



THE GUIDING WORDS...

“ True success lies not just in knowledge, but in the values you carry and the integrity you uphold. The world of media demands responsibility, clarity of thought, and the courage to speak the truth. Your voice has the power to inform, influence, and inspire—use it wisely. ”

Remembrance: Dr. Munawwar Alam



“As your name defines you
'ENLIGHTENED'

You ascended to glory;
Nevertheless, You are an
Impetus of: Integrity,
Persistence & Poise.
Though you are gone, your
wisdom and teachings live
within me forever.”

-By Agamjot
(BAMM 4th Sem)

“Alam Sir always used to say
that if we work hard with
dedication and put our heart
into our efforts, we can
achieve our goals too. He
was a very caring teacher
and always showed great
concern and support for his
students.”

-By Pragya Tiwari
(BAMM 2nd Sem)

अपनी सफर की कहानी से
जगाते थे हर दिल में विश्वास।
हर पल हमें आगे बढ़ने की
हिम्मत वो देते रहे,
कहते थे कृ “अभ्यास से सब
संभव है”, ये मंत्र सिखाते रहे।
हार कभी मत मानो ,
यही उनका सबसे बड़ा संदेश
रहा ।

-By Sakshi Singh
(BAMM 4th Sem.)

आप कहा करते थे
"अगर मैं 5 मिनट भी न पढ़ाऊँ,
तो 20 छात्रों के 5 मिनट खराब होंगे,
यानि 100 मिनट
इसलिए अपने काम के साथ प्यार ही
नहीं कर सकता।"
आपकी हर कहानी सिर्फ कहानी नहीं
होती थी, वो एक तजुर्बा होती थी,
हर स्थिति से जुड़ी एक सीखी हो जाती
थी। आप मेरे दिल और यादों में हमेशा
एक सर्वोपरि शिक्षक बनकर रहेंगे।

By Aarchi Pradhan
(BAMM 4th Sem)



आलम सर हमारे कॉलेज के सम्मानित
डीन और शिक्षक थे। वे हमारे लिए
सिर्फ एक शिक्षक नहीं थे, बल्कि एक
मार्गदर्शक, मेंटर और गुरु थे। वे हमेशा
कहा करते थे कि इंसान को कुछ भी
बड़ा करने के लिए प्रैक्टिस, प्रैक्टिस
और सिर्फ प्रैक्टिस करनी चाहिए।
उनकी सोच थी कृ सीखो, प्रैक्टिस करो
और दिखा दो कि तुम क्या हो।
और वो हमेशा हमारे लिए हमारी प्रेरणा
बने रहेंगे।
आलम सर हमेशा हमारे दिलों में हमेशा
के लिए रहेंगे।

By Saniya
(BAMM 2nd Sem)



I have never met anyone who lights
up the way he does when he
speaks about his profession
and his career. He made me
love Journalism. Alam Sir
has motivated me in
every aspect of my life.

He has always
encouraged me.
Whenever I felt
nervous on stage, I
would look for him in
the audience, and
there he was with the
brightest smile,
giving me a thumbs-
up and silently telling
me that I was doing
great.

He was the best mentor,
teacher, and guide anyone
could ever ask for. He taught
us what real journalism truly is
and what it takes to be part of the
industry. He will always hold a very
special place in our hearts.

We all miss you, Alam Sir.
By- Azli Khan
(BAMM 4th Sem)



डॉ. मुन्नावर आलम, जो हमारे मार्गदर्शक
और प्रेरणा स्रोत भी थे। उनका जाना
हमारी शैक्षणिक के साथ निजी हानि भी
है। उनके व्यक्तित्व में एक अपनापन था,
जो हमें यह महसूस कराता था कि हम
उनकी सिर्फ एक छात्रा नहीं बल्कि
उनका अपना परिवार हैं। वो अक्सर
बड़ी सरल और सहज भाव से अपने
जीवन के तजुर्बे बताते थे जिससे आगे
बढ़ने के लिए प्रेरणा मिलती। उन्होंने हमें
खुद पे विश्वास करना सिखाया, हमें सच
के लिए लड़ना सिखाया जो की
पत्रकारिता का मूल मंत्र भी हैं। उन्होंने
हमें एक बेहतर इंसान बनना सिखाया।
वो सही मायनो में हमारे मार्गदर्शक थे।

By - Rishika Tiwary
(BAMM 4th Sem)



I lost a guide,
A mentor always by my side,
Each time I held the mic, he
smiled widely, Each time I walked
on the stage, he stood tall with
pride. "Aap kuch bada karenge",
you'd say,
Your words will stay with me
every day. The last time we met,
you asked me to stay,
"To sit and talk, if you have time
some day." I walked away, and
that's my regret, My heart will
always be heavy with this debt.

By- Nisha
(BAMM 6th Sem)

The dean of SSJMC,
Dr. Munnawar Alam, is
committed to his work, his
students, and his profession,
which is not only a defining
characteristic of his career but
also the core of his personality.
A person whose presence and the
help he gave his students won
millions of hearts.
He is a living open book—a soul
whose depths bring a sense of
peace and goodness the more
they are discovered.

By- Bhumi Bhola
(BAMM 4th Sem)



The Indian Space Research Organisation (ISRO) is once again drawing global attention as it prepares for an ambitious new space mission aimed at strengthening

ISRO Prepares for New Space Mission

India's position in advanced space exploration. Citizens and space enthusiasts are eagerly awaiting official announcements regarding the launch date. Meanwhile, schools and universities across the country are organising special events and discussions to mark what many describe as a defining moment in India's scientific journey. Government leaders have praised ISRO's engineers and researchers for their dedication, calling the mission a symbol of national pride and technological resilience. Officials have also described it as one of the most technically demanding projects undertaken by the agency in recent years. Building on the success of missions such as Chandrayaan-3 and the solar observation mission Aditya-L1, ISRO is now focusing on

expanding deep-space communication systems, propulsion technologies, and autonomous navigation capabilities. These advancements are expected to play a crucial role in future interplanetary missions. The mission is also likely to contribute valuable data to global scientific research, particularly in areas such as surface composition, radiation levels, and space weather. Public excitement continues to grow, with millions expected to watch the launch live through national broadcasts and digital platforms. If successful, the mission will mark another significant step in India's journey toward becoming a leading spacefaring nation and open new opportunities for international collaboration.

- By Sadhana Swain
(BAMM 2nd Sem)

Strengthening Workplace Safety for Women: A Major Judicial Step

In a significant move to ensure workplace safety for women, the Supreme Court of India issued strict directions in early 2026 to strengthen the implementation of the

POSH Act
Sexual Harassment
of Women
at Workplace Act



Prevention of Sexual Harassment (POSH) Act across the country. The decision followed multiple reports highlighting poor enforcement of the law, particularly in private organisations and the informal sector. The Court observed that despite the law being in force for several years, many institutions have failed to establish Internal

Complaints Committees (ICCs), which are essential for addressing workplace harassment cases. In many instances, women employees were either unaware of complaint procedures

or hesitant to report incidents due to fear of retaliation. During the hearings, the Court emphasised that workplace harassment not only violates women's dignity but also restricts their professional growth and participation in the workforce. It directed all states and union territories to ensure strict

compliance within a fixed timeframe, warning that non-compliance could result in legal consequences. The Court also instructed employers to conduct regular awareness and training programmes so that employees are informed about their rights. Women's rights organisations welcomed the directive, calling it a crucial step toward safer and more inclusive workplaces. This move marks an important milestone in India's ongoing efforts to uphold dignity, equality, and safety for women in professional environments.

- By Bhairavi Gupta
(BAMM 2nd Sem)

Union Budget 2026-27



The Union Budget 2026-27, presented by Finance Minister Nirmala Sitharaman, outlines the government's financial roadmap for the country's development. The budget focuses on key areas such as economic growth, employment

generation, education, agriculture, and infrastructure development. One of the major highlights is tax relief for the middle class. The government has increased the tax-free income limit, allowing income up to Rs.12 lakh to be tax-free under certain conditions. This move is expected to provide financial relief to salaried individuals and boost consumer spending. The budget also places strong emphasis on agriculture and rural development. A new scheme, the Prime Minister Dhan-Dhaanya Krishi Yojana, aims to improve irrigation, productivity, and farmer income. This initiative is expected to benefit millions of farmers across the country. Education and skill development are

also key priorities. The government plans to establish university townships, build girls' hostels, and promote creative industries such as animation and design. These steps aim to improve access to quality education and enhance employment opportunities. In addition, increased investment in infrastructure, including roads, railways, and digital services, is expected to boost connectivity and create jobs. Support for businesses through loans and export promotion further strengthens the economic outlook. Overall, the budget aims to promote inclusive growth and long-term economic stability.

- By Muskan Bharti
(BAMM 2nd Sem)

T20 World Cup IND vs ZIM

India is gearing up for a crucial T20 World Cup clash against Zimbabwe, with the team considering changes in the top order. Following their recent loss to South Africa, the Men in Blue have little room for error and must perform strongly to stay in contention for the semifinals. Less than 48 hours after the defeat, the team trained at the M. A. Chidambaram Stadium in Chennai. With South Africa and the West Indies ahead in Net Run Rate, India must win their remaining Super Eight Group 1 matches convincingly.

Thursday's game against Zimbabwe is therefore a must-win encounter. During practice, players like Ishan Kishan, Sanju Samson, Suryakumar Yadav, and Tilak Varma spent considerable time batting in the nets, indicating a possible reshuffle in the top order. Sanju Samson appeared confident against pace bowling, playing several attacking shots, while net bowlers were frequently challenged by high catches. Rinku Singh was absent from the session due to a family emergency, which could open an opportunity for



A High-Octane T20 Confrontation: India national cricket team vs Zimbabwe national cricket team

vice-captain Axar Patel to be included in the playing XI. As India prepares for this important match, the team will aim to recover from its recent setback and deliver a strong performance to keep its World Cup hopes alive.

- By Ananya Sharma
(BAMM 4th Sem)

WPL 2026: Smriti Mandhana Leads RCB to Second Title

The Women's Premier League (WPL) 2026 final delivered an exciting contest as Royal Challengers Bengaluru defeated Delhi Capitals to win their second title at Kotambi Stadium, Vadodara. Batting first, Delhi Capitals posted a strong total of 203/4, briefly the highest score in a WPL final. Jemimah Rodrigues led the innings with 57 runs off 37 balls, supported by Lizelle Lee and Shafali Verma during the power play. Laura Wolvaardt added 44 runs, while Chinelle Henry's unbeaten 35 off 15 balls ensured a powerful finish. In response, RCB chased the target



Women's Premier League 2026: Smriti Mandhana Leads Royal Challengers Bangalore Women to Glory; Delhi Capitals Women Face Final Heartbreak

with confidence. After an early wicket, captain Smriti Mandhana and Georgia Voll built a remarkable 165-run partnership. Mandhana scored 87 off 41 balls, while Voll contributed 79

off 54, keeping the required run rate under control. Though Voll was dismissed late and Mandhana fell in the final overs, RCB remained in a strong position. With 18 runs needed off 12 balls, the match became tense before Radha Yadav sealed victory with two boundaries, completing the highest successful chase in WPL history. This victory marks RCB's second title after 2024, while Delhi Capitals suffered their fourth consecutive final defeat. Mandhana won the Orange Cap, and Sophie Devine claimed the Purple Cap.

- By Saniya Mandal
(BAMM 2nd Sem)

T20 World Cup Fever

The ICC Men's T20 World Cup has created immense excitement among cricket fans worldwide, often described as "World Cup fever." The tournament is known for its fast-paced matches, passionate fans, and thrilling moments. Unlike longer formats, T20 matches last around three hours, keeping viewers engaged throughout. Every ball can change the course of the game, making it highly unpredictable and entertaining. One of the biggest attractions is aggressive batting, with players frequently hitting boundaries and sixes. As the tournament reaches a crucial stage, only the strongest teams remain. Host nations like India and Sri Lanka



"ICC Men's T20 World Cup Fever: A Crescendo of Global Cricketing Fervour"

are playing in front of enthusiastic home crowds, creating a lively

stadium atmosphere. Star players such as Suryakumar Yadav are leading their teams with the aim of winning the prestigious trophy. Fans are eagerly awaiting the grand final in Ahmedabad, where over 100,000 spectators are expected. The excitement extends beyond stadiums, with millions watching matches on television and digital platforms. More than just a competition, the T20 World Cup brings people together. Regardless of

results, fans celebrate the spirit of cricket, enjoying the shared excitement and passion the game offers.

- By Nidhi
(BAMM 4th Sem)

Delhi's Pollution Crisis in 2026 and Government Action



In 2026, Delhi once again faced severe air pollution, especially during winter months when air quality reached dangerous levels. Many areas recorded “poor” and “very poor” Air Quality Index (AQI) readings,

making breathing difficult for residents, particularly children, the elderly, and those with health conditions. Pollution sources include vehicle emissions, construction dust, industrial activities, garbage burning, and crop-residue burning in neighbouring states. Health experts compared the impact of breathing polluted air to smoking multiple cigarettes daily. To tackle the crisis, authorities implemented several measures. The government expanded air quality monitoring stations and enforced the “No PUC, No Fuel” rule to control vehicle emissions. During severe conditions, the Graded Response Action Plan (GRAP) is

activated, restricting construction, limiting vehicles, and shifting schools to online classes. Despite these efforts, concerns remain about underutilisation of pollution-control funds. Experts stress the need for long-term planning and better coordination with neighbouring states. The government is also promoting public transport and clean energy initiatives. Environmentalists emphasise that pollution control must be a year-round effort. With consistent action and policy implementation, there is hope for cleaner air in the future.

- By Jyoti Yadav
(BAMM 2nd Sem)

Breaking the Stigma Around Mental Health in India

Mental health has long been a neglected issue in India, often misunderstood and surrounded by stigma. Emotional struggles were traditionally seen as personal weaknesses, discouraging people from seeking help. However, awareness is gradually increasing, and mental health is now being recognised as an essential part of overall well-being. Mental health includes emotional, psychological, and social well-being, influencing how individuals think, feel, and behave. According to the World Health Organization, it is not just the absence of illness but the ability to cope with stress and function productively. India faces major challenges such as population

pressure, academic stress, urbanisation, and limited access to mental health services. Many individuals do not receive treatment due to stigma, lack of awareness, and fear of social judgment. Encouragingly, change is underway. Educational institutions and workplaces are introducing counselling services, while social media and public discussions are helping normalise conversations around mental health. Young people are becoming more open about seeking support. Breaking stigma requires awareness, empathy, and education. Families and communities must create supportive environments where individuals feel safe expressing their emotions. Treating



mental health with the same importance as physical health is essential. India is gradually moving toward a more accepting and supportive approach, but continued efforts are needed to ensure mental well-being for all.

- By Safiya Razi
(BAMM 4th Sem)

Obesity and Metabolic Health

Obesity is one of the fastest-growing health concerns worldwide. It involves excess body fat that negatively affects overall health and is closely linked to metabolic health, which includes blood sugar, cholesterol, blood pressure, and energy balance. One of the primary causes of obesity is unhealthy eating habits. Consuming high-calorie foods such as fast food, sugary drinks, and fried items leads to weight gain. When calorie intake exceeds the body's needs, the excess is stored as fat. Lack of physical activity further contributes to the problem. Managing obesity requires adopting a healthy lifestyle. A balanced diet



with fruits, vegetables, whole grains, and lean proteins helps maintain proper nutrition. Reducing junk food, controlling portion sizes, and eating at regular intervals are also

important. Regular physical activity plays a key role in improving metabolic health. Activities like walking, jogging, cycling, yoga, and cardio exercises help burn calories and maintain fitness. Other habits such as staying hydrated, getting enough sleep, and managing stress also support overall well-being.

In conclusion, obesity is not just a cosmetic issue but a serious health condition.

However, with proper diet, exercise, and lifestyle changes, it can be effectively managed and prevented.

- By Nidhi
(BAMM 4th Sem)

Social Media Influencers–The New Age Celebrities

In today's digital era, social media influencers have emerged as the new-age celebrities. Unlike traditional stars from film or sports, influencers gain popularity by creating relatable content on platforms like Instagram, YouTube, and Facebook. They connect directly with audiences, making them more accessible and trustworthy. Influencers can be fashion bloggers, gamers, fitness trainers, or even students sharing daily life experiences. Their relatability and interaction with followers make them highly influential. For instance, in January 2026, "New Year Glow Up" and "Vision Board 2026" trends gained massive popularity, with creators sharing tips on self-growth, fitness, and mental health. During

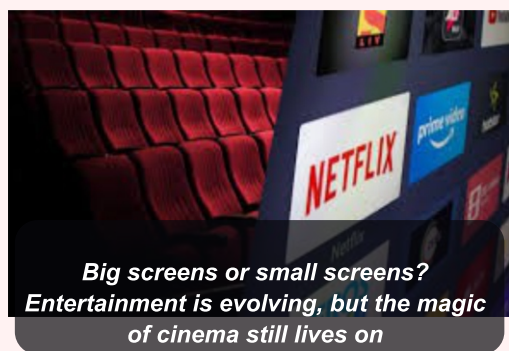
Valentine's Week in February 2026, influencers again captured attention with content on relationships, self-love, and fashion. Their recommendations significantly influenced audience choices and even boosted online sales. Popular creators like Bhuvan Bam and Prajakta Koli demonstrate how ordinary individuals can achieve massive success through digital platforms. Today, influencers are not just content creators but also entrepreneurs, launching their own brands and collaborating with companies. Unlike traditional celebrities, influencers share their personal lives openly, creating a strong bond with followers. Their authenticity makes them more



relatable and impactful. As digital platforms continue to grow, the line between "internet celebrities" and mainstream stars is fading. Influencers have redefined fame, proving that creativity, consistency, and connection are key to success in the modern world.

- By Pragya Tiwari
(BAMM 2nd Sem)

OTT vs Theatres in 2026: Can Cinema Halls Still Survive the Digital Era?



However, theatres continue to hold their importance. The big-screen experience, immersive sound, and

shared audience reactions cannot be fully replaced. Large-scale films, especially action and visual spectacles, still attract significant crowds. Cinema halls are adapting to this change by offering premium experiences such as recliner seating, IMAX screens, and enhanced food options. Filmmakers are also adopting hybrid release strategies, combining theatrical and OTT platforms to maximise reach and revenue. The future of entertainment

is not about competition but coexistence. OTT platforms dominate web series and experimental content, while theatres remain the preferred choice for blockbuster films.

In 2026, cinema halls are evolving rather than disappearing. Their survival depends on innovation and their ability to offer a unique, collective viewing experience that digital platforms cannot replicate.

- By Roshani Tiwari
(BAMM 2nd Sem)

The Kerala Story 2 Set for Release After High Court Verdict

The Kerala High Court cleared the release of The Kerala Story 2 – Goes Beyond on February 27, 2026, after staying a single judge's earlier order that had prohibited the film's release. The division bench directed the Central Board of Film Certification (CBFC) to review the matter within two weeks. The case involved arguments from both sides regarding freedom of expression and potential social impact. The filmmakers' legal team argued that creators have the right to tell stories on social issues and that similar portrayals in films had not been restricted earlier. They also stated



that the film does not harm religious sentiments or defame any region. On the other hand, the petitioners raised concerns about the film's title and its possible impact on Kerala's image. They argued that the portrayal could affect the reputation of individuals associated with the region and

requested a more neutral title. They also highlighted concerns regarding the film being promoted as based on real events. Legal discussions also focused on procedural aspects, including the maintainability of the petition and the role of the CBFC in granting certification. The court did not give a final verdict but allowed the release while further

review continues. The case highlights the ongoing debate between creative freedom and social responsibility in cinema, reflecting the complexities of film regulation in India.

- By Bhumi Bhola
(BAMM 4th Sem)

Behind the Camera: The Untold Story of a Mass Media Student



In 2026, Delhi once again faced severe air pollution, especially during winter months when air quality reached dangerous levels. Many areas recorded “poor” and “very poor” Air Quality Index (AQI) readings, making breathing difficult for residents, particularly children, the elderly, and those with health

conditions. Pollution sources include vehicle emissions, construction dust, industrial activities, garbage burning, and crop-residue burning in neighbouring states. Health experts compared the impact of breathing polluted air to smoking multiple cigarettes daily.

To tackle the crisis, authorities implemented several measures. The government expanded air quality monitoring stations and enforced the “No PUC, No Fuel” rule to control vehicle emissions.

During severe conditions, the Graded Response Action Plan (GRAP) is activated, restricting construction,

limiting vehicles, and shifting schools to online classes. Despite these efforts, concerns remain about underutilisation of pollution-control funds. Experts stress the need for long-term planning and better coordination with neighbouring states. The government is also promoting public transport and clean energy initiatives. Environmentalists emphasise that pollution control must be a year-round effort.

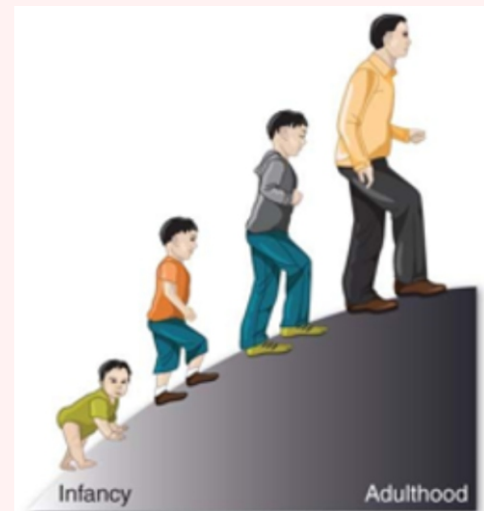
With consistent action and policy implementation, there is hope for cleaner air in the future.

- By Jyoti Yadav
(BAMM 2nd Sem)

Being Mature Before Time- When Life Forces You to Grow Up Early

Childhood is meant to be carefree, but for some, it ends too early. Life's challenges sometimes force individuals to grow up before they are ready. Responsibilities replace simple joys, and maturity becomes a necessity rather than a choice. Growing up early often means understanding family struggles at a young age. Some children learn to stay silent, take responsibility, and make practical decisions while others are still enjoying their teenage years. They are often seen as “strong” or “mature,” but the emotional pressure behind this is rarely acknowledged. This early maturity can lead to overthinking, stress, and suppressed emotions. Many begin prioritising

responsibilities over personal happiness, sacrificing small joys and experiences. They become the listeners in relationships, often feeling their own problems are less important. However, this journey also builds resilience. It develops independence, empathy, and emotional awareness. Individuals who grow up early often gain a deeper understanding of life and become stronger in handling challenges. Being mature before time is both a burden and a strength. While it may take away the innocence of childhood, it also shapes individuals into capable and thoughtful adults.



-By Ragini
(BAMM 4th Sem)

Beyond the Mirror: The Weight of Beauty Expectations



In today's digital age, beauty standards continue to influence how women perceive themselves. From social media filters to idealised images, unrealistic expectations create pressure to look a certain way. The issue often begins early, with comparisons and comments shaping

self-image. Over time, appearance becomes closely linked to confidence, leading many to measure their worth based on looks rather than abilities. Social media has intensified this pressure. Edited photos and curated content create an illusion of perfection, making comparisons feel real. This can lead to anxiety, low self-esteem, and body image concerns. The impact is often subtle but deeply felt in everyday life.

The impact starts early. Casual comments such as “You would look better if...” or constant comparisons with others slowly plant seeds of self-doubt. Over time, appearance becomes closely linked to confidence. Many women begin to measure their worth not by their skills or

achievements but by how closely they match society's expectations. However, there is a shift happening. Campaigns promoting body positivity and self-acceptance are encouraging women to embrace diversity in skin tone, body shape, and natural features. More voices are challenging narrow definitions of beauty. The conversation is slowly moving from “How do I look?” to “How do I feel?” The real change will come when beauty is no longer treated as a fixed standard but as a personal expression. Confidence cannot be filtered, and self-worth cannot be edited. Because beyond the mirror lies a truth society often forgets — beauty was never meant to define a woman's value.

-By Itika Kardam
(BAMM 4th Sem)

Sunetra Pawar Becomes the First Woman Deputy Chief Minister of Maharashtra



Breaking barriers in leadership- a new chapter in Maharashtra's political history

decision, while NCP leader Sharad Pawar stated that the family had not been consulted. A meeting of NCP legislators later confirmed Sunetra Pawar as the group leader with strong support. The swearing-in ceremony lasted only a few minutes

of the late Ajit Pawar. Sunetra Pawar thanked both leaders for their wishes. Earlier in the day, NCP (SP) leader Sharad Pawar held a press conference in Baramati and said that the Pawar family had neither been consulted nor informed about the swearing-in decision. He clarified that there was no proposal from the NCP for a merger at this stage. Sources also suggested that leaders such as Praful Patel and Sunil Tatkare played a role in the decision regarding Sunetra Pawar's appointment. Later, a meeting of the NCP legislators was held at Vidhan Bhavan in Mumbai, where 45 out of 48 members attended. During the meeting, Sunetra Pawar was chosen as the group leader after a proposal by senior Cabinet Minister Chhagan Bhujbal, supported by several other leaders. Her appointment marks an important moment in Maharashtra's political history and highlights the increasing representation of women in leadership roles.

-By Sania Mandal
(BAMM 2nd Sem)

Sunetra Pawar was sworn in as the Deputy Chief Minister of Maharashtra on January 31, 2026, becoming the first woman to hold this position while managing three key portfolios—Excise, Minority Affairs, and Sports and Youth Welfare. The ceremony took place shortly after the state mourning for late Ajit Pawar, who died in a tragic air crash. The decision sparked political discussion, as several leaders questioned the urgency of the appointment. Reports indicated that senior leaders played a role in the

and took place amid intense political activity in Baramati and Mumbai. Several leaders questioned the need for such a hurried decision. Sunetra Pawar will oversee three portfolios — Excise, Minority Affairs, and Sports and Youth Welfare. Narendra Modi and Amit Shah congratulated Sunetra Pawar on assuming office. In a message shared on social media, Prime Minister Narendra Modi extended his best wishes and expressed confidence that she would work for the welfare of the people of Maharashtra and continue the vision

Women's Health Awareness – Breaking the Silence

Women go through many physical and emotional changes throughout their lives—from adolescence to adulthood, pregnancy, and menopause. Common issues such as irregular periods, hormonal imbalance, stress, and mental health concerns are often ignored due to hesitation and lack of awareness. Many young girls feel uncomfortable discussing menstruation or reproductive health, which prevents them from receiving timely guidance and treatment. Anemia is a common problem among women, caused by low iron levels, leading to weakness, fatigue, and poor concentration. Another growing concern is PCOS (Polycystic Ovary Syndrome), which affects menstrual cycles and may cause weight gain, acne, and stress. Due to limited awareness, many girls consider these symptoms normal and avoid seeking medical advice. In January 2026, awareness initiatives under the theme

**UNDERSTANDING
MENOPAUSE
BREAK THE
SILENCE**

EMPOWERMENT & SUPPORT



“New Year, Healthy You” brought positive change. Health camps in schools and communities offered free tests like hemoglobin, blood pressure, and thyroid screenings. Doctors and nutritionists emphasized balanced diets and the importance of iron-rich foods such as green vegetables, lentils, fruits, and nuts. Mental health was also highlighted, as women often balance studies, work, and family responsibilities, leading to stress and anxiety. Counseling sessions encouraged open discussions and emphasized that mental health issues

are medical conditions, not weaknesses. In February 2026, campaigns during Valentine's Week promoted self-love and health awareness. Hospitals organized breast cancer awareness drives and encouraged regular self-examinations, stressing the importance of early detection.

Social media further supported awareness, with influencers and health experts sharing educational content and real-life stories. These efforts inspired women to seek help and break the silence.

Women's health awareness is essential for a stronger society. Open discussions, proper healthcare, and accurate information can empower women and ensure a healthier future.

- By Pragya Tiwari
(BAMM 2nd Sem)

Mardaani's Promotional Strategy Sparks Public Attention



Courage has a voice- standing strong against justice

Mardaani is a powerful film based on women's safety, featuring Rani Mukerji as a fearless police officer who fights against crimes involving women and children. The film

delivers a strong message that women are capable, resilient, and can stand firmly against injustice.

To ensure that this message reached a wide audience, the makers adopted a well-planned promotional strategy. This included coverage through news media, social media platforms, interviews, posters, and public events. Such a strategy, often referred to as a PR campaign, helped create awareness about both the film and the social issue it addresses. Unlike typical film promotions, Mardaani's campaign focused heavily on spreading awareness about women's safety. The team actively discussed the issue on television platforms and interacted with students in schools and colleges. They encouraged young girls and women to speak up against injustice and build confidence. This approach made the film socially relevant and impactful. Rani Mukerji also played an important role in the

campaign by giving interviews that emphasized the importance of women's safety and empowerment. She highlighted that women are not weak and deserve to feel safe in every space.

Social media further amplified the message. Posts promoting women's empowerment, along with trending hashtags, helped the campaign reach a larger audience quickly. The film's posters, which portrayed a strong and determined female police officer, also created a powerful visual impact and attracted public attention. Additionally, promotional events allowed the film's team to directly engage with audiences, creating discussions around safety, courage, and social responsibility. These efforts made the film more than just entertainment—it became a platform for awareness.

-By Tannu Chauhan
(BAMM 2nd Sem)

Commander Perna Deosthalee's Historic Achievement

Perna Deosthalee created history in the Indian Armed Forces by becoming the first woman officer appointed as the Commanding Officer of an Indian Naval warship.

In December 2023, she was selected to lead INS Trinkat, a fast attack craft based in Goa. Her appointment marked a significant step in the Indian Navy's "all roles, all ranks" policy, which aims to provide equal opportunities for women in combat and leadership positions. Commander Deosthalee joined the Indian Navy in 2009 and has spent more than a decade breaking barriers. Before taking command of her own ship, she served as the First



Leading with courage proving no dream is beyond reach

Lieutenant on the destroyer INS Chennai. She also holds the distinction of being the first woman naval observer on the Tupolev Tu-142

maritime reconnaissance aircraft and has experience flying missions on the Boeing P-8I aircraft. For her bravery during anti-piracy operations in 2012, she was awarded the Videsh Seva Medal. Born and raised in Mumbai, she graduated from St. Xavier's College, Mumbai and later completed a postgraduate degree in psychology. Her journey from an NCC cadet to commanding a naval warship with an all-male crew of around 50 sailors is an inspiring example for young aspirants. Her leadership demonstrates that dedication, skill, and determination are the true requirements for success.

By Parisha Pathak

A Historic Ascent: Leena Nair's Landmark Leadership of Chanel



first woman and the first Asian person to lead the company. Leena Nair grew up in Kolhapur,

Leena Nair is a prominent business leader from India who became the Global CEO of the French luxury fashion company Chanel in January 2022. Her appointment was historic because she became the

Maharashtra. She studied engineering and later completed an MBA, where she graduated with a gold medal. She began her professional career in 1992 at Unilever, a large multinational company. Over the years, she worked in various leadership roles and eventually became one of the senior leaders within the organization. In 2021, Chanel announced that Leena Nair would become its new Global CEO. Her appointment attracted global attention because she did not come from a fashion background.

Instead, she brought extensive leadership and management experience. Many people view her as a role model who demonstrates that talent and dedication can break barriers. Under her leadership, Chanel continues to focus on innovation, sustainability, creativity, and diversity in the workplace. Her journey inspires young professionals, especially women, to believe that leadership opportunities are possible across industries.

By Parisha Pathak
(BAMM 4th Sem)



A film screening was organized by Tulip Centre at Alliance Française, offering a unique and meaningful experience. The calm, artistic environment matched the nature of the films, which were short yet

Report on Film Screening Event

impactful. Unlike commercial cinema, these films focused on awareness and reflection on real-life issues. All the films shared a common theme — awareness and reflection on real issues. P for Paparazzi highlighted the struggles of media professionals balancing professional pressure with personal challenges. And The Sun Said symbolized resistance to change through a family living in darkness, representing rigid mindsets. Keral & Arost portrayed the emotional bond between a boy and his grandfather, emphasizing healing through love and understanding.

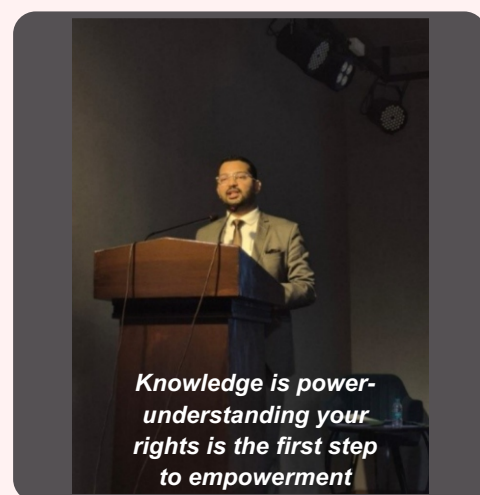
Death Walks into a Bar used dark humour to explore depression and self-worth, reminding viewers of life's value. The Pawn of Marothichal presented an inspiring story of dedication and transformation, showing how determination can bring recognition. Overall, the screening demonstrated that cinema is a reflection of society. It encouraged viewers to think deeply about media, mindset, relationships, and life, making it a valuable learning experience rather than just entertainment.

Know Your Rights: Session on Women's Safety Laws

Satyam School of Journalism and Mass Communication organized an informative session titled "Know Your Rights – Laws That Protect & Empower Women," conducted by Advocate Abhishek Sharma from the Delhi High Court. The session aimed to create awareness about legal rights related to women's safety. Mr. Sharma explained key laws, IPC sections, and constitutional rights in simple terms, helping students understand how and when to use them in real-life situations. The session was highly interactive, with

students asking questions about harassment, legal procedures, and safety measures. He addressed all queries patiently and guided students on appropriate legal actions and remedies. The discussion helped build confidence and awareness, encouraging students to stay informed and empowered. Overall, the session emphasized that understanding legal rights is essential for ensuring safety and promoting empowerment among women.

- By Niharika, (BAMM 4th Sem)



Awareness Session on "AMR ka Prahar – Antibiotics: Laparwahi Nahi Chalegi"



Use antibiotics wisely today to protect your health tomorrow

An awareness session titled "AMR ka Prahar – Antibiotics: Laparwahi Nahi Chalegi" was conducted in collaboration with Felix Hospital to spread awareness about the proper use of antibiotics and the growing issue of Antimicrobial Resistance (AMR). The session was attended by guests including Mr. Pranay Raj Singh, Mr. Saurabh Rai, Mr. Sumit

Sisodiya, and Dr. Nishant, a General Physician. Dr. Nishant explained in simple terms that antibiotics should not be taken without a doctor's advice, especially for common illnesses like cold and cough, where they are ineffective. He highlighted that misuse or overuse of antibiotics can lead to AMR, a condition where medicines stop working when truly needed. The main speaker of the session was Dr. Nishant, who explained in simple words how antibiotics should be used carefully. He told students that antibiotics should not be taken without a doctor's advice, especially for common illnesses like cold, cough, or viral infections, where they do not work.

He also made everyone aware of Antimicrobial Resistance (AMR). He explained that when antibiotics are used repeatedly without need, the body may stop responding to them. This means that in the future these medicines may not work when we really need them.

The session also included an

interactive discussion where students asked many questions such as:

- When should antibiotics be taken?
- Which medicines should be avoided without a prescription?
- What are the benefits of taking antibiotics properly?
- What are the risks of self-medication?

Dr. Nishant answered all the questions patiently and helped students understand what should be taken and what should be avoided. He also explained the importance of completing the full course of antibiotics when prescribed. The session helped students understand that antibiotics are very useful medicines, but only when used in the right way.

Overall, the session was informative and helped create awareness about responsible antibiotic use and the need to prevent AMR for a healthier future.

By Niharika
(BAMM 4th Sem)

बनारस

एक नया एहसास
संन्यासियों का शहर
या गलियों में छुपा कोई राज
किसी के लिए जीने का अंदाज
किसी के मोक्ष का मोहताज
किसी के प्रेम की परिभाषा
जहां मिलती मन्त्रों को आशा
अस्सी घाट का सफर
काशी विश्वनाथ है अमर
झूठ का कोई रास्ता नहीं
ओर मणिकर्णिका से कोई बच पाया
नहीं
बनारस खुशी का राज
शिव की नगरी ओर हम सबकी
पुकार

By- Khushi
(BAMM 2nd Sem)

मन की पीड़ा

मन लगाया जो कहीं,
वो लगी ना।
नीयत साफ रखनी चाही,
पर दुनिया समझी ना।
खोया-खोया सा रहता है,
लगन किसी से लगी ना।
दुख का बोझ बाँटना चाहा,
छल के सिवा कुछ पाया ना।
अपना गीत किसे सुनाऊँ,
अपना कोई लगे ना।
मन की बात मन में रख ली,
मन की पीड़ा कोई जाने ना।

By- Swetnisha
(MAJMC 2nd Sem)

By- Kajal
(BAMM 2nd Sem)



By- Siri
(MAJMC 2nd Sem)

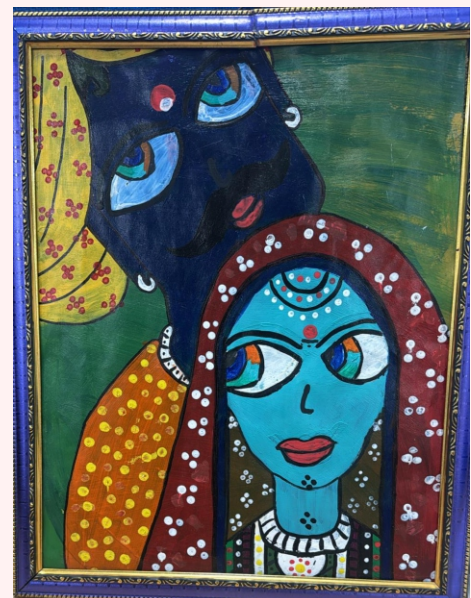


By Siri
(MAJMC 2nd Sem)

कहां जा रहे हो

कहां जा रहे हो इतनी जल्दी में,
क्या वहां सच में सुकून मिलेगा?
कभी रुक कर सोचना...जिसे पाने निकले हो,
कहीं वो खुद तुमसे छूट तो नहीं गया।
हम दौड़ते हैं.... अनंत की ओर, बिना जाने कि मंजिल क्या है।
हर रोज कुछ पाने की चाह में
हम थोड़ा और खोते जाते हैं....
खुद को, अपनों को, जीवन के सार को।
हमने सुख को बांध दिया है चीजों में,
महंगे घरों, बड़ी कारों और झूठी मुस्कानों में।
हमने आत्मा को दबा दिया है बाजारों की चका चौंध में,
और चाहिए, और चाहिए की आग में
हम जलते जा रहे हैं...
बिना ये सोचे कि राख बन जाने के बाद
क्या सच में कुछ बचता है?

By- Deepti Bharadwaj
(MAJMC 2nd Sem)





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