



SATYAM Media Chronicle



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The Current Scenario

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Jindal South West Steel crude steel manufacture rises 6% in one month



JSW Steel achieved crude steel production of 14.25 lakh tonnes in month of October 2021 compared to 13.43 lakh tonnes in September 2021 and 13.38 lakh tonnes in October 2020, recording a growth of 6% both month-on-month (m-o-m) and year-on-year (y-o-y). The production of flat rolled products stood at 10.45 lakh tonnes, recording a growth of 10% m-o-m and 7% y-o-y. The manufacture long rolled products stood at 3.34 lakh tonnes, recording a growth of 6% m-o-m and 11% y-o-y. The average capacity utilisation for the month was 95%. The crude steel / pig iron manufacture from phase II expansion project during October 2021 was considered as trial manufacture not forming part of the above production numbers

By:-
Gursimran Kaur (3rd sem)

Karnataka fruit seller receives Padma Shri for his selfless social work



Popularly known as 'Akshara Santa' (Saint of letters), Harekala Hajabba, in his 60s, is an ideal example of the saying where there is a will, there is a way. And he has done what most can only dream of.

Hailing from a small village called Newpadpu (Harekala) in rural Karnataka; Hajabba dreamt of a small school for the village children and worked very hard for ten years to build upon that dream. And he did so by selling oranges and keeping aside a part of the income for the school fund.

On November 7, 2021, the real hero flew all the way to the national capital to receive the fourth highest civilian award, the Padma Shri from President Ram Nath Kovind.

On November 8, 2021, he received the honour at Rashtrapati Bhavan, New Delhi for his selfless social work contributions at the grassroots level. The list of other awardees included S. Ramakrishnan, who made 'Amar Seva Sangam', a safe refuge for the differently-abled persons in South Tamil Nadu and Kumari Sabarmatee of Sambhav foundation for her contribution to the field of agriculture.

Long before he was identified to be conferred the Padma Shri award in 2020, the world had taken notice of his efforts.

By:-
Gaiety Bhabya (3rd sem)

WhatsApp wants NPCI to increase its UPI cap, current limits prevent it from on boarding 95% of its user base

Facebook-owned messaging app received approval from the National Payments Corporation of India (NPCI) to commence Unified Payments Interface (UPI) payments in India.

WhatsApp was allowed to onboard only 20 million users for its payments platform, which is substantially less than its user base of over 400 million in the country.

As per a Money control report, WhatsApp has now requested the NPCI to increase the user cap restriction on its payments platform. "WhatsApp has been requesting NPCI to increase the cap. The request is currently under review," said a source aware of the development.

WhatsApp has been trying to compete with PhonePe and Google Pay, which are the existing leaders in UPI payments. The messaging app had recently announced an offer, providing a cashback of ₹51 for five transactions, allowing users to earn ₹255.



NPCI is reportedly considering increasing the user cap on WhatsApp payments in a phased manner. "NPCI is considering increasing the cap in a phased manner because it cannot handle the huge volumes that might come with removing the cap completely," the source added. It is likely that a complete removal of the user cap on WhatsApp may overwhelm NPCI, especially with such cashback offers being announced by the Facebook-owned messaging app.

By:-
Gaiety Bhabya (3rd sem)

Toxic foam pollutes the holy river Yamuna



One of India's holiest rivers was coated with toxic foam on 8 Nov on the surface of the Yamuna near Kalindi Kunj in Delhi. The city government blamed the blight on "heavy sewage and industrial waste" discharged into the river from further upstream last week. The formation of white foam in the Yamuna River is not something new. However, what's worrying is that the formation of this foam is not a natural phenomenon. A 2020 government report found water quality in the river had become "critically worse" over the last five years. Delhi and its surrounds have also been engulfed in thick and hazardous smog since last week. Following this, the Delhi government on Tuesday banned fishing in parts of the Yamuna citing high pollution levels in the river. Levels of

harmful particles have topped 400 in several areas, which is 16 times higher than the daily safe limit set by the World Health Organization. In 2020, the Bureau of Indian Standards prescribed Sodium Tripolyphosphates percentage for the household laundry detergents should be 5 for detergent bars, 2.5 for powder, and zero for household detergents for woollen and silk fabrics. The primary reason behind the formation of the toxic foam was high phosphate content in the wastewater because of detergents used in dyeing industries, dhobi Ghats and households. The Delhi Pollution Control Committee (DPCC) has sealed two polluting units and ordered closure of 15 others which may have caused froth in the Yamuna.

By:-
Akanksha Chauhan (3rd sem)

From Beggar to Padma Shri awardee – The long journey of Karnataka transgender dancer Manjamma Jogati.



Karnataka transgender dancer Manjamma Jogathi was conferred with the Padma Shri award for her contribution to folk dance by President Ram Nath Kovind on Tuesday. Before she received the award, she made a gesture with the pallu of her sari to wish the President good luck, which soon went viral. Manjamma was born as Manjunatha Shetty in Karnataka's Ballari district. She studied till Class 10. At the

age of 15, she started identifying herself as a woman. Her parents made her perform Jogappa –a ritual in which devotees are believed to get married to a god or goddess. This is when Manjunatha Shetty became Manjamma journey started as a street beggar. She was sexually abused and was on the verge of suicide. From there, she emerged as a dancer and became the first transgender president of Karnataka Jaanapada Academy, a government body for performing arts. Manjamma learnt a dance form known as Jogathi Nrithyaa after she was introduced to Kallava Jogathi. After Kallava's death, she performed across the state and made the dance form popular.

By:-
Gaiety Bhavya, BMM , Sem III

World heading for 2.4 Degrees Warming after Latest Climate Pledges report



Climate Action Tracker has said that the promises by countries attending the U.N. summit in Glasgow to cut greenhouse gas emissions by 2030 would still allow the Earth to heat up far beyond the United Nations target by 2100. New national pledges to tackle climate change this decade would lead to around 2.4 degrees Celsius of global warming this century, far above safe levels, analysts predict. Climate Action Tracker (CAT) said on Tuesday that the promises by countries attending the U.N. summit in Glasgow to cut greenhouse gas emissions by 2030 would still allow the Earth to heat up far beyond the United Nations target by 2100. "Even with all new Glasgow pledges for 2030, we will emit roughly twice as much in 2030 as required for 1.5°C," it said, referring to the aspirational goal for warming since pre-industrial levels set down in the 2015 Paris Agreement. Therefore, all governments need to reconsider their targets," the research coalition added. In an "optimistic scenario" where some countries' longer-term goals to stop increasing the level of greenhouse gases in the atmosphere - "net zero" - by 2050 or later were implemented, warming could be limited to 1.8°C this century, CAT added. That forecast echoed an analysis last week by the International Energy Agency. CAT warned against assuming the longer-term pledges would be met,

however, since most countries have not yet implemented the short-term policies or legislation needed for those goals. It's all very well for leaders to claim they have a net zero target, but if they have no plans as to how to get there, and their 2030 targets are as low as so many of them are, then frankly, these 'net zero' targets are just lip service to real climate action," said Bill Hare, CEO of Climate Analytics, one of the organisations behind the CAT. Under "business as usual", without any of the new pledges, the world would warm up by 2.7°C this century, CAT said. All scenarios will blow past the 1.5°C limit that scientists say the world must meet to avert the most devastating impacts of climate change. To keep to that, scientists have said global greenhouse gas emissions, mostly carbon dioxide from burning coal, oil and gas, must fall 45% from 2010 levels by 2030 and hit net zero by 2050. Greenpeace said the analysis was "devastating" and called on countries to agree to update their 2030 targets every year until the gap between their pledges and the 1.5°C target was closed. Some 90% of global emissions are now covered by a net zero target, but the "vast majority" of countries' climate plans for the next decade are inconsistent with long-term net zero targets, CAT said.

By:-
Deepanjali Tripathi, BMM , Sem III

Prime Minister Narendra Modi meets NSAs of seven countries



The Delhi Regional Security Dialogue on Afghanistan gets underway in New Delhi. National Security advisers/secretaries of security councils of Iran, Kazakhstan, Kyrgyzstan, Russia, Tajikistan, Turkmen. They condemned terrorist attacks in different provinces and cities of Afghanistan and underscored that the territory of Afghanistan should not be used for terrorist sheltering and training, as well as for planning or financing acts of terrorism: Russian embassy. National security advisers and security council secretaries reiterated their strong support for a peaceful, secure and stable

Afghanistan, while emphasizing respect for its sovereignty, unity and territorial integrity and non-interference in its internal affairs, according to a statement by Russian embassy (ANI) The participants condemned in strongest terms all terrorist activities and reaffirmed their firm commitment to combat terrorism in all its forms and manifestations, including its financing, dismantling of terrorist infrastructure and countering radicalisation, according to the Delhi Declaration on Afghanistan (ANI)

By:-
Gaiety Bhavya, BMM , Sem III

The pandemic pushes many into serious debt for health care

With families forced to sell assets, jewellery and even livestock to pay hospital bills. Even before covid, India's out-of-pocket medical expenses were among the world's highest, accounting for about 60% of total health expenditure. Public health spending is less than 2% of gross domestic product, compared to 5.4% in China and a global average of nearly 10%, by World Bank data. Researchers at Azim Premji University found the virus pushed an additional 230 million Indians below the poverty line, with worrying increases in malnutrition and hunger. SIMILAR STORIES Zika virus cases surge in UP's Kanpur Maharashtra city mulls no free first Covid dose after 30 Nov to speed up



vaccination pace Sitharaman lauds India's Covid vaccine drive, abrogation of Article 370 in J-K India's recovery engine emits mixed signals at states level The first warning signs that it would be a bad dengue season came in late August.

By:-
Gaiety Bhavya, BMM , Sem III

Petrol, diesel prices: Rates constant on 10 November, check here what you need to pay in your city



Petrol and diesel prices on 10 November 2021: Petrol price in Delhi stands at Rs 103.97 per litre while diesel is available for Rs 86.67. In Mumbai, petrol is retailing at Rs 109.98 while diesel costs Rs 94.14. Petrol and diesel prices

remained constant across the country on Wednesday. In Delhi, petrol costs Rs 103.97 a litre while the rate of diesel was Rs 86.67 per litre. Mumbai, petrol can be bought at Rs 109.98 per litre and diesel costs Rs 94.14 for one litre. In Chennai, a litre of petrol is priced at Rs 101.40. On Wednesday, the price of a litre of diesel was Rs 91.43 per litre. Petrol in Kolkata costs Rs 104.67 per litre while diesel costs Rs 101.56 a litre. While petrol can be bought at Rs 107.23 in Bhopal, which is a cut by Rs 6.27, diesel costs Rs 90.87 per litre.

By:-
Manshi Dhami, BMM , Sem III

Zika Virus: Another Health Challenge For India



Zika Virus infection is already on rise in

Kerala, where two more people, including a minor girl, were found infected with the virus, and other states widely affected were Tamil Nadu and Karnataka. The Zika virus is transmitted by Aedes Aegypti mosquitoes, which breed in stagnant water and are also the carriers of Dengue and Chikungunya. Around 80 per cent of people infected by the virus do not show any symptoms. Some get

fever or body ache. But in severe cases, the virus can cause birth defects and a disease where the immune system attacks the body & nerves. First discovered in 1947, the Zika virus had reached epidemic proportions in Brazil in 2015, when thousands of babies were born with microcephaly, a disorder that causes babies to be born with abnormally small heads and

underdeveloped brains. Zika has emerged as a new challenge for Indian government amid this covid. States government are taking precautions. Kanpur, Health officials have been asked to step up surveillance and ensure door-to-door sampling and testing for Zika virus.

By:-
Deepanjali Tripathi, BMM , Sem III

SATYAM Media Chronicle

SJMC Highlights

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Video Shoot Collaboration with National Khabar News Channel



SJMC organized a video shoot session in collaboration with National Khabar Channel for providing practical exposure to the students of B.A. (Mass Media) for

making video films to be uploaded on digital media platforms.

The students gained insightful knowledge and exposure for Television News Script writing, Teleprompter reading, Colour adjustment techniques etc.

It was very interactive as well as a good learning experience for Mass Media students.

SJMC students participate in News Nation's "Desh Pe Bahas" Show

The students of B.A. (Mass Media) took pragmatic efforts at the News Debate at News Nation Channel to raise their voice and opinion, as well as ask relevant questions related to the ongoing issue. The students in the photo is Varalika Rawat of Semester III, Batch 2020-23.

It was a golden opportunity for the students to put forward their views and opinions on such a wide platform on a very sensitive topic.



Guidance and Counselling Session on Selection of Elective Subject for Final Year Mass Media Students



School of Journalism & Mass Communication organized a session on 29th September 2021 on Guidance and Counselling for selection of Elective Subjects for final year Mass Media Students. The session was conducted online as well as offline. The session inculcated the details regarding the course and curriculum of the three specialisation subjects, among which the students were asked to choose from the three following specialisations; Journalism, Advertising and Public

Relations, Animation. The students were given an insightful information regarding all the three specialisations so as to provide them with the clarity of what to choose in their final year as their specialisation. The faculty made the students aware of the future career prospects in these specialisations and also gave them insight of the significance of practical knowledge in each subject respectively.

The session turned out to be a very fruitful and an interactive one as the faculty were involved in answering each and every student's doubt or queries individually. Thus, the session ended at a very warm note as the students were pretty much clear regarding their specialisation and proved to be a very helpful session for the final year students.

AIR FORCE DAY



Noida, 8th October 2021: School of Journalism & Mass Communication, SFI, Noida celebrated AIR Force Day at its

campus. On this auspicious occasion greetings were extended to the brave "air warriors" of the Indian Air Force (IAF) on its 89th foundation day today. Saluting the brave hearts, the faculty members and students of SJMC remembered the Indian Armed Forces as synonymous with courage, diligence, and professionalism. Acknowledging the fact that the IAF has distinguished itself by defending the country and offering its services in times of grave challenges, the students highlighted the 'humanitarian spirit' displayed by the air warriors of India.

International Girl Child Right Day



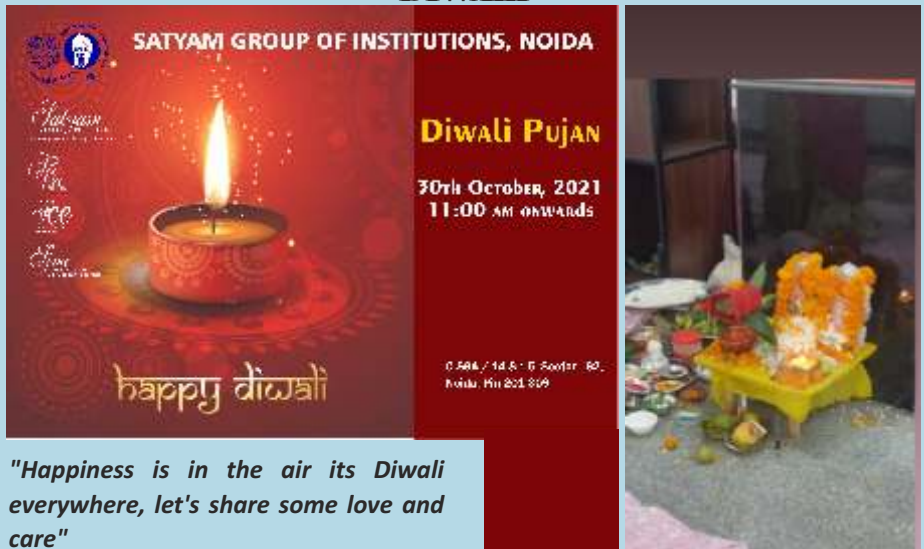
On the occasion of International Girl Child Rights Day, Students of SJMC organized a two days event and went to slum area where they educated the girls about different social issues, health & hygiene. It was an eye-opening experience for everyone.

SITA UTSAV



Satyam Fashion Institute students participated in a 3 days event organised by the newly formed 'TRUMPING STARS' on 29th October 2021 based on the theme "Women Empowerment". Our students participated in various competitions such as Ramp Walk, Singing, Dancing and poetry.

DIWALI



"Happiness is in the air its Diwali everywhere, let's share some love and care"

To spread the warmth and a ray of hope Cultural Cell organised a Diwali celebration on 30th October, 2021. The celebrations comprised of Laxmi- Ganesh poojan which was religiously attended by all members of Satyam Group of Institutions in the college premises. The pious chant of mantras filled the premises with an aura of positivity and happiness. On this auspicious festival, Praying knowledge triumphs over ignorance this Diwali and the rest of the year. We wish you all a prosperous and blissful Diwali. Stay safe!



LUXURY WALK AND EXCLUSIVE INDIA AWARD 2021



Noida, 8th October 2021: School of Journalism & Mass Communication, SFI, Noida celebrated AIR Force Day at its campus. On this auspicious occasion greetings were extended to the brave "air warriors" of the Indian Air Force (IAF) on its 89th foundation day today. Saluting the brave hearts, the faculty members and students of SJMC remembered the Indian Armed Forces as synonymous with courage, diligence, and professionalism. Acknowledging the fact that the IAF has distinguished itself by defending the country and offering its services in times of grave challenges, the students highlighted the 'humanitarian spirit' displayed by the air warriors of India.



Does the Media help or harm the way people react to Covid 19?



Media gives people the platform to speak for them and to obtain Information. Media Activities are related to information, education and entertainment. But in the current scenario, people are exploiting media for violence, crime, and illegal activities. It has been said media helps us to change our lifestyle as per the current trends, removes evil practices, and gives a platform where we can express ourselves. On the other hand, we are blaming the media for giving us extra resources for making communication easily available for all.

It's well-known that during COVID 19 pandemic, Media played a crucial role in giving us the information and data of fatalities and infections. It also lead to maintaining anxiety and fear in the minds of people. Its Impact leads to feelings of loneliness and isolation in the lives of people. We see that Mass Media is creating anxiety and fear among the public it also helps in connecting people through Video Conferencing, Chats, and Phone Calls. If Work from Home is possible today than it is only because of Mass Media tools. If we imagine our life at a time when these tools like Smartphones, Laptops, etc. are not available that is our personal matter. The importance of Social Distancing, wearing Masks, using Sanitizers, and the importance

of vaccination and vaccination campaigns all have been possible due to Mass Media.

The major role of the mass media is to keep people connected, well informed, and entertained. The positive impact of the media was shown in the COVID-19 crises in promoting emotional stability among people. Pages and groups on platforms like Facebook and Instagram started posting videos regarding physical and mental health. Many relaxation exercises were advertised, and books were made accessible free of charge. Scholastic ensured free and feasible book attainability for young kids. There were many other similar examples. Many people related to institutions started free online educational activities for kids of various ages. Numerous groups were formed, encouraging people in home-schooling with daily postage of worksheets for kids. Activities for toddlers helped guardians at home to a level that they stayed assimilated in healthy exercises daily. Moreover, departmental stores also started selling educational toys at huge discounts with widespread advertisements through the media.

By :-
Kirty Sinha, BMM , Sem VI

Keeping yourself Sane during the Pandemic

While the world crawls towards the true normal, resuming activities that are conventional and regular, India rummages to get to the end of the tunnel with the outbreak of the second wave of Covid-19 in India. All this has been extremely overwhelming to the residents of India, searching for a sense of peace, a non-chaotic environment and even space to break the monotony of an anxiety-ridden mind. A lot of us are looking forward to normal social interaction and outdoor times, especially the elderly who do not

exactly Netflix and chill. While, we certainly believe with the given determination of the people, health infrastructure and so many organisations who have catered to the sick, that this shall too pass, but until then it becomes a duty to ourselves to take measures for our Physical, Mental and Spiritual Health. The Media and Internet has been extremely overwhelming, all for good reasons but there is a place we need to draw a line for the sake of ourselves.

Practising Mindfulness:-

Meditation, Breathing Techniques, Self-affirmations and Guided Imagery are all a part of Practising Mindfulness. It literally means being intensely aware of what you're sensing and feeling at the moment without pre-conceived notions and judgements. This helps us come back from our wandered mind and practically pull ourselves together to reduce stress. Speaking to yourself with kindness can also do wonders. One can try Self Affirmations like, 'I invite positivity and health to my home' or 'I am healthy and happy today'. Writing journals has been said to be a great way to a guided imagery, however to make this concept a bit more Indian one can also indulge in

Netflix isn't unhealthy in between a pandemic. While the true life around us can be crumbling down, we can distract our mind from a really engaging show to break the monotony. It in fact acts as a pause button and stops our mind from going to the worst case scenario. However, a more healthy approach to this would be engaging yourself in a great book that takes off your mind for people who are into them. Over the lockdown we have witnessed more active distractions you can participate in, like Cooking and Kitchen Gardening. One case also witnessed playing Tambola within a society from different balconies, and rewarding the winners through Paytm.



speaking to a friend or a Human Diary to instill positive thoughts amongst both. Practising breathing techniques will not only regulate your respiratory system but bring stillness and calmness to the body.

Keeping your body fit and healthy:-

Eating right is one of the most underrated concepts of a healthy body and mind. Rujukta Diwekar, a Celebrity Nutritionist emphasizes on eating locally produced and seasonal Indian food, especially during the pandemic. It will not only support your farmers and local store owners but is in fact extremely nutritious. Our body is accustomed to the land we are grown in; eating the food locally produced re-sets our system and brings it in orderly fashion. She also insists that it provides you with all the vitamins and minerals we look for in the fad westernized diets. One also needs to concentrate on their meal while eating, so that it in fact acts as a Superfood. Similarly, India is infamous for its Yoga. While we all can plan to go back to the gym once normal life resumes, yoga is your current way to not just keep your body healthy and functioning, but also practising mindfulness.

Listening to your body:-

The most important thing we can do for our Spiritual, Mental and Physical well-being is being actively self-aware. It is important to take things bit by bit every day, and also important to remember that not every-day needs to be productive, not between a pandemic. Our body almost tells us everything that it feels, if we intently hear it. Even if one wants to cry, it is perfectly normal to do that with the situation around us. Your inner self will support you if you support yourself. Sometimes we feel overwhelmed and mentally weak to take in the situation, the only solution to this is to ask what the body needs, whether it's a mediation session, a work-out day, an active distraction or just some good food. We can become a true authority over our well-being if we understand ourselves and the functioning of our system well.

While such practises will help us get through the pandemic it is important to remember that soon all this will be over, and we will be able to take on with our lives. However, until then mask-up, wear sanitizer, follow protocols and keep an optimistic approach.

Active Distractions:-

To a lot of people's surprise watching

By:-
Reshu Hora, BMM , Sem VI

Crematorium Workers



Tough times and miles to go before we sleep” but we'll keep on the work just like our saviours of the pandemic have been working day and night to keep the cycle moving. As this pandemic keeps going through phases our frontline workers face the virus first hand on the scene, some get the recognition for their work and some don't, one of these unseen warriors of this deadly second wave of the virus are the crematorium workers. These workers who are manning these crematoriums are working around the clock, sometimes in shifts that exceed 20 hours at a stretch without proper safety gear and below average pay, some get less than 300 per day for the work they do and don't even get any protection from the government for whom they work. The government announced few months ago that frontline workers are the first priority for the vaccination as they are more susceptible to the virus, but the government let these crematorium workers work go in vain and not even get them the adequate safety that is the vaccination. They are tired and hungry, overworked and under protected, and yet the hardships of these crematorium and cemetery workers have largely gone unnoticed.

Another problem arose when they had to burn 100-150 bodies per day with the same staff and heavy workload, somedays the person who cooked food for them had to work with bodies because of being short staffed in these times the youth of the country have come forward to help them.

Nandini Ghosh, a 29-year-old management consultant in Delhi, and her friend Shray Gupta, have co-founded The Good Food Project, an initiative that is providing meals and other essentials to crematorium and cemetery workers.

The problems do not stop here, after work hours these workers have to go back to their families with fear of contracting the virus to their loved ones and they cannot do anything to stop this, as if they leave

no one else would do this work. The government has been blind to the work since the starting of the pandemic but recently after our youth took a stand for them and the government had to take a step, so they started DEATH AND CREMATION ASSISTANCE SCHEME, the objective of the death and cremation scheme is to provide Instant Assistance in case of death of register workers (except accidental death). Under this dependent of the deceased are provided Rs. 1,00,000/- as one-time instant assistance and to bear the expense of cremation etc. Rs. 15000 are permissible under the scheme.

But still many crematoriums are going unnoticed and many brave and selfless workers are dying daily due to the negligence of the government, Will the authorities take heed of the appeal by workers and volunteers or will our crematorium and cemetery workers continue to toil on in the riskiest of conditions, unvaccinated?

By:-
Aadya Singh, BMM, Sem V

Sanitation Workers

Considering the crucial nature of their work, Sanitation workers have been designated as “coronavirus warriors”. Sanitation workers are the one of the front-line workers in the fight against covid-19. From cleaning streets to lifting, dumping garbage, they have been performing their duties with full dedication and efforts. Just as doctors and nurses are the frontline workers in this pandemic, the sanitation community too, has the dangerous task of washing out the virus. They put their lives at risk every day and play a critical role in preventing the spread of the virus, by ensuring our streets, parks, public toilets are kept clean and hygienic.

In nearly all countries, health workers have been working day and night, treating covid-19 patients with dedication, often at great personal risk. Their work won the respect and appreciation of the people. However, sanitation personnel, who are working as

the frontlines in the war against the disease by keeping cities clean, have not



received due attention despite significant contributions. Constant exposure places the sanitation workers at a higher risk of contracting with virus.

On the day of national lockdown, March 25, there were three deaths reported as a result of the novel coronavirus across India. On the same day, sanitation worker

Jasbir was admitted to the hospital in critical condition and his colleague Suresh lost his life at a treatment plan. There are many such workers who have sacrificed their life while performing their duties.

While on the other hand people across India and around globe are largely confined to their homes with businesses and educational institutions all shut down in attempt to contain the virus. Putting their own lives, they truly are our heroes in these challenging times. While they are putting their own health, families, and most importantly their own lives at risk, least we can do is appreciate their efforts and cooperate by staying

safe indoors.

The rapid increase in positive cases of Covid -19 has burdened India's health system and health workers. Sanitation workers have denied leave and are working to ensure a clean city. They are at a major role in disinfecting public places, hospitals and contentment zones and are at high risk of infection because of the nature of their job and play a critical role by ensuring parks, roads and hospitals clean.

The sacrifice that they are making for the safety and welfare of humanity is priceless and deserves lifelong gratitude.

By:-
Akanksha Chauhan, BMM, Sem III

Cleaning Workers Are On The Frontlines Of The Coronavirus Pandemic:

Early on in the fight against COVID-19 pandemic, Indians were encouraged to applaud the work done by doctors, nurses and other health workers. However, among these other workers hospital cleaners who face elevated risks of exposure to infection are rarely spoken of while the essentialness of their work has never been cleaner the stigma attached to the work they do means that it remains precarious and devalued. The poor working conditions and caste prejudice that cleaners face puts at risk not only the workers themselves but also their families and neighbours and the patients and doctors the cleaners come in contact with. According low social status, in our research about cleaning and infection control practices in public hospitals we interviewed cleaners and other hospital staff in 22 health facilities in Bihar, Uttar Pradesh and Madhya Pradesh in 2016 and 2017. Even before the pandemic cleaners didn't have sufficient protective equipment or training to safe guard themselves and patients. Most cleaners we met were

Dalits who belonged to sweeper caste. Their low social status and the fact that most of them are contact workers meant that they were



often afraid to ask for what they needed including the protective equipment they were legally entitled to receive. Most cleaners we spoke to were afraid of contracting infections at the hospital and of taking them home to their families. However, to earn a living they 'continued to work even without protective gear. In this time of COVID-19 without protective equipment these workers are at risk and could also put patients and staff at risk. We hope they needed to keep themselves and others safe.

By:-
Deepanjali Tripathi, BMM, Sem III

Rajat Food Mart Napean, Sea Road

His son Arvind remembers that back then, there was a massive counter that the staff stood behind. “Customers would tell them what they wanted and they would dip large containers into gunny sacks of grain and pack it for them,” says Arvind, whose store is now twice that size. Producer-director Deven Khote, who has lived in the neighborhood for 58 years, calls it “a good example of how the baniya store has successfully evolved into a mini supermarket”. But, as Khote points out, this store still operates on the “old baniya business model, providing a very personalized shopping experience. You can buy things on credit, and they deliver”. Offering this personalized service posed a challenge during the pandemic, with supplies running dry and fewer staff around. When his employees returned to their villages, Arvind's family pitched in to run the store. It wasn't for the first time. They had done so during the riots of 1992-93, too. “Back then, we had to drive to sensitive areas of the city as early as 4 am and 5 am to pick up supplies,” Arvind remembers. More recently, kirana stores have had to



combat the advent of large supermarkets and e-commerce sites. “They offer deals and discounts that we cannot,” says Arvind, who has widened his list of offerings substantially over the years. “But that wasn't to combat large chains; it's just a response to customer demand. From the beginning, our model has always been about having close relationships with customers.” Ginee Shah, a 43-year-old home chef, who has grown up in the area, agrees. Shah remembers buying chocolates and chips at the shop since she was four. Years later, when she started preparing gourmet foods, Arvind's family encouraged her to market them and even stocked her products. “They've always been very encouraging,” she says.

By:-
Beauty Kumari, BMM, Sem V

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
Mulethi 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

Mulethi 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 and 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 its 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 of 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, Sem V

Home Remedies

Today we need the immunity, due to pandemic we all want the good immunity and we want healthy life style. Immunity protect us and our body from bacteria, viruses and diseases. Low immunity and reasons of weakness is bad habits like unhealthy food, less sleep, stress, unhygienic body etc. our body is always needs strong for this we can avoid the unhealthy life and leads a healthy life. In this time we take boost our immunity from natural and home remedies. Healthy foods it is very important to have the right foods to keep the immunity strong as nutrients such as vitamins and minerals are highly needs to keep the immunity strong, healthy diet it helps to increase immune system and make our body strong. We eat the leafy vegetables and fruits its help to boost our immunity and gives a energy to fight the disease. Adequate sleep is important for healthy life. Today we all live a full of stress life so basically we can't sleep at time. We all needs 7 to 8 hours sleep, if we sleep more than or less than for these time we suffer the unhealthy life. So we sleep time to time, set a time to sleep and sleep properly. We also includes workout in our daily life, not only physically but also includes the mentally. Health is fine so our immunity is also fine. Some exercise and workout are very important and good habit of our life and make our

immunity strong. If we exercise and workout everyday our body is fit and fine. We should meditation for peace mind. These are some remedies for strengthening immunity like amla, chyawanprash, turmeric milk and decoction. Amla is type of nectar fruit for us. In amla lot of vitamin c and our body needs vitamin c for making energy and strengthening immunity. We consume amla many of form like juice, pickles and candy. Chyawanprash is most important for us strong immunity with all eliminates many allergies and infections so its good for health. Its very beneficial for increasing stamina. Turmeric milk is good for health. Decoction are give us a lot of energy and many benefits for healthy body. If we sleep daily according to time, daily do exercise, and eat a homemade healthy food so we all live a healthy life style and we make strong. There are some other things that we can do at home for health; drinking hot water for stay hydrated, gargling, hot water is very beneficial for us. Steaming is also good for us, steam can be taken from hot water and this clean the our lungs its good for health, easy to take breathing and stuffy nose. We follow the things we all are stay healthy.

By:-

Anjali Kashyap and Mansi Dhama, Sem III

How can yoga be helpful in this time?

Origin of yoga were developed by the Indus Saraswati Civilization in Northern India over 5000 years ago the word yoga was first mentioned in the oldest sacred text Rig Veda. The Yoga sutras of Patanjali date form the 2nd century BCE and gained prominence in the west in 20 century after being first introduced by swami Vivekananda.

Classical yoga-

Patanjali is often considered the father of yoga and his yoga sutras still strongly influence most style of modern yoga Patanjali organized the practice of yoga into a eight Limbed part containing steps and stages to word obtaining samodhi. Yogic exercise recharge the body with cosmic energy and facility.

Importance of yoga:

Attainment of perfect equilibrium and harmony.
Promotes self heaving.
Removes negative blocks from the mind and trains from the body.
Enhance personal power.
Increase self awareness.
Helps in attention, focus and concentration especially important important for children's.
Reduce stress and tension in the physical body by activating the nervous system.

Role of yoga in covid time:

Yoga may play significant role in the psycho social care and rehabilitation of covid-19 patient in Quarantine and isolation. they are particularly useful in allying their fears and anxiety. During this ongoing coronavirus pandemic where we are all bound to live restricted life under the constant fear of infection risk. it is a natural for anyone to develop in society to live through this lock down & pandemic period. Yoga is the best thing to adopt as a Lifestyle habit it helps us to build the strong physical mental and spiritual health system. when

combined with breathing and meditation it act as the best element to take care our mind body and Soul there are different forms of yoga that can be help us to stay physically strong and mentally balanced. Symptoms often overlap and can affect any system in the body. At the present time mostly people face some problems like decreasing the level of oxygen, stress, mood swings weakness so we're sharing some yoga asana For your to boost up your oxygen level and decrease in the stress etc.

There are many are aasana, kriyas and Pranayama that help improve your breathing capacity and ensuring that more oxygen is absorbed in your bloodstream like tadasana Trikonasana matsyasana bhujangnaasana.

Tadasana – The Tadasana is an excellent exercise for increasing your lungs capacity when you go on your toes and stretch your arms above your head you make more room for the oxygen and to enter your respiratory tract given that this movement has to match your breathing pattern. It also improve your coordination between your mind and body staying in this position for sometime also will your balance.

There are several types of Pranayama for weakness and mood swing.

Pranayama Which is breathing and meditation exercise in yoga is the main practice to overcome anxiety stress and breathing issues. there are several types of Pranayama such as a suryabhedana Pranayama Chandrabhedana Pranayama and anulom vilom Pranayama beside meditation like Static and guided.

So here are some asana whose are good for our health physically as well as mentally.

By:-

Isha Tyagi and Mansi Tyagi, Sem III

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, Sem III

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Creative Corner

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The image symbolizing appearance of light late night
By: Mansimran Kaur Semester 1st



Red rose symbolizing romance, love, beauty, and courage. A thornless red rose means love at first sight. Yellow roses symbolize friendship and joy, and new beginnings
By: Huda Sheikh Sem-1

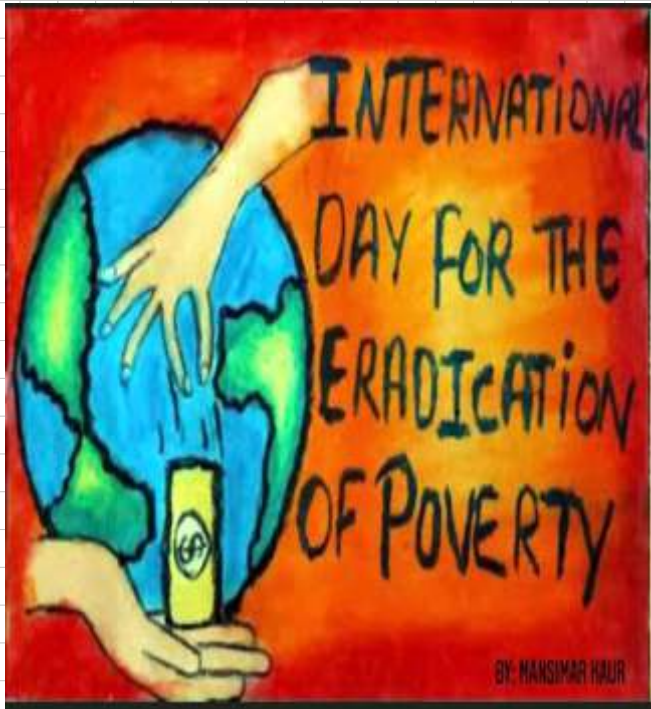


The Women busy in making independent and taking care of their household chores and family

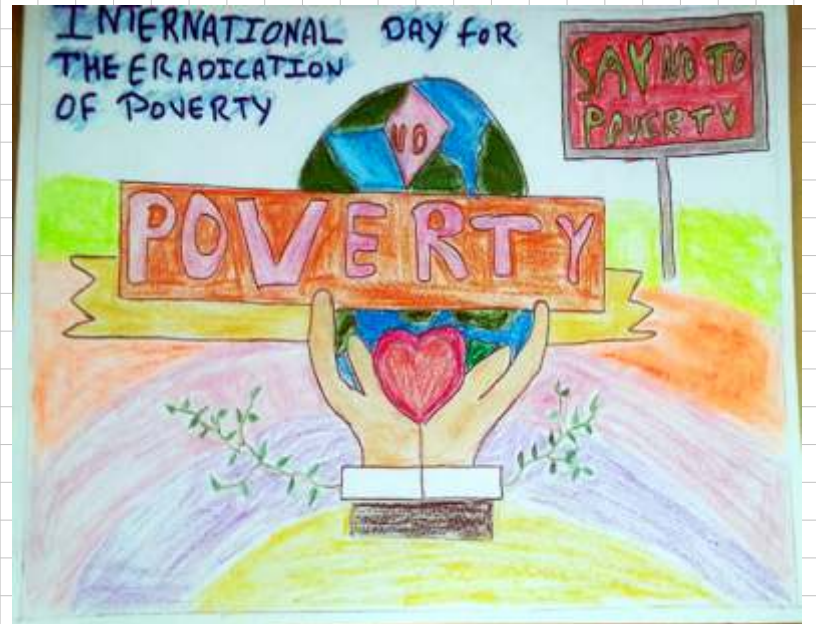
By: Huda Sheikh Sem-1



Darkest night producing the brightest stars
By: Priya Bisth Sem-V



Dream, plan and chase your dreams night
By: Shreya Mathur, Sem V



Lead kindly the Light of Love
By: Shuhani Bakshi



The more you dip in the Holy Ganges, the more you desire to dip
By: Shreya Mathur, Sem V



Life in a swing
By: Suhani Bakshi

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Achievement

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Celebrating "International Girl Child Day"



From me and mine to you and yours, keep the child in you always happy Celebrating Children's Day



Anchoring Session with Ms. Bharti Bahela, Anchor of National Khaber News Channel

