

MAC VOICE

A PRACTICAL NEWSLETTER OF DEPARTMENT OF JOURNALISM

“INQUILAB ZINDABAD”

PSYCHOLOGY & HEALTH

The Unhealthy Whites
Mental Health
The One-Way Post

MAC EXPLAINED
The Dragon Dilemma
Biological E - A long shot
in the Vaccine League

ALUMNI SPEAK

*“Your Network is
your net worth”*

THE FEMALE SIDE OF THE EQUATION: COVID-19

*“Howbeit, not all heroes
wear capes. Some come
in aprons and
saree drapes”.*

Maharaja Agrasen College

University of Delhi



Department of Journalism

Assamese

আমি সাংবাদিকতা এর ছাত্র

Bangla

আমরা, সাংবাদিকতার শিক্‌ষার্থীরা

Bhojpuri

हम पत्रकारिता विभाग के विद्यार्थी बानी

Dogri

असस् पतरकारी दे छातर

English

We, the Students of Journalism

Gujarati

અમે, પત્રકારત્વના વિદ્યાર્થીઓ

Hindi

हम, पत्रकारिता के विद्यार्थी

Kannada

ನಾವು, ಪತ್ರಿಕಾರ್ಥಿಯಾದವರ ಪೆದೆಯರಥಿಗಳಾ

Konkani

आम्ही ह्या पत्रकारित्याचि वाचक

Kashmiri

ਸਭਮ, ਪਤ੍ਰਕਾਰੀ 'ਭਕ ਝਾਠ

Malayalam

ഞങ്ങൾ, പത്രപരവർത്തനത്തിന്നു വിദ്യാർത്ഥികൾ

Marathi

आम्ही, पत्रकारितेचे विद्यार्थी

Nepali

हामी, पत्रकारिताका विद्यार्थीहरू

Odia

ଆମେ, ସାମ୍ବାଦିକତାର ଛାତ୍ର

Punjabi

ਅਸੀ, ਪੱਤਰਕਾਰੀ ਦੇ ਵਦਿਆਰਥੀ

Sanskrit

वयम् पत्रकारितायाः विद्यार्थी गणम्

Sindhi

درگاش اچ افسانص ، ناسا

Tamil

நாங்கள், பத்திரிகை மாணவர்கள்

Telugu

మేము, జర్నలిజం వీద్యార్థులు

Urdu

ہم ، کتے افسانص ،

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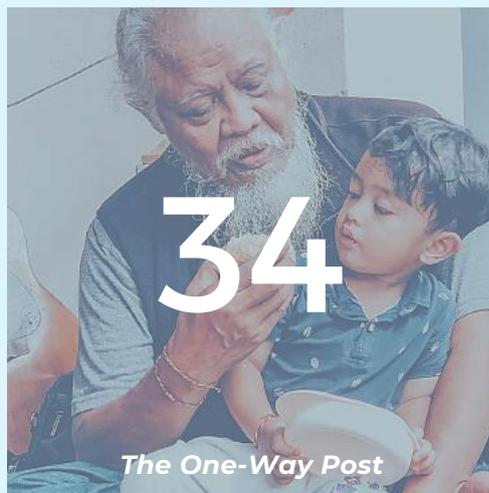
The Legacy Of Bhagat Singh
MAC Voice remembers one of the most revered freedom fighter, Bhagat Singh, on his 90th death anniversary.



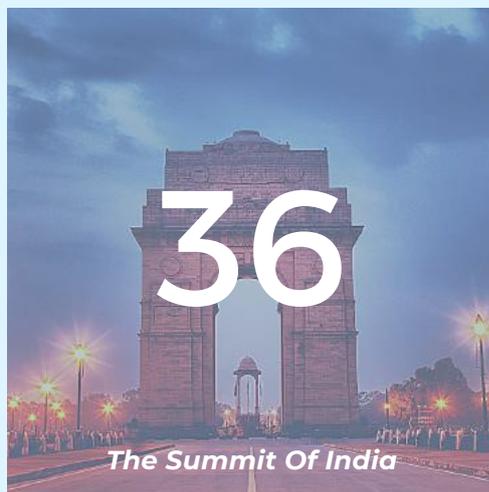
History has it that the Chinese, owing to their domestic politics and its decadent view of the western world, have largely been insecure about its sovereignty.



Indian Universities, for a long time now, have disregarded international rankings in addition to being ranked low consistently in such rankings.



A letter from a loving grandchild to her grandfather - the shiniest diamond in the sky - who has left this world and moved on to the world of stars.



After braving Delhi's chilly nights and more than 200 flights of stairs, I was finally here. I was on top of Lutyens' Delhi, I was on top of the India Gate.



THE JOURNALISM DEPARTMENT:

TRAILBLAZING PAST DETERRENTS

Being a part of the Maharaja Agrasen College's Journalism Department, nearly all of the students with the help of our diligent teachers have been able to handle the Covid-19 pandemic in a brave, yet productive way. Throughout 2020 and up until now in 2021, the Journalism Department has not missed any opportunity to spread its wing and reach for its dreams.

On the 20th of February, the department organised a symposium on the '*Importance of Research in News Gathering Process*' with the keynote speaker of the symposium being

Professor Govind Singh. The speaker has had an illustrious career in the news media industry as well as in the education sector. Besides being a professor in the prestigious Indian Institute of Mass Communication; he has also held important portfolios like that of the senior producer at AajTak, deputy editor at Zee News and executive editor at HT Media and Amar Ujala. Apart from holding these crucial posts, Professor Govind has also covered major international and national events like the Afghanistan war, the 9/11 terrorist attack and the 1999 Kargil war.

The students, therefore, had massive expectations with the symposium; and Prof Govind didn't disappoint us and even exceeded our expectations.

The symposium was highly informative, detailed and practical in nature. The students learnt a lot from the symposium; from understanding the importance of the background of a news story to learning about the criticality of local newspapers and regional journalists in research, Prof Govind gave us an insight into the busy newsrooms. We were also told about the gravity of data filtration and the difficulty

of understanding the nature of a report – the report’s bias, what is the angle of the report, where do report and its reporter come from, etc. We discovered the utmost requirement of getting different aspects of the same story as Prof Govind stressed upon the fact that journalists should always view all of the stories that they cover from as many angles as possible.

Having been instrumental in establishing the research department of Zee News, Professor told us about the significance of a reference department in the newspaper as well as media broadcast channels. He also highlighted the fact that research is the foundation of a new story without which it will most certainly fall to pieces, if questioned. In the age of the internet and Google, Prof Govind helped us in realising the notability of professional research and the fallacies of shallow researches.

We were also told about the extensive profiles that various news organisations keep with themselves; these include important details relating to the President, the Prime Minister, Chief Ministers, various ministers at the state and central levels, along with a profile of all the constituencies, etc.

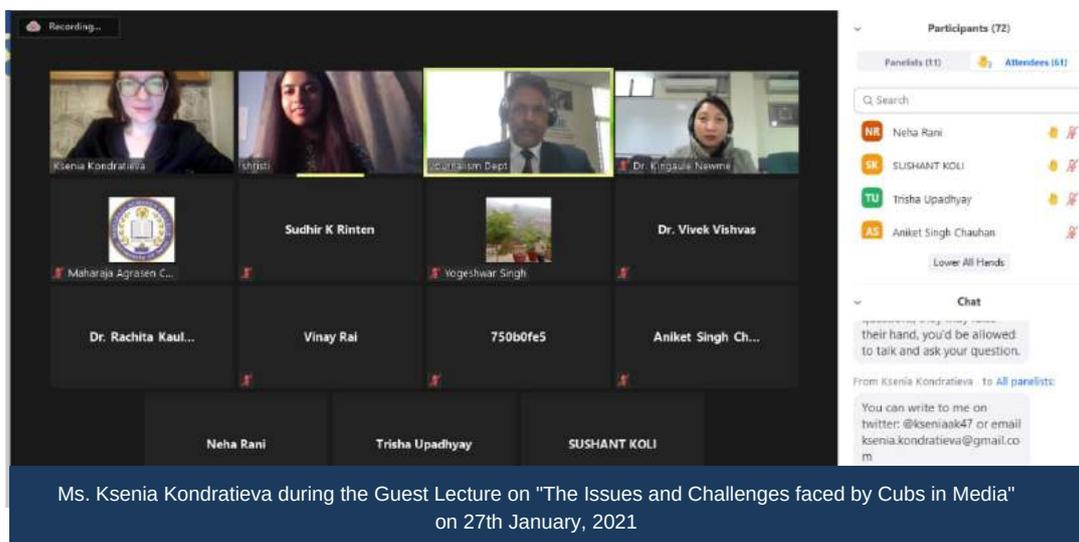
Being a journalist, one is expected to know India and its people inside out – be it the constitution, geography, geopolitics, government schemes, laws, regional slang and ethics, etc. Professor Govind time and again highlighted and stressed upon the fact that lack of knowledge about a subject and the unwillingness to enhance that knowledge can lead to dangerous and career-threatening outcomes. Having seen numerous interviews in his career, Prof Govind spoke about the art of interviewing in a manner in which we may get all the answers even when the

interviewee is reluctant or resistant in giving them.

Professor Govind helped the students to understand that while in this age of news media, people tend to have strong opinions on various subjects, one's opinion in a news story does not and will not hold any substance as long as it is not backed by any facts. He thereby reiterated his stance that facts along with research are the bedrock on which the fourth pillar of this democratic nation stands.

After this symposium, the students as well as the teachers had a fruitful question time with Professor Govind Singh and everyone got insightful answers to their intriguing questions.

The Journalism Department also is reaching new heights with its students making a name for themselves in the news and media industry. The department facilitated various internship opportunities for the students,



the students too grasped these opportunities with open hearts and minds. Many students, as of now, are working for prestigious companies like Times Internet, Tripoto, DU Express, IndiaSpend and Sahara Samay to name a few.

Even though the students and the teachers have not been able to have physical classes, the teachers of the journalism department have gone the extra mile to make sure that each and every child understands the respective subject and does not miss out on any practical knowledge. The faculty has also been highly motivating towards the students to come up with creative ideas for the forthcoming departmental fest Yatharth and future department publications as well.



The first years of the department, though could not meet up with the seniors, still have exotic amounts of energy as well as synergy between them. They have proved time and again that they are more than willing to work and give their contributions towards the many endeavours of the Journalism Department. The third years of the department as of now are working hard on their studies and making sure

they make a name for themselves in the industry as well as be the torchbearers for all the batches following them.

Therefore, the Journalism Department despite many hindrances has been able to pass all of the numerous obstacles with flying colours and is more than confident that it will keep doing so for time immemorial.



“ **Research is the foundation of any and every news report** ”

PROF. GOVIND SINGH

A FEW TAKEAWAYS FROM JOURNALISM AND THE MEDIA INDUSTRY

“My only advice is, follow your dream and do whatever you like to do the most. I chose journalism because I wanted to be in the places where history was being made.”

- Jorge Ramos

The above-mentioned quote is indeed true and befitting for all contemporary forms of journalism, be it print, broadcast, or social media. Other terms like “Watchdog of the society” and “Voice of the Voiceless” also come into play while describing this field. I may not be continuing Journalism but even today, whenever I’m given any case study or assignment at my IIM, I tend to remember the crude tools which journalism taught me about researching, multi-tasking, prioritising responsibilities, etc. Now as a student, we always have certain doubts regarding how to move forward. I hereby share my insight about Journalism as a career when I was an intern in media houses, what I found and how you can move ahead in this field. Here are the key takeaways:

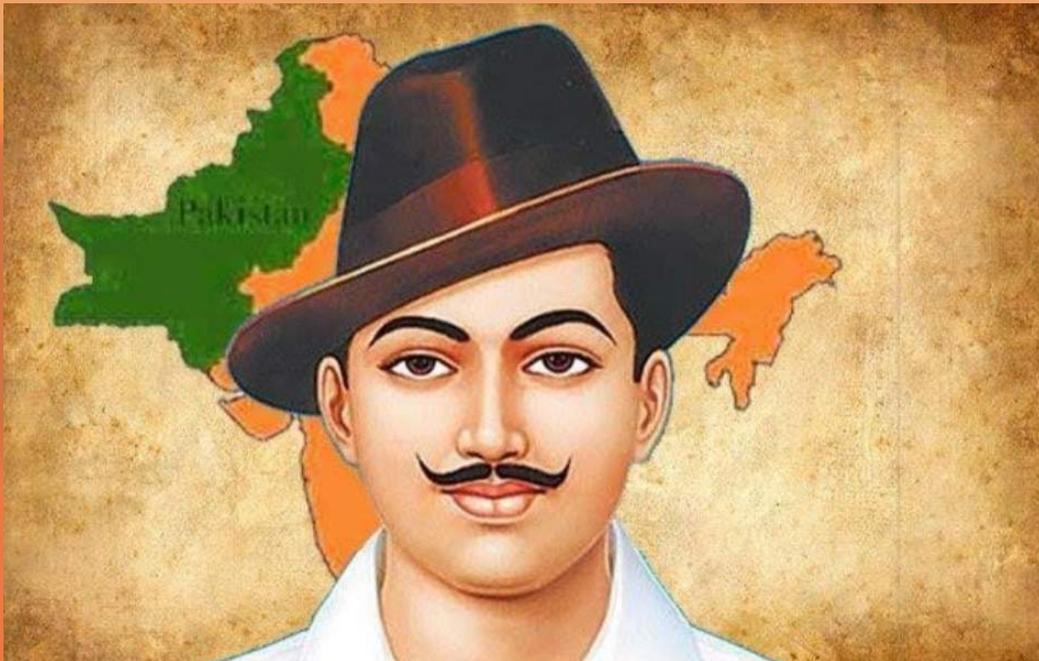
- **Know why you’re doing Journalism:** This is the first and foremost question you need to ask yourself. You won’t be able to contribute to this field in your best capacity if you don’t know the answer to this question (and you won’t be satisfied either).
- **Find a particular skill set:** Try to discover what you’re good at. You may believe that you’re a great photographer but maybe you enjoy reporting facts more. You won’t find out until you try. Therefore, find that one thing which you really want to take up as a long-term commitment, which looks promising and something that you enjoy.
- **Be open to opportunities:** Start by associating yourself with a particular media, small or big, paid or unpaid, doesn’t matter. The more you learn now, the less you’ll have to learn when you get into the real thing.
- **Build your network:** The phrase “Your Network is your net worth” proves to be true in the best manner for the media industry. Keep a hold of your contacts and try to make ends meet within the timeline.
- **Don’t underestimate your academics:** This course may not seem as rigid as political science or history honors, but it has a lot which can help you in your career. For example: Introduction to Broadcast Media lays emphasis on the Technical side of Journalism, something with which not many people are familiar. So take up your classes, ask questions and do the best you can do in academics, not merely for marks but for learning.
- **Surveillance:** In the media industry, always keep a track of what’s being done and why it’s being done that way so that you can get idea about the pattern which the contemporary media is following. (it’s easier for you to establish contacts if you follow the pattern)

Ujjwal Butalia
Batch of 2020

The alumnus is a versatile and an enthusiastic student who has helped college with many cultural events. He is currently pursuing his MBA from IIM Udaipur from where he recently secured a PPO (Pre-Placement Offer) with Deloitte.



THE LEGACY OF BHAGAT SINGH



“ *They may kill me, but they cannot kill my ideas. They can crush my body, but they will not be able to crush my spirit.* ”

The axiom that runs in every Indian's blood, is, in itself, a portrayal of the legacy of all our forefather's struggles. A struggle that led us to our current standard of living as the responsible youth of the Republic of India. Among many, there was one revolutionary whose ordeal is till this day celebrated by people of all political spectrums. While the right admires his nationalist and patriotic identity and the left respects his socialist behaviour and because they believe that "Revolution is an inalienable right of mankind and freedom is an imperishable birthright of all". We, the team of MAC Voice remembers Martyrs' Day and the death of Shaheed Bhagat Singh's tribulation towards a free nation.

NASCENT BEGINNINGS

Shaheed Bhagat Singh was born in a well-off family from Banga village of Lyallpur district in Punjab (now Faisalabad district in Pakistan). Despite being a Sandhu-Jatt, unlike every other Sikh who studied in Khalsa School, Bhagat Singh studied in Dayanand Anglo-Vedic School because his family was a true believer of Swami Saraswati's *Arya Samaj* and pursued higher studies in Lahore.

In college, he studied European revolutionary movements. In time, he would become disenchanted with Gandhiji's non-violent crusade, believing that armed conflict was the only way to political freedom. His revolutionary thoughts put him at odds with his father, a firm follower of *ahimsa*. Following the ideas of Italian revolutionaries Giuseppe

Mazzini and Giuseppe Garibaldi, the Naujawan Bharat Sabha was established in 1926, and Bhagat Singh became its General Secretary. A year later, Singh's parents planned to have him married - a move he vehemently rejected - and he left school. By this time, Bhagat Singh had become a person of interest to the police, and in May 1927, he was arrested for allegedly being involved in a bombing the previous October.

THE AWAKENING

"The day of March 23 always takes me down the memory lane that pertains to what happened over 101 years ago. On April 13, 1919, the heinous incident of Jallianwala Bagh took place in which over 300 people were massacred at the hands of British rulers within ten minutes."

Amid the incident, a twelve-year-old boy visited the crime scene and witnessed something which was beyond his imagination. The sights of the massacre filled his heart with agony, pain, and furiousness. The incident was that breakthrough movement for him,

amid which the boy swore to fight against British rule and make our motherland free from the shackles of the British Raj. Yes, the little boy, was the freedom fighter that we all love and admire, *Shaheed Bhagat Singh*.

Bhagat Singh left no stone unturned as far as fighting for India's freedom was concerned. Although his contribution towards our nation is hard to describe in words, but to start with, let us begin with the Non-Cooperation Movement led by Mahatma Gandhi.

In 1920, Mahatma Gandhi started the Non-Cooperation Movement against the British Raj. Bhagat Singh actively participated with the hope that this would break the shackles of British Ruthlessness. He followed the principles of Mahatma Gandhi and burnt his government books and imported clothes. However, he got disappointed when the movement was called off, and as a result, he became disillusioned with Mahatma Gandhi's ideology of *ahimsa* or non-violence.

A REVOLUTIONARY IS BORN

Heartbroken from the failure of the Non-Cooperation Movement, he joined the National College of Lahore (the epicentre of all such Revolutionary activities) to stay close to the revolutions. And within no time, on March 25th, *Naujawan Bharat Sabha* was formed, with Bhagat Singh as its secretary. Plus, he also joined the Hindustan Republican Association (HRA) along with fellow revolutionaries Chandrashekhar Azad and Sukhdev. Soon, he started contributing his socialist philosophies to its magazine *Kirti* with other newspapers like *Veer Arjun*.

Later, Bhagat Singh became the leader of the HRA. During this course, Bhagat Singh was indirectly challenging the British Rulers and contributing to the nation. Little did he know at that time what was about to come.

On 30th October 1928, a silent protest led by Lala Lajpat Rai against the Simon commission took place. However, the Britishers came down on the peaceful protest with brutal force and resorted to a barbaric lathi charge.

Consequently, Lala Lajpat Rai was mercilessly beaten on the orders of the Superintendent of Police, James A. Scott.

Bhagat Singh, having a strong dedication towards Lala Lajpat Rai, decided to make the police officer pay for his actions. Consequently, Bhagat Singh, with his allies, Shivaram Rajguru, Sukhdev Thapar, and Chandrashekhar Azad, planned to kill the police chief. However, they mistakenly fell for the wrong person and murdered J.P. Saunders, the Deputy Superintendent of Police instead on December 17th, 1928.

INQUILAB ZINDABAAD

As a result, Bhagat left Lahore, changed his identity by shaving his beards and cutting his hair short. Although Bhagat Singh and Rajguru managed to escape from the authorities, the British Indian police were still looking for them. These events along with Lala Lajpat Rai's death, brewed immense anger in Bhagat and as a result of it, he came up with the idea of bombing the entire central legislative assembly with explosives.

The intention was to protest against the Public Safety Bill, and the Trade Dispute Act, that were being enacted by the Viceroy using his special powers; while the broader intention was for Bhagat Singh and his associates to allow themselves to be arrested so that they could use court appearances as a stage to publicise their cause. Therefore, in 1929, he and Batukeshwar Dutt lobbed two bombs inside the central legislative assembly while

chanting and spreading the message of "*Inquilab Zindabad*" and then surrendered.

Both the revolutionaries also threw pamphlets that included important messages like "*It takes a loud voice to make the deaf hear*" and "*It is easy to kill individuals but you cannot kill the ideas. Great empires crumbled while the ideas survived*". Bhagat Singh tried to defend himself during his trial but the appeal was dismissed, and he was sentenced to 14 years of jail.

While there is always the other side of the same coin, we as the youth of this great nation have to think for its well being before our own. We have to be more aware of what is happening in our country and work tirelessly towards it. No nation in the history of humankind was perfect, however, it is the citizens – especially the youth – of a nation that make it a better place to live.

While it is easy for us to forget about our country and its problems, we shall never turn away from the motherland that has raised and cherished us.

Today's youth are tomorrow's leaders, and when compared to Bhagat Singh's visions, youth are separating themselves from Singh's visions.

The country waits for them to speak up, stand up, and hopefully lead our country to a place where no one can beat us in any way. We have to stand up for causes that are important for this nation and be ready to give our nation all our devotion. And thereby, at least make India that Bhagat Singh envisioned and wanted to see decades ago.

IF BHAGAT SINGH WERE ALIVE TODAY

“

"Eternal vigilance is the cost of liberty"

– Thomas Jefferson

And lack of such vigilance is the oppressor today. If Bhagat Singh were alive in this era, where the internet shapes intellectual opinions and fake news travels much faster than the truth, his patriotic spirit would identify the modern oppressors of our society- corruption, crime, inequality, casteism, polarising politics, dissonance and he would be saddened by the silhouette of his beloved India.

After 89 years since his martyrdom, our country recounts his valour and sacrifice, but little is spoken about his intellectual contributions and his vision for a new India. He built a legacy that seems to be lost behind his gun-toting rebellious image. The countrymen, especially the youth, need to be reminded of his egalitarian beliefs.

Bhagat Singh envisioned a "Classless Society". His outcry, "*Inquilab Zindabad*" was not a roar for war, but an eye-opening call to the society to end the ruthless class distinctions. In one of his last letters from prison, he wrote, "The struggle in India would continue so long as a handful of exploiters go on exploiting the labour of the common people for their ends."

It matters little whether these exploiters are purely British capitalists, or British and Indians in an alliance, or even purely Indian". He abhorred the idea of a class being dismissive to another or "othering" and criticized the people in power who discussed who should be allowed to enter the temple and who shouldn't. What most disenchanted him, was the country's obsession with religion. While the countrymen were quick to dismiss Europeans as capitalist, they were busy not in governing but in redefining the principles of god and soul, even though the capitalist nations had long overcome such religious barriers. A true society with political and social liberty seemed like a utopian concept to him since religion was so ingrained in everything people did, from social interactions to politics. In 1928 he wrote an article that said, "If religion is separated from politics, then all of us can jointly initiate political activities, even though in matters of religion we might have many differences with each other. We feel that the true well-wishers of India would follow these principles and save India from the suicidal path it is on at present." Even after these decades, our patriots still face the same dilemma and his statements throw shade on all the spectrum's of political beliefs today.

Bhagat Singh observed an internal division in the society



Illustration by : Sanya Kakkar ; 2nd Year

between Hindus and Muslims.

He chanted the idea of Universal brotherhood and wanted to witness a society that talked of equality, equity and unity.

He once rightly said, "We will have to campaign for equality and equity. Will have to punish those who oppose the creation of such a world." Inter alia, Bhagat Singh proposed critical thinking for individuals, to not fall into influential pools and to help them create their understanding of self and society.

As a result of his beliefs, he became an atheist, promoted the rights of minorities irrespective of his religious disposition.

In 1926, he founded the 'Naujawan Bharat Sabha' in Lahore, with the manifesto, "Religious superstitions and bigotry are a great hindrance in our progress" to give momentum to his intentions of forming a true society.

"I am a man and all that affects mankind concerns me"

BHAGAT SINGH | 1930



Although Bhagat Singh fought fearlessly for our freedom and even sacrificed his life for our nation, he is still not represented as a martyr in the government records.

There might be no record proving Bhagat Singh as a martyr, March 23, nonetheless, will always be dedicated to our beloved “Shaheed Bhagat Singh.”

Regardless of the records, Singh will always be a martyr in our hearts and soul for his never-ending and valiant efforts as we can never forget the cries of “INQUILAB ZINDABAD”. Today's youth need to channel his beliefs, learn from his mistakes and take his vision forward to help Bharat, become what it deserves to be.



KHUSHI MALHOTRA



ISHITA JAIRATH



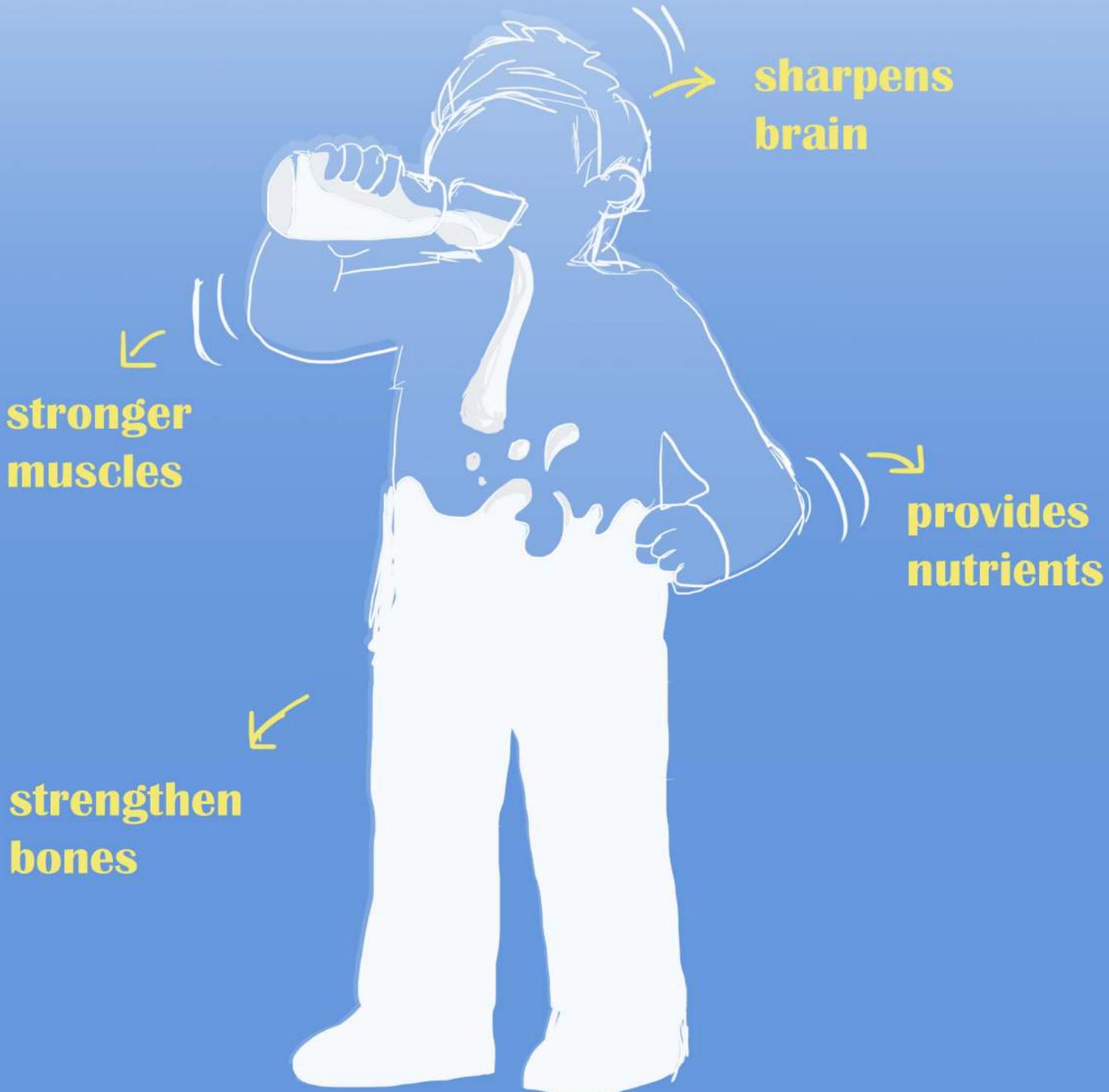
JYOTI YADAV



RANVEER MALHOTRA

THE EDITORIAL TEAM

MILK DAIRY



A Drink , that completes YOU .

THE DRAGON DILEMMA

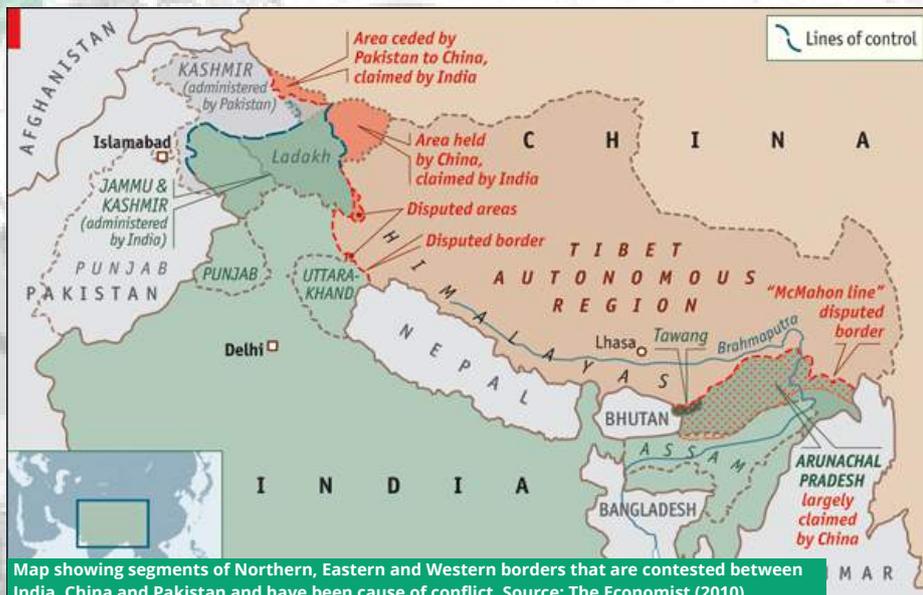
The news of de-escalation by both Indian and Chinese armies along the lines of Pangong Tso has been a ray of hope after nine long months of military standoff in the midst the frostbitten winters of the Himalayas. As per Rajnath Singh, the Defense Minister of India, the retreat of the armed forces would be carried out in a “phased, coordinated and verified manner” but whether the restoration of status quo ante will happen or not, is still unclear, so is the future of the current dispute.

(Line of Actual Control) has been prevalent. The issue emerging as a result of the lack of formal verified documents seemingly accounting for the borders during the British colonial times has now developed like an infested wound, spewing blood in every few years. Added to that, is the Chinese technological and infrastructural advancements made in the Ladakh region in the form of stable roads which enable better communication.

With the significant decline of the US hegemony in the

This was followed by Xi Jinping ascending to power in 2012 which made the Chinese quit their ‘Hide and Bide’ policy and the truculent behavior with the neighbouring island countries gradually surfaced. History has it that the Chinese, owing to their domestic political system and its decadent reputation in the western world, have largely been insecure about its sovereignty (which is why rise in Indo-Tibet tensions is equivalent to souring Sino-Indian relations). The ageing difference of perception regarding LAC, the simultaneous economic growth and defence power and China’s expansionist policies over the years have cumulatively added to the latter’s urge to dominate global politics, making conflict resolution all the more difficult and subservient. The Covid-19 acted as the final nail in the coffin of US leadership on the world forum and China, only too eager to seize the opportunity, entered the scene to supersede US hegemony of liberal internationalism with its very own version of aggressive hierarchical authoritarian foreign policies.

Ever since the surprise attack by



80000 armed Chinese military on aftermath of the Global Financial Crisis of 2008, an aghast, seemingly unprepared and excruciatingly outnumbered 10000 Indian soldiers on the eve of 1962, the tensions regarding the exact location of LAC

China’s road to executing it’s Marshall Plan’ was further eased.

The turn of the 21st century

has witnessed the steady shift of the centre of gravity of world politics to Asia and in more recent times, specifically to the Indo-Pacific.

The US sees India as a plausible swing state to revert back the balance of power in US's favour, while China, apprehensive of the growing US-India bonhomie, tries to keep India in check by applying a policy of engagement wherein it partners with India regarding less strategically substantial but convergent issues of interest like the climate accords while also trying to contain the latter by playing the Pakistan card wherever necessary. As the recently translated and published IAF documents read, the Chinese attitude towards India has mostly been dismissive. India has gained ample importance in the Chinese academia mostly when US-India trade relations and other trade pacts like the QUAD are concerned. But of late the increasingly resolute image of the Indian Prime Minister Narendra Modi as a bold leader successfully sparking waves of ultra-nationalism throughout the country, the consequent counter attacks over Uri and Pulwama with the Indian jingoist media tuning in with the same note of 'Akhand Bharat' seem to have reasonably raised Chinese suspicions regarding Tibet, PoK and Aksai Chin, the latter two forming a vital part of the prestigious CPEC (China-Pakistan

Economic Corridor) project China has in mind for further dominance on Asia as a whole. The sudden takeover of

J&K by the central administration of India and its latter initiatives of constructing border roads, seem to have acted as catalysts for Chinese skepticism over losing their sovereignty and the expansion of the Chinese hegemony, with the immediate trigger probably being the construction of the Galwan nullah.

This further builds up another very plausible trigger drawn out by experts and analysts which concerns the maritime



interests of both the powers in the South China Sea. India had upped its naval missions in the last few years. During the Covid-19 pandemic the previous year, Mission SAGAR (Security and Growth for All in the Region) was launched to

provide assistance to the island nations of Maldives, Mauritius and the likes. China has embarked on a massive military expansion, shy of the most powerful navy in the world title only by US. But even with all its shiny warships and maritime militia, so far as the current situations unfold, India still holds a strategical and tactical edge owing to its geographical location and the global perception regarding China's agenda. Should any full fledged war take place tomorrow, India does have reason to believe that it will have an upper hand over the Chinese in maritime domain, along with leverage of the Malaccan straits and international support which does not seem to fare very well for China since its own allies are more often than not liabilities along with its internal issues acting as an added burden.

The other major threat that India faces directly is in the nuclear arms forum. China became a nuclear superpower long before India, in the year 1964.

Pakistan, conveniently borrowed Weapons of Mass Destruction (read Mutually Assured Destruction) from China and became a super power in 1990 putting India under immense pressure to achieve nuclear deterrence by becoming a nuclear power in the year 1998. So the

chronology of arming oneself to teeth before one's neighbor did, was against India's interest resulting in a significant number of terror attacks



in the country by Pakistan's terrorist groups which basked under the inflated pride of possessing nuclear armaments by the Pakistani government. Similarly, the Chinese too have kept testing the waters with continued periodic incursions resulting in the clashes in Daulat Beg Oldi, Chumar, Gogra, Hot Springs, Doklam and the most recent Galwan valley. India for the most part applied the policy of hedging in response, combining a mixed approach of nuclear deterrence, summit level and diplomatic talks and economic-trade sanctions.

However, this time India remarkably turned the tables by acquiring the strategic advantage of climbing the mountain ranges, imposing the FDI and import restrictions along with rejecting the RCEP on the eleventh hour. All of these moves collectively send out a resilient message to the Chinese intelligentsia that India would not compromise on territorial integrity and the previous Modus Vivendi is no longer viable subsequently requiring new rules of engagement

to be framed in order to protect and preserve sovereignty of both the nations. China too is perhaps coming to terms with the losses it encountered thus far, in the form of further alienation in the global arena, casualties caused to its military, public disdain along with fortifying US-India ties by a considerable margin.

The gradual, pragmatic salami slicing tactics by China on the LAC has resulted multiple friction points by now, making it increasingly resemble the LOC which might translate into short lived tactical gains for China, in the sense that India for the time being at least, cannot patrol as far as it used to, but the probable long term advantage is yet unclear. The only aspect of the future of the Indo China dilemma that receives minimum



HISTORY HAS IT THAT THE CHINESE, OWING TO THEIR DOMESTIC POLITICAL SYSTEM AND ITS DECADENT REPUTATION IN THE WESTERN WORLD, HAVE LARGELY BEEN INSECURE ABOUT ITS SOVEREIGNTY.

debate is the dominance of geo-technological competition. Both the countries' defense budgets have already witnessed a surge and the same is evident in nearly all of the politically significant countries of the world. A new arm's race might as well be on its way, albeit the arms might not necessarily be physical this time, and if it does, the future of international realpolitik would be a technologically determined delicate balance of global alignments rather than alliances.

RITTIKA CHAKRABORTY
B.A(H) Journalism, 2nd year

An avid reader, interested in global affairs and international relations.



BIOLOGICAL E - A LONG SHOT IN THE VACCINE LEAGUE

Biological-E Limited (BE), a Hyderabad-based healthcare and a long-shot pharmaceutical company is now to sign a deal with Janssen Pharmaceutica, a Johnson & Johnson unit to run local trials for its COVID-19 vaccine and manufacture it in India.

Biological E. was established during the 'Swadeshi Movement' of India. It was founded and led by Dr. DVK Raju, who commenced operations in 1953 as a biological products company manufacturing liver extracts and anti-coagulants. Under the advisory of McKinsey, the company was later set to a rejig. As a part of the restructuring, the company decided to keep the focus on the creation of vaccines. Mahima Datla, the current managing director of the company was watching this rejig from a clear vicinity and decided to stay for the cause. Little did she know that this will change her life and the fortunes of her family-owned business.

Dalta keeps a bullseye on 600 million doses for J&J which will remain in addition to Biological E's own product for which they shall be targeting approximately 1 Billion doses. Biological E is analysing four different

articulations to strategies safety and dosage requirements. Dalta says, 'The good part of this



India has currently vaccinated around 4 crore people. As of now Bharat Biotech's Covaxin and SII's Covishield are the two workhorses. (Source: ORF)

technology platform is that it is highly scalable". Further explaining that the vaccine does not need very high lab safety levels. The vaccine shall remain a two-dose shot almost similar to what other manufacturers in the league are planning. Last year, Biological E bought a sterile injectable manufacturing facility in India's northern state of Himachal Pradesh from Akorn Inc, a site that could produce 135 million units annually and expanded further. Since results from phases 1 and 2 remain favourable, more than half of these facilities shall be used for phase 3 trials with 30,000 people. This will give enough confidence to Biological E to start at-risk

manufacturing early next year.

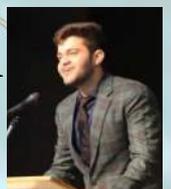
In a Forbes interview, Mahima said "The goal is that by the time we are done with final phase 3 trials and licensure, we will have built the capacity to manufacture 100 million doses or probably more. Our current monthly capacity is about 80 million doses," Where all competitors like Bharat Biotech, Serum Institute, Zydus Cadila, Panacea Biotec will be producing tens of millions of vaccines, Mahima says no company can touch the required bar. According to a Reuters report, the Managing Director quoted, "Nobody is going to have sufficient capacity," "This is not a zero-sum game. It's not going to be binary. There's going to be the need for multiple players and multiple technologies.

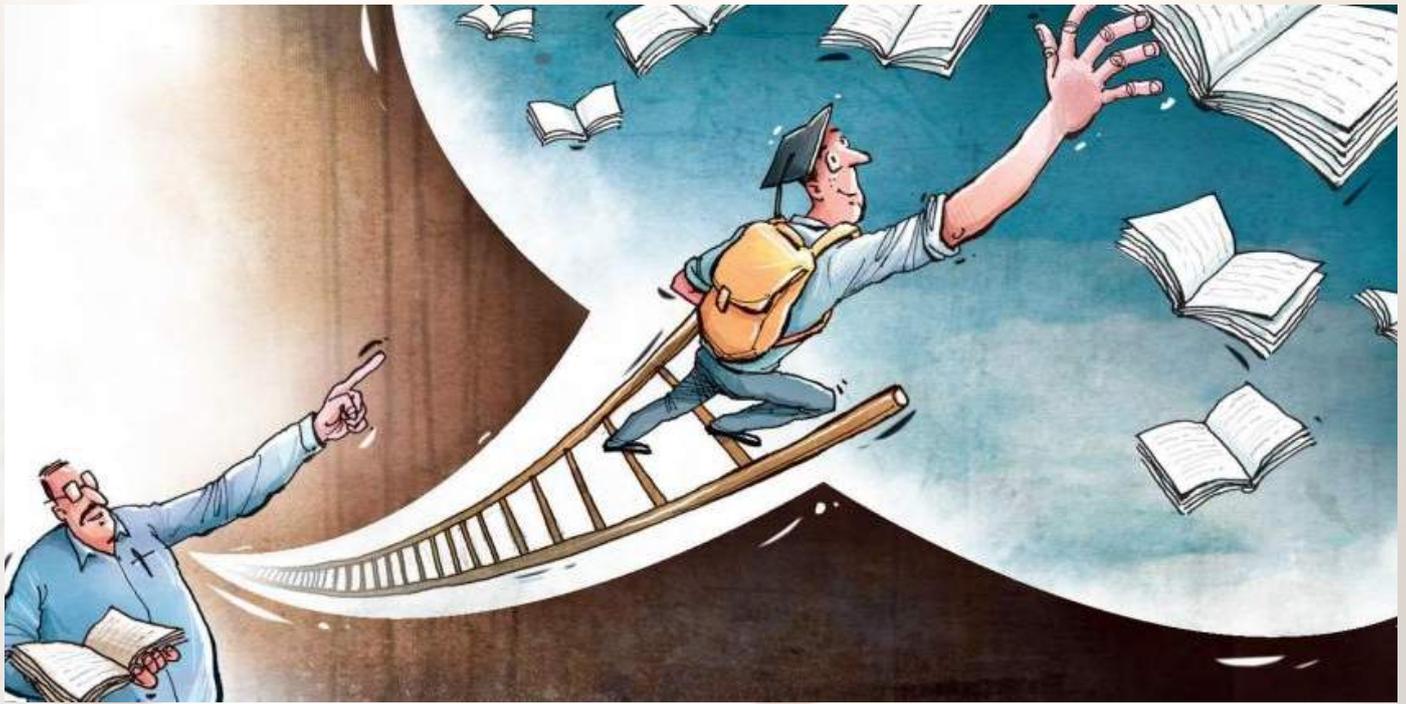


Biological E. Limited
Celebrating Life Every Day

RANVEER MALHOTRA
B.A(H) Journalism,
2nd year

"It is what it is"





NEECHE SE TOPPER: INDIAN VARSITIES AT GLOBAL RANKINGS

We, the students of Delhi University take pride in our university's heritage and quality but more often than not we are reminded that being proud is one thing and being overconfident is another. This time the reminder being the National Institute Ranking Framework (NIRF) rankings 2020.

The NIRF rankings released recently has ranked DU at the 18th position, well below its best ranking of the sixth position in 2016, its worst performance so far. Besides DU, recent times have been bad for other universities as well, in 2019 for the first time since 2012, none of the Indian universities featured in the top

300 institutions all over the world in the ranking released by Times Higher Education (THE).

Rankings are an area where our society often lays the utmost importance; we all have and will keep hearing the infamous tales of Sharma Ji ka beta until our mortal lives end.

Somehow, we let go of this obsession with ranks when it comes to our most 'reputed' educational institutions. Therefore, even though our universities like DU, Jawaharlal Nehru University (JNU), Jamia Milia Islamia (JMI), Indian Institute of Technology's (IITs), Indian

Institute of Management's (IIMs) etc. fare poorly in international rankings, they are quick to claim fame and label themselves as the best.

The Lackluster Liberal Arts Arena

Most of the liberal arts universities in the country has been around for decades and were mostly born before independence be it the DU, Banaras Hindu University (BHU), Aligarh Muslim University (AMU) or JMI. The struggle for independence bloomed in these institutions, however, they are struggling to keep up with the modern trends. Universities like JNU and DU, which are the faces of

liberal arts education in India, are nowhere near competing at the world stage. None of the liberal arts universities even feature in the top 500 in both Quacquarelli Symonds (QS) and THE World Rankings. While Jadavpur University (JU) is ranked in the lowest bracket in THE world rankings.

As soon as the latest NIRF rankings were published, universities like DU, JNU, JMI, Jadavpur University, Calcutta University and the University of Hyderabad were quick to claim fame.

However, in reality, these institutions when compared amongst fellow Indian institutions do fare well as they don't have any real competition but when put against international competition, they are left red-faced.

The Case of DU

Even our very own varsity's performance is in tatters. We rank 18th on NIRF rankings, even below some of its counterparts like JMI, Calcutta Universities and some private universities as well.

When we look closely, we get to know the reasons for the same are varied. The percentage of the faculty holding a PhD is dismally low at only 46.3%, substantially lower than our neighbor JMI (85.8%). This according to several sources in the university can be



The Jawaharlal Nehru University, India's premiere liberal arts research university. (Source: JNU official website)

directly blamed on the lack of incentives as well as opportunities for teachers.



“MANY OF THE COUNTRY'S BEST TALENT WANTS TO GET INTO DU BUT EITHER THEY GET MUCH BETTER INCENTIVES ELSEWHERE OR THE VARSITY HAS SEEMINGLY FAILED TO CONDUCT EVEN A SINGLE RECRUITMENT DRIVE IN YEARS ON END”

- ASSOCIATE PROFESSOR, DU COLLEGE

Due to an army of ad hoc teachers, the university has to shed more money on faculty pays instead of infrastructural development. In 2018-19, the university spent ₹600 crores on faculty salaries (an increase of ₹100 crores as opposed to 2017-18) while the spending on infrastructural development was only ₹100 crore (a decrease of ₹30 crores from 2017-18).

Apart from this, the University also suffers from a lack of

infrastructural development in campus colleges and poor perception of out-of-campus colleges.

Why so low?

Indian Universities, for a long time now, have disregarded international rankings in addition to being ranked low consistently in such rankings.

The disregard is based on the argument that the ranking criteria, like the percentage of international faculty and students used by international ranking agencies like QS and THE, is more favorable to western institutions.

In addition to this, the nation also lacks quality interdisciplinary institutions like Yale, Oxford, etc. For instance, the IITs are top-notch engineering institutions while the IIMs excel in management but neither of them has acclaimed courses in other

streams.

Another major reason for such low ranks is the lack of attention given to these ratings. Many institutions like Panjab University do not give the latest data while others do not even participate.

The reason given for the same is that these universities do not give much importance to rankings and instead have different priorities. However, that is now changing with the introduction of NIRF.



“EVERY TRUE GLOBAL UNIVERSITY HAS TO HAVE A GOOD AMOUNT OF THE GLOBAL POPULATION IN IT. HOWEVER, TO ACCOMMODATE SUCH A POPULACE THE UNIVERSITY HAS TO BETTER ITS INFRASTRUCTURE. THE UNIVERSITY HAS FOR A LONG TIME NOT EVEN CONDUCTED A PROPER RECRUITMENT PROCESS AND UNDER THESE CIRCUMSTANCES CAN WE ACCOMMODATE FOREIGN FACULTY? WE STILL HAVE A LONG WAY TO GO.”

- SAIKAT GHOSH, DUTA ACADEMIC COUNCIL REPRESENTATIVE

Is anything being done?

The answer thankfully is a big yes. The Ministry of Human Resource Development saw this abysmal performance and thus came up with the NIRF ranking. As many of the universities felt that international rankings were biased the ministry started compiling the NIRF rankings in the year 2016 to provide a national ranking platform for

domestic universities. The idea of this was inspired by the Shanghai Rankings, which the Chinese started for the same reasons, even though NIRF is much more comprehensive and authentic. The ultimate aim of the same is to better higher education institutions in India while it also aims to include foreign universities in some time as well.

Additionally, institutions around the nation are taking rankings more seriously and thus are focusing more on them, with private universities being the torchbearers. These developments have resulted in some positive outcomes already. Even though the positions were lower, the number of Indian universities at global rankings are at an all-time high.



INDIA'S BEST RANKING Universities

Clockwise from top)
University of Delhi, IIT Delhi, Indian Institute of Science, Bangalore, IIT Bombay, Banaras Hindu University, University of Hyderabad and Jawaharlal Nehru University
(Source: Wikipedia)



ANIKET SINGH CHAUHAN

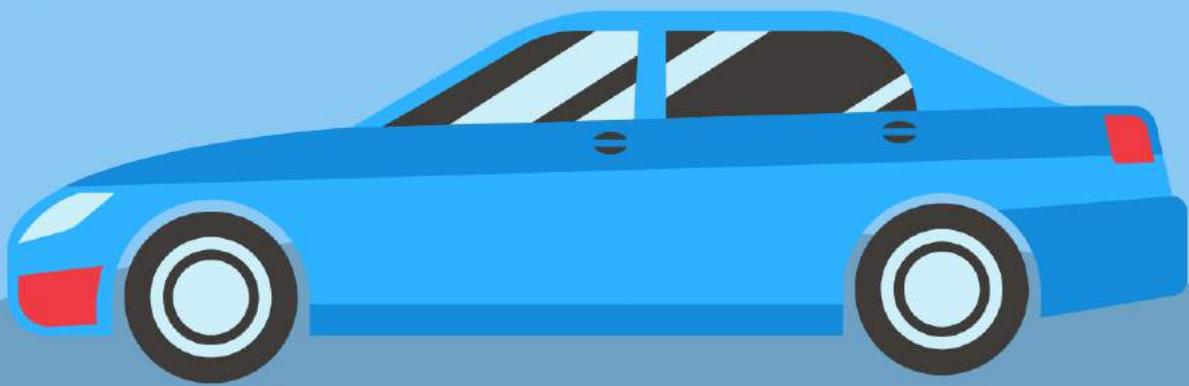
B.A(H) Journalism, 2nd year

I mostly describe myself as a go-getter and a trend setter.

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HARSHITA VERMA

DUTA STRIKE

MAHARAJA AGRASEN COLLEGE TEACHERS AND STAFF ON STRIKE DEMANDING RELEASE OF FUNDS

Numerous disagreements over salaries and funds among the government of Delhi and DU have led to a DUTA strike. Twelve DU colleges, funded by the Delhi Government have not received salaries for their teaching and non-teaching staff for more than 6 months now. In its response to the arbitrary government, DUTA called for a university shutdown from 11th March. "We just want the concerned authority to release our funds and pay our salaries. For other issues, we can always sit and talk," DUTA president Rajib Ray.

However, Delhi Deputy Chief Minister Manish Sisodia has expressed his own reservations on the claims of DUTA and instead suggested a thorough check of the concerned colleges' accounting and financial records. The issue, therefore, has become a bone of contention.

"We are very much concerned for our students and as much as we want to teach them, we are not in a position to fulfil our needs. In such a situation how can we teach students, we too have a family to feed.

- A DU Professor



The dilemma doesn't end here as DUTA has addressed its displeasure over merging the College of Art with the Ambedkar University Delhi after it was de-affiliated from DU.

Earlier in September, DUTA had called on for a 3 days strike following which the teaching and the non-teaching staff of Maharaja Agrasen College and other colleges cancelled the classes and administrative work. In addition, the 12 colleges have now been directed to adopt the 'Pattern of Assistance' in their governing bodies which is issued by the Directorate of Higher Education. Provisions of this Pattern of Assistance are designed to redefine the association of these 12 Colleges

with DU and divest the Delhi government of its funding responsibility by coercing them to gradually become self-sufficient and self-sustaining.

The funds released by the Government, as of now, are insufficient and would not be enough for paying the dues to the teachers and staff of 12 colleges. DUTA president Rajib Ray stated, "The Delhi government released ₹82.79 crore under salary head and an amount of ₹9.50 crore under other than salaries' head on Friday.



However, the grants are insufficient; in most colleges, it will meet fund requirements for payment of salaries only up to January.”

In an attempt to showcase their dissent, the teacher’s body held *Adhikaar* rally on 15th March which was held from Delhi University’s office to the Chief Minister’s office. The march also witnessed the meet of A delegation of DUTA and Delhi University Principals’ Association (DUPA) office bearers with the acting vice-chancellor P C Joshi and Dean, colleges Balaram Pani, urging them for taking a firm decision against the February 17 order of the Finance Division which grants an additional charge of the colleges to the

administrative officers which is totally against the structure of how these colleges used to work prior the capricious stance of the Delhi Government.

A memorandum has also been submitted by DUTA to Chief Minister Arvind Kejriwal on the matter. Another march has been planned for 18 March from the VC office to the LG’s office. The teachers along with the students are being affected economically and even mentally due to this genuine problem. The teachers also hope for a quick solution to this contentious issue and hope to end their differences with the government.

During these tough times, it becomes our responsibility too

stand by our professors and encourage a rational dialogue between both the concerned parties. We should also hope for an early solution to this worrisome issue.



Shristi Gupta
B.A.(H) Journalism, 2nd year
Hello readers, I'm a daydreamer, full of creativity and positive vibes.

GENDER STEREOTYPES

Are Things Getting Better?

What do we understand by the term

'GENDER STEREOTYPE'



In simple words, it refers to a generalized view or misconception about attributes or characteristics, or the roles that are ought to be possessed by or performed by women and men. "Girls are the ones who gossip", "Boys should not indulge in household chores", "Don't cry like girls"- these are some common statements which we hear on a daily basis in our society. Well, these are the simplest examples of gender stereotypes. Gender stereotypes can also be witnessed even from the perspective of appearance. For example, boys and girls know from the very beginning what type of clothes they are supposed to wear. If a boy has long hair, he is called 'girlish'. And all of us are aware of the fact that 'pink' is a 'girlish' colour. A young 6-year-old boy, for instance, will not accept a beautiful toy that is pink in colour, he will rather always vouch for colours like 'black' or 'blue'. And it will be ultimate chaos if a boy plays with a Barbie doll instead of a remote-control car. Even occupations are laid down based on gender stereotypes. Even today, people believe that men are supposed to earn for their families, and women are supposed to do household work and take care of children.

However, gender stereotypes surely find their answers in our faith. If goddess Durga could fight a demon-like Mahishasur, and in Mahabharata, if Arjuna could become 'Brihannalla', so, it's clear that gender stereotypes are undoubtedly myths without any foundation.

Notwithstanding the stereotypes, what brings some relief is the fact that our society has surely undergone some positive changes. Momentarily, girls do wear boyish clothes and men do not refrain from doing household chores.

Plus, the media has surely influenced these positive changes. Serials like 'Hitler Didi' and movies like 'Ki and Ka' have come up with the message that women could also be leaders and that men could proudly do household work. Thus, media has surely influenced amendments in society.

We long for gender equality, but the reality is that gender parity cannot be established unless gender stereotypes are ruled out. Hence, the need of the hour is to eradicate these myths and spread awareness.

**“Be it a girl or be it a boy,
We are all a part of the hoi polloi,
Don't create and propagate myths
on gender,
Services, the most important, are
what we ought to render”**



NEHA RANI

BA (Hons.) Journalism, 1st year

A robust nationalist with firm and unique beliefs, opinions and ideologies.

GENDER STEREOTYPES

" A Q U I R K "

When we consider gender roles, we are confronted with a plethora of meanings and ideas. However, in simple words, Stereotypes are the ideas about how people will act and this very act of stereotyping has been deeply rooted in our veins.

Boys, for instance, are supposed to be good at maths, which is bizarre in its true sense as many girls are proving this wrong today. Furthermore, our society has categorized even the education sphere for girls and boys. According to them, Boys should opt for engineering and girls should go for arts. Why? Engineering is not for girls? and why boys can't take arts?

This is just one thing! There are stereotypes in the Profession too. According to some orthodox people, the outside world is meant for men only, and women are just made for doing household chores. Even if, she is a graduate or post-graduate, it doesn't matter. What matters is that she's a woman

and she should do household work.

Moreover, even in our patriarchal culture, Good women don't go for night-outs and parties...but a man can do so!

What is not bearable is that there are stereotypes in emotions too! Boys are taught, not to cry because they are brave and if in case, a boy cries, he is being confronted with statements like - "Why are you crying? You are brave! Don't cry", "You're not a girl".

This poses one important question, "Is crying a sign of cowardice?" or "is it a sign of being girlish?"

No, right? Then why are we letting these things flow from generation to generation? Plus, it has impacted our generation in such a way that boys are required to be practical whereas girls - often emotional. Undoubtedly, the patriarchal society has left no stone unturned when it comes to defining gender roles for

men and women and giving birth to one of the national epidemics, Gender Stereotyping. Because of such stereotypes, boys have moulded themselves in such a way that they've become inexpressive and indifferent and girls think of themselves as weak and emotional. Consequently, where are we heading towards?

While inculcating westernization (in the name of modernization) in every sphere, where does our consciousness go in these matters? Why don't we modernize our minds too?

However, what brings some relief is the fact that we are making our way to breaking these gender stereotypes. Films like "Ki and ka", "Neerja", "Jair Gangajal", "Mardaani", and "Piku" sends a strong message in our society that Men and Women are no less or more than each other. All our society longs for is equality. Nonetheless, the cruel reality is - it is easy to say, but hard to implement and we are still a long way to go.

These things will take time. But awareness is the need of the hour.



DEEPALI SAMANIA

B.A(H) Journalism, 1st year

"I believe in expressing my views on every issue with my nib."

THE FEMALE SIDE OF THE EQUATION: COVID-19

beware, the *Women* are here!

The Indian goddess *Durga mata* has ten arms, each with a divine ammunition to transfix her cosmic enemies. Millions of incarnations of almighty mother *Durga* opened their third eye on earth when the coronavirus latched onto humans. Being the goddess of war, strength and protection, it is in her abode that all of humanity seeks refuge in times of catastrophe.



In lockdown, their power emanates. Perchance, the *yagyas*, *poojas* and peace offerings made by all religious members of the society came into play, for the answers to our prayers were hiding in plain sight - women.

Ms. Kavita Mehra, a Gurugram based resident wakes up at 7 a.m., pulls the sheets from over her son, single-handedly makes the house squeaky clean, props up breakfast, summons a camera plus tripod stand in one hand, tucks her phone between the spaces of her arms, fixes her son on her Lap and sits through his lessons for he is only a toddler. When the rhythms of A, B, Cs end, she takes out her energy yantra, takes a few sips and pardons her son to sit in a Skype video, from where her actual work shall commence. For her history repeats itself each day. Do women ever call it a day? What would you call working women with the household on their shoulders if not goddesses? Take a human term, heroines.

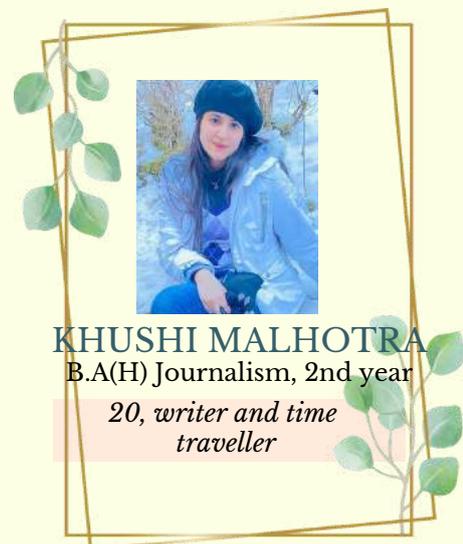


Howbeit, not all heroes wear capes. Some come in aprons and saree drapes. In fact, calling them heroines is an understatement. Pune virologist, Minal Dakhve Bhosale, who looks on point at all times, contrived the first coronavirus testing kit in India, which she envisaged through her all-seeing eye that sees all things invisible and malicious. And like her, Oprah Winfrey, one of the most acclaimed influencers and hosts in the US, commanded her Chakras to elevate global mental agony and called it a '21days meditation challenge'. Their powers have been hiding in cahoots, escaping the human eye.

Mrs. Rashmi Malhotra, a homemaker in west Delhi, possesses laser eyes with which she supercharges homemade sanitizers that eradicate the atoms of dirt and viruses from the Malhotra house along with the rebellious attitude of her teenagers without any hee-haws to be heard. Albeit, whilst they fight their secret battle against covid-19, they need their recharge. Mrs. Garima, a Delhiite, accelerates her super powers by honing her talents and helping the society. Mrs. Mitu Grover and Mrs. Divya Mehta, relatives by abilities and otherwise receive cooking aid by their children and give out unearthly positivity to the world which they resonate to keep the people comfortable at home, whilst they the fight the ultimate battle.



Woman to woman, they have communicated the telepathic messages with cues to hurt the precarious predicament, the so-called coronavirus. The others just have to ensure there are enough chocolates, helping hands, serials, music and good husbands and kids to help the women as they charge on their Pegasus with their ultimate love shields, divine strength and intelligence. Rest assured, we are in good hands.



KHUSHI MALHOTRA
B.A(H) Journalism, 2nd year
20, writer and time
traveller

क्या बदल गए देश भक्ति के मायने ?

आज की भागती दौड़ती जिंदगी में किसी के पास भी वक्त नहीं है अपने देश भक्ति या फिर देश के वीरों को को यद करने का जिन्होंने इस देश के लिए अपने प्राण निछावर कर दिए। बाल्की भारत के लिए देश भक्ति का तात्पर्य तो कुछ और ही था देश आजाद होने से पहले देशभक्ति का तात्पर्य अपने देश के साथ प्रेम करना है। यह मानव के हृदय में जलने वाली ईश्वरीय ज्वाला है जो अपनी जन्म भूमि को अन्य सभी से अधिक प्यार करने की शिक्षा देती है।

देशभक्त अपने देश के लिए बड़े से बड़े त्याग करने के लिए आतुर रहते हैं और अपनी मातृभूमि के लिए बलिदान होने के लिए सदा तैयार रहते हैं। कूपर ने कहा है " इंग्लैंड में कितनी भी कमियाँ क्यों न हो, मैं फिर भी इससे प्यार करता हूँ। "

देशभक्ति एक श्रेष्ठ गुण है। एक संस्कृत उक्ति में कहा गया है कि मां और मातृभूमि तो स्वर्ग से भी महान है। अपने देश के दुःखों और खतरों में हमें इसके साथ खड़ा होने, इसके लिए कार्य करने और यदि आवश्यकता पड़े तो इसके लिए अपना जीवन अर्पण करने के लिए तैयार रहना चाहिए। क्या इसी देश ने अपनी गोदी में हमें खिलाया नहीं, अपनी विपुलता से हमारा पोषण और अपनी हार्दिकता से हमें सुरक्षा प्रदान नहीं की? अपने देश से प्यार न करना अकृतज्ञता के सिवाय कुछ नहीं।

लेकिन आज सरकार को देश भक्ति याद दिलाने की आवश्यकता पड़ रही है।

दिल्ली के उप-मुख्यमंत्री मनीष सिसोदिया ने अगले साल का बजट पेश करते हुए राजधानी को देशभक्ति के माहौल से सराबोर करने का ऐलान किया। अगले साल भारत अपनी स्वतंत्रता के 75 साल पूरे कर लेगा। सिसोदिया ने कहा कि इस खास मौके के 75 साल पहले से दिल्ली में देशभक्ति कार्यक्रमों की एक सीरीज शुरू हो

जाएगी जो 15 अगस्त 2021 तक जारी रहेगी। इस पूरे कार्यक्रम को सिसोदिया ने "देशभक्ति महोत्सव" नाम दिया है।

दिल्ली सरकार ने कई अहम प्रस्ताव इस समारोह के लिए पेश किए हैं। डेप्युटी सीएम मनीष सिसोदिया ने कहा कि दिल्ली में 500 जगहों पर बड़े तिरंगे लगाए जाएंगे ताकि दिल्लीवासी जब भी घर से बाहर निकलें, उन्हें तिरंगा दिखे और वो इस महान देश पर गर्व महसूस करें।



देशभक्ति महोत्सव में क्या-क्या होगा?

:- आजादी के आंदोलन में दिल्ली की भूमिका, पिछले 75 साल में दिल्ली की यात्रा और 2047 की दिल्ली का विजन, इसको लेकर देश के अलग-अलग हिस्सों में कार्यक्रम।

- युवाओं को स्वतंत्रता संग्राम के नायकों से परिचित कराने के लिए कई कार्यक्रम होंगे।
- शहीद भगत सिंह पर कार्यक्रमों के लिए 10 करोड़ रुपये का प्रस्ताव।
- डॉ भीमराव आम्बेडकर पर कार्यक्रमों के लिए 10 करोड़ का प्रस्ताव।
- दिल्ली के आसमान को तिरंगे से सजाया जाएगा। पूरी दिल्ली में 500 जगहों पर तिरंगे लहराने की व्यवस्था होगी। इसके लिए 45 करोड़ रुपये का प्रस्ताव।
- स्कूली बच्चों को देशभक्ति के रंग में रंगने के लिए 'देशभक्ति पाठ्यक्रम' की शुरुआत। रोजाना एक पीरियड देशभक्ति की क्लास का होगा।

- पढ़े-लिखे और सफल युवाओं को उन छात्रों की मदद के लिए तैयार किया जाएगा जो संसाधनों के अभाव से जूझ रहे हैं।
- दिल्ली में एक नया सैनिक स्कूल और दिल्ली आर्म्ड फोर्सज प्रिपरेटरी अकादमी खोलने का प्रस्ताव।
- फर्ज और देश के लिए बहादुरी से लड़ने वाले सिपाहियों के परिवारों के लिए 1 करोड़ की राशि का प्रावधान था।
- अगले साल के लिए 26 करोड़ रुपये का प्रस्ताव।
- फेस्टिवल ऑफ इंडिया, इंडियन क्लासिकल म्यूजिकल फेस्टिवल का थीम 'आजादी के आंदोलन से लेकर 75 साल की यात्रा और 100 साल के सपने' पर होगा।

सरकार का यह प्रयास सफल होगा या नहीं यह तो बाद की बात है लेकिन सवाल यह उठता है की क्या अब ये समय आ गया है जब सरकार को जबरदस्ती देश भक्ति याद दिलाना पड़ेगा यह सोचने का विषय है यह देशभक्ति नहीं होती है कि केवल अपने ही देश को सर्वोत्कृष्ट माना जाए। हमें अपने देश से तो प्रेम करना ही चाहिए परन्तु हमें किसी अन्य देश अथवा व्यक्ति से घृणा नहीं करनी चाहिए। सच्चे देशभक्त को दूसरे देशों का भी वैसा ही सम्मान करना चाहिए, जैसा वह अपने देश का सम्मान करता है। उसे दूसरे देशों से सीखने, उनकी सहायता करने और उन्हें सहयोग के लिए हमेशा तैयार रहना चाहिए। तभी देशभक्ति धीरे-धीरे भाईचारे की भावना में बदल जाएगी।

JYOTI YADAV

B.A(H) Journalism,
2nd year

*An introvert who
loves to talk about the
reality and real issues*



NO more "silence"!

#speakagainstdomesticviolence



About 86% women who experienced violence never sought help, and 77% of the victims did not even mention the incident(s) to anyone

SHRISTI GUPTA

THE UNHEALTHY WHITES

Salt, sugar, white rice, or white bread, which one of these is a part of your daily diet. Well, a large number of people can't even imagine their daily diet without at least one of these. A curry is unimaginable without salt, a sweet dish is unthinkable without sugar, a meal with no rice is so plain and breakfast without bread is nothing but a cry. But have you ever thought that these daily friends of ours are nothing but our worst enemies? Not only are they devoid of nutrients but they have become so important that we can't even think of having our favourite food without any of these. So what should we do? Well, anything but avoiding them anyway is not a solution. So let's have a look at some healthy alternatives to these products.

Salt - A very inevitable part of our diet, salt brings a taste to our meals which we are very used to but the one we use daily is the chemically refined salt which is not only devoid of nutrients but also a very harmful component for our body because it's very difficult for it to digest such thing leading to life-threatening health problems like high blood pressure and hypertension. So, the only thing we need to do here is replacing the refined white salt with natural rock salt a.k.a

Himalayan pink salt which is a bunch of healthy nutrients such as Vitamins, minerals, iodine etc. A natural alternative, rock salt not only provides healthy nutrients but also helps in improving the digestion of our body.



White Sugar - Are you the one who often experiences sweet cravings? Then you should probably know this truth very well. Most of the products which we come across in our daily life are loaded with huge amounts of sugar. Biscuits, chocolates, kinds of ketchup, packed juices, you name it but sugar is one of those things that these products thrive on. But the fact is that this refined element is not only unhealthy but addictive, once you have it you can't just get over it, you

want it anytime and anywhere that's because after our brain releases pleasure hormones such as dopamine every time we have it but it is nothing but empty calories. However, this refined element is one of the root causes of the health problems faced by a very large population of people, diabetes, insulin resistance or water retention are just a few examples Still simply cutting it down can't ever be a solution for us so let's have a look at something which we can replace it with.

Jaggery or Gur - It is one of the natural sweeteners and a part of the traditional Indian diet. Not only it's easily available but it also nourishes our body with essential nutrients and it's very less processed as compared to refined sugar and is known to have maximum benefits than any other natural sweetener where it increases metabolism, purifies the blood, detoxes our body, prevents constipation and a lot more. So, what are you waiting for, throw away the white sugar and replace it with jaggery?

White Rice - How often do you have rice in a week? Have you ever wondered the consequences of having these tiny white grains which only have an aesthetic appeal as a product and nothing else? Yes, you read it correct! the white

rice which you often consume is nothing but a polished grain which has very less or no nutrients in it and the reason why it's very popular is just because of its less cooking time and longer shelf life but isn't it strange for grain to have such a long shelf life? White rice which is frequently consumed has a very low amount of nutrients in it as well as it is one of the energy breakers of the body followed by sugar. So what can be the best replacement for the polished white rice? Well, here we have it.

Many nutritionists and dieticians prefer Brown rice over white rice but modern science believes that it has anti-nutrients which are not good for our body. Well yes, brown rice does comprise them but the major point we miss out on is the technique by which it's prepared. Our ancient scriptures have always given preference to the traditional method of Hand Pounding which is known to remove the anti-nutrients and as a result, what we get is the Semi Brown rice which is highly nutritious, has more antioxidants, easy to cook and less chewy.

White rice brands have become so popular that the traditional hand pounded rice have confined to the grass-root level but we should be consuming these instead of those.

White bread - Well, it is very much a part of an average

Indian diet, and not to forget its versatility where it includes bread toasts, bread sandwiches, and whatnot. But have you ever observed the ingredients used in their making process? From refined flour to emulsifiers, from preservatives to acidity regulators, this product doesn't even have a single essential nutrient in it but unfortunately, it's one of the bestselling products.

So, you should be looking for something that can replace it. Well, brown bread is a very good option to have as a breakfast but it also fails to meet our expectations when it comes to a lot of additives and preservatives as well. However, we should try going for those brands which offer brown bread with no preservatives which again involves some serious search which nowadays a busy person can't do. So, is there any option of making a loaf of bread at home? Sounds tricky but not that much.

Let's see how we can try making bread at home. For this, we need to add 2 cups of whole wheat flour and into it add 1 Tsp mishri powder, ½ Tsp rock salt, and 1 Tsp dry yeast and knead a dough, then ferment it for 2-3 hours before baking it in a preheated oven at 350°F for 35 - 40 mins or in a kadhai taking 1 cup salt and preheating it for 10 mins and baking it for 40 mins. That's it our awesome homemade bread is easy ready to eat with no risk to

our health.

Well, these were some of the finest and healthiest alternatives that you can use to provide better nourishment to your body. As they say 'Taste bhi health bhi', health should not only come by hard work but also with some smart work!



MANY NUTRITIONISTS AND DIETICIANS PREFER

BROWN RICE OVER WHITE RICE

BUT MODERN SCIENCE BELIEVES THAT IT HAS ANTI-NUTRIENTS WHICH ARE NOT GOOD FOR OUR BODY.



BHANU PRATAP SINGH
B.A(H) Journalism,
1st year

Patience and integrity are my biggest strengths!



MENTAL ILLNESS



***It's a disorder, not a decision,
To help fight this, we have to come in unison. Since it's not a choice,
All we need to do is make a strong voice."***

What is a mental illness? Well, the need of the hour is to give it a simple and scientific definition and not to create taboos about it. So, the simplest definition of mental illness goes this way: A mental illness is a health condition involving changes in emotion, thinking, or behaviour (or a combination of these). The various causes of mental illnesses include childhood abuse, trauma or neglect, social isolation, physical health conditions, drug, and alcohol abuse.

People suffering from mental illnesses usually experience marginalization and discrimination in society. Well, thanks to the approach of the Indian society. All of us know how a mentally ill person is treated in our country. They are simply branded as 'mad', 'lunatic', or 'twisted'. They are treated not with love and care but with distance and isolation which turns out to be the main problem.

However, there is also a bright side to this issue. Many NGOs have been set up to help people suffering from mental illnesses. The government has also taken numerous initiatives in this regard. Furthermore, CBSE has made it mandatory for every school to appoint a full-time counsellor.

Nonetheless, does every school have a counsellor? The answer is a clear 'no' and this 'no' shows the real picture. There is indeed a dearth of counsellors and psychiatrists in our country.

Although, before that, the most pertinent question that arises is that how aware we are regarding mental illnesses. Sadly, many people fall into depression without even realizing it and the most disheartening fact is that people abstain from getting medical help.



The fact that the world will brand them as 'mad' makes them refrain from meeting any psychiatrist or counsellor. People hide their anti-depressant pills. The problem is that mental illness is never considered as any other illness, it is rather associated with a person's personality and his/her way of living.

Notwithstanding these pre-defined notions and blemishes about mental illness, the media has surely played a good role in eradicating the stigma associated with mental illnesses. Movies like 'Dear Zindagi' have come up with a strong message. Moreover, with celebrities like Deepika Padukone, and Shah Rukh Khan sharing their own experiences of depression, people are certainly becoming more aware.

We need to understand that the need of the hour is to eliminate the taboos associated with mental illnesses and to treat the patients successfully. What mental health requires is a more blatant and unashamed conversation and a positive approach as it's not a crime, just a sickness. When 'I' is replaced by 'we', illness becomes wellness. Thus, let us be more accepting towards the term 'mental illness and help the victims fight it.

NEHA RANI
B.A(H) Journalism,
1st year
*A robust nationalist
with firm
and unique beliefs,
opinions and
ideologies.*

THE ONE-WAY POST



The following is a letter from a loving grandchild to her grandfather - the shiniest diamond in the sky - who has left this world and moved on to the world of stars. She believes that he is still watching over her and hence writes this emotional yet powerful letter. Read on.



It has been years since I wrote a letter. Why would anyone send letters in this age of Instagram and WhatsApp, anyway?

I don't know if you are aware of my age, I'm turning twenty this year. If in case you have started calculating. I do not underestimate your aptitude for math, though.

But I am worried if you still practice Hindi alphabets. It's high time that you start learning Hindi Varnamala by heart. Even if you have taught Shivji how to converse in Sindhi, you have high chances of impressing him by showing your multilingualism.

Time flies and undeniably, it flew in our case, too. More than a decade has passed since you left us, but I can recall each and every moment, quite vividly.

Let's take a trip down memory lane. I hope you too like to reminisce the years that we

spent together, not just as grandpa- grandchild, but also as true friends. I cherish holding your hand with a pencil while teaching you how to write a letter. क़ (ksha) in Hindi, just the way you held mine years ago, when five-year-old me was struggling to write English alphabets. I cherish those lullabies you sang for me.

Every time you said "Twinkle" while reciting "Twinkle, Twinkle Little Star," you would blink your eyes twice and I'd laugh my heart out. It is still your favourite rhyme, isn't it?

Do you remember how I made you wear my school's house uniform on every Monday, at the age of seventy-nine?

They say that beauty lies in the eyes of the beholder, and indeed, you looked perfect in

that yellow tee, dadu. You looked perfect when you narrated the stories of the golden castle. You looked perfect when you stood in the veranda, waiting for the hawker to buy purple cotton candy for me. I miss those evenings of candies and stories. After you went, nights were even harder. I wanted to attend your cremation but chachu did not let me.

Though I had no idea what happened there, but all I wanted was to go wherever they were taking you. I eventually realised that you had left us and there was no way you would return, hug me, and say "I'm back from the hospital."

I knew you were gone, but as a kid, I always searched for the place where you could possibly have been.

I knew you were gone, but as a kid, I always searched for the place where you could possibly have been. I used to

ask papa “Where is dadu right now? Which God does he live with?” ...and he would point towards a huge calendar, that hung by a wall of the living room, with the picture of Lord Shiva. “See these flowers near the feet of Shivji. One of those flowers is your dadu.” I was never convinced that you actually transformed into a flower. It will be hard for you to believe, but papa did sob like a child.

He must have felt those pangs of regret. “I could not be a good son”, I heard him as he stood in front of your photograph. You may choose not to tell me about what had happened between you and father, but I don’t want to hide anything from you.

In recent years, a lot has happened. Papa has changed, mentally and physically. Battling oesophageal cancer, he has learned the lessons which perhaps you could not teach. He loves you, dadu.

My last letter was for Ganeshji. I had written to him a few years back, but I didn’t get any reply. Not mentioning the correct address could be the reason, I suppose. But this time, I have a fair idea about it. I hope this letter finds you in the best of spirits.



GUNJAN MAKHIJANI
B.A(H) Journalism, 2nd year

I'm an ambivert who loves writing flash fictions and sharing them as audio stories.



THE SUMMIT OF INDIA GATE

After braving Delhi's chilly nights and more than 200 flights of stairs, I was finally here. I had never imagined that I would be able to scale these heights, ever. As I stood on top of it, I couldn't believe that I was where I was but then a chilly wind blew past me and I came back to my senses; I was on top of Lutyens' Delhi, I was on top of the India Gate.

The lockdown had just made me restless. And when I finally got the chance to get out of my four walls, I must've been feeling the same way Andy Dufresne felt when he broke out of the Shawshank Prison. But lucky me, I didn't have to have to crawl my way out. I feel I have to be honest here. This summit of India Gate – I really like calling it that – was only possible because of my father, an Army officer. After several phone calls between Greater Noida and New Delhi, a trip had been planned to the National War Memorial and to compliment that we were also allowed to scale the mighty and the majestic, India Gate.

As I stepped outside my house – a place that I've been living for the last four years – I was discovering just how beautiful it was. The frail sunlight was peeking from behind the hanging lamps, as if it wanted to play a game of hide and seek



The Rajtrapati Bhawan as seen from the Mughal Gardens

with me. Tender winds blew past me as if welcoming me to the open world again, their gentle touch reminded me just why I loved to travel, as much as I do. Even though this was the place that I had lived for so long, it took me a deadly pandemic and a stringent lockdown to appreciate its own beauty.

Anyway, we (it was a family trip) started our trip at 4 in the noon, as we were advised that the beauty of Delhi spills its vibrant colors in the darkness of the night.

Not a single soul could be found in the otherwise packed to the brim India Gate lawns. As I walked

towards the India Gate canopy with the National Museum of Modern Art behind my back, I realized just how quiet the Raisina Hills were. This small hillock has seen India through its ups and downs from the age of Delhi Durbar to the catastrophe of CoVID. Even with such rutted history behind it, it showcased the very quality that defined the ancient metropolis of Delhi; resilience.

We then moved onto the National War Memorial and having seen the armed forces so closely, two emotions rushed my soul; pride and poignance. Seeing hundreds of names etched on the walls of this immortal memorial, I couldn't help but wonder uncountable lives these martyrdoms must have affected. Being a member of the armed forces himself, my father had various emotions on his face. I wished he could let them out but a man has a sea emotion inside of him that is forever locked in him till his mortal life.

“As soon as I walked into the east gate. I was awestruck. I had only seen this landscape on the screen and now it lay before me.”

After witnessing the valor of the armed forces, we moved onto what each one of us were waiting for, the summit of India Gate. It was around half past six and Delhi had started showing its vibrant colours. As I walked into the holy circle of the *Amar Jawan Jyoti*, I had a cold chill running down my spine – firstly, as it was dead cold and secondly, as the tricolor fluttering in all its might, I remembered the old saying; the tricolor doesn't fly due to the wind but by the breaths of thousands who died defending it.



We had to wait for sometime for the inner staircase to open. The plaque just beside the staircase gate stated that the people of the British Isles were proud of the Indian soldiers who died defending the crown, while a small locker beneath it had in itself, the names of all soldiers who died fighting in the British Indian Army. The flight of stairs was maintained properly and didn't look like it was inaugurated exactly nine decades back. As we approached the final level, my heart started pounding and it was extremely difficult for me to contain this excitement.



(CLOCKWISE FROM TOP)
THE VIEW FROM THE TOP OF INDIA GATE; THE JAMMU AND KASHMIR RIFLES CONTINGENT MARCHES PAST THE INDIA GATE. (SOURCE: ADITYA KAPOOR)

At the end of the stairs was a small yellow gate which opened to a round and empty hall. The hall itself had two more gates to get to the east and west terraces of the monument.

Memorial. In between these two marvels were the sprawling India Gate lawns; all empty, thanks CoVID.

As soon as I walked into the east gate, I was awestruck. I had only seen this landscape on the screen and now it lay before me. On my left was the majestic Rajpath with the resplendent Rashtrapati Bhawan and on my right was the breathtaking National War

After spending some considerable time at the place and a several photo ops later, it was time scale down. As I leapt back into my car to head home, it took me some time coming back into senses. I think this trip taught me the very reason I love this city; even after several centuries, it still calls avid travelers to see and experience its splendor. I don't think that will be able to get back up soon, but I want to be; much sooner than later.



ANIKET SINGH CHAUHAN
B.A(H) Journalism, 2nd year

I mostly describe myself as a go-getter and a trend setter.

STUDENTS' GUIDE TO THE PERFECT LAPTOP

Being a college student is tough and if you try to be one with outdated pieces of technology, it even worse. In other words, your student life is directly proportional to how good your tech is.

Be it online classes, editing videos, making presentations, making songs and even playing games, your PC or personal computer is one machine that just has to be perfect. Also, as we students are mostly on the run desktops are just not practical for day-to-day usage, therefore laptops are our true partners.

How much Storage do I need?

The storage or Read Only Memory (ROM) is that part which helps you to store and retrieve your stored files. There are two types of ROM available, SSD and HDD with SSD being the more modern and costly one. The cost of a 1TB HDD is similar to that of a 128 GB SSD. You'll get the best bang for your buck if you use a SSHD or a hybrid of HDD and SSD, but remember to put all of your Windows files in the SSD as that will make your system be lightning fast. The average booting time for a HDD based system is 1:30 to 2:00 minutes while that of a SSD

based system is just 10 to 30 seconds. With ideal usage, 1 TB HDD and 128 GB SSD is ideal, while with a little heavy usage a SSD based laptop is the choice to go for. Now if you buy a HDD make sure it is a SATA 3 based while the SSD must be NVMe based (both are very long full forms, really not needed).

What about the RAM and Processor?

Random Access Memory or RAM is that part of your system that helps you to multitask better.

In today's times, heavy applications and games, a RAM of at least 8 GB is a must for a good performance. While a RAM of 12 GB or higher is needed for heavy usage. But be sure to purchase the latest DDR (again a very long full form, really not needed) 4 or higher based RAM and a dual-channel (two RAMs in one system) as that will deliver you the best speeds and efficiency.

Coming to the processor, we have two brands, Intel and AMD. Both these brands are good and at par. While, AMD is cheaper than Intel and it provides roughly the same performance; Intel is more

popular and better optimized in many cases.

When buying a laptop, go for a processor above 8th Generation in Intel's case (Higher generation means a better and more optimized performance) and 3rd Generation and above in AMD's case.

If you want a laptop for daily use, i.e., no editing, gaming and coding then an Intel i3 or an AMD Ryzen 3 is the best bet. But if you are editing YouTube videos and playing some amount of games then an Intel i5 or an AMD Ryzen 5 is a must. Also, AMD processors are power intensive while Intel's are cost intensive.

While the upper versions like i7, i9 or Ryzen 7 are just too expensive for a student, again the higher you go the better performance you get.

Do I need a Graphic Card?

If you are editing videos using software like Adobe Premiere Pro, DaVinci Resolve and Adobe After Effects or playing heavy games like Red Dead Redemption II, Assassin's Creed Origins, Battlefield V or The Witcher 3, then you need a graphic card.

Most Intel and AMD laptops have an integrated GPU (a pre-installed Graphic Processing Unit) but which are Vega Graphics in AMD's case and Integrated HD/UHD Graphics in Intel's case. However, Vega graphics are much better than Intel's Integrated Graphics.

But, if you need more power, an external GPU is required. Best brands for an external GPU are Nvidia, AMD, MSI, EVGA and Asus.



Which brand has the best Laptop?

The brand of a laptop is important for several reasons. Be it after sales services or better software enhancements via regular software updates as well as inclusion of performance enhancement programs.

The best laptops in India are of the likes of hp, Dell, Lenovo, Asus, Samsung, Apple and Acer. Now keeping up with the trends, none of these brands are of India origin, the only named brand present is iBall but the quality differs while HCL has stopped

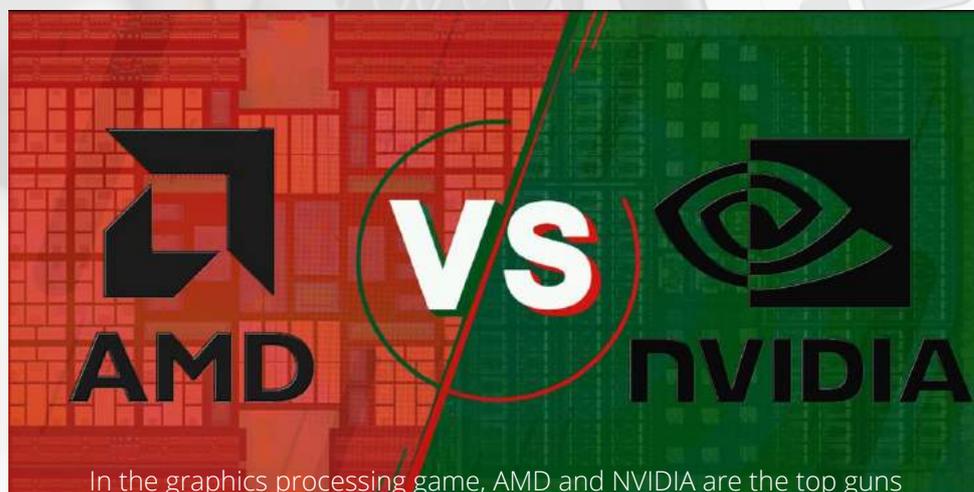
manufacturing laptops and computers.

In my opinion (not the best but really good, I guarantee), hp and Asus have really good laptops, having used both of them in software as well as hardware terms. If you want long lasting laptops and can stretch your budget, Dell is the brand to go. Lenovo and Acer have rugged laptops while Apple is an option if you are not spec hungry but can spend a lot (like a lot).

What Accessories do I need?

An External Hard Drive will help you to store and protect your

important data while helping to increase your laptop's performance. An external Optical Disk Drive, will help you to use CDs while also decreasing the thickness and weight of your laptop. A mouse will help you to have more free movement as let's be real you just can't use your trackpad all the time. A USB OTG (On-The-Go) will help you to seamlessly transfer data from your mobile phone to your laptop. Another accessory that you can use is a cooling pad, as if your laptop heats up then it will lag a lot (and believe me that is really frustrating), so a cooling pad will help you to enhance the performance of your PC.



SHITAKSHI THAKUR
B.A(H) Journalism, 2nd year

A writing fanatic who loves the world of sports and literature.

Serendipity

Aren't we all just fighting,
Sometimes to stay and sometimes to just let go
As the generations have passed by,
Things have changed with each passerby
The sacred 'I Love You' is no more certain,
Of the fact that the person will remain
And the longings behind 'I Miss You' doesn't comfort,
The return of the dear departed
With the changes in time,
There is a change in tide
The flow of sanity,
Has bartered its waves into insanity
The leap of faith, the chances of love
Has now become the wait for Serendipity

ISHITA DOTANIA
B.A(H) Journalism, 1st year

*Just another symphony of
stardust and satire*



LIFE

Life is something you cannot fake
You live and learn from each mistake,
Sunny days or cloudy skies,
Happy greetings or sad goodbyes.
Close your eyes and go to sleep
Happiness is coming, which you have to keep,
Worries and tensions will always be there
But promise yourself that you will never weep.

Dreams are worth running after,
Some may slip.
But always keep smiling,
It reveals your heart so deep.
So don't sit idle and let time pass,
For live each moment like it's your last.
All your sadness, all your pain
Wash it away with the rain.

Fast or slow
Whatever be your pace, Take your time, because
LIFE IS NOT A RACE!

CHAHAT SURI
B.A(H) Journalism, 1st year

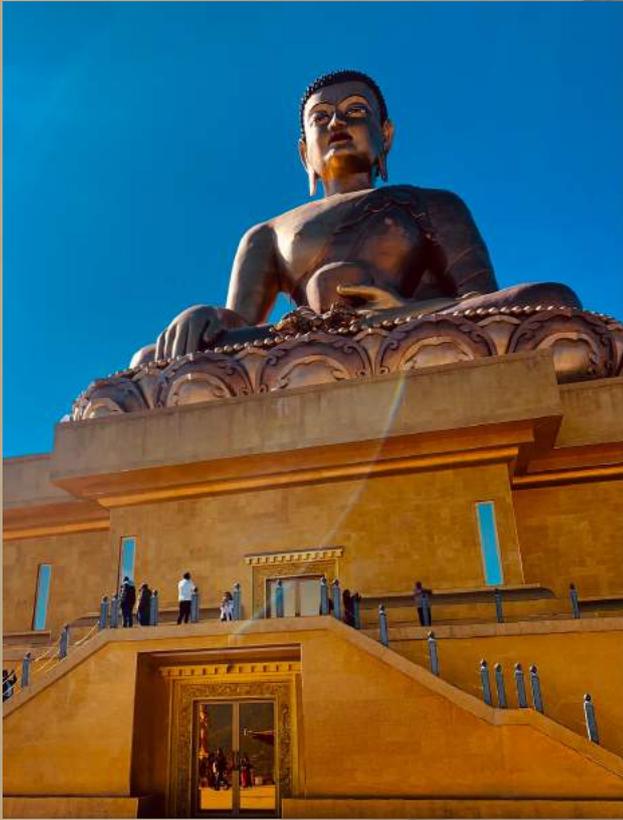
*Turn your wounds into
wisdom.*



WEAVE A PICTORY

A VISUAL TREAT CAPTURED BY THE LENSES OF THE
STUDENTS OF JOURNALISM DEPARTMENT

In the Abode of Serenity



↑ Buddha
Dordenma statue,
Thimpu, Bhutan

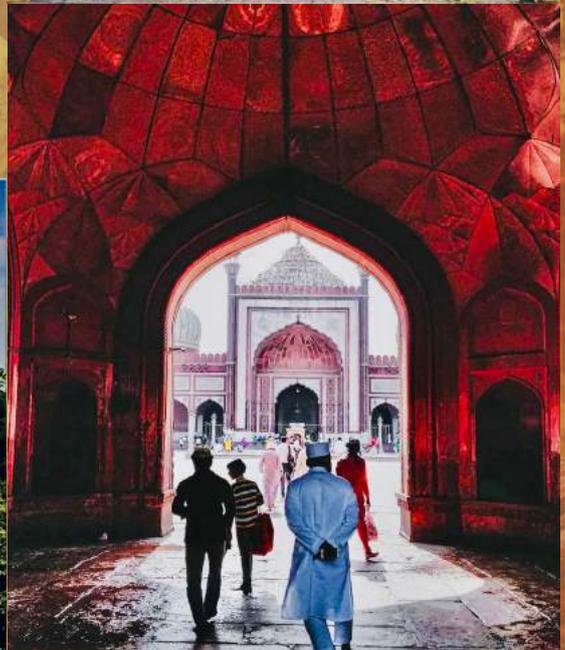


Bai Dinh Pagoda, ↑
Gia Vien,
Vietnam

↓ Pangri Zampa
Monastery, Thimpu,
Bhutan



Jashn-e-Dilli



(Clockwise from top)
Rashtrapati Bhawan, Manju
Ka Tila, Jama Masjid, Isa Khan
Tomb, Huaz Khas Fort and
Safdarjung Tomb

People and Portraits



↑ A monk at Delhi's Yamuna ghat performing the ceremony of Chhat Puja

Faces and expressions at Delhi's famed and revered Jama Masjid



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Sanya Kakkar, 2nd Year

DEPARTMENT OF JOURNALISM

Journalism was first introduced in the college in the year 1998. Since then, it has been a forward march. This is the most sought-after course in the College. Today, the department does not only offer a graduation course in Journalism but has also introduced a new program under the name "Advance Diploma in T.V. Program and News Production". The department boasts an proficient and a adept cadre of teaching faculties who have experience in wide range of areas, starting from academics to the industry. To complement the prowess of our faculty, we have a fully equipped Media Lab with a full-fledged studio including high end cameras, professional tripods and lighting equipment along with recording devices. Apart from catering to the infrastructural needs of the students, the department has remained committed to providing industrial exposure to students through frequent workshops and seminars by media professionals. It is the approach that the college while still being in its blooming years has a great cadre of notable alumni including Sakal Bhatt in Republic TV, Sahil Menghani as an anchor and a senior correspondent at CNN News 18, Shweta Kothari as the co-founder of the digital news The Logical India, Anshul Tiwari as the founder and editor-in-chief of Youth Ki Aawaz, Pratima Mishra as a correspondent and anchor in ABP News, Richa Jain Kalra as a principal news anchor at NDTV and Krishna Pokhreal as a reporter for the Wall Street Journal.



*'Tell me and I forget. Teach me and I remember.
Involve me and I Learn.'*



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