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The Current Scenario



TOP HEADLINES

CAA Rules silent on fate of rejected applicants!

India Plans to Spend 44% More on Projects Trough Green Bonds

Growth Powered by Investment in 2024 as Rural Spending Rises and Inflation Eases

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Page-1

Assam, Arunachal Pradesh to Develop Plan for Crucial Dulung-Subansiri Elephant Corridor



Assam and Arunachal Pradesh have been instructed by the Ministry of Environment, Forests and Climate Change (MoEFCC) to develop a plan for the Dulung-Subansiri elephant corridor.

The National Hydroelectric Power Corporation (NHPC) is in charge of the 2000 MW Lower Subansiri hydroproject, which has been under construction since 2003 but has not yet been put into service.

The National Board for Wildlife (NBWL), the highest government agency for wildlife protection and the oversight of development projects in wildlife areas, will hear the request to demarcate the corridor during its next meeting. Notifying the elephant corridor will entail designating portions of it as either a wildlife sanctuary or a conservation reserve in addition to physically identifying the pertinent locations that elephants utilize on the ground. In order to maintain a healthy population of elephants, this corridor a crucial stretch of land connecting disparate elephant habitats allows for safe mobility and genetic exchange. Elephant corridors serve as bridges that permit elephants to

easily travel between their areas of grazing and reproducing. This lessens friction between humans and elephants while also promoting healthy populations. In particular, the Lower Subansiri hydroproject is now underway, and it is downstream of the Dulung-Subansiri corridor. The project's possible effects on the migration of wildlife have drawn criticism.

The MoEFCC's directive ensures that elephant conservation is prioritized alongside development. Developing the corridor plan requires collaboration between Assam and Arunachal Pradesh's forest departments. This plan will likely involve Mapping the corridor, habitat management and Minimizing disturbances. The success of this initiative will depend on collaboration between the two states, the MoEFCC, and local communities. It presents a promising model for balancing development needs with wildlife conservation.

This development is a positive step towards securing the future of elephants in the region.

By-Nisha, Semester II

INDIA PLANS TO SPEND 44% MORE ON PROJECTS TROUGH GREEN BONDS-

India is taking significant steps to meet its clean energy objectives by planning to increase expenditure on green initiatives through the issuance of green bonds by nearly 44% this fiscal year. The government plans to set aside around Rs. 32,062.1 billion (about \$4.7 billion) for green initiatives and schemes, which is significantly higher than the Rs. 22,324.8 billion (about \$2.9 billion) budgeted for green initiatives in the current financial year.

If we talk about green bond, green bond is a form of fixed income security where a portion of the proceeds is earmarked for projects that are beneficial to the

environment. Green bonds can be used for a variety of projects, such as solar, wind, clean transportation, sustainable infrastructure and energy efficiency. Investors who want to align their portfolio with their environmental goals are attracted to green bonds as they provide financial returns while promoting positive environmental impact.

The exact number of green bonds to be issued in the fiscal year (FY25) will be determined at a later date, but estimates point to a green bond issuance in the range of Rs 25,000-Rs 30,000 crore (EUR 3.2-USD 3.8 billion) compared to the current year's

CAA Rules silent on fate of rejected applicants!



There is concern about the lack of clarity for applicants rejected under the Citizenship Amendment Act (CAA) in India.

The CAA Rules, recently implemented, don't specify how to handle rejected applications. This creates uncertainty for those who may be denied citizenship. Some fear rejected applicants could end up in detention centers. This is a particular worry for communities like the Matuas who have lived in India for decades.

The main Citizenship Act (1955) allows applicants to request a review by the Central Government within 30 days of rejection. However, the CAA rules don't mention if this applies to rejections under the CAA process itself. As applications start coming in through the online citizenship portal of the Citizenship (Amendment) Act

(CAA). Some potential applicants are worried about their fate if rejected.

The law's Rules, notified earlier this month, are silent regarding any review process for applications rejected by the empowered committees which have the final authority to accord citizenship under the Act.

Some potential applicants, including lakhs of people from the Matua community of West Bengal, entered the country decades ago and have been living as Indian citizens for many years.

However, if their submitted documents now fail the scrutiny of the empowered committee, or if there is an adverse security clearance report about them, their applications for Indian citizenship under the CAA could be rejected.

By-M. Tanushya, Semester II



issuance of Rs 20,000-₹2,500 crore. This increase highlights India's increasing dependence on green bonds in order to finance its transition to clean energy.

The increase in green bond spending is expected to focus on the development of renewable energy sources and green infrastructure. Almost half (46%) of green investments are proposed for the railway sector, with the aim of promoting cleaner and more sustainable modes of transport. Funds will also be allocated to new and renewable energy projects, accelerating India's transition to a greener future.

It's important to note that the government's

overall annual spending on green projects across various sectors would likely exceed the amount funded through green bonds. However, green bonds offer a crucial tool for attracting investments specifically designated for environmentally friendly initiatives.

This initiative by the Indian government is a positive step towards achieving its ambitious climate goals. By leveraging green bonds and prioritizing eco-friendly projects, India is demonstrating its commitment to combating climate change and building a more sustainable future for its citizens.

By-Nisha Chaudhary, Semester II

Skyroot Aerospace successfully test-fire stage-2 of Vikram-I launch vehicle in A.P's Sriharikota



As the launch vehicle ascends from the atmospheric phase to the dense vacuum of space, stage-2 is a crucial phase is played out.

Indian space tech company Skyroot Aerospace successfully test-fired the second stage of their Vikram-1 orbital rocket on Wednesday. This is a significant milestone for them as they inch closer to launching India's first private orbital rocket sometime in mid-2024.

The Vikram-1 is a three-stage solid-fuel rocket, and the second stage is responsible for propelling satellites from Earth's atmosphere into the vacuum of space. The test, conducted at the Indian Space Research Organisation (ISRO)'s test facilities in Sriharikota, Andhra Pradesh, lasted 85 seconds and achieved a peak thrust of 186 kilo newtons (kN), which will translate to about 235 kN during an actual launch.

This comes after Skyroot's successful sub-orbital launch with their single-stage Vikram-S rocket in 2022. It's an exciting time for the Indian private space industry, with Skyroot at the forefront. In order to move the launch vehicle from the atmospheric phase into the deep vacuum of space and accelerate it efficiently and precisely towards its target, Stage 2 is essential. The

high-performance EPDM Thermal Protection System (TPS) and a solid fuel powered high-strength carbon composite rocket motor power the Kalam-250. Moreover, a carbon ablative flex nozzle is included for accurate thrust vector control.

In November 2022, India launched Vikram-S into sub-orbital space, and now it has successfully launched Vikram-1, its first private orbital rocket. It shows how far space technology and Exploration have come in India.

Solar Industries processed the solid propellant in Kalam-250 at their Nagpur facility. Skyroot had previously tested Kalam-100, the third stage of Vikram-1, which was test-fired successfully in June 2021.

"This is a significant milestone for the Indian space industry, marking the successful test of the largest propulsion system ever designed and manufactured by the Indian private sector so far, and the first carbon-composite-built motor tested at ISRO. All test parameters are within expected bounds, and this achievement takes us another step closer to the upcoming orbital launch of the Vikram-1 rocket," said CEO and co-founder Pawan Chandana.

By-M. Tanushya, Semester II

India Rethinks Myanmar Approach as Military Junta Struggles

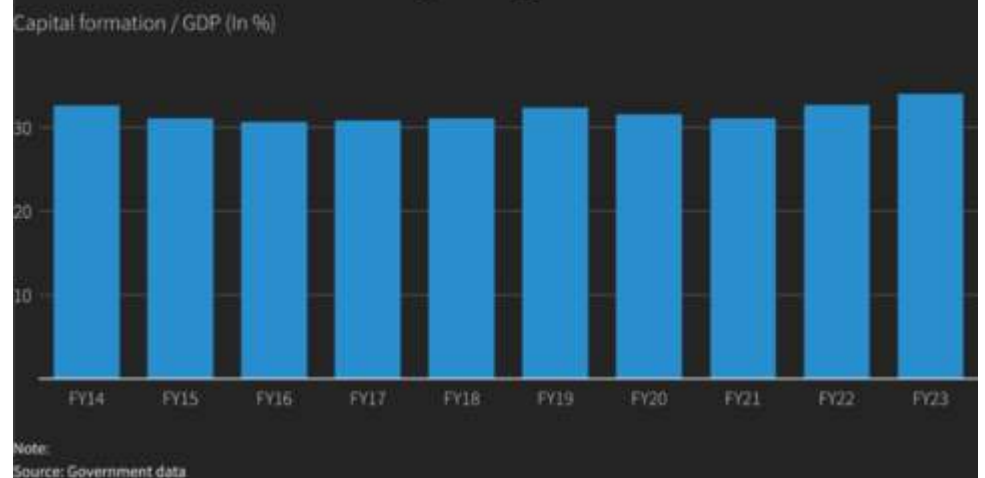


India is considering a shift in its strategy towards Myanmar in light of the weakening grip of the military junta on the country's border regions. The junta, which took

power in a February 2021 coup, has been facing increasing resistance from ethnic armed groups, particularly along the border with India. This includes the Arakan Army,

Growth Powered by Investment in 2024 as Rural Spending Rises and Inflation Eases

India GDP growth driven by rising share of investments



Economists are predicting a strong year for the Indian economy in 2024, with growth expected to be driven by a significant rise in both private and government investments. This positive outlook is further bolstered by increasing spending power in rural areas and a much-needed easing of inflation. A recent Economic Times poll of economists suggests a growth rate of 6.3% for the fiscal year 2025. The key driver behind this

the green light to expand and grow. Furthermore, economists predict a significant rise in rural spending in 2024. Rising rural incomes coupled with easing inflation are expected to empower villagers to spend more. This increased consumption is likely to benefit sectors like consumer goods and motorcycles. Talking to local economists could provide valuable insights into specific spending trends across the



growth is anticipated to be a surge in investments. As Aditi Nayar, Chief Economist at Icmr, a ratings firm, points out, "We expect a pickup in corporate capex when the Union budget is presented after the general elections." Signs of this recovery in investment were already evident in the GDP data for the second quarter, released in November 2023. This renewed confidence to invest likely stems from a more stable economic environment, giving businesses

country. In summary, the Indian economy appears poised for robust growth in 2024, fueled by a combination of rising investments and increased rural spending power. While this outlook is certainly promising, it's important to acknowledge any potential challenges or uncertainties mentioned in economic predictions.

By-Shrishti, Semester II

which recently claimed control of Paletwa, a key town bordering both India and Bangladesh. India has traditionally maintained a cautious approach with Myanmar's military rulers. However, the deteriorating situation and the junta's loss of control in some areas are prompting New Delhi to re-evaluate its stance. There are several reasons behind this potential shift. A weakened junta could create instability and lead to an increase in cross-border activities, including illegal immigration and insurgent movements. Additionally, China has been expanding its influence in Myanmar, and India may be

looking to counter this by engaging with different stakeholders within the country. The exact nature of India's new strategy remains unclear. However, it could involve increased support for the democratic opposition or ethnic armed groups along the border. India might also focus on strengthening its own border security measures. This development has significant implications for the region. A change in India's Myanmar policy could impact the balance of power and potentially influence the ongoing conflict. It's a situation worth following closely in the coming months.

By-Roshni, Semester II

Rajkumari Ratnavati Girl's School: Pioneering Green Education in India's Desert



emphasis on holistic education extends far beyond the confines of traditional academics. While offering classes from kindergarten to grade 10, it also prioritizes the cultivation of traditional skills such as art, weaving, and embroidery, ensuring that its students are equipped with not just academic prowess but

The Rajkumari Ratnavati Girls School in Rajasthan stands as a luminous testament to education's transformative power nestled amidst the arid landscapes of the Thar Desert. Founded by an NGO committed to empowering economically disadvantaged and remote communities globally, this school shines as a beacon of hope for girls in Rajasthan. From its inception, the school

has embodied innovation and sustainability, evident in its uniquely designed architecture crafted by the renowned designer Sabyasachi. This architectural marvel not only captivates with its aesthetic beauty but also serves a practical purpose, maintaining temperatures 20 to 30 degrees Celsius cooler than the scorching desert heat without the need for fans or air conditioning.

Sustainable School in India

At the heart of the school's ethos lies a commitment to nurturing the feminine spirit, symbolized by its graceful contours and thoughtful design. Every aspect of the school, from its solar-powered electricity to its rainwater harvesting system, speaks volumes about its dedication to environmental stewardship and sustainability. Moreover, the school's

also practical skills for a brighter future. Within the walls of this educational sanctuary, students are encouraged to explore their creativity, participate in cultural programs, and engage in life skills workshops. This holistic approach to education fosters personal growth and empowers students to become confident,



well-rounded individuals prepared to navigate life's challenges with resilience and grace. The Rani Ratnavati School stands as a testament to the idea that woman empowerment transcends mere slogans; it's about tangible economic upliftment and the elevation of girls to the forefront of Indian history. These beautiful girls, once marginalized, have now become an integral part of the country's narrative, thanks to the opportunities afforded to them by this remarkable institution.

By Kriti, BMM, Sem II

Global Family Day: Celebrating unity and love in every home



Sustainable School in India

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By Kriti, BMM, Sem II

Internet Safety Tips for Better and Secure Online Usage for Teens!



Online Safety Tips

The internet offers an expansive playground for teens, brimming with opportunities for connection, learning, and enjoyment. However, just as in the physical world, it's crucial to

uphold certain principles to ensure safety and well-being online. One cardinal rule is to exercise caution before sharing any personal information, such as addresses, phone numbers, or identifiable details, as these can leave lasting footprints that may compromise privacy or security. Whether it's a whimsical selfie or intimate details, consider the potential repercussions, especially as colleges or prospective employers increasingly scrutinize online presences. Additionally, maintain vigilance regarding online interactions, recognizing that not everyone may be who they claim to be. Refrain from divulging sensitive information to unfamiliar individuals, and if faced with pressure, seek guidance from trusted adults who can provide support and guidance. Moreover, exercise discernment when navigating downloads and links, opting for reputable sources to mitigate the risk of encountering viruses or malicious websites. Seek permission before downloading anything and remain vigilant against suspicious activity. Importantly, cultivate a culture of kindness and respect online, refraining from spreading rumors or engaging in behaviors that may inflict harm. Remember that the internet's digital landscape retains a lasting memory, making it imperative to curate a positive online reputation. By prioritizing these principles and approaching the digital realm with mindfulness and responsibility, teens can navigate the internet with confidence, ensuring that their online experiences remain safe, enjoyable, and enriching.

By Kriti, BMM, Sem II

International Women's Day 2024

International Women's Day was marked by a specific theme or campaign that focuses on various aspects of gender equality and women's empowerment. It reflected current global challenges facing women and girls, such as access to education, healthcare, economic opportunities, political participation, and ending violence against women.

The campaign theme for International Women's Day 2024 was Inspire Inclusion. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. International Women's Day Observed on 8th March 2024

International Women's Day (IWD) is celebrated on 8 March globally, focusing on recognizing women's social, economic, cultural, and political achievements. The colors purple, green, and white are commonly associated with International Women's Day. Purple symbolizes justice and dignity, green represents hope, and white signifies purity and peace. These colors are often displayed in the form of ribbons, banners, clothing, and accessories during International Women's Day events. There has been a growing emphasis on intersectionality within the International Women's Day movement, recognizing that women's experiences are shaped by multiple factors, including race, ethnicity, class, sexual orientation, disability, and other dimensions of identity. Intersectional feminism seeks to address the unique challenges faced by women at the intersections of various forms of oppression. International Women's Day has been instrumental in achieving significant milestones for women's rights and gender equality. For example, it played a crucial role in the fight for women's suffrage, leading to the granting of voting rights for women in various countries. It has also been a catalyst for legislative and policy changes aimed at addressing gender discrimination, such as equal pay laws, reproductive rights legislation, and measures to combat violence against women.

Through this campaign, there is a strong emphasis on recognising the importance of diversity and empowerment in various spheres of society and underscoring the pivotal role of inclusion in advancing gender equality. International Women's Day has its origins in the early 20th century, which arose from the labour movements in North America and Europe. The first National Women's Day was observed in the United States on February 28, 1909, which was organized by the Socialist Party of America to commemorate the 1908 garment workers' strike in New York, where women protested against working conditions. Later in 1910, Clara Zetkin proposed International Women's Day at the International Women's Conference in Copenhagen. The idea was unanimously approved, leading to the first observance in 1911 in several European countries, with over a million participants advocating for women's rights. The United Nations began celebrating the day in 1975, and two years later, in 1977, the UN General Assembly invited member states to proclaim March 8 as the UN Day for Women's Rights and World Peace.

The significance of International Women's Day lies in its ability to bring attention to issues such as gender equality, reproductive rights, and violence and abuse against women. It provides a platform for collective action and collaboration in advocating for women's rights and empowerment.

International Women's Day has a profound global impact, inspiring activism and advocacy efforts in countries with diverse socio-cultural contexts and political landscapes. From grassroots movements to high-profile campaigns, it serves as a platform for women and their allies to amplify their voices, raise awareness about pressing issues, and mobilize support for change. The solidarity and collective action promoted by International Women's Day have contributed to progress on a wide range of fronts, including education, healthcare, employment, and representation in decision-making bodies. It is a day that reminds us that gender parity is still far from being achieved, with the World Economic Forum estimating that it will take over a century for gender equality to be attained.

In recent years, there has been a growing trend of corporate engagement with International Women's Day, with businesses and organizations around the world using the occasion to showcase their commitment to gender equality and women's empowerment. This includes initiatives such as diversity and inclusion programs, mentorship opportunities for women employees, gender pay equity audits, and philanthropic investments in women-led projects and initiatives. While some view this corporate involvement as a positive step towards advancing gender equality in the workplace, others caution against the commodification of feminism and urge companies to take meaningful action beyond symbolic gestures. Despite progress made over the years, significant challenges remain in the journey towards gender equality and women's empowerment. These include persistent gender-based violence, discriminatory laws and practices, limited access to education and healthcare, economic disparities, underrepresentation in leadership positions, and cultural attitudes that perpetuate gender stereotypes and norms. International Women's Day serves as a reminder of the urgent need to address these challenges and work towards a more just and equitable world for all.

By-Shreyangi Singh, Semester IV



MISS WORLD 2024



Miss World 2024 was the 71st edition of the Miss World pageant, which was held on 9 March 2024 at the Jio Convention Centre in Mumbai, India. The pageant aims to celebrate the beauty, intellect and humanitarian efforts of women from around the world with different opinions and comments. The Miss World contest has several competitions in which the beauty queens compete against each other, including Beauty with a Purpose, Head-to-Head Challenge, Miss World Sports or Miss World Sportswoman, Miss World Talent, World Top Designer Award, Miss World Top Model, and Miss World Red Carpet Special. On 13 February 2023, Julia Morley, the chairperson of the Miss World organization, announced that the competition will take place in the United Arab Emirates, in May 2023 but later it was announced that the event will be shifted to India. After 1996 it was the first time that India was the organizing country for the pageant. Contestants from 112 countries and territories participated and competed in the pageant. The event was co-hosted by Indian director and

filmmaker Karan Johar and 2013 pageant winner Megan Young. At the end of the event, Krystyna Pyszkova of the Czech Republic was crowned as Miss World 2024 by the previous year winner Karolina Bielawska. This was the second win by the Czech Republic at the pageant. The runner-up of the pageant was Yasmina Zaytoun from Lebanon. The representative of India this year or the Miss India World this year was Sini Shetty who hails from Karnataka. In 2022, she represented the state at Femina Miss India 2022 and won the title. After completing a Bachelor's Degree in Accounting and Finance, Sini is currently pursuing a career in Finance as a Financial Analyst. The Top 8 contestants participated in the classic Q&A round, addressing topics discussed at the most recent G20 Summit. Asked to shed light on an issue impacting women's health care specifically, Pyszková, a 23-year-old law student and model, spoke about removing the stigma and shame surrounding menstruation, saying that "being a woman is a gift" and that periods should not be a taboo subject. After one final cut, four contestants were left to "pitch their purpose" (or philanthropic platform) to a trio of business moguls from "Shark Tank India." Each of these



four finalists represented a different region of the world: Africa, the Americas and Caribbean, Asia and Oceania and Europe. The pageant or the selection committee of the event included Sajid Nadiadwala (Indian filmmaker), Harbhajan Singh (Indian cricketer), Rajat Sharma (Indian Journalist), Amruta Fadnavis (Actor and social worker), Vineet Jain (managing director of Bennett Coleman and co. Ltd.), Julia Morley (Chairperson and CEO of Miss World Organization), Kriti Sanon (Indian Actress) and Pooja Hegde (Indian Actress). Miss World is widely viewed as the oldest international beauty pageant, first founded in the United Kingdom in 1951 as a "bikini contest." Perhaps its two best-known winners are both from India: the actors Aishwarya Rai Bachchan (Miss World 1994) and Priyanka Chopra Jonas (Miss World 2000). Chopra Jonas appeared at the pageant in a video message, paying tribute to both Miss World owner Julia Morley and Nita Ambani, winner of the pageant's Humanitarian Award.

By-Vidhi, Semester IV

Against All Odds N. Ambika Success Story from Child marriage to IPS Officer



Woman who became an inspiration

The UPSC Civil Service Exam stands out as one of the most formidable challenges to conquer. Despite the annual participation of countless candidates, only a select few manage to successfully ace through its complexities. However, those with unwavering determination can conquer even the most daunting obstacles. The story of IPS officer N Ambika is an example of dedication and steady integrity. From the clutches of child marriage and bearing two children by the age of 18, she transformed herself into an IPS officer through sheer grit and determination. Ambika was married to a police constable at the tender age of 14. By the age of 18, she was the mother of two daughters. She was inspired to become an IPS officer when she saw her police constable

husband saluting his senior officers at the Republic Day parade. However, her journey was far from easy. N. Ambika resumed her studies. She completed her school education from a private institute. She then pursued her graduate studies and eventually embarked on her UPSC preparation. She relocated to Chennai with her family to enrol in a coaching institute as there were no such centres in her local town. She received immense support from her husband during this time. Despite her dedication and perseverance, she failed to crack UPSC three times. However, she remained unfazed and gave her fourth attempt and secured an impressive IPS seat.

By-Shreyangi Singh, Semester IV

Homai Vyarawalla : India's First Female Photojournalist



The Inimitable Homai Vyarawalla

Homai Vyarawalla was born in 1913 in a Parsi family in Navsari, Gujarat, because of the theatre background of her father, her family moved a lot. Home came from a family of artists and she was trained in classical composition. Little did everyone know that a young and zealous Parsi girl would go on to become India's first female photojournalist. She married Manekshaw Vyarawalla, a freelance photojournalist for newspapers. Gaining prominence with her captivating snapshots of Mumbai life, Homai Vyarawalla's lens caught the eye of readers when her work was featured in The Illustrated Weekly of India magazine. Accordingly, Vyarawalla was breaking barriers as she became one of India's

pioneering female contributors to mainstream publications. Homai Vyarawalla skillfully documented the bustling rhythms and vibrant tapestry of daily existence in the city through her evocative imagery. Initially, her photos were published under her husband's name before she adopted her pseudonym "Dalda 13". Vyarawalla seized upon the undervaluation that women encountered as journalists and created captivating and unrestricted photographs. According to Vyarawalla, the lack of respect given to women in the journalism industry allowed her to freely capture candid, high-quality images of her subjects. Homai Vyarawalla's lens captured pivotal political figures and significant events during India's quest for independence, rapidly garnering her national recognition. Her portfolio ranged from candid snapshots of Jawaharlal Nehru, her preferred subject, to poignant portraits of Mahatma Gandhi. She also recorded images of Indira Gandhi, India's inaugural female Prime Minister.

By-Shreyangi Singh, Semester IV

Pioneer of Women's Education in India: Savitribai Phule



Mother of Indian Feminism

Some called her women some called her an inspiration. Back in days were women's were not allowed to get higher education, she became the leading light who changed the scenario of education for girls in India. Today were women's are making remarkable achievements but there was a time when women could not cross the threshold. They were even restricted from getting admission to schools to gain knowledge. Despite having several challenges and strict rules, a woman came out flowing against the current and became the first female schoolteacher in India in the 19th century, inspiring other women across the nation. She was none other than Savitribai Phule, who was born in Naigaon, Maharashtra on January 3, 1831. Savitribai Phule is a woman who broke the traditional stereotypes at a time when women's grievances were rarely heard. Savitribai Phule and her husband, Jyotirao Phule, opened India's first school for women in Pune in 1848. Later, Savitribai also founded 17 more schools thus any girl or woman reading today owes it to her. Pune University is named after Savitribai Phule, which is a tribute to this fierce lady who stood strong for women's education in India. The contribution of Savitribai Phule is not limited to education only. She challenged the norms of society by opening a home for the prevention of infanticide, offering shelter to widows and allowing her to leave their children for

adoption purposes. She strongly fought against child marriage and the Sati tradition, she advocated for the remarriage of widows and raised awareness on many other critical issues. She wrote powerful poems that highlighted the issues of gender and caste discrimination, contributing significantly to Marathi literature. Savitribai Phule made history by hiring Fatima Begum Sheikh in Bhida Wada School. Fatima Begum was the friend of Jyotibha's husband, Usman Sheikh. Fatima became the first Muslim woman teacher in the country. Despite facing resistance from conservative communities, she continued to teach girls and children from different castes, promoting inclusivity in education. Her courageous efforts in the face of adversity and her unwavering commitment to social justice have made her an icon of women's empowerment in India. Her work laid the foundation for the feminist movement in the country and continues to serve as a source of inspiration for those fighting for equality and justice. A time when the profession of journalist was dominated by men, a women photographer rose to prominence on nothing except the merit of her work. She was Homai Vyarawalla, the first female photojournalist of India, who would not just make history, but captured it too.

By-Shreyangi Singh, Semester IV

A Tribute to Iconic Females Who Created World History!!



"Satyam Group of Institutions Hosts Spectacular Convocation Ceremony 2024!"



Noida, March 19, 2024: The Annual Convocation Ceremony of Satyam Group of Institutions was solemnly conducted at its esteemed campus located in Sector 62, Noida. The ceremony commemorated the achievements of the students graduating from the B.A. (Mass Media) program, belonging to the 2020–2023 batch. The event commenced with a parade, symbolizing the commencement of the convocation proceedings.

Notable attendees included Dr. Vandana Jaglan, Principal of Satyam Fashion Institute (SFI); Dr. Neetu Malhotra, Vice Principal of SFI; Dr. Bineeta Agarwal, Principal of Satyam College of Education (SCE); Ms. Preeti Goyal, IQAC Coordinator; Mrs. Neha Agarwal, Program Head at SCE;

degrees by the Chief Guest, Prof. (Dr.) Shashikala Wanjari, Mrs. Sneha Singh, Chairperson of Satyam Group of Institutions, Dr. Vandana Jaglan, Principal



of SFI, Dr. Neetu Malhotra, Vice Principal of SFI, Dr. M. Alam, Dean of SSJMC, and Mrs. Priyanka Sarkar, Head of Department at SSJMC. Noteworthy achievers, Ms. Akansha Chauhan, who secured the 3rd rank at the university level, and Ms. Deeksha Pandey, attaining the 5th rank, were honored with trophies in addition to their degrees.



Furthermore, students from the B.A. (Mass Media) Department were recognized for their outstanding performance under the Earn While Learn Program. Devahuti Sharma, Shivangi Sekhwant, Aastha Tyagi, Mahek Verma, Kasish Pandey, Anshika Jha, Swakshi Kumar from the 3rd year, Preeti, Ishika Jaiswal, Vidhi Sheoran, Vaishnavi, Shreyangi Singh, Prerna Yadav from the 2nd year, and Roshni Bagdwal and M. Tanushya from the 1st year received certificates, trophies, and cash prizes in acknowledgment of their exceptional contributions. The Convocation Ceremony of Satyam Group of Institutions stands as a testament to the dedication and excellence fostered within its academic community, preparing graduates for promising futures in their chosen fields.

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By M. Tanushya, BMM, Sem II

"Satyam School BMM Students Gain Valuable Industry Insight at Zee News Event"

Noida, March 22, 2024: Students from the Bachelor of Mass Media (BMM) program at Satyam School of Journalism and Mass Communication attended a noteworthy event today at Zee News. Renowned folk singer and composer, Neha Singh Rathore, graced the set as a guest on the Zee Switch talk show, where she delved into various topics of interest.

Neha Singh Rathore, celebrated for her politically themed songs, fielded questions on her potential political aspirations and her response to not being invited to creator awards, among other topics. The session was marked by her captivating words and musical performances, adding a layer of enchantment to the discussion.

The students had the unique opportunity to engage with industry professionals and



observe the inner workings of a prominent news channel firsthand. This experience offered them invaluable real-world exposure, enriching their understanding of media operations and providing insights into the dynamics of television programming.

Reported by M. Tanushya, BMM, Sem II,

SSJMC Students Shine Bright at MERI College's ATROPIA x L'AKERMESSE Event!"



Noida, March 19, 2024: The Annual Convocation Ceremony of Satyam Group of Institutions was solemnly conducted at its esteemed campus located in Sector 62, Noida. The ceremony commemorated the achievements of the students graduating from the B.A. (Mass Media) program, belonging to the 2020–2023 batch. The event commenced with a parade, symbolizing the commencement of the convocation proceedings. Notable attendees included Dr. Vandana Jaglan, Principal of Satyam Fashion Institute (SFI); Dr. Neetu Malhotra, Vice Principal of SFI; Dr. Bineeta Agarwal, Principal of Satyam College of Education (SCE); Ms. Preeti Goyal, IQAC Coordinator; Mrs. Neha Agarwal, Program Head at SCE; Dr. M. Alam, Dean of Satyam School of Journalism & Mass Communication (SSJMC); Mrs. Priyanka Sarkar, Program Head at SSJMC, alongside esteemed teaching and non-teaching staff, and students.

The ceremony was graced by the presence of Prof. (Dr.) Shashikala Wanjari, Vice-Chancellor of the National Institute of Educational Planning and Administration (NIEPA), New Delhi, and Former Vice-Chancellor of SNDT Women's University, Mumbai, who served as the Chief Guest. Graduates of the B.A. (Mass Media) program were conferred with their degrees by the Chief Guest, Prof. (Dr.) Shashikala

Wanjari, Mrs. Sneha Singh, Chairperson of Satyam Group of Institutions, Dr. Vandana Jaglan, Principal of SFI, Dr. Neetu Malhotra, Vice Principal of SFI, Dr. M. Alam, Dean of SSJMC, and Mrs. Priyanka Sarkar, Head of Department at SSJMC. Noteworthy achievers, Ms. Akansha Chauhan, who secured the 3rd rank at the university level, and Ms. Deeksha Pandey, attaining the 5th rank, were honored with trophies in addition to their degrees.

Furthermore, students from the B.A. (Mass Media) Department were recognized for their outstanding performance under the Earn While Learn Program. Devahuti Sharma, Shivangi Sekhwant, Aastha Tyagi, Mahek Verma, Kasish Pandey, Anshika Jha, Swakshi Kumar from the 3rd year, Preeti, Ishika Jaiswal, Vidhi Sheoran, Vaishnavi, Shreyangi Singh, Prerna Yadav from the 2nd year, and Roshni Bagdwal and M. Tanushya from the 1st year received certificates, trophies, and cash prizes in acknowledgment of their exceptional contributions.

The Convocation Ceremony of Satyam Group of Institutions stands as a testament to the dedication and excellence fostered within its academic community, preparing graduates for promising futures in their chosen fields.

By M. Tanushya, BMM, Sem II

Polycystic Ovary Syndrome (PCOS): More Than Just Irregular Periods



Polycystic Ovary Syndrome (PCOS) is common hormonal imbalance issue troubling young women during childbearing age. PCOS affects woman's menstrual cycle, fertility, mental and emotional health, weight issues and overall well-being. PCOS disturbs the usual functioning of the ovaries, which leads to irregular or infrequent periods. PCOS is distinguished by three main features: excess androgen production. Androgen are male hormones in females, chronic anovulation which means failure to release eggs regularly, and the presence of multiple small cysts in the ovaries (some women with PCOS don't have cysts). Symptoms can vary women to women, but here are some common symptoms found in women suffering with PCOS. Irregular periods: Experiencing infrequent bleeding, painful periods, prolonged cycles or unpredictable periods. Excess androgen symptoms: Excess androgen can cause acne, unwanted facial and body hair growth, male-pattern

baldness, oily skin and changes in body shape like decreased breast size, enlarged clitoris or increased size of female genitals. Weight gain and difficulty losing weight: women face weight gain and make it challenging to lose weight easily. Infertility: Irregular ovulation can make it difficult to conceive naturally. There is no particular test for PCOS yet, it includes combination of tests like blood test, pelvic exam, ultrasound of Ovary and symptom Evaluation. While there's no cure for PCOS yet, you can follow several strategies to effectively manage its symptoms and improve your overall health and lifestyle. Taking a healthy balanced diet, regular physical exercise and meditation, Anti-androgen medications, or prescribed pills by doctor. Apart from these strategies you can also join a support group of PCOS which helps you to interact with the women who understand your struggles, this technical helps women emotionally by making them feel that they are not alone. PCOS effects your mental and emotional being, you can talk to therapist to manage your emotional and mental health like anxiety, stress or depression. Last but not least comes self-care, engaging in activities that helps you in relaxation, such as yoga, meditation, spending time in nature or any other activity that bring you joy, it can be any hobby. Suffering from PCOS is not easy, it can be really challenging but it should not stop you from living a happy and healthy life. With the right knowledge and management strategies you can live a healthy life.

By-Nisha Chaudhary, Semester II

Maintaining Normal Blood Pressure Throughout Your Life

Blood pressure is a fundamental indicator of cardiovascular health, yet its significance often remains misunderstood. It measures the force exerted by blood against the walls of arteries as the heart pumps it around the body. This pressure is essential for delivering oxygen and nutrients to organs and tissues. Blood pressure has two primary measurements that is, systolic and diastolic

represents the minimum pressure within the arteries, signifying the constant residual pressure that keeps blood moving. There are several factors that influence blood pressure levels such as lifestyle, age and gender, medical condition and genetics. To maintain a healthy blood pressure level following a balanced diet plays a pivotal role.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

pressure. Systolic Pressure is the higher number in a blood pressure reading and represents the pressure in arteries when the heart contracts and pumps blood into circulation. It reflects the maximum force exerted on arterial walls during each heartbeat. Diastolic Pressure The lower number indicates the pressure in the arteries when the heart is at rest between beats. It

Blood pressure is essential to the body. However, it can become too high (hypertension) or too low (hypotension). High blood pressure can cause several health issues that a doctor may monitor. A person can manage high blood pressure, especially with early intervention and some lifestyle adjustments.

By-Shreyangi, Semester IV

Mental Health in Young Adults: Inhale Confidence Exhale



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being, you can talk to therapist to manage your emotional and mental health like anxiety, stress or depression. Last but not least comes self-care, engaging in activities that helps you in relaxation, such as yoga, meditation, spending time in nature or any other activity that bring you joy, it can be any hobby. Suffering from PCOS is not easy, it can be really challenging but it should not stop you from living a happy and healthy life. With the right knowledge and management strategies you can live a healthy life. We can attain a good mental health in many ways: Attaining healthy habits like regular Exercise or any physical activity for at least 30 minutes. Eating Balanced Diet with nutritious foods and Getting enough quality sleep. Making social connection and seeking support by Sharing your feelings with a trusted friend, family member, therapist, or counselor. Connecting with others who understand what you're going through can be a great source. Building Emotional Awareness by Meditating or following techniques like mindfulness can help you become more aware of your thoughts and feelings. You can also start Journaling. Follow Problem-Solving Strategies and Challenge Negative Thoughts by identifying the problems and solving them rationally. Boost your confidence by



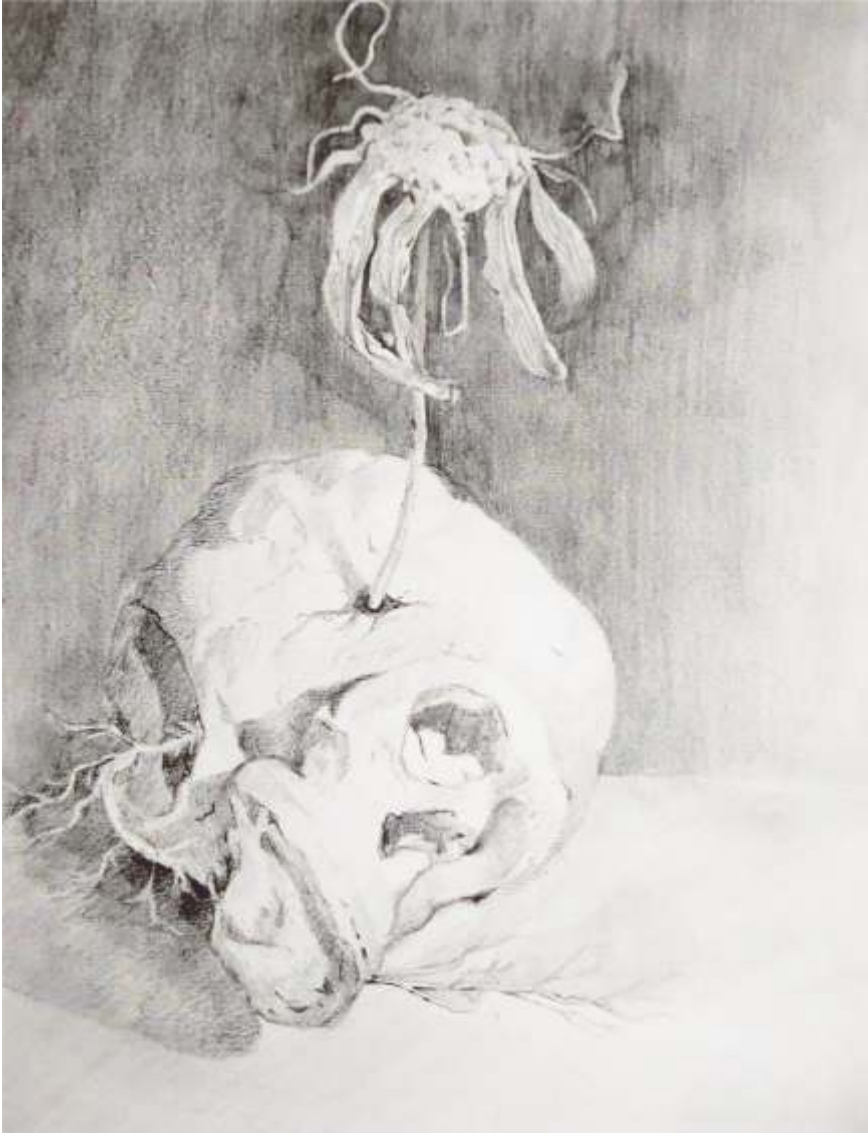
setting realistic goals like small and achievable goals. Learn time management and prioritize tasks. And doing at least one productive task a day can also help you from feeling overwhelmed. Having mental health issues is common and it is not something to hide or feel ashamed about. But living with it and not trying to get out of the loophole is not right. If you try and learn about the strategies to Cope with mental and emotional health issues, and be patient with yourself, you can live your life to the fullest.

By-Nisha Chaudhary, Semester II

The Fragile Thread of Words

We speak, we stammer, we search,
we lie, we scream, we whisper
and with each imperfect word, a fragile trust we hold.
Buti Yearn for something more, i hold onto hope,
where language gently ends.
A touch, a tear, a smile that speaks so clear.
So let me simply stand, with heart laid bare,
And trust that even silence holds you there.

By-Nisha, Semester II



By - Priti, Semester IV

In Search of the Perfect Word

The clumsy words!! Can they capture blush of
love or the crashing waves of grief or the depth of silence?
They stumble, all the time.
For even broken phrases, fumbled confessions,
awkward conversations and honest remarks,
we search for language, elegant and strong.
To send our feelings where they belong.

Serenity

A peace I always craved for,
The comfort I always needed
You sprinkled those stars of blessing
And became my serenity from heaven.

Like the first rain's droplets on your face
Like the warm sunlight of chilly winter,
My heart blooms to see your happy face
In addition, yes, somehow you became my infinity.

I want to embrace you keep you forever like nothing ever existed,
And be so much into you as if nothing can come between us,
Make you mine, claim you mine like no one ever did

By-Shreyangi, Semester IV



By-Nisha Chaudhary, Semester II

तू बोले तो

तू कहे तो तुझे अपना बना लू क्या
तू बोले तो इस जिंदगी को तेरे नाम लिख दू क्या
इस चहरे से अलग ही मोहोबत हो गई है
तू बोले तो अपने नाम के आगे तेरा नाम लगा दू क्या
तू बोले तो इस चहरे को हमेशा के लिए इस दिल में बसा लू क्या
अधूरा महसूस करती हु तुम्हारे बिना
तु बोले तो तुम्हे खुद में बस लु क्या
तुम बोलो तो तुम्हारी नजर से अपने आपको सजा लू क्या
अकेले चल रही हूइ स जिंदगी में
तू बोले तो जिंदगी भर के लिए ये हाथ थाम लू क्या
तुम्हारा दिल बहुत बड़ा है
तुम बोलो को उसकी छोटी सी जगह में अपनी दुनिया बसा लु क्या

By - Kriti, Semester II



By-Nisha Chaudhary, Semester II



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