

People's Elucidator

The latest university news, views and announcements

In This Issue

- **The changed scenario for our students who never saw something like this before**

- **Future of medicines**
- **Coping up with depression**
- **The need of career counselling**

- **How to stay safe online?
A legal perspective**

- **Porn affecting young minds**

- **Events & accolades**
- **special Feature - Covid**

People's Elucidator

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Concept & ideation -
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Life post Covid ! **- A student's perspective**

by Sakshi Joshi

Life has been like a roller coaster ride since the start of this Coronavirus Pandemic, filled with uncertainties, multiple life changes, more family time, negative news, lack of essential protective supplies, loneliness, and whatnot. But, what about after all of this is over? Will our lives ever be same, as it was before? Let's find out.

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations." – said Charles R. Swindoll

Digitalization is the new normal

The booming of Zoom, Microsoft Teams, Google Classrooms gave a new way of teaching. Online assignments, online filling of forms, etc all became a necessity. With PPTs, animated videos, teaching methods got enhanced. In future years to come, these new ways of teaching can be added to the conventional way of teaching. Students can record lectures and review later for revision or if a student falls ill or is unable to physically reach school/college can easily attend classes at home. Additionally, this Work from Home culture will rise resulting in more remote jobs.

Online payments, Internet Banking all rose up and it reduced the reluctance of people to avoid Online payment methods. "The lockdown has accelerated the pace of adoption of digital banking solutions. We have seen a 29 percent rise in the number of digital transactions in Q1 2020 versus Q1 2019," – said Niraj Mittal, Managing Director & Country Head, Institutional Banking Group, DBS India.

People now have Digital awareness more than ever, which is a plus point in reducing Cybercrimes & frauds.

Better Healthcare Services :need of the hour

With the lockdown, people stuck alone without their families, no social network meetings; loneliness was a major mental health issue faced by many individuals. People who lost their jobs, students with uncertainties with their exams, unemployed students struggling with job applications, facing rejections at internships all of which increased stress levels in people. Dentists saw big increases in tooth fractures and pain as people clench and grind their jaws. Dermatologists saw more patients for hair loss. More prescription of drugs to treat anxiety, depression, and insomnia.

Online teaching mode made children are more prone to near-sightedness. Screen time of people has seen an immense rise. We have now moved to a more sedentary lifestyle leading to obesity, heart health diseases, blood pressure issues, etc.

All of these rising health issues need better healthcare facilities to aid treatment.

cont'd p.2

Second Front

Immunity to fight more

contd- pgl

This pandemic has made us more immune to handle any more pandemics coming our way in the future. Microbiologists have already stated that all antibiotics will stop working by the year 2050. We now know how to handle home isolation, lockdowns, dealing with uncertain times. We are now better at handling difficult times together. Moreover, we learned the importance of having good relations with other countries, supporting each other, living in harmony.

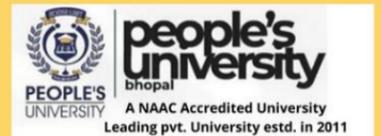
Conclusion and Takeaway

So, coming back to our question, Will our life ever be the same? Well, the answer is, in some aspects, never. The seismic waves of this pandemic will continue to haunt us. We can't see an environment of total return where we are not worried about the future, or maybe you know, new infections.

WE SHAPE FUTURES



Engineering | Medical | Dental | Nursing | Hotel Mgmt.



Life Science | Pharmacy | Paramedical | Management

Why career counselling is seriously needed ?



By – Farida Wajdawala

As a young girl, at 17 or 18 I didn't really know what I wanted to do with my life. But I knew this one thing that I wanted to get rich. So what I did was, I went to the Forbes list and saw what the richest people did for a living and started reading more on their lives and that was the best decision ever. As I read more about them I exposed myself to different industries, strategies and countless learnings. My initial mindset of becoming rich turned into finding fulfilling work being innovative and finding opportunities for myself. Today from telecom, media, E-commerce, FMCG to advertising, all industries hold infinite opportunities and you can unlock them. Globalization has led to a paradigmatic shift in terms of nature, relevance and variety of employment opportunities, which makes the need for educated and skilled persons absolutely indispensable. To achieve these goals, higher education department is recasting its curriculum, thereby introducing new skill oriented courses also, new approaches are being promoted in order to facilitate the acquisition of skills, competencies and abilities for communication. Gone are the days, when the only popular choice for students was to get a degree, do a decent job in a government organization and work until you retire. In spite of the pressure of acquiring a leading career most of the students need to have their passion blended in their career path. 'Satya Nadella', as we all know, CEO of Microsoft said that a person should focus on knowing everything but try to grasp as much as he can. Today with modernization, we have lots and lots of choices among professions to choose from, like not just the basic and renowned professions but also a variety of new and interesting ones for the new youth. For example, Web designer, Actuary, Speech and language therapist, Loan officer, Aviator, Mathematician, Economist, Nurse anaesthetist, financial adviser, and software developer etc. People with basic professions can do much better if they pursue for a Masters degree or try to explore their field more because the competition is much huge for them than others. Career counseling in India is yet to become the most important profession before choosing a career. But due to technology and the internet, awareness regarding career counseling has increased for sure. Online career counseling is definitely a convenient way to get counselling done at the comfort of your house. There are 600, million youth population alone in India. Today's youth are tomorrow's future. If they don't get proper career guidance at the right time, then a plethora of students would have a career full of regrets.

Hostel Hacks



By Riya Mangal

DIY FOR HAIR GROWTH

Daily exposure to harsh sunlight, weather changes, stress and pollution, makes our hair brittle, dull and prone to damage. Try these easy hair masks, which are easy to make and will work wonders on your hair.

For Dry Hair

1. Mix 5 tbsp each of besan and curd along with 2 tbsp olive oil.
2. Apply the mixture to dry hair.
3. Leave it on for 20 minutes and shampoo off. Make sure you condition.

For damaged hair

1. Mix three teaspoons of fresh aloe vera gel with two teaspoons of yoghurt one teaspoon of honey and one teaspoon of olive oil.
2. Mix well and apply on hair and scalp.
3. Massage the mixture into the scalp well for 10 minutes.
4. Let it rest for half an hour and wash.

Anti-dandruff mask

1. Mix one cup of fresh aloe vera gel, one teaspoon of honey and two teaspoons of apple cider vinegar.
2. Mix well and apply generously to your hair and scalp.
3. Let it rest for 20 minutes and shampoo regularly.



Students speak

Recipe corner



DISCLAIMER :The views expressed below are writer's personal opinions , this particular article is a student's entry and we don't claim it to be a psychological treatment

Coping with Depression?

By - Rabiya Qureshi

Depression is something powerful which is pulling you towards negative thoughts and sometimes you may feel anxiety, sleeplessness and sadness . Now, you might be thinking, what's that? Nothing for those who haven't experienced it yet. But, horrible for those who face it at no specific time. Suppose, you are laughing and suddenly that one thought shakes you, chokes you so terribly, some strange sensation runs like current in your body and you can feel it in your veins.

Yes! That's what anxiety is.... someone is talking to you and you are feeling a strange vibe. Like, you are lost in your own world.

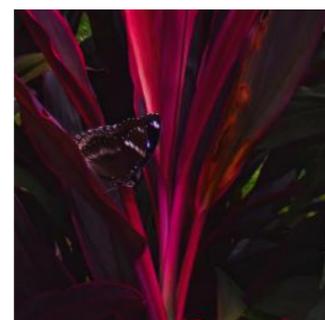
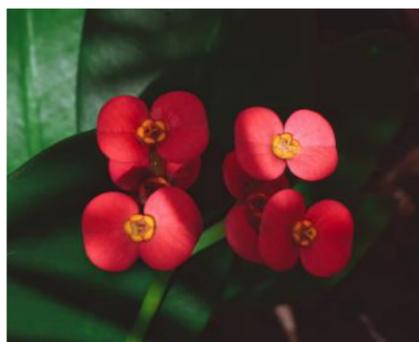
Common Symptoms of Depression

- Are you feeling Heavy?
- Short Breathing, Heart Palpitations, sweat on your palms?
- Shivering, coldness?
- You can't think about the future?
- Decision making is a tough choice for you or Chaos all around?

How to cope up with Depression?

Start working out! Choose your options yoga, aerobics, gym, running etc but also start and be a Health freak. Yes, that's what I said. As this will not only boost up your confidence and increase the level of dopamine and oxytocin which are the hormones of happiness. But, it will also set some targets , which gives a lot of happiness and contentment even if you reach near to them. It will also help you to be more cheerful , occupied and connect you with the world again, from which, somehow you feel disconnected.

You are not alone, and you never were. It's just a period



Nature Photography by
Molly Elizabeth, PCN

Hello everyone,
I'm **Faiza Rahim** 1st year Dental student studying in PCDS&RC
I would love to share my recipe of the cult favourite coconut
chocolate 'BOUNTY.'

So grab the following ingredients and let's begin.

Ingredients:

- 1.Coconut powder - 1+1/2 cup(you can use shredded coconut)
- 2.Condensed milk -1/2cup
- 3.Chopped chocolate-2cups/200gms is co
- 4.A pinch of rock salt

Instructions:

- 1.In a clean bowl,take shredded coconut and add condensed milk to it.
- 2.Using a spatula,mix both the ingredients till you get a sticky mixture.
- 3.Scoop some of this mixture out and shape them into bars using your hands.
- 4.After shaping the bars place them on a tray lined with parchment paper and refrigerate for an hour.
- 5.Chop the chocolate.
- 6.Melt your chocolate on a double boiler and add in a pinch of rock salt.
- 7.Dunk the bars in the melted chocolate, making sure it is coated properly on all sides.
- 8.Let the excess chocolate drip and place the bars on a tray lined with parchment paper.
- 9.Using an offset spatula make three lines on top of the bounty bars.
- 10.Refrigerate for an hour.

Do give it a try and I know that you'll be whipping up these delicious bars every other day.

My phone

*My phone , without which
I cannot live alone !
It's soo attractive 🥰
that I cannot say no !
Time spent with it,
Feels like where gone 😞*

*Biggest dependency of your and mine ,
The only philosophy of this time!
Heart can't resist it even in supine.
Now, eyes have started showing blind lines !
But, cannot leave them to be all fine!
Since it's usage is not just from nine to nine
Because checking it each time feels so divine 😊*

*Like , love, share and subscribe,
Is all what nowadays I prescribe.
Data, buffering , hang and slow,
Is all what we don't wanna know!
Moving on one straight line ,
Where phone seems like the only lifeline!*

— Disha Verma

Students speak

Cine reviews



Asur : Welcome to Your Dark Side

IMDB – 8.4/10

First episode date: 2 March 2020

Number of episodes: 8

Production locations: Mumbai, India

Program creator: Gaurav Shukla

Set in the backdrop of the mystical city of Varanasi, Asur follows Nikhil Nair, a forensic-expert-turned-teacher, who returns to his roots at the Central Bureau of Investigation, and along with his former mentor Dhananjay Rajpoot, finds himself caught in a cat-and-mouse game with a brutal serial killer. What follows is a blend of suspense, mythology and the murders of some people totally unrelated.

Intro: A gripping crime thriller with a blend of emotions, mythology and psychology. It has been made in such a manner that it won't let you down. Script is very well organised story is roaming around a serial killer who believe if he kills people then VISHNU incarnation as KALKI will come to save kalyug.

Screenplay: The pace of the show has been maintained throughout, an aspect where web shows like Aarya and Breathe: Into the Shadows struggle. The last episode, though, raises more questions than it answers. However, it might've been done as a set up for the next season.

Direction: Omi Sen (the director) has ensured it's a proper thriller with past and present running together. There are a few plot holes which a casual viewer can figure out but then, they can be overlooked.

Story: It has been tightly written. The perspective it has been written from, forensic science and CBI, is the uniqueness of it. The tale of a teacher and a student is another part of the storyline making the show intriguing. I hope Nikhil and Nusrat's apparent love story is addressed in the upcoming seasons, otherwise it's a wasted effort. All in all, excellent work done by the writers.

Although there's a negative point in the series where it has shown all the possible way for doing a non-suspectable murder which can be quite dangerous for the society.

- Acting:
 - Arshad Warsi left a statement that he can ace a serious role too and not only comedy roles (like Manav in Dhamaal or the famous Circuit).
 - Barun Sobti has been asked to show all kinds of expressions and emotions and he didn't disappoint. Instead, he did a great job. At start, he looks like an uninteresting part of the show but as it progresses, even he did.
 - Ridhi Dogra and Anupriya Goenka developed a little better. They felt a little undercooked towards the end. Sharid Hamshi's character belts out a brilliant twist towards the end.
- Technical: Background score is complementing the web series exactly how it should and the cinematography is superb. Technical team has done their part correct.
- Conclusion: 2020 gave us a lot of web series, Asur is the best crime thriller dropped by an OTT platform last year. Although, due to the last episode, it'll be interesting to see how the next season shapes up.



Panchayat

IMDB – 8.7/10

First episode date: 3 April 2020

Number of episodes: 8

Written by: Chandan Kumar Director: Deepak Kumar Mishra

A deja vu to Shah Rukh Khan's Swades.

Panchayat truly shows us the struggle of a job seeker student at his/her very first stage of career and also the unavoidable problems of going out and stay in a remote area.

- Jitendra Kumar in lead as an engineering graduate takes up a job as secretary of a Panchayat office in a village of Uttarpradesh as he couldn't get any other job in multinational companies. Once he reaches there half hearted he stumbles upon various issues and how he tackles it is the whole premise of this series.
- The story revolves around Manju Devi played by evergreen Neena Gupta and her husband Brij Bhushan played by Raghuvir Yadav.
- Manju Devi is the newly elected "pradhan" of the village as her husband Brij Bhushan who lost during the election, but is still famous among the villagers as the village is male eccentric and women are still considered to manage household chores.
- Each episode is independent in itself. Raghuveer Yadav, Jeetu Bhaiya, Chandan Rai and Neena Gupta have done wonderful job.
- The series talks so much about the "real issues" without taking a nihilistic stand. There's everything from Ghost myth to women empowerment to family planning to corruption to mugging up for competitive exams to petty politics.
- What makes this show unique from the others are:
 - 1.) Out-of-the box content: The concept is very fresh and not very alien, most young people can definitely relate to this in some way
 - 2.) Straightforward delivery: The episodes are short and the characters are very pious and simple, there is no cunning backstabbing, no evil/malicious intentions that we get to see in so many TV shows nowadays
 - 3.) Taste of rural India: Gives the viewer a good idea of what life in Rural India is like

Cine Reviews by
Vaishali Singh SOPR

HOW TO STAY SAFE ONLINE?

Editorial

A LEGAL PERSPECTIVE

By - Rahul Agrawal (LL.M., Cyber Law)

According to UNICEF, Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms, mobile phones, forums, and can occur through SMS, Text, and apps. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted. Some cyberbullying crosses the line into unlawful or criminal behavior. It includes but, is not limited to:

Where?

- Social Media, such as Facebook, Instagram, Snapchat, Tik Tok and Twitter.
- Text messengers and instant messaging apps, such as WhatsApp, Telegram.
- Online forums, chat rooms, and message boards, such as Reddit.
- Email.
- Online gaming communities.

Am I being bullied online? How do you tell the difference between a joke and bullying?

All friends joke around with each other, but sometimes it's hard to tell if someone is just having fun or trying to hurt you, especially online. Sometimes they'll (friends/anyone) laugh it off with a "just kidding," or "don't take it so seriously." But if you feel hurt or think others are laughing at you instead of with you, then the joke has gone too far. If it continues even after you've asked the person to stop and you are still feeling upset about it, then this could be called bullying. And when the bullying takes place online, it can result in unwanted attention from a wide range of people including strangers. Wherever it may happen, if you are not happy about it, you should not have to stand for it. Call it what you will – if you feel bad and it doesn't stop, then it's worth getting help.

What are the effects of cyberbullying?

When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape. The effects can last a long time and affect a person in many ways, such as:

- Mentally — feeling upset, embarrassed, stupid, even angry.
- Emotionally — feeling ashamed or losing interest in the things you love.
- Physically — tired (loss of sleep), or experiencing symptoms like stomach aches and headaches.
- Psychologically - depression, anxiety, loneliness, low self-esteem, social exclusion, school/college/work-place phobias and poor academic performance.

Who should I talk to if someone is bullying me online? Why is reporting important?

If you think you're being bullied, the first step is to seek help from someone you trust such as your parents, a close family member or another trusted adult. It can be helpful to collect evidence – text messages and screen shots of social media posts – to show what's been going on. The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem, but this is not the solution. For bullying to stop, it needs to be identified and reporting it is key.

Is there a punishment for cyberbullying?

Yes, Cyberbullying is a criminal offence. The Information Technology Act, 2000 is enacted to primarily deal with matters related to e-commerce, likewise, The Indian Penal Code, 1860 is enacted to deal with criminal matters, however, they have been interpreted by the courts to deal in cyberspace issues too. Section 66 (E), IT Act, 2000: Prescribes punishment for infringement of privacy. Any person who intentionally violates the privacy by transmitting, capturing or publishing private pictures of others shall be punished with up to 3 years imprisonment or fine up to ₹2 lakhs.

Section 67, IT Act, 2000: Prescribes punishment for publishing or transmitting obscene material in electronic form for a term which may extend to 5 years and also with fine which may extend to ₹10 lakh. Section 354 (C), IPC, 1860: Provides punishment for the wrongful act of clicking pictures of women without their permission, or keeping an eye on them where they expect to be alone or where they are involved in a private activity, and want nobody to see them. Person is charged with fine and imprisonment in between 1 to 3 years.

Section 354 (D), IPC, 1860: Any person found guilty of stalking someone, monitoring someone's private activities, their whereabouts, their daily lives, without their permission and knowledge on the internet with an intention to harm or hurt that person, which is somehow cyberbullying, the person stalking must be punished with up to 3 years. (At present, if a man is a victim of cyber stalking, then Section 354 D will not apply. However, other provisions of the IPC, 1860 or the IT Act, 2000 may apply).

What?

- Sending, posting, or sharing negative, harmful, false, or mean content about someone else.
- Spreading lies about or posting embarrassing photos or sharing personal or private information about someone else causing embarrassment or humiliation on social media.
- Sending hurtful messages or threats via messaging platforms. Impersonating someone and sending mean messages to others on their behalf.

Section 499, IPC, 1860: Provides punishment for the people sending defamatory messages to any person, this can be through email or any other platform also with the help of internet, if it is done on social media or online, it may come under cyberbullying.

Section 507, IPC, 1860: States that if anyone receives criminal intimidation by way of an anonymous communication then the person giving threats shall be punished with imprisonment for up to 2 years.

What is the view of India courts in this matter?

In University of Kerala Vs. Council, Principal's colleges, Kerala & others (2011):

It was reiterated that – 'The Raghavan Committee report' recommended that teachers and the principal shall be held liable if any act of bullying takes place in the school/college premises.

In order to discipline the behavior of students and remove the cases of bullying and abuse within the college/school premises UGC brought uniform anti-ragging rules to be followed by the universities and colleges across the country and they could even forfeit their recognition if they fail to abide by the anti-ragging rules which have been legislated by the UGC and the government of India i.e. – 'UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009'.

In Sazzadur Rahman Vs. The State of Assam and Others (2019):

The accused created a fake Facebook profile of a 15-year-old victim. In the fake profile, the accused mentioned the victim's name, uploaded obscene pictures, and posted some derogatory remarks against her, which caused her to be mentally unstable and hampered her academic growth. The Guwahati High Court, dismissed the application of accused and held that discretion of the trial Court has been exercised judiciously on the basis of relevant materials.

In Shubham Bansal Vs. The State (Govt of NCT Delhi) (2018):

The accused created a false Facebook account in the name of 'Nidhi Taneja' and included the telephone number of the victim, which caused her annoyance, insult, and harassment and, therefore an FIR was registered against the accused.

In Prakhar Sharma Vs. The State of Madhya Pradesh (2018):

The accused created a fake Facebook account of the victim, posted some vulgar messages along with the photos of the victim downloaded from her original Facebook account. The accused was charged under Sections of the IT Act, 2000. When the accused applied for bail, it was denied by the Madhya Pradesh High Court.



Porn Affecting Young Minds

-by Shreya Pandey (SOPR)

OP-ED



India is one of the biggest consumer of pornography. What could be the reason other than the taboo. Not teaching your child about sex education. Skipping that reproduction Lesson in Biology Class. And maybe us laughing at a word Reproduction. Indeed, it all starts with us.

According, to the Scientist our brain does not change once we attain our adulthood. Porn completely denies this fact. Porn says watch me and I will change your brain for worse.

Porn have ability to trigger the brain and pump out chemicals and form new nerve pathways, this results in lasting changes in our brain. These changes maybe smaller and less active brain. Now you must be thinking. How is this possible? Can Porn literally change your Brain? Neurons are responsible for carrying electrical signals in our body. In easy terms suppose you are learning Guitar E-chord maybe, your brain will send signals due to which your nerve cells will be activated and your hands will play the guitar on E-chord. So every time when you play guitar the neuronal pathway becomes wide causing a permanent lot in our brain. Which means more watch it, more you will see it and more will your brain change.

According to Criminal Psychologists most of the rape cases happen because of Porn. Porn makes their viewers believe that women wants to be objectified, abused during that process, which is so untrue. Even the actors of the same industry have confessed how torturing all of that was for them. But poor viewers watch those videos and analyse those videos to be emotionally and mentally real. That's where problem begins.

Porn is not healthy for relationships as well. There is certain content on the internet which shamefully tags along on pure relations. Even if you read those titles, they will play with your brain and ultimately with your relations with your family. When you read this keep in mind. It harms your relations emotionally not physically. As we are already aware how quick our brain changes for worse. Now this is a proven fact the kind of content you consume. You tend to behave like that. It's like, having a great friend circle means you acquire some of your friends good or bad traits. So, when you start watching Porn you are actually not satisfied with normal porn videos, sometimes you would want somethings even worse. And if you ever got urge to watch something extreme which has violence, Please Stop, this is your sign to consult somebody you are very close too.

So, what can we do to stop.

Well Stop yourself first and help others to stop. Let your friends know that Porn is one of the reason why rapes happen. Tell them it is not good for their health. And more importantly please read about effects of porn on our society.

Honestly, there is a lot to speak on this topic which might not go well on reading. Hence, I am supposed to control my writing here. But in a hope that one day this taboo will be less important than our mental stability and I would be able to pour my heart out. On what are those things which are actually ugly about porn. One day maybe we can break the chain of taboo. I am sure people will quite be watching or at least consider quitting porn if they knew how many criminal activities take happen because that one video young boys and girls somewhere on the earth our watching.

Future of Medicines

-by Apurva Pathak (PDA)



From 3D printed drugs to mindreading exoskeletons, incredible technologies are being developed in the medicine and healthcare sector almost everyday, so, I bring to you, a list of great ideas that could give us a glimpse into the future of medicine :

1). Virtual and mixed realities :

While the difference between the two is arbitrary at first, it greatly determines how they could be used the the healthcare sector. While the technology of virtual reality shuts out everything else completely and provides entire stimulation, thus finding its use in psychiatry to treat phobias effectively, Argumentative reality or AR can be used by surgeons for projecting life-saving information onto their eyesight during operations.

2). Real-life cyborgs :

I am truly convinced that such creatures would not only populate the terrain of science fiction movies, but also our real lives in the near future. Advancements in future medical technology will not just be able to repair physical disabilities such as impaired sight but also be able to create superhuman powers like having the hearing of a bat.

3). 3D printed animal shaped medicines for kids :

Each and everyone has been around a kid at some point in our lives and we all know how much of a fuss they make when it comes to eating anything in general, these tantrums are increased ten folds when it comes to taking medicines, so it only makes sense that "animal shaped" or "dinosaur shaped" medicines were thought of.

In august 2015 , FDA approved an epilepsy drug called spritam that is made by 3D printing technique while the scientists of University of London are currently experimenting on making those aforementioned "dinosaur shaped" medicines. The future is very promising , the key to getting there is to never stop moving forward and to keep working to make a better future

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904 Bedded NABH Accredited Hospital	2000 Residential Capacity for Students	56 Departmental Libraries	71000 Books In Libraries	83.18 Acres Educational Campus
04 Auditorium	11 Conference Halls	09 Institutional Libraries	95 Teaching Labs	

Gymnasium, Flood-lit Stadium, Bank, Post office, Food Court, Fire brigades, Sewage Treatment Plant, Incinerator, Water Harvesting within Campus

Events & Accolades

PCMS DIARIES

-by Umar Khan & Palak Namdev

WELCOME CEREMONY

The most awaited journey into the medical world started with the welcome ceremony. The excitement in the crowd of students could be felt. The ceremony started with the lamp lighting with the continuation of the Respected Dean sir addressed the assembly by his enlightening words regarding MBBS. The ceremony was followed by respected professors who were introduced to us. All the students were introduced to the anti-ragging committee. We were told how noble a doctor's profession is, what an ideal doctor should be like. Dr Anil Kapoor wrapped up the ceremony with a really interesting presentation. It was a delightful start of ours into the medical world.



WHITE COAT CEREMONY

The White Coat Ceremony is a rite of passage for medical students. During the ceremony, a white coat is placed on each student's shoulders and often the Hippocratic Oath is recited, signifying their entrance into the medical profession. The lamp was lit to mark the beginning of the ceremony. Respected Dean sir addressed the assembly about the importance of the white coat. We were told about the importance of the white coat in the lives of a doctor. We were taught to respect the white coat as much as possible, to present it with all the honour that it deserves. Students were presented with the white coat and stethoscope on the stage in a grand manner. The ceremony ended with the vote of thanks. It was truly a cloud nine moment for the students.

CADAVERIC OATH

This is one of the most auspicious and important ceremonies at the beginning of our medical life. Respected dean sir and all of our faculty members were present at the dissection hall as the cadaver was placed majestically in the heart of the room. The reason this ceremony has been conducted is to express gratitude to the donors and their respected family members who took such a big decision to donate the body of their loved ones. It was the most unique oath before dissecting cadavers which are important to understand the anatomy of the human body.



After a long-awaited 2 months, the day finally arrived. The most awaited event, the fresher's party was happening. Everyone was too excited for this day to happen. A welcome dance was performed to mark the beginning of the event. There were numerous dance performances, music performances and a skit which was interesting to watch. The last event was the ramp walk competition which was organized to decide Mr. & Miss. Fresher. After the rounds, Umar Khan and Shivani Mahawar were selected as Mr. and Miss. Fresher of the batch 2020. A brief photo session seized the day. The winners were awarded a 5-year prepladder subscription. The end of the event was marked by the vote of thanks. Everyone enjoyed the day with their hearts out. Dedicating this paragraph to the best day here.

PIHM DIARIES

YOGA DAY



International Yoga Day celebrated at PIHMCT&AN on 21st June 2021, PIHM staff participated enthusiastically. Various asana were performed by all the staff members under the guidance of Prof. Shounak Nazar. The faculties also went live with their session to encourage students to take part and stay fit while they are taking online classes at home right now.

SORT DIARIES



This year world environment Day 2021 celebrated by the department of computer science SORT by spreading awareness about plantation In which students and faculties planted saplings in the college campus and also organized an online rangoli competition 'Rang De Nature' in which students made rangoli related to ecosystem restoration conducted by Prof. Martina Martin and student coordinator Md Ghulam Ali respectively.



National Science day was celebrated in School of Pharmacy & Research, People's University on 23 Feb 2021. On this context a debate competition was held and students actively took part in the event. The topic of the debate was 'Is technology helping people or making them lazy'. Total 9 students participated in the competition of all the semesters. The winners of the debate are as follows:

- Shreya Pandey (B.Pharm III Sem)
- Mrinalini Digeekar (B.Pharm V sem)
- Annaruth Thomas (B.Pharm V Sem).



SOPR DIARIES

by Vaishali Singh

WORLD ENVIRONMENT DAY

was celebrated in School of Pharmacy & Research, People's University, Bhopal on 5th June 2021 enthusiastically with making the environment green by planting trees in the campus by maintaining social distancing. In this occasion various competitions like Shoe box bird house, Earth Mask, Nature art collage, Paper bag activity and the colored bin was held through online mode in School of pharmacy research on theme "ECOSYSTEM RESTORATION". Students were enthusiastic for these events and took active participation in the competition. Competition was judged by Mr. Anand Shrivastava, Associate Professor, Mrs Eisha Ganju, Associate Professor, and Rajni Dubey Associate Professor, SOPR, Peoples university. In shoe box bird house competition, First, Second and Third prize was grabbed by Ria Talreja (B. Pharm I yr/2sem), Dharamraj Singh (B. Pharm I yr/2sem), Syed adi hasan (B. Pharm I yr/2sem), respectively. In Earth mask competition First and Second prize was grabbed by Shashank singh (B. Pharm I yr/2sem) and Muskan Gupta (B. Pharm III yr/6sem). In Nature art collage competition First, second and third prize was grabbed by Vaishali Singh (B. Pharm II yr/4 sem), Neha Pandey, (B. Pharm I yr/2sem) Anurag Singh Baghel (B. Pharm I yr/2sem) and Priyanka Golhani (B. Pharm III yr/ 6 sem) respectively. In paper bag activity First, second and third prize was grabbed by Anita Patel, (B. Pharm III yr/ 6 sem) Sababjeet kaur Phull, (B. Pharm I yr/2sem) and third Prize Adiyta Sharma, (B. Pharm I yr/2sem) respectively. Consolation prize was grabbed by Janki Uriya, (B. Pharm I yr/2sem) Rimpi Saikia (B. Pharm I yr/2sem) and Roshani sdom, (B. Pharm I yr/2sem) respectively. Dr. Neeraj Upmanyu, Principal SOP&R congratulated the students for their hard work and motivated them for active participation in college and university level competitions. He appreciated the efforts of the Mrs. Rajni Dubey, Assoc. Professor, SOP&R who initiated & proposed the competitions. Event was successfully organized by Mrs. Rajni Dubey, Associate Professor, SOP&R and Mrs Eisha Ganju, Associate Professor, SOP&R. The winners were felicitated by E-certificates.

WORLD NO TOBACCO DAY

To mentor students of School of Pharmacy and Research against tobacco intake and commemorate World No tobacco day, slogan writing and poster making competition was organized virtually By School of Pharmacy & Research, People's University, at the occasion of WORLD NO TOBACCO DAY on 31st May 2021. Students were enthusiastic for these events and took active participation in the competition. Both Competition was adjudged by Dr. Bhaskar Kumar Gupta, Professor, SOP&R and Dr. Jitendra Bajaj, Associate Professor, SOP&R. Winner of the Poster Competition was Ms. Sababjeet Kaur from B. pharm. 2nd Sem, runner up was Ms. Ria Talreja, from B. pharm. 2nd Sem and Third runner up was Ms. Janki Uriya from B. pharm. 2nd Sem. In Slogan Competition, Winner was Mr. Ankit Sen from B. pharm. 2nd Sem, second runner up was Mr. Anurag Baghel, from B. pharm. 2nd Sem and third runner up was Mr. Dharamraj Singh from B. pharm. 2nd Sem. Dr. Neeraj Upmanyu, principle SOP&R congratulated the students for their hard work and motivated them, urged all the students for active participation in college and university level programs and competitions. Event was successfully organized by Mrs Eisha Ganju, Associate professor SOP&R and Mrs. Mariya Beg, Assistant Professor SOP&R and the winners were felicitated by E-certificates.



Winner: Slogan Competition
Name : Ankit Sen, B. Pharm, 2nd Sem.



Winner: Poster Making competition
Name: Sababjeet Kaur Phule, B. Pharm 2nd Sem

PIMR DIARIES

PIMR conducted a seminar on financial literacy. Financial literacy refers to the skills and knowledge of finance that can be used to make informed decisions, while managing resources & income for judicious consumption & saving. Financial literacy is knowing the basic financial management principles and applying them in our day-to-day life.

From simple practices like keeping a track of our expenses and understanding the need to spend money if we like a product to striking a balance between the of time saved and money lost, paying our taxes and filling of tax returns, finalizing the property deals, etc - everything becomes a part of financial literacy.

As human beings, we are not expected to know the nitty-gritty of financial management. But managing our own money in a way that it does not affect us and our family in a negative way is important. We certainly do not want to end up having a day with no money at hand and hunger in our stomach.

Financial Literacy Session
Organized By
SV Wealth Partner's
In Association with
People's Institute Of Management & Research, Bhopal,
Madhya Pradesh

26th April, 2021
2:30 PM

Join us at ZOOM
Meeting ID: 897 3298 2290
Passcode: SVWEALTH

Trainer
Mr Shamsheer Singh
Certified Financial Planner



PCN DIARIES

by Jasmine Rine John

MAHA VACCINATION CAMPAIGN

As the 2nd Covid wave grips India, People's College of Nursing Science inaugurated the COVID-19 Vaccine drive on 2nd June 2021 and Maha Vaccination Campaign on 21st June 2021 under the mentoring of Principal, Prof. Lt. Col. Rekha Rani Gupta. The Campaign was embarked against Coronavirus in a bid to combat the fast-spreading virus with the alliance of the MP government which was led by a professional and devoted team of Nursing Staff and Final year nursing students from People's hospital.

The COVID-19 vaccination commenced in both urban areas as well as rural areas of the region. Its prime objective is public vaccination and awareness.

Meanwhile, A one-day training program on COVID-19 Vaccination was conducted by The Medical Director, Dr. Ashok N. Mhaske, and keynote trainer Dr. Kamlesh Ahirwar accompanied by Prof. Lt. Col. Rekha Rani Gupta on 21st June from 2:00 PM to 04:30 PM. The primary motive of the COVID-19 vaccination training program was that all the health workers involved in the implementation of the COVID-19 vaccination need to have adequate knowledge and skills to ensure safe and efficient COVID-19 jab administration.

The training program included faculty members and nursing students of People's College of Nursing Science. Active participation and involvement were shown by the attendance.

The audience was instructed about the process of COVID-19 jab administration and identify infection prevention and control measures that should be used during vaccination sessions; encouragement of individualized communication.

With the cooperation and intense dedication of the health care team, we hail them to bent the curve of the caseload even under enormous stress.

"LIFTING SPIRITS WITH YOGA

Kick-starting the global celebrations marking International Yoga Day on 21st June, the virtual google live meet was launched under the guidance of Reverent Lt. Cl. Rekha Rani Gupta, Dean & Principal of People's College of Nursing and Research Centre. The theme was 'Yoga for well-being' during Covid-19 pandemic times.

The live performance was conducted between 12:30 PM to 01:30 PM. The objective of this program was to curb health-threatening Covid-19 diseases around the globe.

The distinguished Yoga guru of People's University Mrs. Sushma Chandelkar enlightened teaching, non-teaching, housekeeping staff, and students about the significance of Yoga in life with proper execution of surya namaskar, bhujangasana, pranayam, sukhasana and many more. The Covid-19 safety protocols were implemented during the practice session. The occasion culminated with a vote of thanks by the principal ma'am.



World Tobacco day

E-poster making competition held on 31st May on occasion of "World No Tobacco Day".

Organized by Department of Public health dentistry, People's Dental Academy, Bhopal. Students participated in the competition and E-mailed their respective posters to the department of PDA.

We are pleased to announce the winner of e- poster competition held on the occasion of "World No Tobacco Day" on 31st may 2021. As Nikita Vajpayee (1st year) Is the winner and 1st runner up is Nandini Singh (2nd year) whereas 2nd runner up is Aastha Churahe.

The bright colourful creations with beautiful messages grabbed attention of the jury. Congratulations to all the winners and participants. E-certificates are awarded to all the participants.



PDA DIARIES

by Nandini Singh

2020 was like a nightmare for all of us. The Covid-19 outbreak has made a significant impact on the mental health, education, and daily routine of students and most of us missed the fun during our college days. After the first wave got over, healthcare department colleges had to reopen.

The faculty of Peoples dental academy (PDA), Bhopal organised extra-curricular events in March 2021. The entire college was divided into four houses, with each house comprising UG/PG students of every year, as well as faculties of different departments.

March was filled with activities like flash mobs, cricket and quiz competition. But the most exciting part was the flash mob. The "flash mob" is a 21st-century, technology-driven phenomenon. A flash mob is a group of people, who assemble suddenly in a public place, perform some unusual or notable activity according to predetermined instructions, and then quickly disperse. They are generally used to spread important messages among people, like team Emerald supporting the LGBTQ community spreading the message that each one of us has the right to be happy and love whomever we want, irrespective of the gender. Team Coral performed on memorable Bollywood songs, and gave a tribute to Hindi cinema, their performance was filled with joy, laughter, fun and best bollywood songs to groove to!!! Whereas, team Sapphire made us mesmerised with their powerful performance on women empowerment, it was one of the best performances of the day, filled with enthusiasm, power, fire and desire. Lastly, team Onyx highlighted the upcoming Holi festival with vibrant colours and songs from famous movies.

Not only magnificent dance by all the students were seen at the event, but it also marked awareness of several issues of the society. At the end the event was supported by the faculties also joining to dance with the students and marked it as one of the memorable day in PDA's history.





PCDS DIARIES

-by Dr. Arathi Menon

Public Health Dentistry Day

Mask distribution drive on the occasion of National Public Health Dentistry Day 2021 by Department of Public Health Dentistry, PCDS.

In view of the expected covid 19 third wave, precautionary measures and awareness was given to the staffs and OPD patients of PCDSRC and People's Hospital.



WORLD HEALTH DAY

The third century began with a topsy – turvy start with the disruption due to the pandemic, COVID- 19. The lives of people in the country drastically changed in every aspects during these times. Adapting to the changes became the acceptable way for fighting the pandemic. April 7 of each year marks the celebration of World Health Day. From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

This year, World Health Day 2021 was recognized by the Department of Public Health Dentistry, PCDS & RC by spreading awareness about precautions and preventions to deal with the novel coronavirus. A live webinar session followed by a live health talk was organized as part of the day. Dr. Ayushi Sharma and Dr. ArathiMenonen lightened the undergraduates of the institution regarding the 'Etiology, pathogenesis and spread of SARS , COV-2' and 'living in the COVID -19 era' respectively.

The students were also trained about the ideal way of disposal of masks and other protective equipments regularly used in the day to day life in a proper manner without harming the environment. The living in the Covid 19 era was meant to be following a New Normal, high lighting the present reality of restrictions and regulations on daily life. it has created a psychological and social impact on the society in every aspects such as food, travel, clothing and work. Live health talk session was given to the OPD patients to create awareness among the public not only regarding the precautions. Displaying of health awareness posters were also done in front of the OPD.

The programme was organized and coordinated by the Professor and Head of the Department, Dr. Sahana S and faculties and Post Graduates of the department.



PCPS DIARIES

By Somya Jain, PCPS

NSS Girls & Boys units of Peoples Paramedical College had celebrated International Happiness Day at Apna Ghar, Old age home, Kolar road, on 20th March 2021.

Volunteers had done cultural programs, fun games, health & nutritional advises, physical exercises for fitness, medical camp etc. NSS had also donated Food items, Indoor games items, gifts, clothes and Ornamental plants on the occasion.

PCPS celebrated International Happiness Day at old age home



People's Hospital: The Ray Of Hope

Fighting the Pandemic by Testing , Vaccination And treating COVID & Mucormycosis simultaneously.

SPECIAL FEATURE by - Paras Jain (MBBS 2019 - PCMS & RC)



First batch of COVID-19 recovered people discharged

People's hospital has never left any stone unturned when it comes to providing services to the diseased, and uplifting the poor health conditions of the people.

The 2nd wave of COVID 19, being deadliest than ever, brought a storm of adversities in the lives of many people & stood as a challenge, a cloud of darkness before us, in such tough times, People's hospital emerged as a ray of hope, enlightening our lives and easing our struggles by playing a multipotent role of covid testing, vaccination and treatment of Covid and Mucormycosis simultaneously, without even putting the Non-Covid facilities on halt.

The immensely dedicated team of all the healthcare professionals worked 24*7 to fight the battle like real warriors and saved thousands of lives.

It is worth mentioning that a successful surgery of last stage Mucormycosis was performed by one of our doctors without removal of any organ. Nonetheless, a highly complicated Covid case of merely an eighteen days old child was treated successfully !



People's Hospital fight in the 2nd wave:-

- 1100 Patients Recovered
- 6000 Vaccinated
- 2800 Tests
- 300 beds
- 70 Doctors (Including Superspecialits, Specialists)
- 40 Consultants
- 100 Nurses
- Many Interns & Paramedical staff

The given data is approximate and comprises info recorded between 1st April 2021 to 12th June, 2021

COMMITMENT OF PEOPLE'S HOSPITAL IN THE GLOBAL CORONA CRISIS

Corona pandemic that began in the December month of the year 2019 has created its devastating effects throughout the world making nearly 170 million people sick and claiming 3.7 million deaths so far. India having nearly 29 million cases and 0.37 million deaths in all, fought strongly with the crisis in its first wave but suffered with very serious effects in second wave claiming large number of deaths. People's Hospital as teaching hospital of People's College of Medical Sciences and Research Centre, Bhanpur, Bhopal contributed significantly in the Global Crisis of Corona Pandemic by taking care of Corona patients in both of its first and second waves. Dedicating its 600 beds for the crisis, People's Hospital managed nearly 300 patient beds throughout the crisis during first and second waves. A well trained and dedicated team of the Corona Warriors, comprising of the senior doctors of all specialities, PG students and interns, nurses, ward managers and attenders were all highly motivated to serve the cause of humanity. Untiring efforts of the corona warriors of the People's Hospital have really made us proud. In addition to provide its untiring services to the people in grief, the People's Hospital was selected to conduct a famous Covaxin trial, which was the only hospital in entire Madhya Pradesh and Chhattisgarh. The centre was crowned for registering the largest number of cases in the country.

**- GRP CPT DR. ANIL K DIXIT
(DEAN PCMS & RC)**

THE ONLY INSTITUTE IN MP & CG, TO BE A PART OF INDIA'S LARGEST CLINICAL TRIAL EVER CONDUCTED

People's Hospital, Bhopal was the site for phase III clinical trial of the indigenously developed anti-coronavirus vaccine – COVAXIN in Madhya Pradesh. COVAXIN - which is a whole- virion inactivated vaccine, was developed by Bharat Biotech International Ltd in collaboration with the Indian Council of Medical Research (ICMR). Around 20 sites were selected for this trial from all over the country, among which people's college of medical sciences and research center, people's University was the only site from Madhya Pradesh and Chhattisgarh to be selected for this trial.

This phase III clinical trial commenced on 27 November 2020, with more than 1,700 trial doses reportedly given to volunteers. With a time period of about 1 year, it became the largest efficacy trial ever conducted in India.

To serve the cause of humanity, the trial was conducted under the guidance and monitoring of Dr. Anil K Dixit (Dean of People's College of Medical sciences and Research Centre), Dr. Raghvendra Gumashta (Principal of Covaxin trial & HOD Community Medicine, PCMS & RC), Dr. Ashok Mhaske (Director People's Hospital) Dr. Alok Kulshreshtha (Medical Superintendent) & Dr. Girjesh Gupta (Dept. Of Community Medicine), it became possible due to the collaborated efforts of several departments including the microbiology department, community medicine department, medicine department, Pulmonary medicine & endocrinology department etc. Interns of the college & other paramedical staff also played an important role in the implementation of this trial.

It was a great experience to be able to participate and contribute in the country's largest trial. And it was an opportunity to learn about the technicalities of a vaccine trial and other management & implementation aspects related to it. The trial is still going on, and was appreciated a lot by our Government & sponsors.