ISSUE 02 SEPTEMBER, 2021

# People's Elucidator



The latest university news, views and announcements

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## People's Elucidator

Founded & Initiated by
- Ms. Megha Vijaywargia
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People's University
(Advisory board member)

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# New Normal, New Beginning...... Peoples University launches University News LetterPEOPLES ELUCIDATOR

#### by Dr. Arathi Menon

Peoples University launched the first ever newsletter of the University, 'Peoples Elucidator' stating a dream come true for its stakeholders. The grant launch event of the Peoples Elucidator was organized by the University on 18 August 2021. Chief guests Mr. Anuj Pathak, RJ, 92.7 Big FM Producer and Mr. Rajeev Agnihotri, Regional editor of Peoples Samachar along with Trustee and Director, Respected MeghaVijaywargia, Pro Vice Chancellor, Dr. Harish Rao addressed the event. Welcome address was given by Vice Chancellor Dr. Rajesh Kapur. The launch of the newsletter along with the copies were done by Mr. Anuj Pathak. Addresing the audience, he added, that 'every university newsletter brings out what their members thinks, and the output of efforts made by each one of the members. These newsletter brings up the hidden talents among the students and faculties and provide them opportunity to improve their journalism skills.' The Head of the Institutes, and Head of the departments of all the constituents of university attended the event. The team worked behind the PE were appreciated and recognized with certificates of appreciation, badges and tags. Media Manager, Ms. Purvi Jain, the master mind behind the newsletter said she hope this newsletter could show the legacy of the Peoples University through its candid and creative contents. She also added that the University is planning for a radio station as well. A digital Souvenir Store was also introduced. The audiences were entertained by the various performances of students from different colleges under Peoples University.

The newsletter covers the recent important events and felicitations from each of the institutions, Columns highlighting the present scenario and importance of career guidance, and other interesting columns like hostel hacks and film reviews which refreshes the young minds. PE provides students an opportunity to open up their views and suggestions. The main goal with this newsletter is to create something that is candid, genuine and beneficial to our leaders. A monthly schedule to ensure that their correspondence is never overwhelming and that the content delivered is relevant. The team behind PE have been burning both the ends of the candles to make this a success. Even during this tough times, with many restrictions in and around, an enthusiastic editorial team was formed, from which a core team formed, from all the constituents of PU were involved.

The launching event was followed by an afterlaunch gala night which shook every one's mind and body by the versatile music band 'Mufazils'. The show stopper of the night kept the young minds dancing and grooving. Fun moments with some games by RJ Anuj Pathak, made the audience cheer and cherish.

The events were hosted by the editorial team members Jasmine Rinnie john, Dr. Arathi Menon, for the launch event and Dr. Palak Mishra and Apurva Pathak for the cultural events.  $cont'd \not p 10$ 

# **Second Front**

#### THE WINDOW THAT NEVER OPENS

The uncovered building just Opposite my home But ironically covered with Many ravishing secrets For me, my will The best and worst part of the building is The window that never opens Overflowing with the overwhelming thoughts Could the vibesreach From this window To that window I always cried And was so tired My growing brain knocking What was behind Was there unconditional love Or dark drown hatred But deep down I've always known and realized Something was wrong behind Which I could never unwind Hopeless and discouraged My heart and mind raged To know all about The window that never opens On a calm, silent day I was questioned in a scary way You will have to pay I turned to answer and say But it was going away Like moving sand and hay It was time I will heal everything You just go and be grown And mind what's your own Otherwise you will be drown In someone else's frown Time gave me the guide I cannot unleash the secrets behind

> By, FARIDA WAJDAWALA

#### TIME..

Everyone says time flies, But it doesn't seem right this time. Many tough fights to come over, But counting starts again everytime. Loosing Hope's to standing up again, We learned it with time. It started with feeling caged to necessity to be alive,

We changed, to be alive.

The window that never opens.

Faces started to get covered under mask, But, We never stopped speaking against the lie. Sanitizer began involving in our daily routine, But, we never stopped glowing.

Our thinking for safety changed from "it's nothing" to "its deadly and scary".

But, we never stopped smiling.

Our work life changed form going to work to "working from home"

But,we never stopped dreaming. Everything got changed,

we never let it won.

And we will never stop fighting against this. Aarti Gangrade, People's dental academy

चार सालों का था जो सुनहरा सफर खत्म होता है देखो यहीं पर मगर. छोड़ यादें बहुत सी चले जाएंगे, बीते दिन जो यहां अब नहीं आएंगे, गुजरे पल जो यहां वो बहुत खास थे, थे मिले जो भी दिल के बहुत पास थे, हर दिलों से यहां था जो रिश्ता जुड़ा, आज आंखों को नम करने है चल पड़ा ऐसी मिलती कहां दोस्ती की डगर, कभी ना लगे इसे किसी की नजर... मुकम्मल हो ये मंजिलों का सफर.. जिंदगी का सफर हर ख़ुशी का सफ़र... ख्वाब साथी बने हौसले हमसफ़र. चार सालों का था जो .....। कछ अलग था वो पल जब थे हम सब मिले दोस्ती के हुए फिर शुरू सिलसिले, चेहरे लगते अभी तक जो अंजाने थे, अनसुने यूं सभी के वो अफसाने थे, महिफलें यारों की अब जो लगने लगे, राज़ खुलने लगे रातें जगने लगे, दोस्ती की मिली ये जो सौगात थी पूरी रब ने हो कि कोई फरियाद सी,

हो रहा अब बेगाना ये अपना शहर, घड़ी हर घड़ी अब पहर दर पहर मुकम्मल हो ये मंजिलों को सफ़र जिंदगी का सफ़र हर खुशी का सफ़र ख्वाब साथी बने हौसले हमसफ़र...

बिछड़ने को वो क्यों अब तैयार हैं

CHANDAN KUMAR, SORT

#### FEAR.

We all share a part of us with an emotion of fear

Even when we have our racing lives in fifth gear..

Its different for each of us..for someone it can be fear of failing or fear of losing love..while for others it can be fear of fighting back or fear of not flying high above..

Nobody else but only we ourselves are potent enough to knock down our fears...

Coz its nothing but a selfmade wall which echoes back" impossible" n thats all u hear...

Climb it up or break this wall apart...

Rule your dreams n just listen to your heart...

May be u loose it all once twice or more..

But never give up..struggle is what winners are made for..

So live always with your emotions alive but never let them rule over

Whether it be love anger fear or any other in the queue... Aditi Saxena, PCDS

# **Poetry Submissions**



#### THE LAST PAGES OF MY COPY

The huge bundle of pages Kept safe in a reliable cover The cover was grounded thick To shield the load of Pages fix Yes it was my copy Choosen with delight in a fixed amount So as to source my heart and minds

All the pages in my copy were trusted But the last ones were the most

cherished They are the ones where my

Kiddish heart pounded With my thoughts unbounded They jumbled the survival of my boring lecture

And showed my best artistic gestures Scribbled with the name of my hearts mystery

They could tell the most honest love

WasYes it was my copy

Here the last Pages always stood first In the classroom of my heartwork Because they know

The bestest part of my hardwork

Year by year passing Copies changing

My virtuous mind growing

Still thinking

Which was more benefitting Towards my destination Were they the first coming Pages Or the last ones

Still pulling my souls gravitation By

- Farida Wajdawala

#### **HUMANITY....**

I'm just sitting here alone, With my heart, flesh and my bones. But my mind is somewhere else, Thinking bout humanity.

People being mean, Trying to make there hands clean. The sins they have done And there uncontrollable spleen.

That jealous thoughts, Which made a big loss, They lost their humanity, For an unworthy cause.

Try to help others, Try to feel them all. See if they need you, Because the life's too small.

Give them respect. Don't discriminate! On the basis of gender, caste and color Because there shouldn't be any place in you for hate.

Don't lose yourself, Don't lose humanity! Your hardwork matters, Not your fate!



# Students speak



#### **New Beginnings**

Adishree Ranjan PCMSRC MBBS Batch 2020

Learn from yesterday, live for today, hope for tomorrow When the sword hanging on our neck in form of NEET was finally lifted we were sucked in world of euphoria that is college!

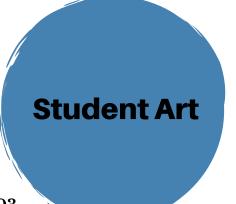
I was fortunate enough to get admission in People's University, Bhopal. The campus was magnificent, humungous buildings embraced by gardens and trees draped in lush greenery. There are different departments including medical, dental, nursing etc accompanied by gym, yoga room, libarary and much

I tried to restrain my growing excitement during classes which were taught by efficient, knowledgeable teachers, they being comprehensive, to the point and encompassing all the topics. The most unique experience was dissection class where I felt greatful for the cadavers, who sacrificed themselves for medicine students. Our white coat ceremony was a huge success due to efforts invested by respected teachers, seniors and my fellow batchmates.

Now the cherry on cake of college life is much hyped hostel Life! We got habituated to, washing clothes and utensils, cleaning the room, eagerly waiting for mess meals, celebrating birthdays and late night snacks.

Challenges are gifts that force us to search for new centre of gravity. Don't fight them, just find a new way to stand! As every coin has 2 sides, college life is not bed of roses as misinterpreted by many people. Leaving the safe coccon of parents and becoming independent, managing our own schedules, dealing with exams, homesickness is tough but in the end it's worth it as it moulds our career and shapes the person we will be in future







Aastha churahe, PDA

#### **Follow Your Dreams!**

Diwanshi Mahato (BDS 1st year PCDS&RC) Creator has made us different.

We have different abilities, interest, hobbies...

We are unique, right?

People think differently so we can see there are many innovation made in our past & it is still going on..

We come on this World with a purpose.

When we were child we were asked the most famous question-What's your Dream?, Isn't it? We came to know, DREAM is our Aim in Life, Goal which we wish to pursue, our Career. Dream is the aspiration.

We need to sit in a quiet place, close our eyes, think what we like and choose what we want to be!

We need to work sincerely for our Dreams. We should pursue degree in the subjects which we like. In the journey of following our dreams we are misguided by people surrounding us. We should not allow there saying to overcome our mind. In journey of following our Dreams we become passionate. People call us crazy. They make our fun. But we need to Ignore them. Sometimes we are facing failure but that doesn't mean we should lose faith in our work. We need to Believe in our Dreams!

Believe in ourselves! We should have the spirit of never giving up. Staying motivated and doing small things everyday related to our aim will help us to achieve our dreams.

In our society we can see some people studying One course, leaving at the mid of it and doing some other course. They are not stable. They keep on changing there profession. This is the result of not following dreams. The person will not be happy. There will not be peace in his/her life.

Following dreams will lead us to our Destination!

They provide us direction. So we need to work hard to pursue our goal. Doing something which we like for life time is the Best work! Best Feeling! one can ever have.

We need to enjoy our lives for this we need to do something which we would cherish doing! Why don't we follow our dreams and build our career. Be professional in the job, work which we

Dreams are not which we see at night but also those which come in our mind and remind us to work for our ambition.

We need to go behind our Dreams. We will definitely be successful one day. People would admire us. They would also FOLLOW THEIR DREAMS! to become a good Human Being.







Aditi Saxena, PCMS



# Students speak

# **DIY For Glowing Skin**

Honestly, who needs expensive chemical products for glow on the face when all you need is a twist on the oldest food for skin? Hang on and read along.

#### Banana-yogurt mask

- 1. Take a mashed banana and mix well with two spoons of curd and 1 tablespoon of honey.
- 2. Apply it all over the face and let it dry.
- 3. Wash your face after 30 minutes with cold water.

Aloe vera and glycerin mask

- 1. Take aloe vera gel and mix it with a little glycerin.
- 2. Dab this mixture on your face.
- 3. Wash off after 15-20 minutes.



#### Besan face pack

- 1. Take two teaspoons of besan
- 2. Take a pinch of turmeric powder
- 3. Take a little rosewater
- 4. Mix them all to make a paste
- 5. Apply and let sit for 15 minutes
- 6. Rinse off and moisturise.



Aman Tiwari, PCMS





Apurva Pathak, PDA



# **Hostel hacks**

- 1. As we all need to get up early and also need enough sleep to avoid dozing off in class the next morning. So here's the best solution: don't use any electronic devices at least half an hour before sleeping. You'll fall asleep faster.
- 2. Nailpolish Keys-Finding it difficult to remember which key is for what because they all look the same? You can colour the keys with nail polish to identify them.
- 3. To keep healthy at the hostel, stress free, make sure you have: milk, nuts, at least one fruit each day, and "plenty" of water. You can also measure your water levels.
- 4. If you don't have access to an iron, use a saucepan with hot water to iron wrinkled clothes.



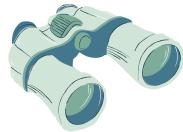
Riya Arya, PCMS



Janhavi Khatri



# Students speak

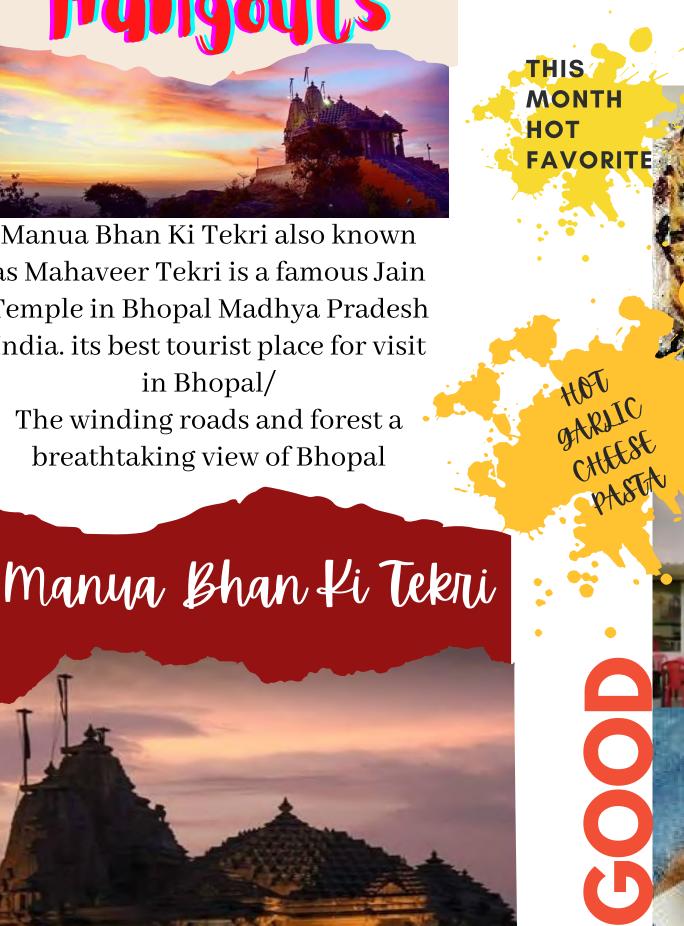




Manua Bhan Ki Tekri also known as Mahaveer Tekri is a famous Jain Temple in Bhopal Madhya Pradesh India. its best tourist place for visit in Bhopal/

The winding roads and forest a breathtaking view of Bhopal







SAGAR 🌌 GAIRE, DIG BUNGLOW, BERASIA ROAD Aditi Saxena

Just the best place to hangout with your friends!

# Shershaah: An inspiring war drama of bravehearts and victories

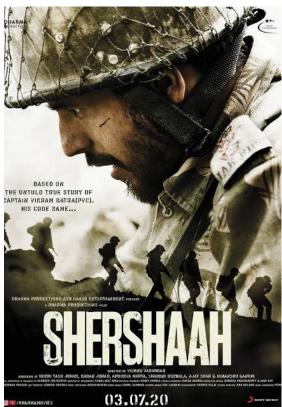
RATING - \* \* \* \* \* \*
TOP CAST - SIDHARTHA
MALHOTRA AND KIARA
ADVANI
DIRECTOR VISHNUVARDHAN

It's been 22 years since the Kargil war. Shershaah is based on the life of Captain Vikram Batra who bravely fought for the nation and was awarded the Param Vir Chakra posthumously.

**RUN TIME-2H15M** 

Shershaah stars Sidharth Malhotra as Batra, and spans the period from his college days to his death at nearly 25. The title comes from Batra's codename in Kargil, also The range of expressions Kiara needed to deliver, she has done with aplomb, finesse and ease.

The film is at its best when it packages itself as an Army procedural. While it covers Vikram's off-field learnings from his seniors, strategy sessions and actual combat, the narrative is energetic, exciting and moving without being loud and clichéd.



## Bhuj: The Pride of India

A must watch!

**RATING-**



TOP CAST- AJAY DEVGN,
SANJAY DUTT, SONAKSHI
SINHA
DIRECTOR- ABHISHEK
DUDHAIYA
RUN TIME - 1H 53M

Acting was good but the story was running so fast, they are covering 3 events on the same time. Sanjay Datt role is exaggerate, it's like he is everywhere and doing everything. A men who killed 200- 300 soldiers with one half axe, its kind of a joke.

All have done good acting, as always Ajay Devgan is good but his marathawad from tanaji continued here as well.

Making a movie on this topic was excellent idea.

Respect for all the Indian soldiers and thanks to them for saving our nation.

I really liked the fact the pictures of the real heroes were shown after the movie .. that's an honour to see the real warriors..

Personally, I feel there are movies which you can watch once and there are movies which it doesn't really matter to count it! This belongs to the later, you can watch the movie more than once and still get Goosebumps and tears. A great tribute to the real HEROES and WARRIORS.



**Cine Reviews by Ria Talreja SOPR** 

# **Money heist**



RATINGTOP CAST- ÚRSULA CORBERÓ, ÁLVARO
MORTE, ITZIAR ITUÑO, NAJWA NIMRI,
MIGUEL HERRAN , JAIME LORENTE, ALBA
FLORES, PEDRO ALONSO
DIRECTOR- ÁLEX PINA
TOTAL EPISODES-23

I found this Spanish TV series by chance, I really recommend you watch it. It's one of the best series that I have seen lately. A chess game between the police and the robbers, you will be surprised by its development. You can not foresee anything.

The writing and acting are both excellent, there are so many twists and surprises that it will keep you on the edge of your seat and guessing throughout the entire series! Just a little warning, once you start watching it it's hard to stop, you'll want to binge it as quickly as possible!

This series gives a lot of big messages. First of all, Dali masks are not an ordinary choice. Dali is a genius painter who inherited life that is contrary to popular morality and common customs. He has never accepted the imperatives from the society and the right to wrong moral codes. The masks represent this irregularity.

Red overalls represent socialism.

I have not seen such meaningful socialism for a long time. Moreover, Salvador Dali's tactic was used in the series. You think you are watching the events, but every time you have a deep meaning and message. Ciao Bella is the symbol of socialism.

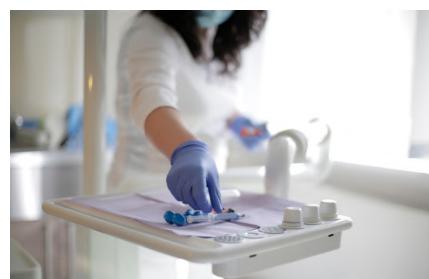
Fabulous work.

PCOS AWARENESS MONTH

# **Editorial**

# DENTISTRY- WORTH EVERYTHING?

By- Maha Mujeeb Khan



Why does someone choose dentistry over other alternatives? Is dentistry a go-to career option? Some may say my parents wanted, some would say I didn't get a medical seat. However, a better question for the ones pursuing this would be: why am I doing dentistry? Despite the doom and gloom, we acquire all the learning years. The struggles, the depression, and whatnot. Dentistry ain't easy, but once the career is set what about then? Is it worth all the hardships? Dentistry is defined as the treatment of diseases and other conditions that affect the teeth and gums, especially the repair and extraction of teeth and the insertion of artificial ones. Dentists treat patients with RCT and fillings that help remove pain. Dentures for edentulous patients that help to eat and to speak which they might be struggling with. Ortho treatments, perio problems, caries, etc to aesthetic treatments which enhances their appearance. It's a journey! The treatment varies from a single visit to yearly. But what matters is to enjoy the experience and surely the patient's satisfaction after it is definitely worth the wait. It can be satisfying for a brief at the end, but it varies! It's a rollercoaster ride where the dentist rides along the patient feeling all the anxiety, the disappointment if you failed, the stress, etc. Surely "Practice makes you perfect" It's a competitive career I must add, mainly at the university phase because nothing comes easily. You have to work hard to get onto and stay on the five-year course. Being relatively academic and getting decent grades. Because what you learnt all the college years is what you'll be practising on the patient. You don't simply stumble into employment this unique: even within the realms of health and medical care, dentistry stands apart. It's associated with an improbably intimate job with the potential for excellent impact: that specializes in the vicinity of the body that influences one's confidence, general health, eating, sleeping, talking and how you are anticipated by others. This profession makes you a part of someone's life! You work in reality! You work towards humanity, purely goodwill. Looking at a well defined composite filling to adoring a perfect smile makeover to the patient's satisfaction after the treatment is worth everything you gave up on this career. Dentistry can't be without patients, you meet new people every day build connections with them, they make you a part of their life, isn't it wonderful? Every dentist would love to hear "This dentist works miracle" or him turning out to be someone's favourite dentist! Entering healthcare is one of the reasons of the majority of dentistry student. Dentistry is very hands-on. Compared to medicine. It may be the best employment for some, provided how well many of the justifications listed are applicable to them. Yet, it may not be their perfect job. Ideal evades the requirement to be practical and realistic. Given all the validations, clinical dentistry is a good career one must give it try

# Skin Patches Infertility Weight Changes Polycystic ovarian syndrome Anxiety Awareness Headache Skin tags Inflammation Pelvic Pain Pelvic Pa

PCOS changed my lifestyle for good or bad?

If you are an Instagrammer, you probably know about "September for PCOS

awareness". So, I took this as an opportunity to reflect on the journey of a PCOS warrior. Women's diagnosed with PCOS are not less than AVENGERS. How many of you would fight so many symptoms together every day, yet maintain to be calm. For the ones who don't know what PCOS is, this is a hormonal disorder causing enlarged ovaries with small cysts on the outer edges. PCOS changed my lifestyle for good or bad? 2 The cause of polycystic ovary syndrome isn't well understood but may involve a combination of genetic and environmental factors. I was diagnosed with PCOS when I was 13 years old. This AVENGER took PCOS for granted for 8 years and ended up with great complications in day to day life. Only if I knew about the symptoms like mood swings, depression, anxiety etc. That's why I call women suffering from PCOS AVENGERS, it is not easy to carry a bubble of sadness and still be kind, and cherry on the top societal tantrums of being "overweight". For most of Indians, the only well-known symptoms of PCOS are "Irregular Menstruation Cycle" and "Sudden gain of weight" however, other symptoms of PCOS may include: Menstrual: abnormal menstruation, absence of menstruation, heavy menstruation, irregular menstruation, short and light menstruation, or spotting Weight: obesity, overweight, or weight gain Also common: infertility, acne, dark patches of skin in folds and creases, depression, inappropriate male features, loss of scalp hair, oily skin, or unwanted hair, Sleeping apnea I have been told by my Doctors several times the only cure to this is losing weight. A Task for me, I have failed every time. Being diagnosed with PCOS and weight loss really doesn't make sense for me, because no one ever told me how to cope up with the mental breakdown I have faced every other day during the process. More than losing weight, I feel one should focus on preparing herself mentally first. I remember when switched from regular schooling to dummy school how gained 30 kgs in just 8 months. Devastating, the lifestyle suddenly turned 360° being lazy replaced my favourite hobby of Dancing and I turned into a night owl. How my family didn't understand what I have been going through is yet another example of a Lack of Knowledge about PCOS symptoms. High School is all about being mean, taking people down to look cooler, my weight was always the centre of attention for bullies at my School causing a lot of anxiety and failures, yes, I failed my 12th Grades thanks to vulnerable and sentimental me. Only if I knew my weight really doesn't define me and, even if they bullied me I was still the centre of attraction at school. Losing weight is more of a mental process than that of physical PCOS AVENGERS. Hence, next time you decide to lose weight make sure you are doing that because you want to say bye-bye to that unwanted hormonal acne on your face and body, anxiety, hirsutism, or whatever symptoms that pissed you off. Effective diet really helped me with hormonal acne and mood swings. Replace that unhealthy food with something which is tasty yet healthy, utilize the internet may be PCOS changed my lifestyle for good or bad? 3 to find recipes. Yep!!! Never miss your meditation AVENGER you've whole society to fight back. Jot down your emotional thoughts and how you feel every 5 hours. This will help you keep your mental health in check after all you don't want to end up in any severe situation. Accept your body, accept how it changed drastically and never let anyone put you down. Once you start loving this body you are ready to change your lifestyle. Mindset is really important for weight loss with PCOS because you need to be determined to switch from an unhealthy to a healthy lifestyle. Since PCOS might have affected your normal metabolic rate and insulin levels, this might be the reason why your diet and exercise is not showing results. What you need to do is learn about all the factors which can affect your weight loss process with PCOS. The next step is to see a dietitian and have your diet chart planned according to the same. People who are not diagnosed with PCOS can become real AVENGERS. Being kind to people is one of the most basic and simplest things. Learn about their diet and remind them how intelligent they are, help them avoid unhealthy meals. Hope you felt a little better about yourself PCOS AVENGER.

# **Campus Buzz**

Kota Factory is a popular web series based on students' life that how they struggle to crack IIT & NEET entrance exam in Kota which is a famous coaching hub.

Kota Factory is India's first black & white web series. The series was premiered simultaneously on TVFPlay and YouTube on 16 April 2019, and the season finale premiered on 14 May 2019. The series received overwhelming response from critics, who praised the monochrome setting, the realistic portrayal of coaching centres in India, and the major technical aspects of the series. Looking at the positive response, the makers renewed for a second season, which will be released on upcoming 24th September on Netflix.

The glory, we want to bring in your notice is that many scenes of the second season have been shot in our People's University campus mainly in Big auditorium, PCMS lecture halls & PIHM. Famous actor Jitendra Kumar who has won a Filmfare OTT award in the category of 'Best Actor in a Comedy Series (Male)', Actor Mayur More, Ranjan Raj, Alam Khan, Revathi Pillai, Urvi Singh, Ahsaas Channa & the whole team visited PU for the shoot.

#### Students were overjoyed

and were meeting the actors with excitement, and also took selfies & autographs and had memorable conversations with them.

## People's University & People's mall are becoming a hub for movie & web series shootings.

Recently national film award winner and renowned actor Ayushmann Khurana had shot in People's Mall for his upcoming movie 'DOCTOR G'.

Moreover, renowned film producer Mr. Prakash Jha also visited our campus for his upcoming projects.



Students of PU taking photos with actor Mayur More aka Vaibhav (in Kota Factory)



eople's Elucidator core team moubers Abhipsa , Palak 🍪 Paras met actor Jitendra Kumar aka Jitu bhaiya in our camp



Ayushmann Khurana's 'DOCTOR G' movie set in People's Mall







## **GLIMPSES OF TEACHER'S DAY 2021**



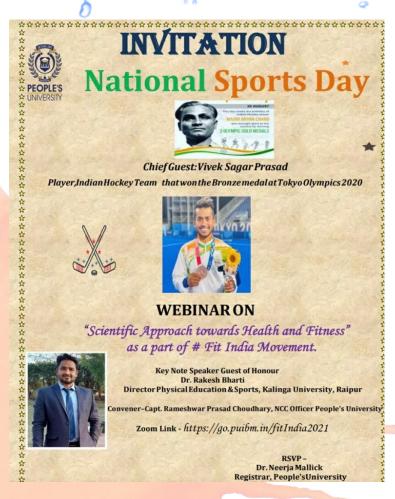


A fun and gratitude filled Teacher's Day celebration at People's University. Our students made immense efforts to put up a wonderful show and make a Happy Teacher's Day for all of us.

Ps - All covid guidelines were followed during the event.

# NATIONAL SPORTS DAY 2021 Chief Guest - Olympian Vivek Sagar Prasad, Indian Hockey Player





The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand.[1] This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 to 1949

PU conducted a webinar on the occasion of National Sports Day on a topic scientific apporoach towards health and fitness as a part of fit india movement. Our chief guest Vivek sagar prasad

player, Indian hockey team that won the bronze medal at tokyo olympics 2020 motivated the youth and said struggles are a part of every game that you attempt but winners will always have to try and keep trying until they achieve it. Speaker Rakesh Bharti from Kalinga University explained about body types and fitness levels.

# **PE Launch Gallery**

# पीपुल्स यूनिवर्सिटी के न्यूजलेटर 'Peoples Elucidator' का विमोचन, मिलेंगे लेटेस्ट अपडेट

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पीपुल्स विश्वविद्यालय के न्यूज लेटर People's Elucidator का विमोचन किया गया। कार्यक्रम में पीपुल्स ग्रुप की ट्रस्टी एवं डायरेक्टर मेघा विजयवर्गीय प्रो. वाइस चांसलर डॉ. हरीश राव , पीपुल्स समाचार के डिप्टी स्टेट एडिटर राजीव अग्निहोत्री, आरजे बिग एफएम अनूप पाठक ने इस न्यूज लेटर का विमोचन किया। इस अवसर पर पीपुल्स ग्रुप की ट्रस्टी एवं डायरेक्टर मेघा विजयवर्गीय ने न्यूज लेटर तैयार करने वाली टीम को बधाई दी। विशिष्ट कारणों से वाइस चांसलर डॉ. राजेश कपूर उपस्थित नहीं हो सके उन्होंने अपना संदेश रिकॉर्ड कर विद्यार्थियों के लिए प्रेषित किया। विश्वविद्यालय की मीडिया मैनेजर पूर्वी जैन ने न्यूजलेटर की नींव कैसे रखी गई इसकी जानकारी



न्यूज लेटर के विमोचन के दौरान पीपुल्स ग्रुप की ट्रस्टी एवं डायरेक्टर मेघा विजयवर्गीय के साथ प्रो. वाइस चांसलर डॉ. हरिश राव व पीपुल्स समाचार के डिप्टी स्टेट एडिटर राजीव अग्निहोत्री के साथ आरजे अनुज पाठक और मीडिया मैनेजर पूर्वी जैन ।

दी। उन्होंने बताया कि ट्रस्टी एवं डायरेक्टर मेघा विजयवर्गीय के नेतृत्व में एक ज्ञानवर्धक न्यूजलेटर Peoples Elucidator तैयार हुआ। उन्होंने यह भी बताया की थोड़े से समय में हमारे पास 126 मेंबर्स की संपादकीय कोर टीम है, जिसमें कॉलेज के स्टूडेंट्स शामिल हैं। कार्यक्रम में अन्य यूनिवर्सिटी के सभी कॉलेजों के विभागीय प्रमुख भी मौजूद रहे।

#### विश्वविद्यालय के सर्कुलर को करेंगे शामिल

मुख्य अतिथि राजीव अग्निहोत्री ने न्यूजलेटर की तारीफ करते हुए संपादकीय टीम को बधाई दी। विशिष्ट अतिथि आरजे अनुज पाठक ने बताया कि वे बचपन में हकलाया करते थे। अपनी इच्छा शक्ति से उन्होंने विजय पाई। पीपुल्स कॉलेज ऑफ नर्सिंग की जैस्मिन जॉन ने बताया हम लोग न्यूजलेटर के संस्करणों में एजुकेशन के अलावा भोपाल में आने वाले सेलिब्रिटी का इंटरव्यू, स्पोर्ट्स कॉलम, लेटेस्ट अपडेट, विश्वविद्यालय के सर्कुलर एवं अन्य सामग्रियों को भी शामिल करेंगे। मीडिया मेनेजर पूर्वी जैन ने जानकारी दी।पीपुल्स का ई- स्टोर चालू हो गया है।इसमें टी शर्ट, मास्क एवं अन्य सामान उपलब्ध होगा।









# Events and accolades

# (People's College of Nursing & Research Centre) diaries:



#### THIRUVONAM & ALUMNI MEET 2021

#### **ONAM CELEBRATION 2021**

Colourful flowers rangoli called Pookalam, women in traditional Kerala Kasavu saree, men in mundu (lungi), happy faces of alumni conveying their special messages, traditional Thiruvathirakali dance and the ambroisalOnasadya lunch were the eye candy of the grand occasion on 23rd Aug 21 at PCN's auditorium. HonourablePrincipal Lt. Col. Dr. Rekha Rani Gupta addressed the audience comprising faculty members, some final year students and virtually connected alumni. For Alumni meet, across the globe they sent their nostalgic recorded clips.

Traditionally, Onam commemorates the homecoming of King Mahabali and the Vaman avatar of Lord Vishnu which was briefly illustrated by a comprehensive presentation with significance of all 10 days.

A dive was taken into the golden memories and old days by the special videos of alumni. Many alumni caught the sight of their old buddies and could not stop tears rolling down their eyes - Joyful emotional moments. Subsequently, a group of 4 pairs of beautiful girls immersed the audience in the amorous charm of clapping hands and graceful steps in

Thiruvathirakali dance. As Onapattukal (song performance) was sung, audience swung in joy and melodies of festival.

Amidst the performances, audience travelled to the depths of nostalgia with alumni clips. It was a matter of pride as alumni have established themselves as successful individuals in their lives and brought glory to our institution.

To get more indulge in the fervor, flamboyance and festivity, all the participants gave a special dance performance on fusion of Bollywood and Tollywood which was later joined by all the faculty members. Everyone had a 'bon appetite' moment with the aromatic Onasadya, a 26-dish grand meal served on the banana leaves, without which Onam is incomplete. It was truly a finger-licking, feast for the gods! Let this season brings you all a lot of good luck, peace of mind, happiness and all that you wish!

#### TEACHER'S DAY CELEBRATION -2021



EK SHAAM, TEACHER'S K NAAM

eachers shape the future of students. To express love and respect to teachers, PCN celebrated another alluring event of "Teachers day 2021" in the college premises in the greatful presence of the very admiring principal Prof. Lt. Col. Rekha Rani Gupta and all the respected faculty members on the marked date 02/09/21. The program conducted was full of entertainment and exhilaration.

In the meanwhile, a Prize distribution ceremony was conducted for the Craft, Poster & Mehendi competition conducted for students, and they were felicitated with certificates by the HOI of PCN. In the craft competition, Manisha Kumari topped the list, followed by Simran Raghuvanshi, Swati Singh & Shilpa Singh. In the Poster competition, Deepika Sahu obtained the top spot, followed by Priyanka Mathuria, Chandni Kushwaha, & Richa Bunker.

The event was very strategically planned. These craft items were given as a token of love to all the faculty members along with their name-imprinted badges, roses and thank-you notes. Teachers were adorned with unique titles such as the Principal was honoured by #Mrs\_Legend. The musical chairs game was organized with some grooving music for students and teachers separately.

The occasion culminated with the Mehendi competition wherein all the teachers were embellished with decorative designs on their hands. The winning artists were Sahiba Khan securing the first postion, followed by Akansha Sahu and Lalita Muthele.

# PCDS (People's College of Dental Sciences & Research Center) diaries:



epartment of Pediatric and Preventive Dentistry, Peoples College of Dental Science and Research Centre, Bhopal under the guidance of Dr Parimala Kulkarni, Dean and HOD had organized a scientific session for the entire month of August on "Role of Nutrition in children" with the motto of "EAT RIGHT, GROW STRONG!".

This programme was organized to celebrate National Nutrition Week being held annually from 1st September- 7th September. This entire scientific event included 4 sessions incorporating different aspects of nutrition in children

The first scientific session was conducted on 12th august, 2021 on Nutrition and Mental health by Anita Puri Singh, head of department of psychology, Govt MLB college. She enlightened us on various effects of nutrition on mental health and cognitive wellbeing. Followed by the second session was taken by Dr Mahesh Maheshwari on 13th august 2021,

Professor in the department of Pediatrics, AIIMS Bhopal on effect of Junk food on overall well-being of children. Continuing with this, our third session comprised of lecture on "Malnutrition in children" by Dr Jyoti Raghuvanshi third year postgraduate student,

Department of Pediatric and Preventive Dentistry on 19th august 2021. This was followed by a fun and knowledge full session of quiz. The last session was on Healthy dietary patterns for children and adults taken by Dr Monica Joshi, Professor in Govt. MLB college, Bhopal on 26th August 2021.

The participants for all the events were Faculties, Postgraduate students and Interns. Non- teaching staff were also enlightened for healthy dietary patterns in the last session on 26th August 2021.



## **PCDS**

# Learn, Share And Improve: PCDS Resumes Interdisciplinary Scientific Sessions





#### Department of Oral and Maxillofacial Surgery

The sessions were held on every
Thursday of the week, continuing for a
month with different interactive activities,
presentations, seminars and video
sessions. The month of July was full of
information about corona virus, COVID
19 pandemic, it's after effects after 1st and
2nd wave and mucormycosis, the most
destructing complication of COVID-19.

The month was concluded with an emotional and an informative video dedicated to the Covid warriors of people's group. All the programmes and activities were guided by the head of the department – Dr Shaji Thomas and Coordinated by other faculties of the department – DrAshutosh Dutt Pathak, Dr Sabhrant Singh, Dr PrashantJain, Dr Charu Dixit and Dr Satyaprakash Nigam.

The postgraduates of the department conducted the sessions successfully with informative presentations and helped the interns in full enthusiasm for preparing the various activities.

The program was continued by the Department of Pediatric and Preventive Dentistry, for the entire month of August on Topic: "Nutrition in children". This entire scientific event included 4 sessions incorporating different aspects of nutrition in children with various lectures by renowned speakers from in and around Bhopal. Dr Anita Puri Singh, head of department of psychology, Govt MLB college, Dr Mahesh Maheshwari, Professor in the department of Pediatrics, Dr Jyoti Raghuvanshi third year postgraduate student, Department of Pediatric and Preventive Dentistryenlightened the audiences with different topics in nutrition in chilfren. The last week session was a quiz event for Postgraduate students and interns. The winners of the quiz; Dr Arathi Menon and

Dr Nikhil Thorat (Postgraduate students of Department of Public Health Dentistry)

were felicitated with certificates.

One day Orientation program was conducted for the students of final and pre final year of BTECH and DIPLOMA students.

# Department of paedodontics and preventive dentistry

The PCDS scientific committee resumed the scientific session programmes for the faculty and students after the break of one year due to covid-19 pandemic. The committee is headed by Dr Shaji Thomas, DrShubhangi Mhaske as Co -convener and comprises of members- Dr Swapnil Parlani, Dr Annette Bhambal, Dr Kirti Jajoo, Dr B.S. Dangi , Dr Saba Hussain and DrAnoop Kumar. Dr Nandini, PG student from Dept. of Pediatric and Preventive Dentistry as Post graduate representative. The programs was initiated on first of July 2021 recognizing Doctors Day and as a tribute to the COVID 19 warriors. Department of Oral and Maxillofacial Surgery commencing the new session comprising of 5 programs with the most relevant topic of present time – COVID 19 AND MUCORMYCOSIS.

# SORT (School of Research and Technology) Diaries

31/08/2021

## **SORT WEBINARS:**

Vulnerability Assessment & Penetration Testing Webinar

Department of Computer Science and Engineering had conducted a Webinar on Vulnerability Assessment and Penetration Testing. Duration - 2:00 hours.

Speaker of this event was Mr. PalvinderSingh, CEO & Founder of SECUNEUS TECH Company.

This webinar was conducted for all branches. Deep knowledge about Cyber Vulnerability and Security was given.

This webinar was a great success as students were inspired and motivated by the Speaker. They were also very interested to learn the new technologies and the topic itself. They asked questions and were happy with the result of attending the webinar.

Journey of success with VidushiAmoli 31/07/2021

"Journey of Success" was an activity which was conducted on virtual platform Zoom, in which Ms. Vidushi Amoli, student of B.Tech Batch 2017-2021, who has been successfully placed at Grab Company as Software Engineer, interacted with the students of CSE Department. She shared her story of achievements with the students and inspired all of them.

Outcome/Impact of event/activity in brief
This activity was a great success as students were
inspired and motivated by the story of Ms. Vidushi
Amoli. They asked questions and were happy to
interact with her.



An Orientation of II Year students was conducted by the CSE Department on 2nd September,2021 in which students were informed about the rules & regulations which they have to follow as a student. Scheme and syllabus was also explained to them. Head of the Department explained various activities of the department.

Outcome/Impact of event/activity in brief:

All the students were excited to be a part of the department and they also came to know about the scheme and subjects of this semester. All the deep knowledge about the department was given by the Head of the Department.

#### Orientation of III & IV year students

One day Orientation program was conducted for the students of final and pre final year of BTECH and DIPLOMA students. In this program briefing was given to the students regarding their upcoming new session. Head of the department brifed about the various activities department is going to conduct and the rules and regulations students have to follow in this coming session. Also students were given information on their upcoming scheme and syllabus they have to follow along with their ongoing classes.

Outcome/Impact of event/activity in brief :

- 1. Students got aware of the various activities and upcoming classes they have to undergo.
- 2. Students also got the detail view of fee structure and exam schedule.



# PCMS (People's College of Medical Science ) Diary:

#### The National Eye Donation Fortnight









The National Eye Donation Fortnight was a 15-day programme that started on August 25th and ended on September 8th. It was entirely an Indian national event, held under the banner of the '\*National Programme for the Control of Blindness\*

On this occasion, the department of Opthalmology, PCMS & RC had organised a poster making competion along with a quiz competition. They interacted with people and informed them about the benefits of eye donation.

The motive behind launching the National Eye Donation Fortnight was to raise public awareness about the procedures, benefits, and future aspects of eye donation.

The main goal is to bridge the gap between demand and supply of eye donation.

Students & other people were councilled & pledge forms were filled.

The program was conducted under the guidance of Dr. Harpal Singh sir, HOD Opthalmology.

All the winners were awarded and participation certificates were provided to all the participants.

# CSRD ( Centre for Scientific Research and Development diary:

To break the monotony of depressed Covid-times, members of 'Centre for Scientific Research& Development' (CSRD), PU went on a jaunt to Halali Dam &Udaigiri on 10th sept 21. The trip consisting of the staff members, students and the guide was entirely in accordance with Govenment'sguidelines of Covid. Sanction was sought from Dr. Harish Rao, Director at CSRD, PU and Dean of Academic Affairs, PU.

Filled with enthusiasm and high spirits all along the excursion, we sang songs whilst travelling. On reaching our first destination -Halali Dam, trekking past the boulders and greenery of the forest area revelling in the nature with plethora of heartfelt joy, we reached a locus called 'Neela- Pani', where we took a halt. A magnificent tiered-waterfall filled the aura with ethereal enchantment & serenity. Cerulean waters encircled by foliage wasa spectacular sight.

# EXCURSION TRIP TO THE HERITAGE SITE IN AND AROUND BHOPAL.



Lord Ganesha- The Lord of beginning, patron of intellects and the remover of obstacles.

Just as the nation was battling with endless dreads of pandemic, PCMS organised Ganesh Utsav to pay our offerings to the Lord, to seek blessings for the nation's well being and create a jovial environment for students and doctors here.

The organiser was the Batch of 2018

The Utsav commenced with Ganesh Sthapna on 10th sept with dhols echoing in the air and gulaals coloring the students as they danced in excitement. Honourable trustee and director resp. Megha Vijaywargia ma'am was invited as the dignitary.







Respected Dean of PCMS Dr. Anil K Dixit sir along with his wife Dr. Jagdamba Dixit ma'am (HOD Pediatrics) initiated the Ganesh Mahotsav by offering prayers, as worshipping Lord Ganesh makes all our endeavours successful and makes upcoming challenges easier to face.

Our Lord loves colors, fun and food, so just the way he would have liked it, the pandal was decorated with flowers, lights, colors and rangoli. Everyday elaborate Aarti was done followed by Prasad distribution.

Following aarti various events were held everyday like Antakshari Competition, Rangoli competition, poster making competition, along with food stalls by students and games like matki fodd, musical chairs, three legged race, paper dance and much more.

While organising every event all the norms and guidelines for corona prevention were strictly followed.

The festival concluded on the 6th day with Ganesh visarjan abiding our goodbye to the Lord with dhols, with tints of sadness of his departure and with an evident happiness that he will arrive next year too.

Like every year, this year too Ganesh Chaturthi brought a wave of joy & cheerfulness in the lives of all the students & devotees who gathered in the 6 day long event and felt the divine aura of Lord Ganesh.



Our second destination was Udaigiri, a heritage site near Bhopal. It was enticing to explore the ancient land and rock-cut caves dating back to the 5th century. We took group photographs at the Tropic of Cancer.

Finally, after having shared vivid moments with one another, it was time for homecoming. In quietude, from the windows of our bus we stared at the sunset gleaming through the clear sky. This itineraryall in all was doubtlessly a cheerful, learning experience.

-Madiha khan. (Bsc. Biotechnology, CSRD)

## The Season of Stress - By Nandini Singh (PDA,2018)

#### How did PDA's final exams season treat the students?

The most adverse season in any student's life is the "exam season" and specifically for the PDA students, it was in September 2021. The entire year long preparation was going to come to an end, those thick notebooks filled with hand written notes, ample amount of revisions through those colourful flashcards, going through important questions given by professors, N- number of revisions of each subject, sleepless nights, overconsumption of caffeine and lastly eating the class topper's head in order to learn any topic at the end moment. And all these efforts come down to a sheet of paper, which defines what we are capable of, but most importantly this season prepares us for the future, leaving behind a lot of memories to smile/be proud of/be sad about later.

Most of us suffer from "Hypersyllabus Nopreperation Syndrome" during finals week. So much to study, yet so less time to cover; but anyhow we have the superpowers to cover all this and reach the exam centre on time!! For the students of PDA the exam centre was the college itself along with the students of PCDS. Crowding outside the exam hall to go through the topics one last time with your friends, hoping that the stuff which you have not studied does not come, checking your admit card is still with you or not, wishing best of luck to your mates ...these are the moments we all are going to miss and cherish after these five years of college, this is probably the last time we are writing exams.

Some of the exam stress management tips which i learnt from my classmates; make a to do list of all topics you have to study and revise before the season, be proactive, have a study partner, get a good night's sleep and lastly talk to people, be happy and believe in yourself that you got this!!

In all, exams teach us a lot of valuable life lessons, don't think about what can happen in a month, don't think about what can happen in a year. Just focus on the 24 hours in front of you and do what you can do to get closer to where you want to be. Appreciate the process and give your best was the motto of us PDA students. I still remember my friend whispering in my ear before the exams 'trust yourself, you know more than you think you do' and these moments make me smile more subsequently.

The sense of relief you get once the exams get done, is magical. We all felt that on our last test and came out of the hall with a wide grin on our faces.

# <u>PIMR (People's Institute of Management & Research Diaries-</u>

## **IIAHM** career counselling seminar

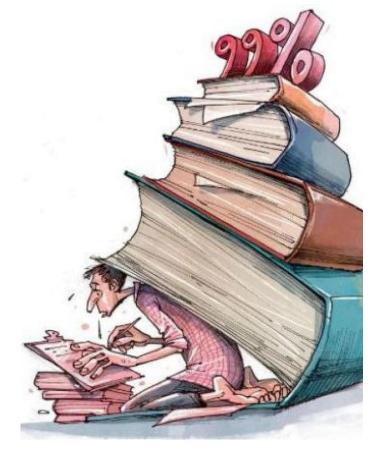
Peoples's Institute of Management & Research and IAHM organized an online Carrer Guidance Seminar" on July 12", 2021 between 11:00am to 12: noon for MBA &BBA students through Google meet. A total of 30 participants attended the Seminar, in addition to facuty members of the institute. The Seminar was aimed to provide career guidance, furnish thorough understanding and detailed clarity on career options available in Aviation & Hotel Management

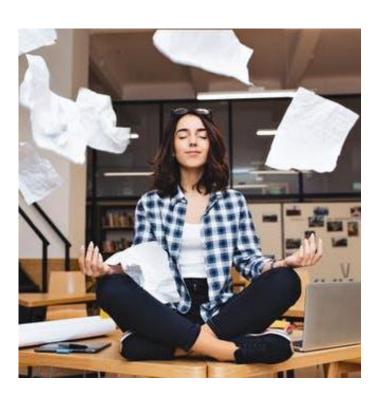
Filed. Dr. Sameer Sharma, Director PIMR welcome and introduced the guest (speaker) of the day Mrs Shalini Fouzdar, Director IlAHM. Mrs. Shalini Fouzdar is a great personality with a creative mind and positive approach. She has got a wonderful exposure of working in both domestic and International Airlines of more than 15 years. She enlightens the students for the Career Path of Aviation & Hotel Industry in near future. Mrs. Shalini spoke about the scope and emphasized primarily on the placement opportunities in this growing sector. The entire session was an interactive session and the speaker answered many queries raised by the paticipants.

Participants seemed really fascinated and showed their enthusiasm during the session. The programme was concluded with the few words of appreciation and encouragement by Dr. Abhilasha Jain, Professor & HOD-PG Programmes. Hopefully even more candidates will find their career prospects in the Aviation and Hotel management sector.









## **National Sports Day**

The National Sports Day of India was celebrated in PIMR, BHOPAL in Tribute to the legendary hockey player Major Dhyan Chand. The students were told about the importance of 'Sports' and the relevance of National Sports Day during the Assembly.

The day marks the birth anniversary of hockey wizard, Major Dhyan Chand. He was born on 29th August, 1905 at Allahbad. In the year 1926, he was selected for the Indian Hockey Team for the tour of New Zealand & won many medals for our country.

On this occasion, all the students from BBA, BCOM participated in various sports activities with great enthusiasm and zeal. The children learnt a lot about true sportsmanship and the value of playing games. Students were seen playing with true team spirit and the celebration of National Sports Day echoed in the corridors and fields.



# SOPR( School of Pharmacy and Research ) Diaries

**New Developments** 

Lyophlizer (Freeze Dryer), one of the sophisticated instruments (Model EBT10N Laboratory Freezer Dryer//Lyophilizer with digital display from Esquire Biotech) Rs. 6.40 Lakh was installed in the instrumentation room of School of Pharmacy & Research, People's University, Bhopal. It is one of the sophisticated instruments which helps in freeze drying of the pharmaceutical products under minus degree temperature. (-80°C). This instrument will be helpful for PG as well as Ph.D. students to carry out their research work smoothly. School of Pharmacy & Research received this instrument through projects entitled "MODERNISATION AND REMOVAL OF OBSOLENSCENCE FOR UPGRADATION OF PHARMACEUTICS LAB THROUGH ACQUISITION OF SOPHISTICATED INSTRUMENT" under MODROBS scheme of All India Council of Technical Education (AICTE), New-Delhi under the supervision of Dr. Rupal Dubey, Assoc. Professor. SOPR.



# Poster competition on harmless herbs heal



by Vaishali singh



By Ria Talreja



#### Report of One Day Teacher Training Workshop on "ICT-Tools for Research, Teaching and Learning Process"

One Day Teacher Training Workshop on "ICT-Tools for Research, Teaching and Learning Process"

A one day virtual teacher training workshop was organized jointly by School of Pharmacy and Research, Peoples University and Amar Shaheed Baba Ajit Singh Jujhar Singh Memorial College of Pharmacy, Bela (Ropad). The Chief Guest for the inaugural session of this workshop was Dr. D. K Dubey, Director Defense Research Development Establishment (DRDE), Gwalior. The Subject expert for this workshop was Prof. Anwar Sheikh, Professor and Head of Pharmaceutical Chemistry Department, Allana College of Pharmacy, PUNE. The program was also graced by the presence of Prof. Akhilesh Mittal, Dean Academic Affairs, People's University, Bhopal. The workshop was started by singing Maa Saraswathi Vandana by SAC member Miss Janki Uriya, B. Pharm IInd sem, all dignitaries were welcomed by Dr Neeraj Upmanyu, Principal SOP&R, the theme & importance about the Workshop was introduced by Dr Shailesh Sharma Principal A.S.B.A.S.J.S.M (COP) Bela . There were two sessions of Prof Anwar Sheikh sir, in which he fully demonstrated the advance use of Microsoft power point and how to develop the lecture and 2D presentations with elaborative voice over. In the second session, he practically demonstrated the whole procedure to develop a presentation demonstration the Dissolution test of tablet. With this he also put light on the specifications of the computer / laptop requirement to develop these kind of lectures/ practical Videos. The workshop sum up was carried out by Dr A.S Kushwah, Associate Professor, A.S.B.A.S.J.S.M (COP) Bela. Virtual Feedback was taken up by randomly selecting the attendees present in the workshop. More than 50 registrations were received from different places across country like, Ludhiyana, Gwalior, Indore, Jaipur, Faridabad, Hisar, Ujjain etc. Dr. Neeraj Upmanyu, Principal, SOP&R and Dr Shailesh Sharma Principal A.S.B.A.S.J.S.M (COP) Bela presented certificate of Recognition to the subject expert. At the end Mrs. Eisha Ganju, Associate Professor, SOP&R proposed Vote of thanks to all. Feedback link with the questionnaire was circulated to all attendees.





## Teachers day celebration at SOPR



Tree plantation was carried out on the occasion of teachers day by the respected teachers of SOPR