alcohol withdrawal. One in seven Indians has mental disorders of varying severity, with Indians reckoning for almost one quarter of global suicide deaths.

By Noopur Goyal

Mass Media Industry Career Prospects

Proving its resilience to the world, Indian M&E industry is on the cusp of a strong phase of growth, backed by rising consumer demand and improving advertising revenue.

The industry has largely been driven by increasing digitisation and higher internet usage over the last decade. Internet has almost become a mainstream media for people.

The Indian Media and Entertainment (M&E) industry is a sunrise sector for the economy and is making significant strides.

Proving its resilience to the world, Indian M&E industry is on the cusp of a strong phase of growth, backed by rising consumer demand and improving advertising revenue.

ADVERTISING AND BRAND MANAGEMENT CONSULTANT
CORPORATE COMMUNICATION CONSULTANT

PRODUCTION COORDINATOR
Radio Jockey / PROGRAM PRESENTER

Graphic Designer
News Editor

Script Writer / Copywriter
Media is consumed by audience across demographics and various avenues such as television, films, social media, out-of-home (OOH), radio, public relations, journalism, animation, and visual effect (VFX), music, gaming, digital advertising, and print.

Reporter / Correspondent
Marketing and Media Sales Executive
Set Designer / Art Director

Media Sales Executive
NEWS ANCHOR



Health Journalism

Ayurveda



Liquorice (Mulethi)- Liquorice is found growing wild in many Asian countries and is also cultivated at small scales in India, Iran, Afghanistan etc. The roots tastes sweet and is used in Ayurveda.

Benefits & Uses

⊙**Respiratory system strong** - Multhi has been conventionally used by Ayurveda in treatment of respiratory disorder. It makes our respiratory system more efficient and convenient.

⊙**Boots Immunity** - Mulethi benefits include boosting your immune system which helps in giving your body the strength to fight many disease and illness. Right now the diseases or virus like Covid-19 makes the immune system weak, so by this we can make our immune system strong and more powerful.

⊙**Reduces Stress & Depression** - Multhi benefit include relieving people suffering from the problem of depression. Including licorice root in your daily diet helps in controlling stress hormones anxiety and stress.

⊙**Keep your liver healthy** - Mulethi route is considered to be an effective option for keeping your liver healthy and free from diseases. This helps in protecting your body from being damaged by free radicals an also helps in treating jaundice thus keeping your life healthy.

⊙**Treats sore throat and cough** - Mulethi Root is an excellent remedy for curing problems such as sore throat and cough. The infections such as asthma makes the respiratory organ weak an oxygen level down thus it help to balance it. Procedure of using mulethi is take some mulethi in a cup of boiling water after 10 minutes . Straining the water and drink it to get relief from these problems.

Giloy - Giloy is scientifically known as Tinospora Cordifolia or Guduchi Hindi. The stem of Giloy is considered highly effective because of its high nutritional content and the alkaloids found in it but the root and leaves can also be used. It has been in use from centuries in traditional medicine to treat various disorders.

Benefits and uses:

Drinking fresh Giloy juice helps to improve immunity and can be used to manage fever due to it's antipyretic activity. It also increase plates count. Giloy powder is also used in making tea. It is bitter in taste and helps in managing blood glucose level. In fact, Giloy has been approved by the food and drug Administration to be used as a remedial medication . Giloy root and stem both can be consumed for medicinal benefits. It is an ancient Herb that is packed with an array of benefits it is one if the most effective natural medicine to boost your immunity and prevent the onset of common infections.

I - Ayurvedic Immunity Promoting Measures

⊙Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.

⊙Drink herbal tea / decoction made from Tulsi, Cinnamon, Black pepper, Dry Ginger and Muna Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.

⊙Golden Milk- Half tea spoon Turmeric powder in 150 ml hot milk - once or twice a day.

II-Simple Ayurvedic Procedures

⊙Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils in morning and evening.

⊙Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

By Sakshi Khurana and Parul Upreti

Is covid-19 vaccine safe for diabetes patient?



It's quite clear that people with diabetes do much more than people without diabetes in terms of their outcomes with Covid,” says doctor early in the pandemic a study found that roughly half of people who died from COVID-19 under 65 had diabetes.

The protective effect of vaccine are critical for people with diabetes who are increased risk for severe and deadly infection from COVID-19, say doctors suggested that people with type one or type two diabetes are three times more likely to be hospitalised or experience ever cover 19 illness compared with people without diabetes

It has not been deliberately tested whether the Corona vaccine is good or bad for people with diabetes Although the CDC collect data on the pre existing condition including diabetes ,kidney disease etc. when you get the vaccine they don't forbid you from taking the vaccine if one has any of these co-morbid conditions.

So people have been given the Corona virus vaccine regardless of co-morbid condition so there are no contradiction of receiving the Corona virus vaccine people in people with type 2 diabetes. Actually it is good to get immunized with the coronavirus vaccine if one has type 2 diabetes ,a metabolic disease. Type 2 diabetes is one of the co-morbid condition in people with COVID-19 who are admitted to the icu, intubated and eventually died. So it may be better to get immunized this may reduce the adverse reaction due to viral infection. In fact, I know of people with type 2 diabetes who received the vaccine and not showing any adverse reaction.

By- Nikita Manral and Ritika Manral

Myth: If you get the vaccine while you're pregnant, you'll miscarry

A lot of myths have sprung up about the COVID-19 vaccine and pregnancy, and while one local doctor works to dispel them, a Northern Virginia woman said asking “nitpicky questions” of her doctor gave her the facts. Getting to the truth is important because women who are pregnant and sick with COVID-19 are more likely than other women to die, be hospitalized or be put on ventilators. She added, “COVID vaccine in pregnancy is absolutely considered safe. There have been no risks demonstrated. None of the vaccines that are currently approved — none of them are live vaccines, so there's no chance of getting sick from the vaccine. There's no chance the vaccine is going to make your baby sick.” Another myth about the vaccine: It causes infertility. “That is absolutely not the case,” Banulis said. “That's been disproven — there's been lots of good scientific study around that,” she said. Yet another myth concerns the way mRNA vaccines, such as the COVID-19 vaccines work, by teaching cells how to make a protein, or even just a piece of a protein, to trigger an immune response.

Other vaccines given to pregnant women are known to protect babies. The CDC recommends vaccinating against pertussis (known as whooping cough) for women in their third trimester to protect the baby right away at birth. It works with influenza, too.

“Babies born of mothers who receive the flu vaccine have a much lower chance of getting the flu within the first six months of life,” Banulis noted. It's not known whether the COVID-19 vaccines work that way. But two pediatricians in South Florida have made preliminary reports, not yet certified by peer review, that a health care worker who received a Modern vaccine dose in January, at 36 weeks pregnant gave birth to a healthy girl with SARS-CoV-2 IgG antibodies detectable in her umbilical cord blood at the time of delivery.

By-Isha Tyagi and Mansi Tyagi