FHE VOICE 2022

News Briefs

India G20 Presidency

On 1st December 2022, India assumed the G20 Presidency from Indonesia and convened the G20 Leader's Summit for the first time in the country in 2023. For a democratic country like India, this is a watershed moment in the history where India aims at playing an important role to find pragmatic solutions for global issues and can ensure well-being of all.

The theme of India's presidency is "One Earth, One Family, One Future" which shows its commitment to the idea of 'VasudhaivaKutumbakam' (the world is one family).

No tax on income upto 7 Lakhs

Finance minister Nirmala Sitharaman announced that those earning up to Rs7 lakh a year need not pay any income tax under the new tax regime, giving a push for the regime which dish allows all exemptions on investments. stating that the new regime will become the default, the minister said tax payer could, however, still opt to file under the old regime which allows HRA (house rent allowance). The budget offered no changes for those opting to stay with the old regime.

breath

Bihar is recorded among the

lowest spenders on health

and it has the weakest pri-

mary healthcare. The health

CPCB report says

Bihar's solid waste handling

on slippery ground

Bihar is among the states se-

curing lowest score in the

performance in Solid Waste

system fails to provide

Monsoon Brings Menace of Mosquitoes in Patna Tejaswi Kumari body and abdominal pain. Ho-

The month of July ... along joy and fun. However, it also brings our focus back on dengue and malaria. A steady rise in the number of patients with dengue and malaria has been reported in government hospitals of Patna. Apart from that, a massive number of patients with viral fever, sore throat and upset stomach have also been reported. So, are these cases a new phenomenon this year? So, why should we be talking about this? Is it worse than the previous year? The number of cases of dengue in Bihar was 647 in 2021 which has now risen to 3,568. Dr. Vinay Sharma, Senior Doctor, PMCH, said, "Out of total number of cases reported, 2,756 are in Patna alone. Unsteady rain and col-

lection of rainwater in small trenches, open sewerage chambers, empty vessels and containers dumped on rooftops and used tyres with water evacuated around are demonstrated as ideal places for



Dengue outbreak steady in Patna

breeding of the mosquitoes Municipal Corporation, Bantransmitting dengue virus." kipur circle, Kankarbagh, Patna city and Patliputra have Then a strike by safai karmcharis added fuel to the fire, become breeding grounds for because when they went on mosquitoes. The Patna civil surgeon, Dr KK Roy, said, the strike, monsoon had already started which deterio-"The health department teams rated the situation this year. were carrying out fogging in Several areas of Patna, includ-500 metre radius of identified ing Azimabad circle of Patna hotspots besides spraying of

SYMPTOMS PREVENTION TIPS Mild Fever Wearing Full- Sleeves clothes Before Stepping Outside Headache And Bodyache Avoid Storing Water Near By Red Rashes On The Body Using Net At Night Abdominal Pain Use Mosquito Deterrer Bleeding From Nose Use Mosquito Repellent Fall In Platelets Coun Cases In Patna- 1076 Most Affected Areas Of Patna:- Azimabad Circle • Kankarbagh Circle • Patliputra Circle • Bankipur Circle • New Capital Circle larvicide there." An Additional professor at IGIMS, Patna, Mr Ashish

CASES OF DENGUE ON RISE

Kumar Jha, said, "These issues are much more prevalent these days because of the current rainy weather resulting in issues like water stagnation. According to WHO, nearly one-third of the world's population lives in dengue endemic areas. This implies that

around 2.5 billion people are constantly in danger of acquiring this infection. Around 50 million contract the infection and about 25,000 people die from this infection every year. Dengue is also known as break bone fever and is a severe flulike illness which affects health badly. Initial symptoms of dengue can be mild fever, headache, red rashes on the

Interview

Dr. Ratnesh Choudhary Yoga and Physiotherapist, IGIMS



Q: Will the deadline of Smart Patna Mission (SPM) of 2023 be achieved? If yes, how? If no, why?

A: The SPM projects are way backward to be completed. It'll take more time than 2030 to get thorough. Policy paralysis induced by change of Government in Bihar, lack of co-ordination among officials, general public ignorance and inefficient utilization of funds prove to be some major contributing factors.

Q: What are the factors/fields where the city is lagging behind and which need to be checked immediately in the run to become a smart city? A: There are various ground level issues which require immediate action. Issues such as improper garbage collection and dumping, increase in slum areas, poor drainage, narrow roads, cluttered streets, habits of dumping domestic garbage anywhere and tobacco spitting over walls and streets worsen the condition.

Smart & Shabby: A tale of a city **Bihar health** sector gasps for

Nidhi Kumari

t Gandhi Maidan and At Galum main town areas, the development of star rated hotels, business offices and shopping malls on one panel are the waning livelihood of the slums. Their huge number

covering large areas on the other panel are questioning the journey of Smart City Patna. Various mega projects under two segments- Area Based Development (ABD) projects and Pan City projects are undertaken under Smart Patna Mission. SPM is a part of Centre Government's Smart City Scheme (SCS) of 2015 where 100 cities were targeted to convert into Smart City. Patna was selected on June 23, 2017 where Gandhi Maidan, redevelopment of Mandiri Nala, Adalatganj Lale redevelopment, Integrated Command and Control Centre (ICCC) cum Patna Smart City Limited (PSCL) and solar rooftop on government buildings were included. A two-day workshop on 'Towards a Sustainable and Inclusive Development Policy Informal Settlement for (Slums) in Bihar' revealed 10% of total urban population in Bihar constitutes 1.2 million people reside in urban slums. The workshop was convened



29.20% of Patna population are multi-dimensionally poor. With the attractive goals under SCS of core infrastructure, clean and sustainable environment, the fundamental needs and problems of overcrowding, unhygiene, insecure jobs, temporary homes, illiteracy and unavailability of electricity

Development of metro trains, disappearance of traffic, a better pay and technologically

Patna welcomes JP Ganga Path while Ganga slips away

Anvita

Titish Kumar inaugurated **IN** the first phase of the 20.5 km long JP Ganga Path. He said the whole project will be concluded and would be functional by the beginning of 2024. This spot has now been nicknamed as "Marine Drive" and is emerging as the latest hangout venue for Patnaites. Ganga Path driveway has

hosted throngs of locals to experience sunset from the eyes of river Ganga and capture the



wever, patients can also suc-

cumb to severe complications

like hemorrhagic fever, bleed-

ing from the nose and a fall in

Mosquitoes are carriers of

both dengue and malaria. Ma-

laria is caused by the bite of

the female Anopheles mos-

quito which often bites at

night. Dengue is caused by the

bite of the Aedes mosquito

which often bites in the day-

time. A senior nurse at PMCH

said "There is no vaccine

ready for dengue. So people

should adopt preventative

Dengue and malaria are cur-

able if the patient reaches the

"Keeping the surroundings

clean, using the net at night,

wearing full-sleeve clothes be-

fore stepping out of the house,

and avoiding storing water in

coolers, pots or vases, are part

of the advisory ", she added.

Photo: Sadaf Samreen

hospital on time, she said.

measures for it.

platelet count.

Ganga Path

creasing pollution and decreasing water, is now also swiftly moving away from its banks in the city. Construction ployment generation and of the JP Ganga Pathway has even worsened the condition. Experts warned that the river Ganga has already shifted 2.5-3.5 kms from most ghats in Patna in recent years. Although the consequences are hard to foresee, but they are unlikely to be virtuous. Thechange in the course of the river is due to extensive extraction of sand and building of brick kilns has resulted in the shifting of the river. Excessive mining has eroded many villages on the left and deposited all the soil on the right. JP Ganga Path is almost completed, and aims at expanding the scope of public service even in future, it is about time for the concerned authorities to take restorative measures

with respect to course correc-

tion of the river to save Patna,

and its environment.

Q: Do you think SPM is beneficial for the slum areas? A: The numerous mega projects aimed under SPM would not directly benefit the slum residents at once, as they are deprived off the very fundamental needs of livelihood which leave the mega project meaningless to them. But in a long run, if SPM aids slum dwellers by assisting them economically through em-

management Page 3

Page 2

Fashion goes green

One trend which doesn't get out of style is "sustainable fashion". Sustainable fashion cuts down on production waste by focusing on quality products from long lasting materials. Page 4

First Booker Prize to Indian language book

Author Geetanjali Shree received the first Booker Prize for her translated Hindi Novel, "Tomb Of Sand". The 2018 novel titled 'Ret Samadhi' was translated by Daisy Rockwell and published as 'Tomb Of Sand" in 2021. The prize is one of the two literary awards given out annually for fiction writing and novels. It is provided by the booker prize foundation for the best work of the year, with the criteria being that it must be written in English and published in UK and Ireland.

New Navy sign unveiled by PM

The new Indian Navy's flag was unveiled by the Prime Minister Narendra Modi on September 2, 2022. The old flag carried a sign of slavery but the new sign is inspired by Chhatrapati Shivaji Maharaj. The new naval flag has a tricolor in top left with a blue octagonal shape encompassing the national emblem on an anchor at the right depicting steadfastness. The octagonal shape depicts multi-directional reach and capability of the Navy.

A woman in the slum of Rajendra Nagar

Photo: Nisha



A multi-storey residential building in Patna

by Patna Municipal Corporafrom the data of Multi-dimention and United Nations Fund sional Index (MPI) of NITI (UNFPA). This is evident Aayog that signifies that

sound city could be the aspirations of well-to-do section of the city to make Patna smart. 'Fuel used in the city should include at least 15% of green fuel to convert smoky sky into crystal clear blue sky,' said Ratnesh Choudhary(IGIMS). 'There is no electricity in my slum hut. In situations of heavy rain, my house submerges with chest-level water logging. I just dream of a permanent stall for the employment of my disabled brother,' expressed Renu Kumari who lives in a slum, RajendraNagar. Some communities are talking of global level and technology aided improvements to make Patna smarter, another community that are far behind to reach to the idea of

moments. The Patna Smart City Limited (PSCL) is also exploring the possibilities of organizing a Happy Street" which can provide fun facilities like zumba, cycling, yoga, shopping and dancing. It also includes the delicious fast food makeshiftstalls. Rakesh Kumar, a resident of

Patliputra Colony, said," I am very happy that something like Juhu or Chowpati is now here in Patna too. We have always seen it in movies, but now we get to experience it. My daughter loves coming here". Shreya Singh, a student living in Nageshwar Colony, said, "This place is a total vibe, Patna finally has an evening spot to enjoy.". The shifting of Ganga away from the banks of Patna. The river has already been in bad shape due to inbetter living conditions, the mission could bear fruits for them as well.

Q: What are the changes you feel after five years of involvement of Patna in Smart City Scheme in 2017?

A: The progress under SPM is slow. However noticeable changes can be seen in the five year journey of the mission. Mega digital screen at Gandhi Maidan, renovation of Beerchand Patel Path, 3D and 2D wall paintings throughout the streets of the City, installation of CNG & electric buses creation of new bus stands,e-toilets,lower level of water logging during rain and garbage collection vehicles are among the list of considerable changes that could be felt since the inaction of SPM.

ecked up, NIT Ghat woos Patnaites

Smart city.

Muskan Rai Divya

Today, gnais of the taken a new look with oday, ghats of Patna have new values. One such, Gandhi Ghat popularly known as NIT Ghat is situated near National

Institute of Technology, Patna. New wall paintings, Ganga Aarti, various restaurants and Gangetic dolphins have become the major area of interest for the people at NIT Ghat. Not only youngsters but, even senior citizens also love spending time on the bank of river Ganga while enjoying the aarti. It is named after the great leader of the freedom struggle of India, and the father of the nation- Mahatma Gandhi. The reason behind the association of his name with

the ghat is that his holy ashes were immersed to the river Ganga via this ghat.It is the matter of great luck for this ghat and the people of Patna that they witnessed the act of immersion of the ashes of such a great leader.

Gandhi Ghat is a major attraction where motor boats are available to rent at moderate prices. Recently, the Bihar State Tourism Development Corporation (BSTDC) started an air-conditioned floating restaurant MV Ganga Vihar from Gandhi Ghat offering dinner cruises twice a day. The ship runs a famous onboard restaurant, also called the floating restaurant from 11 a.m. to 6 p.m. everyday except on Mondays. Numerous food joints also attract the young-



An evening at NIT Ghat

Image: Anvi Singh

sters as they are open to people evryday till 9 p.m. Gangetic dolphins are also a major attraction and have also been seen by the visitors. Gandhi Ghat is also famous for it's weekend Ganga Aaarti where 51 lamps are lighten devoting to Maa Ganga. The aarti is performed at 5p.m. in summer and at 5:30 p.m. in winter because of early sunset. People of all age groups gather here to experience the moment.

Khushi Kumari, an NIT student said, "Gandhi Ghat is the best place for morning and evening walks. Most of the students of our college visit here every evening to see the sunset because it will never get old for us."

Shyam Nandan Mishra, a senior citizen said, "Coming regular here is not possible for me but I used to make sure to come every weekend for the Aarti but after the monsoon season things have changed, Aartis are not happening as raining is so unexpected."

After monsoon season, the level of Ganga has increased and it has crossed the ghat. Earlier people used to sit on the ghats laying their legs down in the Ganga and enjoy the sunsets. But now people prefer enjoying the sunset watching it far away from the ghats. No one knows what is in save for our Ganga that slowly we all are pushing away from her.

THE VOICE

Chief editor's message

It gives me im-mense pleasure to launch our third edition of departmental newspaper 'The voice' compiled by the second year students(2021-2024 Batch) of the Department of Mass Communication. I congratulate the HOD, Roma



and our team of learned faculty members on making the dream of the students realized. They have proved themselves by showcasing their creativity. I am very happy to convey my congratulations and best regards to all the students and the faculty for their efforts in publishing this newspaper

From the editor's desk



of prioritisation given to **T** am delighted to health in government budgetsannounce that both at the state and central The Voice is back levels. Also, Bihar is recorded after a hiatus of two among the lowest spenders on years. The first two editions in 2018 primary healthcare. The health and 2019 were very system fails to provide essenwell received but fell tial health care services, and into slumber following Covid-19 and the resultant lockregulated market services. The down when all colsituation becomes worse in lege activities went Bihar because of the lack of

online for two years. With the buzz back on the campus, this four-page broadsheet college newspaper is back in action. For the students of the Department of Mass Communication, it means a lot. It not only showcases their writing, reporting and page-designing skills but in the process provides a hands-on experience of how the newspaper and periodical sector works. Bringing in facts from ground zero, putting them into a proper written structure, rigorous editing, designing pages with good aesthetics and all these within a deadline create a pressure which would help mould them into quality media professionals. As one of the greatest battlefield commanders ever General George Patton said: "Pressure makes diamonds". The Voice will be more frequent now. Previously with a yearly periodicity, it will now be a bi-annual newspaper. This has been done to ensure a regular rhythm so that the students gain practical knowledge of how a newspaper is run on a sustained basis. The latest edition of The Voice is a labour of love of the entire BMC family. I am glad to have Mr Ajay Kumar Jha, Ms Ankita, Ms Divya Gautam, Ms Aprajita Pathak and Mr Gaurav Aranya as faculty members who have guided the students at every stage of the production process. Guest faculty Mr Amitabh Ranjan and Mr Prashant Ravi have also chipped in with their experience. And, a special word of praise goes to the students of 2021-2024 batch whose tireless efforts have made the third edition of this newspaper a reality.

IMPRESSUM

Bihar's health sector gasps for #breath

Tejaswi Kumari s per the annual budget

As per the annual budget $A^{s}_{2022-23}$, the Bihar health

department has been allocated

Rs.16,134.39 crore which is

Rs.2,869.43 crore more than

the previous budget and the

third highest estimated alloca-

tion after education and infras-

tructure development. But this

shouldn't mitigate the concern

that public spending on health-

care in Bihar remains far from

adequate. As per the data of

the Economic Survey of the

previous year (2020-21), India

is found under the ambit of the

bottom 10 countries in terms

health and it has the weakest

the population at large is left at

the discretion of open and un-

doctors, beds, and the absence

of medicine in government

hospitals. It is quite ironical

that India's third most pop-

ulous state with a high burden emerged as the top-ranking hospitals was up to 90%. Paof communicable diseases like state in terms of overall health dengue, malaria, cholera, diarperformance

tients in OPD (Outpatient De-Photo Courtesy: The Indian Express



Lack of funds has seen primary healthcare crumbling in Bihar

rhoea, acute respiratory infections, kala azar, tuberculosis and HIV/AIDS, fails to provide proper health facilities. Also, it will be difficult to provide equitable health care services if the state government remains to overlook the issues. On December 27. 2021, goernment's think tank NITI Aayog released the fourth edition of its health index for 2019-20 for which the ranking states was based on overall health performance. Bihar ranks 18th out of 19 States. Kerala has again

An assessment made by the comptroller and auditor general of district hospitals intheatres for emergency surgeries, a functional ICU (Intensive Care Unit) or the much-needed blood bank.

partment) services spent 60% of the prescribed medications from their pockets due to the non-availability and barely any diagnostic services available in the hospitals. As against a minimum requirement of 1,280 hospital beds in Patna district for a population of over 58 lakhs as per 2011 Census, there were only 100 beds in the district hospital, a shortfall of 92% as per the Indian Public Health Standards. As a result a common man pays for the lacuna with his

life.

Launch of the Ayushman Bharat scheme in 2018, was a major step towards prioritising the healthcare sector. In 2022-23, Pradhan Mantri Jan Arogya Yojana (PMJAY) has been allocated Rs.6,412 crore, which is double the revised estimates of 2021-22 (Rs.3,199 crore) but Experts have noted that this amount may be low considering the expenditure required on PMJAY.

On national level also, a report by Niti Aayog revealed that close to 30% of the country's total population doesn't have financial protection for health. The Ayushman Bharat Scheme covers 50% and the other 20% opts for private insurance schemes. The remaining 30% is the 'missing middle' segment that is neither eligible for Ayushman Bharat Scheme nor rich enough to afford private insurance. The patients have to spend

way more for pathological and diagnostic tests in private clinics for its unavailability in the government hospitals. In the government sector also, only the medical colleges and some similar institutions offer free services in a state like

Rhinos get a home, away from home, in Patna zoo

Bihar consisting of 38 districts. The economically weaker patients are compelled to go for diagnostic tests by private operators due to the unavailability of diagnostic services in government hospitals.

Bihar is still lacking the much needed health facilities notably in small districts and rural areas.

In general, the health sector of Bihar is a matter of grave concern and should be emphasized by the state government. Former Director of IGIMS and Medanta, Patna, stated that the health facilities allocated is not sufficient enough and it has a long road to cover to meet the basic health needs of a common man in Bihar. The State Government should arrange twice of what is provided at present for health. He added that the purposeful use of facilities is also lacking in Bihar. He also said that, Preventive Health should get more importance and it demands strengthening of quality water, food, toilet, air and making it available to every remote area of Bihar.

Managing Cheetah an uphill task

n 1959, cheetahs were de-Lclared extinct in India because of hunting and habitat loss. India is among those 14 countries where cheetahs have become extinct since 1940s. Recently eight cheetahs were flown from Windhoek, Namibia to Gwalior in which five are female.

On 17th September 2022, Prime Minister Narendra Modi released eight cubs of African species in the Kuno sanctuary of Madhya Pradesh. Under Project Cheetah, around 50 cheetahs will be brought in the next five years. These cheetahs are released in a designed enclosure where they will live in quarantine for a month. The cheetahs are radiocollared, and their movement will also be tracked by a special team of wildlife scientists. In August 2022, before the arrival of cheetahs two elephants named Lakshmi and Siddhant were also brought from the Satpura Tiger Reserve, Narmadapuram. According to previous reports, the elephant Siddhant played an important prey base. role in controlling a tiger in January 2021. Lakshmi, on the other hand, has mastered the skill of jungle safari, rescue operation and jungle patrol. Bringing cheetahs will go a



One of the eight cheetahs at Kuno National park

long way in preserving several critical species and their ecosystems, including tigers, lions, Asiatic elephants, gharials and the one-horned rhinoceros. The project will bring in resources to restore and harness the neglected habitats that will conserve their biodiversity as well. The re-introduction of the cheetahs is an ambitious step towards the building of a sustainable planet because a top predator restores the historic evolution-

tion of their prey base which includes threatened species and the open forest ecosystem, which is on the verge of extinction. However, experts say that India does not have the habitat or prey species for free-roaming African cheetahs, and therefore, the project will not fulfil its aim of grassconservation. They land opined, the government should instead focus on conserving Divya Priya

 $A^{\text{lready recognised as the}}_{\text{second biological park}}$ for conserving species in the world after San Diego zoo, USA, Sanjay Gandhi Biological Park, commonly known as Patna zoo, has been ranked first in India to conserve the endangered species of Rhinoceros. Till date Patna zoo has five species of Rhinoceros in which two are African and three Asian. It is conserving the one horned Asian species of rhinos as well. The number of rhinoceros has increased from 11 in 2019 to 13 in 2022. Thanks to the Rhino Conservation and Breeding Centre which has set up over 3.5 acres of land between the lake and jungle trail area of the zoo for the development of rhino habitat.

After becoming a part of Rhino Conservation and



thority (CZA) has selected it as a breeding center for rhinos. Baidhnath Paswan, one of the caretakers of rhinoceros who has been working since 1995 at the zoo informed that the rhinos are kept there with proper health facilities, early

ferent zoological parks across India for breeding and conservation. Last year a calf was sent to the Sardar Patel Zoological park of Gujarat for the same.

According to The International Union for Conservation of Nature (IUCN) this species is considered as critically endangered since 1996. Rhinos are mainly found in Assam, West Bengal and Uttar Pradesh. Nearly 85% of the global Indian rhinoceros population is concentrated in Assam. Besides India, rhinos are also habituated at Nepal and some Himalayan region.

Image courtsey :PTI

The shortfall of beds in these

volving Patna, Hajipur, Biharsharif, Jehanabad and Madhepura, Bihar for a period between 2015 and 202I shows that the second-tier health system in the state is crumbling. None of the hospitals in its sample study of five districts, including Patna, had operation

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ary balance which helps in triggering a cascading impact on the restoration of their habitat and conservation of the Cheetahs have been the evolutionary natural selection force

that led to the adaptation of high speed in species. Their return will ensure the protec-

other threatened species such as caracals and the Great Indian Bustard. African cheetahs, if released into Kuno, will require intensive handson management over decades to survive in the wild. The forest authorities have no prior experience in dealing with African cats, it is going to be an uphill task for them.

Breeding Centre in 1979, Patna zoo received a pair of rhino named 'kancha' and 'kanchi' from Assam. In 1982, a rescued rhino from Bettiah forest, Bihar, was brought to this zoo which led to the conservation and breeding of rhinos in this park. With the successful breeding of eight rhinos, the Central Zoo Au-

vaccination and medication of rhinos are done by the doctors appointed at the zoo. Each rhinoceros gets 10kg of food every day and meals are given twice a day, he added. As the rhinos are herbivores, they are mandatorily provided fresh green meal. Further, Kunal Kumar, a junior caretaker said that the rhinos are sent to dif-

CAMPUS BUZZ

Mizoram meets Bihar under Ek Bharat Shreshtha Bharat



Ek Bharat Shreshtha Bharat seminar

Under the Centre's initia-tive of Ek Bharat Shreshtha Bharat, a five-day cultural visit of Mizoram group to Bihar commenced on September 12, 2022. As many as 27 Mizo students accompanied by three teachers came for this visit. Patna Women's College, being the nodal institution for EBSB, hosted the tourists. The Principal, Patna Women's College, Dr. Sister M. Rashmi A.C., along with the coordinating members Alok John and Patna Women's College EBSB core committee embraced the Mi-

zorm team with open arms. The crew visited Nalanda University, Science Centre, Buddha Smriti Park, Bihar Museum, Patna Museum and shopping malls as a part of their itinerary. Numerous sessions on theatre, acting, dancing and singing were also organised on the campus of the college.

The trip concluded on September 16 with a tour of Patna Women's College.

EBSB, an effort of the Ministry of Education, aims to promote inter-state engaments by pairing them for a time period.

Reliving the retro era on Teachers' Day

O^{n 5th} September 2022, the college celebrated Teachers' Day with great zeal and excitement. The "Retro" theme of the event reminisced different eras of Indian cinema. Principal Dr. Sister M. Rashmi A.C. paid tribute to Dr. Sarvepalli Radhakrishnan by lighting the lamp.

The programme started with a 'guru vandana'. It was followed by a choir by Sister students wishing the teachers. Teachers participated in various games such as enacting the dialogue, guess the song and treasure hunt. Students performed a thematic dance students. The programme con-



Teachers take the stage on Teachers' Day and a qawwali portraying the relationship between the teachers and students. The last performance proved to be the most exciting which was a retro dance performed by the

PWC marks 82nd Founder's Day

n August 24, 2022, JPWC celebrated 82 years of foundation with fervour. The college was founded in 1940 by Bishop B.J. Sullivan S.J., Bishop of Patna and Mother M. Josephine A.C., Superior General of the Apostolic Carmel. It was the first institution of higher learning

started to cater to the educa-

tional needs of women in

Bihar. Principal Dr. Sister M.

Rashmi A.C. welcomed the

Lightning of the lamp

chief guest of the event, Revered Archbishop Sebastian Kallupura, highlighting the

cluded with the Grand Finale on the song Jeena Yahan, Marna Yahan after which the teachers expressed their gratitude through a song.

Mobile is the future of journalism

On 29th August 2022, the Department of Mass Communication organised an Inter-College Mobile Journalism (MOJO) Competition collaborating with the National, International Collaboration and Consultancy Service (NICCS) on 'The Role of technology in freedom of ex-

pression'. The competition was inaugurated by the head of the Mass Communication department, Ms. Roma by welcoming the jury members, Amitabh Ranjan, Ajay Kumar and Prashant Ravi. MOJO is an emerging form of new

MASS COMMUNICATION

Winners with the panel of judges at MOJO competition

media where reporters use primary devices to gather, edit and distribute news. All the participants shot their two minutes video on the spot. A total of 54 students from different departments participated followed by the announcement of Mass Communication .

results on 31st August. The competition proved to be a good initiative by the department to make the students aware about MOJO. The top spot was secured by Prerna Sharma of the Department of

PWC celebrates #Azadi ka Amrit Mahotsav

 \mathbf{F}^{or} the celebration of 75 years of independence, the college organized a 15-day programme, Azadi Ki Goonj-Pragati Ki Ore Agrasar Bharat. The celebration was kicked off on August 1 by Principal Dr. Sister M. Rashmi A.C. holy books of Christianity, Programmes such as Tarane-e-Hind, documentary making competition, Guest Lecture series among others were organised. The officers of Sademic pursuits and life.



Students paying tribute to Amar Jawan

presented the Indian flag to principal Dr Sister M. Rashmi A.C. under the Central Government's scheme Har Ghar <u>shastra Seema Bal (SSB)</u>

Tiranga on August 13. The celebration came to an end with the flag hoisting ceremony on August 15.

contribution of the Founder in the making of the institution. The chief guest said that the youth of today is the future hope of the country as they could make positive changes in the society. He also quoted lines from the

ainism, Islam, Hinduism and Sikhism to emphasize religious harmony and peace. He concluded by wishing the students success in their aca-

THE VOICE



Pollution board report says Bihar's solid Enthusiasm for live music, standup comedy shows on rise in Patna waste handling on slippery ground Tejaswi Kumari Veer Vikram, owner of the Photo- Ananya Sipra

Dharini Wadhawan Shanaya Garg

 $B^{\rm ihar}_{\rm performing\ states\ in\ Solid}$ Waste management, according to the annual report 2020-2021 on implementation of solid waste management rules 2016, published by the Central Pol-



lution Control Board (CPCB). It is also among the twelve states/UTs which have not provided the city wise details of landfill and waste disposal. No data regarding the waste treated as well as landfilled have been provided. "Information related to treatment of waste is not mentioned in the report as the composting and recycling works were at its initial phase and is still going on", said an official of Patna MunicipalCorporation (PMC). According to the report, as many as 130 existing dumpsites are there in the state. Including 10 in Municipal Corporation, 53 in Municipal Council and 67 in Nagar Panchayat. State has a total of 142 urban local bodies (ULBs) in 3398 wards where 100% house to house collection of garbage is being carried out. Waste is segregated from 3295 wards out of 3398 total wards.

being done partially.

Segregation from 103 wards is processing and disposal facilstill remaining and the transportation of the solid waste is ficial same.

As many as 268 sites in the state have been identified for setting up solid waste processing units in 136 ULBs. The process of identification of land is going on in remaining 6 ULBs, as per the criteria of SWM Rules, 2016. 80 ULBs in the state have identified lands for development of sanitary landfills facilities. For the cant places are found round decomposition of organic

ities, as per the report, the ofalso confirmed the Emerging open dumping zones in Patna are adding to the problem, many new secondary and community open dumping points have emerged in the residential as well as posh areas in the state's capital. Heaps of garbage aggre-

gated on roadsides, near

residential buildings and va-

the year in areas such as

PMC workers clearing garbage accumulated behind the government quarter, Rajendra Nagar (road no. 10)

wastes, bio composting in 136 sites in 118 ULBs has been commenced. The report has not documented best practices adopted by the state. The state has neither received any application nor any authorization has been granted for the waste

Ashok Rajpath, Mithapur, Bank Road, Ramakrishna Nagar, Patna junction and Rajendra Nagar (road no. 10). Deterioration of air quality and ground water pollution are the major threats posed by open dumping zones and unscientif-

Solid waste generated	160038.9 TDP	4281.27 TPD	
Waste aggregated	152749.5 TDP at collection efficiency of 95.4%	4013.55 TPD	
Waste treated	79956.3 TDP (50%)	Not provided	
Landfilled	29427.2 TDP (18.4%)	Not provided	
Door to door collection of waste	Not provided by all SPCBs (100% in 14 states\UTs)	100%	
Waste segregation	Not provided by all SPCBs (100% in 2 states\UTs)	97%	

Solid waste management status 2021 by CPCB, national (left) and Bihar (right).

ically maintained landfills, as highlighted by the CPCB in its national action plan for solid waste management. In this regard the PMC official said that all the possible efforts from Municipal corporation is being made. National status on implementation of MSW management rules, 2016 According to the data the total amount of Solid waste generated across the country is 160038.9 TPD and 152749.5 TPD is aggregated at a collection efficiency of 95.4%. While 79956.3 TPD (50 %) is treated and 29427.2 (18.4%) TPD is landfilled. 50655.4 (31.7 %) TPD of the total waste generated are left out. The CPCB releases this report annually in conformity with the Solid Waste Management Rules, 2016. During 2020-2021 annual reports by 35 SPCBs\PCCs have been submitted in accordance with

Solid Waste Management rules, 2016.

No progress reported since many years. The Patna Municipal Corporation is in a bid to set up the processing of disposal facility of solid waste (1000 TPD). This also includes the landfill site at Bairia in the capital. Authorization for the same had been granted by the board during November, 2013. No progress has been reported yet. The work at Ramchak Bairia has not been started."We have got no orders regarding the further proceedings" the PMC official added. No details of capping and even converting of the dumpsites into sanitary landfills has been provided. The capital is not even in the list of model cities instead Munger, Muzaffarpur & Bihar sharif carried off this title. The officials also assured that PMC is in a bid to improve conditions.

The live music and stand-Lup comedy culture is gradually catching up at restaurants and cafes in Patna. Several restaurants organize live music by local artists on the weekends, while few cafes have started organizing special stand- up comedy shows by inviting well- known comedians from other metropolitan cities.

Some contemporary cafes at Boring Road and Patliputra areas have quirky interior designing and set up, which makes them a hub for performers. Live music and stand-up comedy shows have become common in the modern cafes in the city. People at large are spending time in cafes after finishing their work

A cafe at boring road Patna

in the evening for refreshment, amusement and tidbit.

A cafe at Boring Road organizes stand-up comedy shows at regular intervals. Local performers are given direct entries, whereas professionals mark their presence if a certain amount of tickets get purchased. "Collaboration with the artist generates a unique image in society and the venue earns fame, which in turns leads higher footfall," said

cafe.

Another cafe- cum- restaurant near S K Puri Park organizes a live music show every weekend. "We prefer local artists and pay them a certain amount of money, which helps them financially and boosts their talents," said Prabhakar Singh, owner of the restaurant.

Another cafe at Patliputra colony has an open-air setup and they follow the cafe culture, mostly preferred in Gulf countries, wherein people sit on bean bags and enjoy the cuppa and delicacies. "We organize music and poetry shows on various occasions such as Holi Milan, Christmas, and International Women's Day among others," said Ali Waris Khan, owner of the cafe.

Arrival of Durga

A local artisan is seen chiselling Goddess Durga's face ahead of Durga Puja. The festival witnessed the pre-pandemic zeal making a comeback.



Crime against women records do not paint a rosy Bihar picture

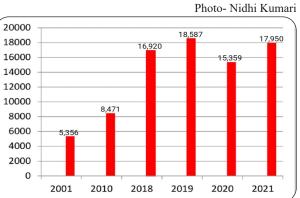
Nidhi Kumari

The overall crime rate against women in Bihar has seen a significant rise through years, which has

Image courtsey:- Factly.in

in 2020 cases to 10th in 2021 women (212) and sexual harassment (130) have also cases. However, there is 16.8% increase in crime rate shown a considerable leap. Talking about the causes beagainst women in Bihar in 2021 in comparison to the rate in previous year.

hind the increase in crime against women in 2021, psychologist Dr. Binda Singh underscored the increase in use of social media and Covid-19 lock down as the major reasons. "Unawareness among women, especially teenagers have landed themselves in troubles. Additionally, lock down has triggered the issue of psychological violence and harassment," she added. The records maintained by NCRB over the years reflect an overall increase in crime against women in Bihar. NCRB underlined 5,356 such crime cases in 2001, 8,471 cases in 2010, 16,920 in 2018, 18.587 in 2019, 15.359 in 2020 and 17,950 in 2021. NCRB is an Indian Government agency and a part of Ministry of Home Affairs.



NCRB data on crime against women in Bihar from 2001 to

(MHA) responsible for col- laws are those local to a region

lecting and analyzing crime or a state. The crimes against

Photo: Adiba Akhtar

India may not need imported urea after 2025: Union minister

Shailja Jha

Datna: Agriculture Minister ■ Amarendra Pratap Singh flagged off the launch of Nano Urea, developed and produced by Indian Farmers Fertilizer Cooperative Limited (IFFCO) in Bihar on July 8, 2022. He said that this nano urea is good for our environment. The farmers will also save a considerable amount by using it. Labelled image of Nano Urea benefited the govnano urea packet ernment as with the launch of of 9 million tonnes that India it now no subsidy on urea will imports annually. It will rebe given. Gradually, traditional urea will stop and quire license to sell the nano farmers will also get economic benefits from it. The fertiliser is pocket friendly for the users, in the district including Biscoits price has been kept only Rs 240 per unit. By FY2025, 440 and Swavalambi Samiti. Nano million bottles of 500 ml nano urea will be produced which is equal to around 20 million

tonnes of urea. It will take care

IFFCO NANO UREA LIQUID

launched and received very Source- Fresherslive.com little publicity leading farmers to believe that they cannot use it in the fields. To educate farmers about Nano urea, IFFCO continues to hold seminars, workshops, street plays and other forms of communication. The PM plans to reduce the use of urea in soil served as the impetus for the production of nano urea. For better results, drones will be used to spray the liquid fertilizer on plants. Ramesh Raliya, a nano urea scientist stated that the nanoparticles are so small that they fertilisers. Distribution of the have a lot more surface area fertilisers in Bihar is being relative to their volume, comdone through licensed vendors pared with the millimetre-size grains of urea that plants are man Kendra, Vyapar Mandal exposed to nearly 10,000 times more in nitrogen due to urea is the best alternative to which metabolism is vastly urea but it is not popular with improved and results in higher farmers in Bihar. It was vield.



created a grim picture of the State's law and order. The data released by National Crime Records Bureau (NCRB) on August 29, 2022 signifies a positive shift of Bihar's rank in total number of cases against women. Among 28 states and eight Union Territories, Bihar stepped up from ninth position

The incidents and victims of cruelty by husband or relatives (2,069), kidnapping and abduction (8,684), human trafficking (44), rape (786), assault on women with intent to outrage their modesty (391), dowry (3,367), POSCO (1,561), use of child in pornography (135), assault on

data as defined by the Indian Penal Code (IPC) and Special and Local Laws (SLL). IPC is the official criminal code of India intended to cover all substantive aspects of criminal law. It has 23 chapters comprising 511 sections. Special Laws are those that deal with a specific subject enacted by the Parliament while Local

2021

women envisage IPC and SLL including rape, kidnapping and abduction, homicide for dowry, torture, molestation, harassment and importation of girls. This drastic leap in the figures of crimes against women in Bihar questions the law and order of the state and creates a negative picture of women's safety in the State.



Lack of awareness, screening hesitation major challenges in cancer treatment, say experts

ually transmitted infection

Aparna Verma Nandini Raj

ack of awareness and L delay in screening are the major reasons for death due to cancer across India. Nearly 1.40 lakh cancer cases are registered every year in Bihar, out of which two-third are those who have entered the advanced stage, as per the reports published in The Times of India. Oral, breast and cervical cancer are most comfound among the monly cases in Bihar. cancer Breast cancer is the second most common cancer diagnosed in women after skin cancer. Breast cancer is most commonly found in women of 45 years of age or above but it even sometimes succumbs young girls of 20 years or more

Dr. Niharika Roy, the first woman oncologist surgeon of Bihar, said that only 20% of the total cases fall under the category of cancer and rest (80%) are considered as minor diseases. In many villages of Bihar, arsenic water is causing cancer and other skin diseases. "Early detection of breast cancer in patients at lochances of survival and recovery upto 90% to 95% if the pa-

Preventive measures Avoid consuming to bacco Have a wholesome diet Regular health care and self-examination Maintain genital hy gience Exercise regularly

Dr. Niharika Roy

tients are kept on proper medications. Whereas, patients at metastasis stage have less possibility of getting cured". Many patients can't afford expensive hospital services, rather prefer government healthcare centers. There is lack of awareness, hesitation for screening and financial

calized stage increases the conditions prove to be major challenges that a patient faces. Besides awareness, changes in

Second most persistent cancer Cervical cancer in India ranks as the second most persistent cancer among women between 15 and 44 years of age. Cervical cancer is prevalent sex-

Dr. Amrendra Amar

lifestyle, consumptions of addictive substances like tobacco and liquor, chewing pan masala or gutka, growing contamination of water, pesticides and insecticides in the food chain are other factors determining rise in cancer cases, she added. The adage prevention is better than cure is appli-

cable here, regular health checkups and self-examination are highly advised by oncologists

Cervical cancer in India ranks as the second-most persistent cancer among women between 15 and 44 years of age. Cervical cancer is a prevalent sexually transmitted infection. It's a type of cancer that occurs in the cells of the cervix, the lower part of the uterus to the vagina. Majority of cervical cancer is caused due to long term infection with particular forms of Human Papillomavirus (HPV). As per the data of the National Institute of health, every year in India, 1, 22,844 women are diagnosed with cervical cancer and 67,477 die due to it. No data from Bihar is available in the report.

According to Dr. Amrendra Amar, 'Senior consultant medical Oncology & BMT (Medanta)' stated that HPV is the most common viral infection of the reproductive part. Genital hygiene should be taken into consideration to get cured of this disease. "Not only women but also men are infected by HPV. Mostly, sexually active women and men

might get infected at some point. Men can prevent the type of HPV that cause genital warts and anal cancer by receiving an HPV vaccine". He also stated that, There are two HPV vaccines available in the market both made by the foreign companies which are not very popular among people. Dr. Amar also mentioned that India will launch its first cer-

The serum Institute of India and the department of biotechnology are set to launch Indian's first indigenously developed Human papillomavirus vaccine (QHPV) designed to protect women from cervical cancer. The vaccine will be launched by the Union Minister of state science & technology. This vaccine will prove be extremely effective in the path of curing cervical cancer only when it's administered before the first sexual intercourse. The final price for the vaccine is not decided yet, buthe cost is likely to be priced between Rs.200-400, to

make it affordable for the

common people.

Ananya Sipra Mithila painting, the most acclaimed heritage of Bihar, has maintained its prestige. Vibha Lal, a renowned Mithila artist, has been chosen as a recipient of the National Award for the year 2019 by the Ministry of vical cancer vaccine soon. Textiles of Central Government. In this regard, the selection list has been released on the website of the ministry on 6th September. She will soon Quadrivalent be called to get honoured. As many as 41 artists have been selected from across the country. Vibha Lal is the only from Bihar to get this award for her Krishna-Lila painting. She is a Patna-based Mithila painter and has been associated with this art for over 15 years."I and my husband Raj Kumar Lal (53) have been associated with this art for many years. We have been often invited to countries like Thailand and

list of national awardees it. Exhibitions and workshops her paintings. She drew inspiare also organized by the gov- ration for this art work from

Artist from Mithila makes it to the

ernment at different places and her mother-in-law Yashoda

Photo-Ananya Sipra



Vibha Lal with her artworks

they have been actively sponsoring Mithila art globally", she said "For me, Mithila painting is not just an art but a tradition which I have been following for many years". "My grandmother Jagadamba Devi was the first woman to be awarded the prestigious Padma Shri in 1970 for her Mauritius for our art works. I outstanding work in this have been teaching this art to field", she added. children and housewives for

Vibha Lal has also received years. People are now taking Bihar Kala award in 2012 for interest and are keen to learn

Devi and Grandmother Jagadamba Devi. Her mother-inlaw Yashoda Devi was also honoured with several awards. The art of Vibha Lal, which is imbued with hereditary qualities is improving day by day. Her creations have been a part of various exhibitions in different states. At present, she is nominated as a member of North Central Zone Cultural Centre (NCZCC), India.



THE VOICE

Green is the new black able fashion brands have

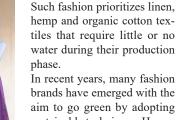
Anvita

Over the past few decades, the world has witnessed various changes in fashion trends. Some stay for a few years before being replaced with something new only to return in style for a new generation. However, one trend which doesn't seem to get out of style is "sustainable fashion". It refers to clothing that is designed, manufactured, distributed, and used in ways that are eco-friendly. As the global warming goes out of charts, the fashion industry is held responsible for emitting 4-10% of the total greenhouse gas every year. The positive aspect is that the changes in the fashion landscape are happening with top fashion labels, considering the issue and setting themselves a reminder of the absolute need of sustainability. The irony is that while the term "sustainable clothing" has had its fair share of



Eco-friendly fashion Photo courtsey:dolmenmalls.com

popularity among top fashion Such fabrics require little to no brands, many shoppers are still chemical treatment, less water unaware of what it actually and no pesticides or fertilizers to grow. This results to remeans or why is it necessary. In simple terms, sustainable duced greenhouse gas emisfashion is important as it cuts sion as well as tackles the down on production waste by problem of water. The fashion focusing on quality products industry is one of the largest from long lasting materials. consumers of water in the Unlike fast fashion which has world presently. Clothing prohuge carbon footprint, sustainduction pollutes freshwater able fashion utilizes biodewith toxic chemicals that finds gradable materials from their ways into waterways. On natural and recycled fabrics. contrary to that most sustain-



"water on budget" policies.

sustainable techniques. Hence, it is about time that we realize the importance of ecological fashion and promote its sustainability before the biodiversity go out of style making healthy lifestyle a forgotten fashion trend.

Sustainable fashion mantras: Buy less Avoid greenwashing Avoid Synthetic fiber Beware of toxicants Reduce water footprints of clothes • Avoid use of micro plastic

Nature's own painting: Chitwan

Nandini Raj The scorching summer al-ways goes to be about exploring Chitwan. Chitwan district is one of the 77 districts of Nepal and takes of the south-western corner of Bagmati province. For residents of Bihar it is indeed a fortune that heaven is not too far to reach. Straight from the capital, through roadways it takes approximately 5 hours to reach India-Nepal border. Just a brief rest and a hot tea before crossing the border can again fill you with the youthful zeal. In this journey full of heavenly pleasures, the very first destination that comes is Bhaisiya. The majestic view of flowing Trikhandi river is worthy of getting your eyes standstill. Here you can enjoy the traditional Nepali and Chinese food along with playing beside the river. Chitwan is 84.5 km from Bhaisiya and takes ap-



Elephant safari at Chitwan National Park, Nepal

proximately three hours to reach. On reaching Chitwan staying in a hotel, guest house or resort can give your body and mind peace in an abode of clouds. The next pleasant morning will definitely compel you to gobble and tour the jungle safari of Chitwan National Park. Established in 1973, it is Nepal's

Photo : Nandini Raj

first national park famous for taking views are a complimenwildlife. It is spread in an area tary delight for the visitors. of 952.63 sq.km and is a The natural scenery looks no shelter to endangered one less than a painting by nature's horned rhinos, the Royal Benown hands. Don't miss the gal tiger, deer, monkey, wild chance to get into the river sitbear and up to 544 species of ting on the back of the elebirds. Although the park offers phant, as it takes you along for bicycle and elephant ride yet a fun bath. That is all it takes hiring a jeep would be convento give you an unforgettable ient. Amidst all this, the breath experience at Chitwan.

Lahore museum: A depository of antiques of undivided India

Dharini Wadhawan Ananya Sipra

Doors of abode to undi-vided India's antiques are open to all now through https://www.mapalytics.org/vr tour/UNESCO/Lahore Museum VR.html, the official site of Lahore Museum. Gone are the days to yearn, just a click can take you to the galleries of Lahore Museum. Yes, the virtual tour of this majestic building containing vast cultural inheritance of undivided India is providing distant spectators a tremendous experience of visiting this museum. Essence of rich ancient and diversified cultures is dissolved in the thin air in and around this museum. Cherishing many olden narratives connected to our sentiments, it is standing with pride in Lahore, one of the oldest cities of Pakistan. Designed by Sir Ganga Ram, its



Antiquities preseved in Lahore museum

an amalgamation of British colonial and Mughal architecture known as Indo-Saracenic architecture. This is one of the major museums of South Asia where approximately 60,000 artefacts of historical, cultural and artistic importance are kept in plethora of galleries. Indo-Pak partition amounted to the separation of the cultural, historic and artistic values too. This partition was done geographically. Hindu,

prepossessing architecture is Buddhist, Jain gallery, Gandhara gallery, Sikh gallery, prehistoric and Indus gallery are repository of such values.

The Gandhara gallery contains magnificent Mahayana Buddhist sculptures. Exquisite and divine statues of Lord Buddha and Bodhisattvas, pieces of magnificent art having exotic influences, architectural fragments, stucco and terracotta sculptures are among the highlights. The narratives of incarnations, previous lives, birth,

Photo:www.mapalytics.org

springtime, enlightenment, preaching of dharma and death of Lord Buddha are depicted through friezes, panels and sculptures. This gallery has also cherished famous Fasting Buddha, the miracle of Sarasvati a miniature Buddha with evidences of original gildings and erected figure of Athena. Besides showcasing cultural and artistic pieces from Nepal, Tibet and Burma, Indian art pieces can also be found in the Hindu, Buddhist and Jain gallery. Its highlights contain large Shiva Lingam, chiseled figure of Vishnu, an ancient piece of stone with statues of Shiva and Parvati and a statue of Durga killing a buffalo demon.

Objects of religious importance and souvenirs of Sikh rulers are preserved in the Sikh gallery. It contains Maharaja Ranjit Singh's clothes and other personal belongings, miniature pictures, Holy Quran, official document ,Sahiwal weapon, furniture etc. Representations of different phases of history can be found in the Pre historic and Indus gallery.

Stone age tools from Son Valley which is the oldest object made by man are protected in this gallery. The gallery displays objects from Mohenjo-Daro which include wheeled pottery and precious pearl, weights, toy and gaming objects. So what are you waiting for? Have a virtual tour!

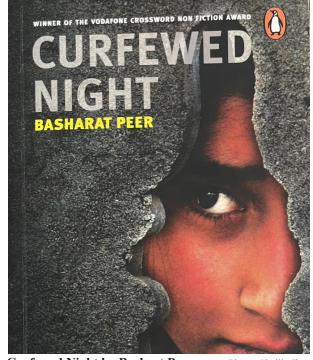
Kashmir from the eyes of Basharat Peer- 'Line of control ran through our souls, our hearts, our minds'

Shailja Jha

Curfewed night is a memoir of an Indian American journalist, Basharat Peer. He was born in Kashmir in 1977, currently based in New York 'Curfewed Night' was published back in 2008 and gradually got fame by time.

In 'Curfewed Night', he has chronologically shared his personal experiences in Kashmir. He was born and raised in midst of the current conflict in Kashmir. He always hoped of a better and more liberated future. There were many situations in which he did lose his hope. When his friends turned to militancy, his living in cities that didn't care about his identity but did care about who owned his house was something not acceptable for Basheer.

The highlight of the book was the detailed explanation of



Curfewed Night by Bashrat Peer

transformation of Kashmiri peoples' lives. He has shared many heart striking moments in the book. It is a non-fictional history of Kashmir from the eves of the author. The book ends with a couple of minds."

Photo: Shailja Jha beautiful lines that speak the hearts of its people. "The line of control did not run through 576 kilometres of the militarised mountains. It ran through our souls, our hearts and our

PEN DOWN



Indian sportswomen

script their glorious tales

Indian lawn bowls gold medallists

Photo: images.app.goo.gl

Anamika Kumari

India's sportspersons showcased an enchanting performance at recently concluded Commonwealth Games held at Birmingham, London by winning 61 medals in total. One great aspect for India was the incredible performance by women athletes. They performed equally well by matching their male counterparts and clinched 26 medals. This included 62 women medalists who performed exceptionally well and played a pivotal role in winning these 26 medals.

India won a total of 22 gold medals, of which 8 were won exclusively by women. During their 2022 Commonwealth Games campaign, Indian women achieved many firsts and broke several records to make it memorable. Just to name a few, India's gold finish by Women's Fours in Lawn Bowls was India's first ever medal in the event. Indian women hockey team led by Rani Rampal also clinched a medal through collective effort of the team. After a wait of 16 years, Saikom Mirabai Chanu set a Commonwealth Games record while winning the gold in 49kg category. Earlier, she have also won the silver medal for the country in the same category in belated Tokyo Olympics.

India bagged 20 medals in different categories such as tennis, badminton, wrestling and many more. Manu Bhaker and Heena Sindhu are some popular names from shooting who won gold in their respective games. P.V. Sindhu once again set the record high by winning gold medal in women single category and created a platform to inspire others. Sakshi Malik and Vinesh Phogat set the bar high by winning golds in their respective categories. This was the third consecutive Commonwealth gold for Vinesh. Nikhat Zareen proved her dominance in the world of boxing by clinching gold in 50kg category. India's women performance at 2014 CWG Glasgow, Scotland was just a glimpse of their existing capabilities and talent which only got better with time. Out of 64 medals won, more than 20 were won by women.

India's performance in all these previous games and the exemplary success of its women sportspersons is a result of consistent practice and hard work over the years. This only seems to become better from here. CWG 2022 is a memorable affair because India won medals in games where it hardly had any relevance and was considered a cipher for years in events like track and field, gymnasium and swimming which hold a lot of future potential.

Breathing Helps...

Splash water on your face. Splash it again three more times. Stand there Stare at your reflection until it breaks down one more time .. You stare clutching the rim of your wash basin You know your shaking your hands are and your legs You dont look down too weak to... Earthquakes You call these earthquakes and when they come, They erode things and you You have been eroded of all your emotions. You splash water again, hard Don't even feel a touch. the phone beeps 00:05 new message "Hang in there" Yes.. They're hanging my friends.. The demons, they always do You turn around Lights shut , door locked Vision adjusted to darkness Things are slowly becoming visible now.. You stare at the bathroom walls they're white must be cold The ceiling empty and there's this utter tendency to touch it to find if it's cold. You're sitting on the floor now it must be cold too You don't feel it. You stare down at your body - still shaking You dont feel it you fingers are blue cold You dont feel it Numb Comfortably numb You hate that song, Always have so you pinch you right hand with left just in case But pin pricks don't help messages like hang in there don't help all those fake laughs don't help THEY DON'T So you list out the things that helps.. Silence - helps Darkness - helps Cold walls - help Your cold blue fingers help Breathing... Breathing??? Breathing helps i guess You take a long breath, Lay your head against the wall behind .. You stare down at your body - still shaking You dont feel it you fingers are blue cold

You dont feel it

Numb Comfortably numb

You hate that song,

Always have so you pinch you right hand with left just in case

But pin pricks don't help messages like hang in there don't help all those fake laughs don't help THEY DON'T

So you list out the things that helps..

Silence - helps

Darkness - helps Cold walls - help

Your cold blue fingers help

Breathing??? Breathing helps i guess

You take a long breath, Lay your head against the wall behind.. Eyes closed

You're seeing the same thing

Darkness

Earthquakes have left the tides have pulled in haven't they ???

Once again tears fall down your cheeks ..

They feel warm against your skin More tears you feel them coming down slowly

YOU FEEL...

You feel its calm now, or always was.. The silence weaved words in you ears which you are now humming... Is it a poem you're humming is it a song...

Humming?? humming - it helps Writing - helps

This Darkness has built you a home now

And you humm as you cold blue fingers make you warm

But dawn can break anytime now

But Darkness..it helps Lights surprisingly it too helps

You hear birds chirping

The dawn must have been it..

Tears are dry, puffy eyes red and burning...

You haven't stopped humming though..

The birds sing as you humm ... you make a harmony... it helps

It helps

You don't feel it sometimes...

Sometimes you feel it

It all helps and it's okay

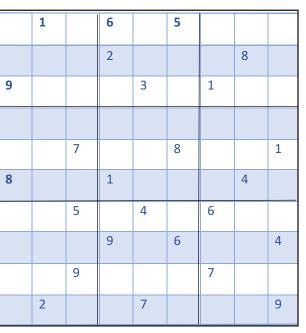
It always was earthquakes .. locked doors .. cold walls

IT'S OKAY

Don't give up.. keep trying... its okay Breathe... just breathe.... Breathing helps IT HELPS

Anvi Singh

SUDOKU



By: Anvi Singh

WORD SEARCH

I	L	L	E	G	A	L	Н	К
0	N	Α	D	D	R	E	S	S
Μ	Т	С	н	E	R	I	S	Н
В	U	I	L	D	I	N	G	S
N	F	U	К	U	L	Р	0	т
Р	U	В	L	I	S	н	L	0
J	L	E	0	D	V	I	D	L
Z	E	F	A	Р	F	U	0	E
R	E	S	E	Α	R	С	Н	N

By: Siddhi Arya