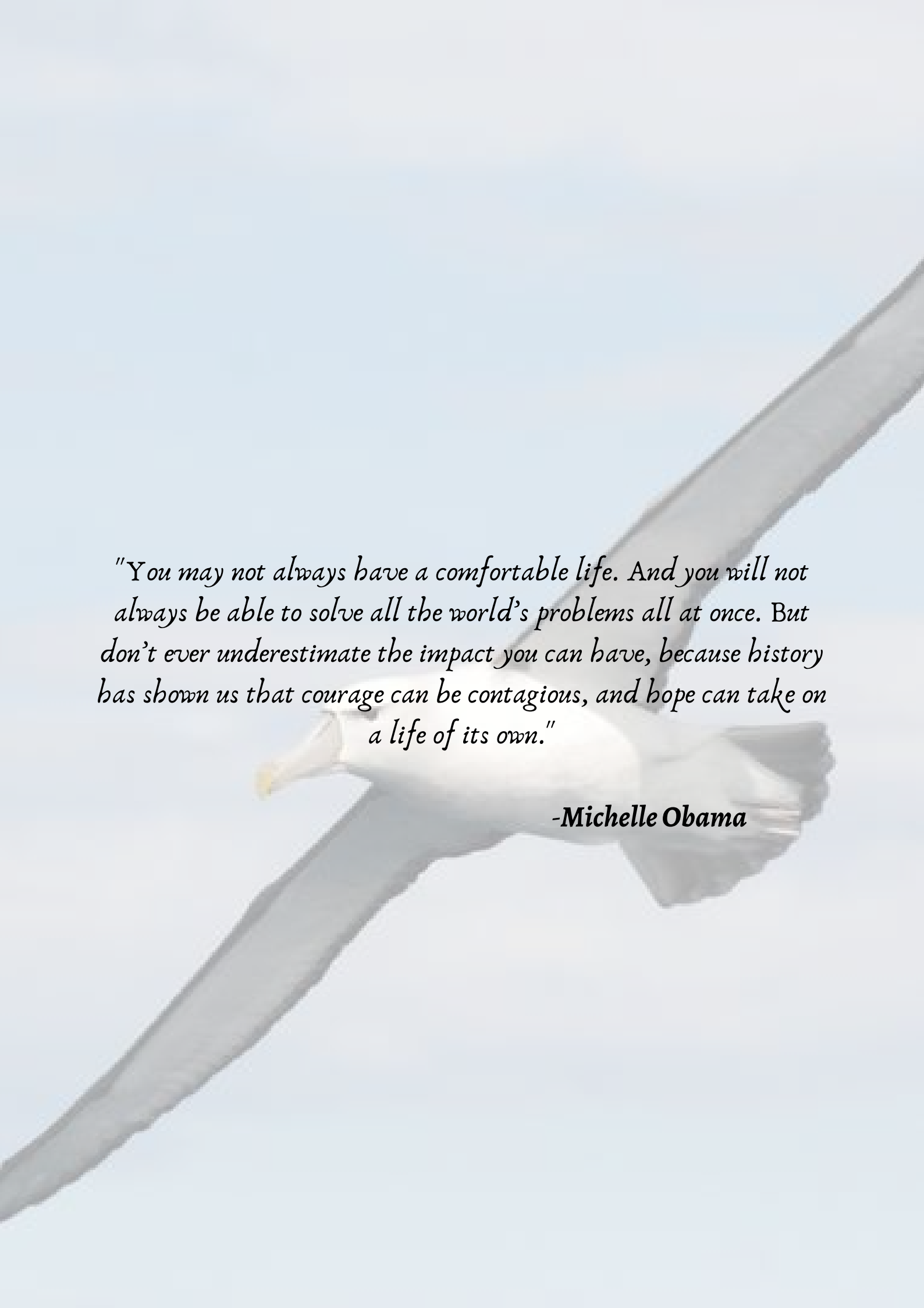


ISSUE NO. 14 | JUNE 2021 | ZOOLOGY

FLIGHT



IN THE TIMES OF COVID

A white dove is shown in flight, its wings spread wide, against a clear, light blue sky. The dove is positioned centrally, with its head facing left and its tail feathers visible on the right. The overall image has a soft, ethereal quality.

"You may not always have a comfortable life. And you will not always be able to solve all the world's problems all at once. But don't ever underestimate the impact you can have, because history has shown us that courage can be contagious, and hope can take on a life of its own."

-Michelle Obama



FLIGHT

IN THE TIMES OF COVID

Issue XIV



ALBATROSS

DEPARTMENT OF ZOOLOGY

GARGI COLLEGE

UNIVERSITY OF DELHI

2020-2021

CONTENTS

MESSAGES 06

EDITORIAL 11

MEMBERS OF THE DEPARTMENT 13

DEPARTMENTAL ACTIVITIES 18

GALLERY 2020-21 21

STUDENT ACHIEVEMENTS 22

IN THE TIMES OF COVID-19 31

IZHAAR-E-LOCKDOWN 32

33 *MENTAL HEALTH REALIZATION DURING THE LOCKDOWN*

34 *COVID-19 LOCKDOWN: AN OUTBURST OF EMOTIONS*

39 *COVID-19 AND THE TRAUMA BEHIND.....*

ZEPHYR OF RHYME 41

42 **कोरोना या कर्मा**

44 **मन की कहानी**

45 **एक वक्त ऐसा भी: लॉकडाउन 2020**

47 *HOPES AND POSITIVITY IN COVID*

49 **में**

51 **कोरोना योद्धा हमारे कर्मवीर**

53 **हम लड़ेंगे कोरोना से**

AN ERA OF ENIGMA 55

- 56 *2020- THE YEAR OF BLUR*
- 58 *COVID-19 : SOCIAL AND ECONOMICAL PROSPECTS OF LOCKDOWN*
- 60 *DHARAVI MODEL OF COVID-19 CONTROL*
- 62 *DEVELOPMENT OF THE COVID VACCINE*
- 66 *SCIENCE, GLOBAL CO-OPERATION IN COVID-19*
- 68 *VACCINATION- A FIGHT AGAINST COVID-19*
- 70 *EFFECTS OF COVID-19 ON SUSTAINABLE DEVELOPMENT GOALS*

CRITIC- A SERIES OF REVIEWS 72

- 73 *OPERATION MBBS*
- 75 *SONGBIRD*
- 77 *CARGO*
- 78 *WORLD WAR Z*
- 80 *UTOPIA*
- 82 *CONTAGION*

CREATIVE CORNER 85

FUTURE ZOOLOGISTS 86

MESSAGE FROM PRINCIPAL



The onerous task of moulding the thoughts can be performed only through education. At this crucial juncture when the tidal wave of transition is sweeping across the world, old is collapsing and new is struggling to be born. The college souvenir reflects the accomplishments of the students and provides them an opportunity to showcase their latent creative potential and the magazine is one of such souvenirs. It fills me with immense pleasure to learn that the Department of Zoology is set to release the 14th edition of its annual magazine 'Flight' in these challenging times.

I extend my warmest wishes to the editorial board and to each and every soul involved in bringing this edition and for their sincere endeavors.

It is heartening to note that the students are preparing themselves to meet life's challenges with knowledge supported by wisdom under the able guidance of our worthy teachers. I extend my warm wishes to Albatross to continue this voyage on the road to success.

I also appreciate the percipience of our teachers and students in choosing the theme 'Flight: in times of COVID-19' which truly describes our lives during this changing time. I wish them all great success ahead.

Dr. Promila Kumar
Principal

MESSAGE FROM TEACHER IN-CHARGE



Educational institutions are the symbol of growth and annual publications of departmental magazines are catalyst for enriching knowledge and providing platform for creativity of fellow students. I am delighted to see enthusiastic students and teachers working together tirelessly to present their incredible writing skill which can nurture and trigger young brains.

As we all are witnessing an epidemic so, the title of this year's magazine "Flight: in times of Covid 19" actually supports our journey in these tough times. This Covid-19 pandemic has transformed the teaching and learning process. In the new normal, the bonding of class mates, face to face interaction, teacher's guidance and mentoring, travel, all have come to halt but it has given us ample time to know ourselves, to work for our hobbies, to accept our weaknesses and to polish our soul. I am confident that zoologists are working, while taking care of themselves and people around them, as its easier for them to understand the virus, vaccine and human behavior.

I am very happy to see the innovative ideas of having writing competitions for engaging our fellow learners. This issue of flight will leave its imprint in budding zoologists and witness different cocurricular activities and plethora of learning skills of this generation. I hope this issue of flight will help in soothing our nerves and will provide certain hope and a few moments of leisure to budding brains.

I wish to congratulate the entire editorial team for their systematic and organized work. My best wishes for the successful publication and release of this issue of Flight.

Dr. Shivani Tyagi
Teacher-in-Charge

MESSAGE FROM TEACHER IN-CHARGE



यह मेरे लिए अत्यंत हर्ष का विषय है कि हमारे गार्गी महाविद्यालय की जंतु विज्ञान विभाग की छात्राएं एवं प्राध्यापिकाएं सतत परिश्रम एवं पारस्परिक सौहार्द के साथ वार्षिक पत्रिका के प्रकाशन का कार्य कर रही हैं।

कोविड-19 महामारी ने निरंतर स्वार्थ सिद्धि में लिप्त मनुष्य जाति को एक सामान्य रूप से ना दिखाई देने वाले वायरस के रूप में अभिशप्त किया है और प्रकृति के साथ समन्वय के लिए इंगित किया है, जो हमारी भारतीय सभ्यता में प्राचीन वर्षों से विद्यमान है। पुनः जनसाधारण में प्रकृति प्रेम और अन्य जीवों के प्रति उनकी सहानुभूति कर्तव्य भावना दिखाई देने लगी है।

हम सब जंतु विज्ञान विभाग के सदस्य वार्षिक पत्रिका के इस अंक में सामाजिक बदलावों के इन पलों को सहेजते हुए इस दिशा में निरंतर आगे बढ़ते रहे, यही मेरी कामना है।

वार्षिक पत्रिका का यह अंक दो भाषाओं के समन्वय के साथ प्रकाशित होगा इस नई पहल के लिए संपादक मंडल से जुड़ीं सभी छात्राओं एवं अध्यापिकाओं को मैं बधाई देती हूं। यह नई पहल छात्राओं के भाषा ज्ञान में लाभकारी एवं ज्ञानवर्धक साबित होगी।

शुभकामनाएं।

डॉ शिवानी त्यागी
शिक्षक प्रभारी

MESSAGE FROM PRESIDENT



The only limit to the height of your achievements is the reach of your dreams and your willingness to work hard for them.

- Michelle Obama

It is an honor to present you the 14th edition of Flight themed “In the times of COVID 19 Pandemic”. It gives me immense pride in sharing that the previous edition was appreciated by our advisors. They also congratulated the Student’s Union 2019-2020 for the same. The brilliant guidance of our mentors, along with the unflagging commitment of the Union augmented the entire learning experience. With every issue of our annual magazine, the goal is to ensure that Flight continues to be a platform to educate and edify youth.

The current edition aims to understand the COVID-19 lockdown times in perception among different people. Every person survived entirely different physical, emotional, mental, social and technological changes than the other. In addition to this, it has articles, poems, reviews and many more. It also throws light on the activities of the Zoology Department.

Penning down my experience as the President of Albatross, Department of Zoology in one page is not an easy task. I would rather say I am experiencing a shortage of words to describe my feelings with the phase I travelled with Albatross. It was a year full of growth, exploring new things and understanding team dynamics. I grew up on personal level and learnt lessons which I am sure will definitely going to help me grow as a better person. This journey was no less than a roller coaster ride for me, juggling between the academic workload, being a member of cultural societies, coping with the responsibilities of being a President of the Zoological Society and many more ups and downs.

I congratulate the Student's Union 2020-21 for making this year another accomplished and fulfilling year and for their successful tenure. They are better individuals and the best when they work as a team. Also, I thank our exceptionally talented editors and cover page designer in bringing out the essence of Flight through their outstanding work. I would also like to thank my department teachers for their constant support and faith in me and a special thanks to our Teacher-in-Charge, Dr. Shivani Tyagi ma'am and Union Advisors, Dr. M. Divya Gyaneshwari and Dr. Chaitali Ghosh ma'am. I would also like to extend my heartfelt gratitude towards our Magazine in-charge for this session, Dr. Mamtesh Singh and Dr. Udit Mukherjee ma'am. I really appreciate all your efforts and time you have put.

In'Sha'Allah, when this pandemic will get over we will meet again!

Taniya Sherwal

President

Student's Union 2020-2021

Department of Zoology

EDITORIAL

“Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity.”

We all are gifted with the capacity to fly to the horizons of the world only if, we are provided with the prospects to fly. At Albatross, Gargi College we grow, live, and fly; not merely exist. Here, we relish the elixir flowing from the goblet full of a clear stream of events.

Through Flight, we get an opportunity to exhibit our accomplishments and the efforts we made during the year. This magazine also reflects the world of imagination we breathe in and the creative thoughts that need to be articulated.

We feel elated presenting you the 14th edition of Flight magazine themed “In the times of COVID-19”. Each page from this treasure trove takes the reader to the world of excitement, exhilaration, and enthusiasm that we all have been through the whole year. As you flip through the pages of the magazine, you shall see that this is not merely a record of events and accomplishments, but an expression of the heart and minds - emotions, vigor, verve and vivacity. We have attempted to capture each moment.

The experience of working together as a team for the 14th edition of Flight was an exhilarating one. Pleasure and pressure mingled together... and finally, here we come with the task accomplished!

We humbly express our gratitude to all our faculty members and the union members for their unflinching support, to every soul who has contributed to make this magazine ‘a collection of moments’. This magazine bears existence only due to their endeavors and we believe these endeavors will touch your hearts and rejuvenate your souls.

Wish you a delightful reading!

Editorial Board

Faculty members: Dr. Mamtesh Singh, Dr. Udita Mukherjee

Student body :Anwasha De, Mitiksha Gupta

संपादकीय

गतवर्ष कोविड-19 महामारी ने जीवन के प्रति हमारे दृष्टिकोण को बदल कर रख दिया। जीवन में आए परिवर्तनों को हम सभी ने बहुत करीब से महसूस किया, और उनके साथ अपने जीवन को ढालना चुनौतीपूर्ण था। संपूर्ण मानवता के सामने अपने अस्तित्व को बचाने और सैकड़ों वर्षों की परिश्रम से की गई प्रगति को भी बनाए रखने की चुनौती थी, लेकिन मानव ने हार कब मानी है?

ईश्वर जब एक द्वार बंद करता है तो दूसरे द्वार को खोलने के लिए हम उसी के आशीर्वाद से आगे बढ़ते हैं। घरों में कैद दुनिया ने कदम नहीं रोके क्योंकि हम जानते हैं कि रुकना तो मौत है।

सारा जीवन जैसे कंप्यूटर की स्क्रीन पर चल पड़ा। अध्यापन-अध्ययन, परीक्षा, कॉर्पोरेट जगत की गतिविधियां हों, या बड़े-बड़े दफ्तरों में किये जाने वाले असंख्य काम, हमने चुनौतियों को अवसर में बदल दिया। जीवन कहीं रुकने न पाया। हम इस मुश्किल घड़ी में भी आगे बढ़ते गए। सफलता की नई उड़ानें भरी और जीत की ओर अग्रसर हुए।

वार्षिक पत्रिका का नया अंक महाविद्यालय, प्राचार्या, अध्यापक-अध्यापिकाओं, छात्राओं व अन्य सभी कर्मचारियों के कभी ना हार मानने के जज्बे को प्रस्तुत करता है।

"जीत जाएंगे हम..."

जीत जाएंगे हम... अगर

मन में उमंग है

विचारों में तरंग है।"

संपादक - मंडल

शिक्षक सदस्य: डॉ. ममतेश सिंह, डॉ. उदिता मुखर्जी

छात्र सदस्य: अन्वेषा दे, मितिक्षा गुप्ता



FACULTY MEMBERS

DEPARTMENT OF ZOOLOGY



Ms. Smita Choudhury (Ray)
M.Sc (DU)
[Specialization: Reproduction
Physiology and Endocrinology]



Dr. Poonam Sharma
PhD (DU)
[Specialization: Cell &
Molecular Biology]



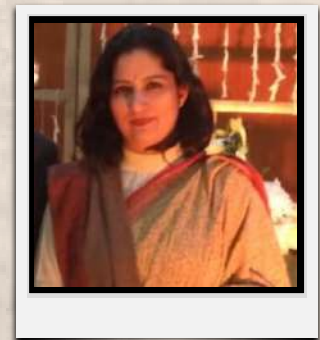
Dr. Smriti Sharma
PhD (DU)
[Specialization: Immunology,
Mol. Bio. & Biochemistry]



Dr. Shivani Tyagi
PhD (DU)
[Specialization:
Environmental Biotechnology]



Dr. M. Divya Ganeswari
PhD (MKU)
[Specialization: Immunology
and Biotechnology]



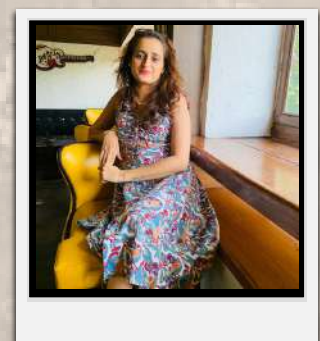
Dr. Neena K. Dhiman
PhD (PU)
[Specialization: Neuroscience,
Human Anatomy & Physiology]



Dr. Mamtesh Singh
PhD (CSIR-IGIB Delhi)
[Specialization: Microbial
Biotechnology]



Dr. Supriya Singh
PhD (NCDC, Delhi)
[Specialization: Molecular
biology, Bioinformatic]



Dr. Jasvinder Kaur
PhD (DU)
[Specialization: Environmental
Microbiology and Bioinformatics]



Dr. Chaitali Ghosh
PhD (JNU)

[Specialization: Biotechnology]



Dr. Madhu Yashpal
PhD (BHU)

[Specialization: Skin Physiology
and Nanosciences]



Dr. Tenzin N. Bhutia
PhD (DU)

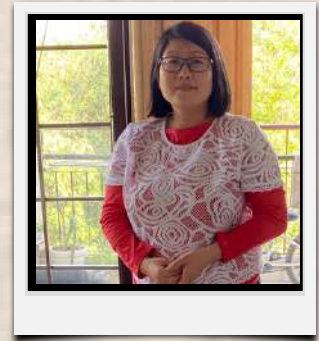
[Specialization: Entomology]



Dr. Kuntal
PhD (Dr. B.R.A. University)
[Specialization: Metabolic
Biochemistry]



Dr. Rashmi Saini
PhD (CDRI Lucknow)
[Specialization: Cell and
Molecular Biology, Entomology]



Dr Thoudam Regina Devi
PhD (BITS Pilani)
[Specialization: Cell and
Molecular biology]



Dr. Usha Kumari
PhD (DU)
[Specialization: Immunobiology]



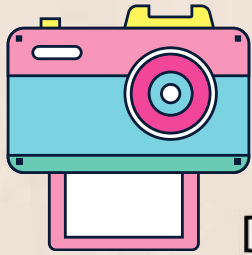
Dr. Udit Mukherjee
PhD (DU)
[Specialization: Molecular Biology]



Ms. Ishu Priya
M.Sc (University of Allahabad)
[Specialization: Environmental Science]



Dr. Swati Bajaj
PhD (DU)[Specialization: Environmental
Toxicology and Microbiology]

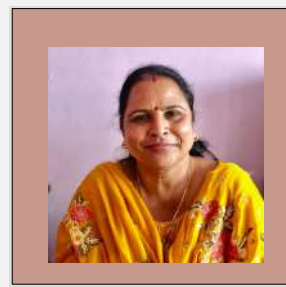


LABORATORY STAFF

DEPARTMENT OF ZOOLOGY



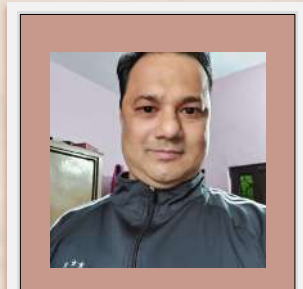
Mrs. Madhu Mandar
(Retired)



Mrs. Manju Devi



Mr. Gopal Singh



Mr. Govind Singh



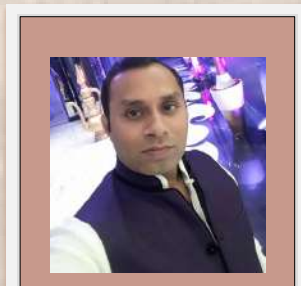
Mrs. Kiran



Mr. Rajkumar



Mr. Mukesh
Kumar Meena



Mr. Krishna



Mr. Arvind Kumar



Mr. Jai Prakash
Rawat



Mr. Ravi Kumar



EDITORIAL BOARD

FACULTY MEMBERS



Dr. Mamtesh Singh



Dr. Udita Mukherjee

STUDENT EDITORS



Anwasha De



Mitiksha Gupta

COVER DESIGNS

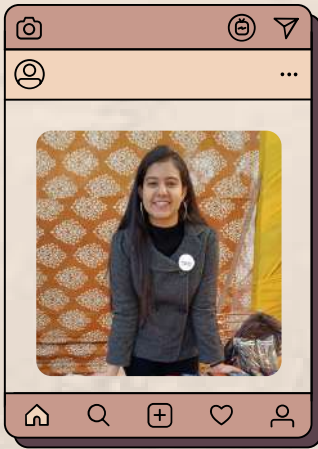


Nidhi Rawat

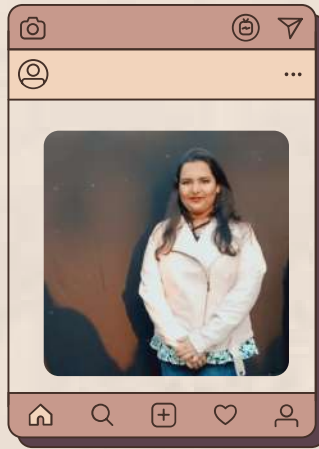


UNION 2020-2021

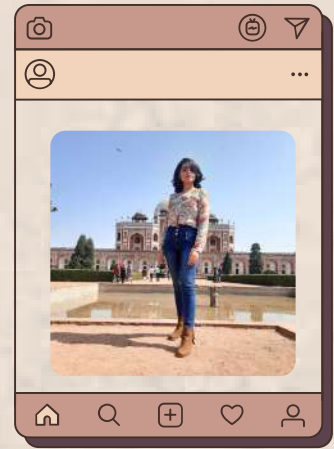
DEPARTMENT OF ZOOLOGY



Taniya Sherwal
(President)



Ankita Mishra
(Vice President)



Vanshi Bali
(General Secretary)



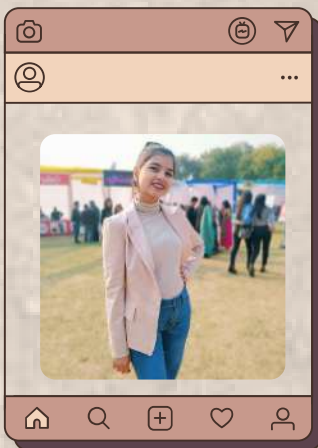
Vishakha Sengar
(Cultural Secretary)



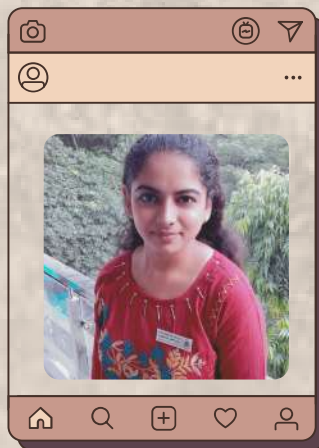
Samridhi Goel
(Treasurer)



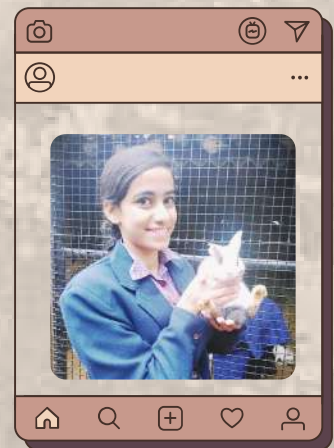
Divyanshi Chauhan
(Joint Secretary)



Aarti Yadav
(Proctor III year)



Chestha Mutreja
(Proctor II year)

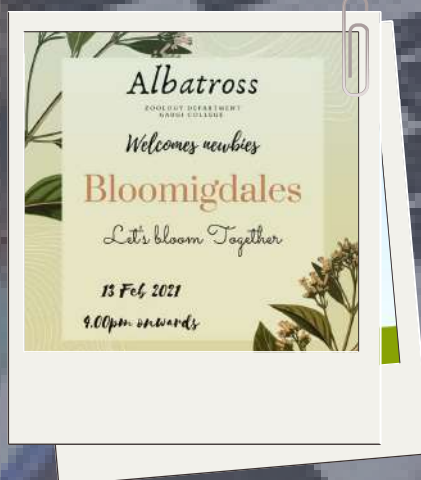


Smriti Verma
(Proctor I year)

Departmental Activities

ALBATROSS

Faculty Advisors-Dr. Shivani Tyagi,
Dr. Chaitali Ghosh & Dr. M. Divya Gnaneswari



THROUGH THE YEAR.....

Albatross, the Zoological Society of Gargi College endeavours to create such an environment where, along with academics, various values are also instilled in the students.

During this Covid era, the department continued its spirit and hosted various events through online platforms.

On 5th August 2020, Albatross hosted a webinar on COVID-19 having Dr. Satyajit Rath as the main speaker. In the same series on 11th August 2020, it again hosted a webinar on 'Entomology in criminal investigations' by Dr. Dharendra Singh Yadav.

For the smooth functioning of these

activities, online elections were hosted on 23 October 2020 and 23 January 2021 respectively for various student union posts.

With the onset of a new year, an inaugural lecture was held on 29 January 2021 on the topic 'Cancer: Disease and Drug development' by Dr. M. Rizvi, Professor, Department of Biosciences, Jamia Millia Islamia.

Albatross also welcomed the newbies (batch of 2023) warm heartedly on 14th January 2021 by hosting an online freshers event.

ALBATROSS
THE ZOOLOGICAL SOCIETY
GARGI COLLEGE
in collaboration with iqac
organises

INTERACTION WITH ALUMNI
for
Career Counselling
SERIES-1

FEBRUARY 26 AT 4 PM

RASHI DIXIT Ph.D student at Central University of Tamil Nadu	AISHWARYA Research Scholar (PhD student), University of Sussex, UK	SYEDA FATIMA DST INSPIRE Fellow, Senior Research Fellow (SRF) Enzyme & Microbial Biochemistry Lab, Department of Chemistry,
--	--	---

Immunology of COVID-19
by **Dr. Satyajit Rath**, Faculty, IISER, Pune

Organised by Gargi College
on 5th August, 2020
5 to 6 pm
Live stream on YouTube

Patron
Dr. Promila Kumar
Principal
Gargi College
New Delhi

Organising Secretaries
Dr. M. Divya Ganeshwar
Dr. Smriti Sharma
Assistant Professor
Dept. of Zoology, Gargi College
New Delhi

No Registration Fee | Participants will be given Certificate |
Registration link < <https://forms.gle/9EMU1t6C3H12kxw7> | All are invited |

Cancer : Disease And Drug Development

Prof. Moshahid Alam Rizvi
Genome Biology Lab, Dept. of Biosciences

To appreciate the artistic minds of the students, Doodle Wars, a doodling competition was conducted on the theme 'Nature in Lockdown: a breath of fresh air' on 12th February 2021.

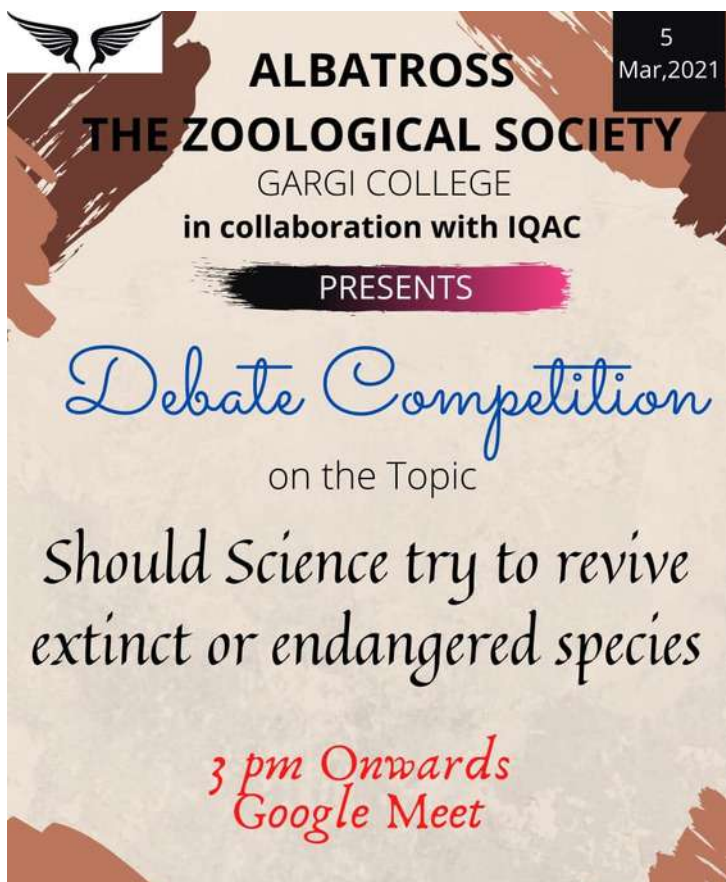
'Interaction with Alumni' a Career Counselling session with our notable alumni, Ms. Aishwarya, Ms. Rashi Dixit and Ms. Syeda Fatima, was organised on 25th February, 2021 to give an insight about the prospective career choices to the students.

On 5th March 2021, an online Intercollege Debate competition on the topic 'Should science try to revive extinct or endangered species?' was

conducted where students from different colleges of the university participated and put forward their unique thoughts on the topic.

'Interaction with Alumni 2.0' with our notable alumni, Ms. Shivranjini Garg and Ms. Deeksha Kumar was organized on 24th April, 2020. An article writing competition was also organized to showcase the creative writing skills of the students.

Through these various departmental activities students were nurtured and empowered to become independent thinkers and doers upholding the spirit of Gargi.



ALBATROSS 5 Mar, 2021
THE ZOOLOGICAL SOCIETY
 GARGI COLLEGE
 in collaboration with IQAC
 PRESENTS
Debate Competition
 on the Topic
*Should Science try to revive
 extinct or endangered species*
 3 pm Onwards
 Google Meet

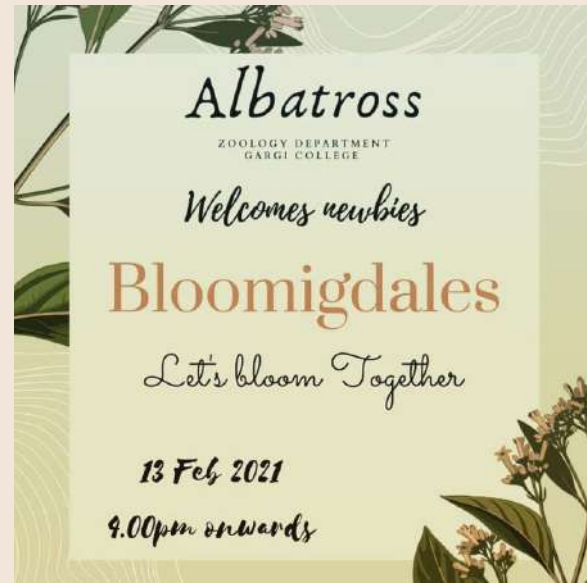
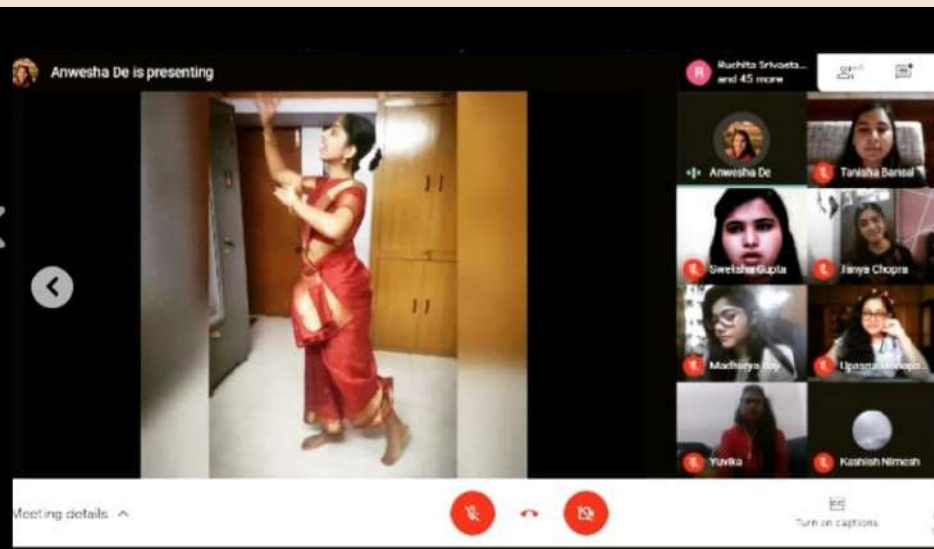


GALLERY

2020-21



Suvechha Panja
Ms. Freshers 2020-21



A photograph of a graduation ceremony. In the foreground, a group of graduates in black gowns and caps are cheering with their arms raised. In the background, many more graduates are visible, and a large number of black graduation caps are flying through the air against a clear blue sky. The overall mood is celebratory and joyful.

Students' Achievements

DEPARTMENT OF ZOOLOGY

Success lies in YOU.



TOP RANKERS

DEPARTMENT OF ZOOLOGY



Batch 2021



Garima Jain
I Rank



Neha Yadav
II Rank



Ishita Talwar
III Rank



Batch 2022



Ayushi Gahlot
I Rank



Madhurya Ray
II Rank



Anwasha De
III Rank

EXCELLING IN ECA...

DEPARTMENT OF ZOOLOGY



Garima Jain
Quizzito



Sapna Sharma
NCC Cadet



Savneet Kaur Sohal
NCC Cadet



Simran
NCC Cadet



Srishti Sharma
NCC Cadet



Taniya Sherwal
Senior Member in
Creative Team, Enactus



Vishakha Sengar
NCC Cadet



Annanya Antal
NCC Cadet



Anwasha De
Creative Head, NSS
Hues, Sameeksha



Archi Gupta
NSS Gargi



Ayushi Gahlot
Avni- Eco Club



Madhurya Ray
Samranjini



Mahenoor
Anubhuti



Mitiksha Gupta
Content Writer, Sameeksha



Neha Soni
Glasseye, NSS



Preeti Saraf
Treasurer, Anubhuti
Sameeksha, NSS



Priyanshi Gautam
Chess(Sports)



Seeta Prajapati
Sameeksha, Anubhuti, Avni



Sharon Mathew
Gargi Social Service



Shweta Meena
Gargi Social Service



Aarti Venkatesan
Enliven



Bisma Khan
Q.Ed., Quizzito



Garima Singh
Avni



Kanika Tyagi
Saarathi



Upasna Mohapatra
Quizzito



Varnika Vashishtha
Nazaakat

OTHER ACHIEVEMENTS

III YEAR

1. Aarti Yadav

- Participated in the "International web conference on innovative technologies, Entrepreneurship avenues, Livelihood enhancement in sustainable management of Animal farming " organized by the PG and Research development of zoology in collaboration with Indian science congress Association.
- Participated in the webinar on "Immunology of Covid-19 " organized by the Department of zoology, Gargi college.

2. Aashita Chadha

- Worked with CDF- Gargi under project Kilkari for 6 months
- Currently working with The Sunrise Learning, center for autism and special needs

3. Prachi Negi

- Have completed 1 month internship with NGO named KIND BEINGS got the award of best intern of the batch.

4. Ankita Mishra

- Worked with Leadershaala at the post of campus Ambassador for a period of 1 month and received intern of the week award.
- Worked with PTE Universe as a Sales associate for a period of 2 weeks and letter of recommendation for exhibiting excellent performance during the tenure.
- Worked with Baywise as a brand associate intern.
- Participated in the "International web conference on innovative technologies, Entrepreneurship avenues, Livelihood enhancement in sustainable management of Animal farming" organized by the PG and Research development of zoology in collaboration with Indian science congress Association.
- Participated in the webinar on "Immunology of Covid-19" organized by the Department of zoology, Gargi College.

5. Prachi Negi

- Have completed 1-month internship with an NGO named KIND BEINGS got the award of best intern of the batch.

6. Prama Pandey

- Stood 1st in Declamation contest along with cash prize, which was organized by JC Bose University of Science and Technology, 6th September 2020

7. Taniya Sherwal

- Volunteered at "Bharat Parv, 2020" organized by Ministry of Road Transport and Highways and Indian Road Safety Campaign held on 26th -31st January 2020 at Red Fort, New Delhi.
- Participated in a National workshop on "Environment and Society: Inter-linkages and co-existence" organized by Hindu College, University of Delhi in collaboration with UGC and STE on 29th February 2020.
- Participated in Enactus 2020 India Online Convention and Competition held from 1st-8th August 2020.
- Got Certificate of Excellence in recognition of exceptional contribution to the advancement of the content of the book "Carbohydrates Counting Booklet for Juvenile" by Ypsomed India in October 2020.

8. Vanshi Bali

- Presented poster on the topic Effect of processed food material on health and gut microbiota in the International Conference being organized in collaboration with The Association of Microbiologists of India (AMI), Indian Network for Soil Contamination Research (INSCR), The Energy and Resources Institute (TERI), University of Delhi (DU), Indian Agricultural Research Institute (IARI) & Indian National Science Academy (INSA) from 3-5 February 2021.

9. Vijya Singh

- Delhi state Athletics Tournament 2021 women category 100m - 2nd position, 200m - 2nd position.

10. Vishakha Sengar

- Participated in the international pre-conference workshop on 'Health and research in current scenario: with special emphasis on COVID-19 virus genomics and pathogenicity' organized by Sri Venkateswara College and Phixgen Pvt. Ltd.
- Completed the National workshop for beginners on 'web search, data analysis & presentation tools'. Organized by Maitreyi College.
- Completed a certificate course on Metagenomics and bioinformatics. Jointly organized by Maitreya college and Phixgen Pvt. Ltd.
- Participated in 3 days national workshop on the topic 'Basics of biotechnology' organized by ARSD college.
- Participated in the international E- conference entitled "NeuroEunoia 2020: A Neuroscience Affair hosted by Gargi college.
- Participated in an international web conference on "Innovative technologies, entrepreneurship avenues, livelihood enhancement in sustainable management of animal farming.. organized by PG and Research Department of Zoology in collaboration with the Indian science Congress association.

II YEAR

1. Anshika Kumari

- 1st Prize in Long Jump at Inter Stream Athletics Competition, Annual Sports Meet, Gargi College, 2019.
- 1st Prize in 200 mtrs. run at Inter Stream Athletics Competition, Annual Sports Meet, Gargi College, 2019.
- 1st Prize in Kho-Kho at Inter Stream Athletics Competition, Annual Sports Meet, Gargi College, 2019.

2. Anwesha De

- 3rd Prize at National Essay Writing Competition at India International Science Festival, Department of Science and Technology, Government of India on the topic Science Diplomacy.
- 1st Prize at the Shantinarayan Memorial Conventional Debate Competition at Hansraj College, 2021.
- 1st Prize at the Conventional Debate Competition at Shyama Prasad Mukherjee College for Women, Delhi, 2020.
- Best Speaker Award at Prativad- Conventional Debate Competition organized by Zero Hour, Aryabhatta College, 2021.
- 2nd Prize in Extempore Competition at Kalindi College, 2021 and 2nd Prize at Inter College Debate organized by Ramjas College, 2021.
- 2nd Prize at Science Quiz Competition organized by Catalysis, Sri Venkateswara College, 2021.

3. Archi Gupta

- Virtual Teaching Volunteer at Kilkari, CDF Gargi, 2019-20.

4. Madhurya Ray

- 3rd Prize at National Essay Writing Competition at India International Science Festival, Department of Science and Technology, Government of India on the topic Science Diplomacy
- 2nd Prize at Science Quiz Competition organized by Catalysis, Sri Venkateswara College, 2021.
- Completed internship at Big Pitchr

5. Mahenoor

- 2nd Prize in Lockdown's Got Talent at Pol. Sci. Department, Gargi College, 2021.

6.. Mitiksha Gupta

- Got 2nd prize twice in Hindi Declamation organized by Vivekananda Youth parliament
- Winner of Galgotia University Debate held during their first-ever online fest.
- Best team at Inter College Debate competition organized by Kalindi College
- Third prize at Inter College Debate competition organized by Maitreyi College
- Third Prize at the Group Discussion Organized by NSS Gargi College
- Winner of Bhoomika Nibhao competition organized by Hindi Sahitya Sabha of SRCC.
- Completed internship as a social media content intern at WEBNNEL.

6. Nidhi Yadav

- 1st prize in a Painting competition at Sri Aurobindo College
- 2nd prize in Doodle competition, Albatross (Department of Zoology, Gargi College)

7. Priyanshi Gautam

- Secured 80% in an e-Quiz on Physical Education and Sports on the occasion of National Sports Day 28 Aug to 05th September 2020.
- Participated in competitions (Quiz, Brain Trivia, Case Study) during Brain Awareness Week organized by IBS and IIT Gandhinagar. Date (22-28 May 2020)

8. Seeta Prajapati

- First position in Group discussion debate organized by NSS Gargi on 29/10/2020
- Best interjection prize in Conventional debate organized by IOCL on 5/11/2020
- First position in Speech competition organized by ABVP unit of Zakir Husain Delhi College Evening on 12/01/2021
- 2nd Prize in Lockdown's Got Talent at Pol. Sci. Department, Gargi College, 2021.
- Best Interjector at Conventional Debate organized by MLNC Political Science Department, 2021.

9. Sweata Biswas

- Internship at Unschool Community as a community influencer and received a community lead certificate of excellence for the same.
- Participated in vocal for a local campaign and received a certificate of participation.

I YEAR

1. Aarti Venkatesan

- Working as a core member of a startup Shelfebook
- Been a part of the organizing committee in one MUN and won High Commendation in 2 MUNs
- Performed at the Online Danceworx Winter Intensive
- Done 2 courses from Coursera

2. Bisma Khan

- Content Design Intern at the Mahika Mishra Foundation
- Successfully completed a certificate course in "ICT in digital learning and Data Management"

3. Divyanshi Chauhan

- Got an internship at Pratisandhi (NGO), working on my own project on menstrual hygiene and awareness.

4. Garima Singh

- Certificate of the internship by Campus Ambassador(My Captain)

5. Janvi Aggarwal

- Participated in the Online Quizophile 2020 Competition organized by EGS Pillay Group of Institutions-Nagapattinam.

6. Musarrat Jahan

- Finalist in online photography competition: Through the Photographic Lens conducted by Maitreyi College.

7. Smriti Verma

- Completed the short-term course offered by Maitreyi College in collaboration with ICT academy. Attended the Annual International Conference of The Association of Microbiologists of India and INSCR.

8. Suhana Nehal

- Intern at The Sparks foundation

9. Suvechha Panja

- Winner of Character Drawing Competition conducted by Taru, Gargi College.
- I have completed my internship at Mycaptain in marketing and sales.

10. Upasna Mohapatra

- Winner of Zoological Charades in Ecdysis'21 by Biocenose, Kirori Mal College.
- An Intern at The Loose Thread Magazine for Photography.



FLIGHT

IN THE TIMES OF COVID-19

Socrates once said, "the secret of change is to focus all of your energy, not on fighting the old, but on building the new."

And truly the year 2020 was the year of change, opportunities, success, failures, and whatnot. The onset of this year marked the beginning of a global pandemic COVID-19 which posed a question on complete humanity.

But what makes us the winner is our faith and courage. The theme "Flight; in the times of COVID-19 pandemic" beautifully winds the stories from our own lives. Our struggles to lead the way and start a new journey by ourselves make us the phoenix who struggled, fell down, rose again, and flew to the horizons of the sky.

बीते वर्ष जीवन के हर क्षेत्र में होने वाले बदलावों को हम सभी ने करीब से महसूस किया। परंतु उन बदलावों के साथ अपने जीवन को उनके अनुकूल ढालना हम सबके लिए चुनौतीपूर्ण था और उस चुनौती को बखूबी पहचानते हुए हम सब ने एक नई शुरुआत की। जीवन का प्रत्येक क्षेत्र ऑनलाइन मोड में कार्य करने के लिए बाधित हुआ और हम सभी तकनीक के नवीन आयामों से परिचित हुए। विद्यार्थियों की कक्षाएं, कॉर्पोरेट क्षेत्र के कार्य एवं सभी अन्य क्षेत्र लैपटॉप की स्क्रीन पर सिमट गए। वार्षिक मैगजीन के लिए इस विषय का चयन इसी उद्देश्य के साथ हुआ कि हम सब आप तक ऑनलाइन काल में हुई सभी गतिविधियों एवं कहानियों को पहुंचा सकें। आशा है आपको हमारा यह छोटा सा प्रयास पसंद आएगा।

We wish you a happy reading!

Mitiksha Gupta
B.Sc (H) Zoology
II year

izhavar d lockdown

”

**THE STRONGEST
PEOPLE ARE
THOSE WHO
WIN BATTLES
WE KNOW
NOTHING
ABOUT**

“

Mental Health Realisation

DURING THE LOCKDOWN

Neha Soni
B.Sc. (H) Zoology
II year



Lockdown was imposed on 24th March, 2020. Like any other Indian, I also thought that after some days I will be back to my normal life. But guess what?

30th December, 2020- It was the usual day of my life. During the entire lockdown, I was waking up with a pitish feeling in my stomach. Nothing was motivating to me to get me on my slippers and move from my bed. I thought that it would be the same as before - wake up, eat, attend classes, and sleep. But that day, that exact day was the changing moment.

At 11:00 am, I was scrolling through my news app and came to this article regarding mental health. Immediately I opened up and started reading with the thought that maybe that article will help me to get rid of that pitish feeling. But it didn't. It is not like that I haven't tried a different approach. I talked with my parents, friends, did meditation but nothing was helping me. Every time I ate something, I wanted to puke. That pitish feeling was not leaving me alone.

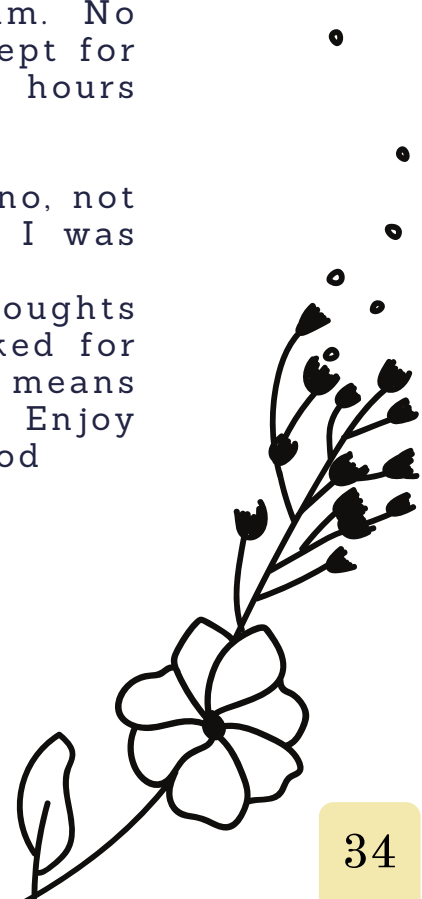
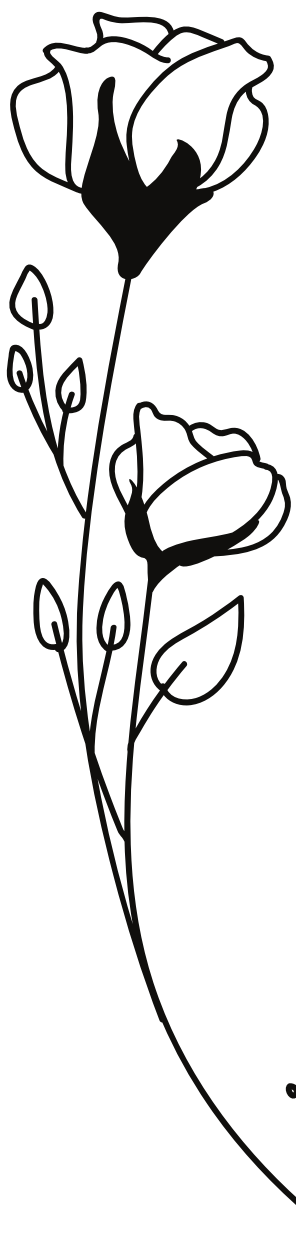
At 6:00 pm, I was peeping outside my window of the room (as usual). But that day I encountered a girl that was sitting on the grass alone. Sitting, looking at the sky, and smiling. She seemed happy. And by just being alone. I got jealous of her because there was a time when I was her. I used to enjoy my own company. I started to ask myself that why did It change? Why no one can help me out? Why I can't be happy?

That moment, that exact moment of the day, I started to scribble my thoughts. I clubbed everything that was bothering me. All the thoughts of my messy head were on 10 pages in less than 15 minutes. It took me crying, jumping, screaming and finally smiling with the last word that I wrote - Anyone who can help me out is Me.

At that moment my mind was calm. No thoughts were running behind it. I slept for 12 hours instead of 3-4 barely slept hours which I used to get before.

The next day, I had that feeling. No no, not that pitish feeling. It was just that I was hungry.

I don't know that scribbling your thoughts can help you out or not. But it worked for me. Just let your thoughts out by any means and don't trap yourself within you. Enjoy your own company and eat pizza. Period



COVID-19 Lockdown: An outburst of Emotions

Seeta Prajapati
B.Sc. (H) Zoology
II year

What mental health needs is more sunlight, more candor, and more unashamed conversation.” – Glenn Close.

Mental health has existed for many years, but sometimes situations around us make more exhausting environment again and again, where we feel mental health is more important for us. This lockdown gives us a better example how much mental health is important for everyone. In this time we saw everywhere that everyone needs some peace for their good working skills and also for continuing their duties. We've a good example around us i.e our medical staff, sanitizing team, safety warriors etc. who worked 24 hours to save the lives of the people of our country. The life of normal people is also affected a lot





due to the imposition of lockdown as many people lost their job and work from home gave them additional work. The screen time increased and the outing became less so the benefits of walking, running was somehow lost. There were so many things that happened during this period. Let's discuss their effects and what solutions are adopted by people to get over this. In starting, let's understand what is the meaning of mental health? According to the World Health Organization (WHO) "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." A point added in this is "Mental Health is a state of well being in which an individual

realizes his or her own abilities, can cope with the normal stress of life, can work productively and is able to make a contribution to his or her community." What are the regular reasons for the mental problems? There are many reasons for this, some of them are Multiple social, psychological, and biological factors that determine the level of mental health of a person at any point in time. For example, violence and persistent socio-economic pressures are recognized risks to mental health. The clearest evidence is associated with sexual violence. Also, WHO said that there are specific psychological and personality factors that make people vulnerable to mental health problems. Biological risks include genetic factors. While we're talking

about the origin of mental health issues, WHO provides a report (Mental health: strengthening our response). “Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, ill-health, and human rights violations.” The first lockdown was imposed on 25th March 2020 and when this lockdown was applied on the practical ground due to pandemic COVID19 one thing was clear, the above-mentioned causes for mental issues will raise. We’re living in the 21st century but mental health issues are still considered taboo in this world. Due to lockdown the aspects of people

in economic, social-behavioral, and humanitarian basis, were affected a lot. We got to know how much hard work was done by our front line warriors, the trauma of being covid19 infected added on the thinking of people for Covid19 positive person and also the tendons raised in families too for the treatment. Domestic violence increased in every house, screen time increased due to work from home, some old citizens died because of not getting proper mental health support and treatment too as covid19 created a tempered situation for all of us. The suicide rate is also increased in this lockdown due to unemployment. The major thing we saw in this lockdown was the migration of laborers and in that





situation somehow mental health issues were also raised. As lockdown was imposed to stop the spread of COVID-19, when people realized the significance of mental health in this lockdown, they started to work upon this to stay away from such mental health problems. People started to make a strong word to their families, a peaceful and free conversation started in families, the importance of yoga, and mediation were established. Harmony in our society was seen to help each other and give support to those in need. We started considering the importance of all people who's doing their duty for the nation and we started respecting them.

On a note, mental health is not a taboo, it's a psychological condition of a person and they need support and good conversation at that time. If people realized they are suffering from such issues then cooperate with them to cope up with these situations.

COVID-19 AND THE TRAUMA BEHIND....

Humans are social animals. They love to socialize. But what will happen to this 'social animal' if not socializing is the only option to survive?

Normal lives have been hit hard due to Covid-19, a deadly virus, which is responsible for the death of more than 2 million people, which forced the entire human population to become confined within the walls. Pandemic. Lockdown. 6 feet. Everything just took a toll on mental health. It affected every age group. Many of us faced challenges that were stressful, overwhelming and caused strong emotions in adults and children.

Remember that we used to read in story books that a day will come when there won't be any schools and teachers will be teaching us online and we don't have to bother at all.

I doubt that anyone will ever find this concept fascinating again.



Divyanshi Chauhan
B.Sc. (H) Zoology
1 Year



Picture Credit- Musarrat Jahan, B.Sc. (H) Zoology, I year

"In those harsh days we, the humans were indeed locked into our homes and somewhere everything lagged drastically but our environment and nature literally took a flight and achieved the logged phase. "

Being confined and watching people die was like waiting for your own death.

In the very beginning of this pandemic, everyone was keen on learning new things they always wanted to. But after a certain period of time, when we started seeing Covid as a never-ending problem, everything got traumatizing. Just contacting your close ones via phone or any social media, not able to meet them. Working from home and always ending up getting frustrated, just not being able to concentrate. Inability to cope with academics and concerns about the future was an added challenge. Losing friends. Losing confidence. Not getting up to even brush your hair. Not wanting to get out of your comfort zone. And slowly everything lost its meaning and we started living in our nutshell.

Thinking about the year, I realised that confidence has been hit worst by this pandemic. And now that we are slowly getting back to normal, we have to put some extra effort to build our confidence and relationships. However, with vaccinations underway, many of us are hopeful about the future. We all realised the importance of mental and physical health and the importance of family and friends and nurturing relationships. And probably, this made us realise that there are things far more important than materialistic things.



ZEPHYR OF RHYME

**THERE IS
HOPE, EVEN
WHEN YOUR
BRAIN TELLS
YOU THERE
ISN'T.**

JOHN GREEN

कोरोना या कर्म

फूलों में भी कांटे होते हैं,
जिंदगी के कुछ अपने ही फ़साने होते
हैं।

जो घिरे रहते थे कभी दीवानों से,
आज बची बस एक तनहाई है।

चार कंधो की भी रुसवाई है।

यार प्यार सब बेकार है,

असली संसार तो परिवार है ।

ये कोरोना भी कितना कमाल है।

धनवान को पहचान याद दिलाई

धनवान से पहले वो इंसान है।

ये कोरोना भी कितना कमाल है।

जिनसे हाथ मिलाने को कभी तरसते
थे लोग



आज छूना भी मनाही है।
कोरोना ने बहुत अहम सीख सिखाई है।
अछूतों का दर्द जो बतलायी है।।
जिन्होंने लगाई थी पाबंदी ,
आज खुद है घर में बंदी।
गृहस्थी के कामों को जो मानते रहे आम ,
आज खुद उन्हें करने में रहे नाकाम ।
कोरोना ने बहुत अहम सीख सिखाई है,
स्त्रियों के दर्द को जो बतलाई है ।
समझ नहीं आता इसे क्या कहूँ कोरोना या
कर्म।।

प्रीति सराफ
बी.एस.सी जूलॉजी
द्वितीय वर्ष



मन की कहनी...



मन की कहनी, दिल की कथनी..
है कौन यहाँ जिसे मैं सुनाऊं?
विपदा में हूँ हाल यह अपना..
कैसे दुनिया को दिखलाऊं?
निर्दयी लगता समाज मुझको,
लोक लाज से हार रही हूँ..
झूठी कसमें सब झूठे वादे,
झूठ में जीवन धार रही हूँ।
तन का घाव ये नासूर बनाते,
मन का घाव यहाँ किसे दिखाऊं?
कैसे इस स्वस्थ शरीर से अपने..
मानसिक विकार को मैं दर्शाऊं?
किस दौर से गुज़र रहा दिल,
कोई सुने तो दिल से बोझ हटाऊं।
क्षण भर की हो अनुभूति तुझको,
तनिक भी तू जो मेरे मन को निहारे,
सुन सके ध्वनि जो अंतः हृदय की,
मेरे अश्रु तू अपनी आंख से छलका दे।

माहेनूर
बी.एस.सी जूलॉजी
द्वितीय वर्ष

एक वक्त ऐसा भी: लॉकडाउन 2020

ये दुनिया आज सो रही है, कल फिर जागेगी,
थक गई है ये, हारी नहीं,
लड़खड़ाई है, कल को सम्भल जाएगी।
ये दुनिया आज सो रही है, कल फिर जागेगी॥

थोड़ी परेशानियाँ हैं तो सह लो ना,
थोड़े दिन घर पर भी गुज़ार लो ना,
ये जो चहलकदमी थम सी गई है इस ज़मीं पर
तो तुम भी रूक जाओ ना, बेचैन कदमों को रोक लो ना,
समझा लो उन्हें की ये दुनिया आज सो रही है, कल फिर
जाग जाएगी॥

रखो यकीन खुद पर थोड़ा,
रखो यकीन खुदा पर भी थोड़ा,

सब्र से काम ले लो,
इस कहर की अफरा-तफरी में ज़रूरतमंदों की मदद
भी कर लो,

ये इम्तिहान की घड़ी है ज़रा संभल के रहो, परेशान क्यों
हो रहे हो,
ये दुनिया आज सो रही है, कल फिर जाग जाएगी,
थक गई है ये, हारी नहीं,
लड़खड़ाई है, कल को संभल जाएगी।
ये दुनिया आज सो रही है, कल फिर जाग जाएगी ॥

तानिया शेरवाल
बी.एस.सी जूलॉजी
तृतीय वर्ष

Hopes and Positivity in COVID

In the long period of
pandemic time,
Keeping ourselves safe was
prime.
Everyone was hoping for the
best,
And, that 'best' only meant for
negative reports of the test.
Some people got easily cured,
Some had to pray to the lord.
And what all the time we
used to hear,
COVID cases, data,
instruction, and fear.



COVID WARRIORS

But in the midst of that negativity,
People started to lit some positivity.
People spent their time safely and
happily,
Doctors and policemen handled the
situation very bravely.
Yes, people had to cancel their many
plans,
But, they started to gather under the
fans.
Even after being free, they became
busy bees.
Some covered the walls with
drawing,
And some learned new recipies.
The best thing also happened,
because we were free,
We realized the real meaning, of
that 2nd standard 'family tree'.

Preeti
B.Sc.(H) Zoology
II year

मैं



भीड़-भाड़ और दौड़ती भागती इस दुनिया में कोविड काल एक ठहराव बनकर सामने आया है। जहाँ विश्व भर में कोरोना वायरस ने हाहाकार मचा दिया वहीं दूसरी ओर प्रत्येक मनुष्य को स्वयं से जुड़ने का स्वयं को जानने का एक बेहतर समय भी दिया। इस बीच व्यक्ति को ये एहसास भी हुआ कि इस करोड़ों की भीड़ में वो कितना अकेला है, और उसका सबसे बड़ा साथी उसका स्वयं का मन मस्तिष्क ही है। जो हर होनी, हर अनहोनी, हर जीत, हर हार, हर खुशी, हर गम में इकलौता ऐसा सहारा है जो कभी उसका साथ नहीं छोड़ता। बाकी सारे नाते, सारे धागे क्षणभंगुर हैं। प्रत्यक्ष अप्रत्यक्ष रूप से हर स्थिति में स्वयं का साथ देना वाला कोई और नहीं बल्कि मनुष्य स्वयं ही है। कोविड काल में स्वयं को यही अनुभूति होने की एक कहानी इस कविता की जुबानी...

कुछ हार गई दुनिया से मैं..
कुछ दुनिया मुझको भूल गई..
कुछ बूझा नहीं जब मुझको तो..
सब कुछ ही मैं फिर वार गई।

कुछ मन चाहा कि बोल दूं मैं,
कुछ सुनने वाला कोई कान नहीं,
कुछ बोझ जो दिल का बांट सके,
सब लोगों में एक वो इंसान नहीं।

कुछ उलझ गई खुद में ही मैं,
कुछ बातें मुझको उलझा गई,
कुछ उलझनें ऐसी देखीं मैंने,
जकड़ गई मैं डूब गई।

कुछ सिलसिले कुछ कहानियां,
कुछ अक्स जीवन में उतार गई,
कुछ ढाल ना पाई जो सांचे में मन के,
तो जीवन से मुंह मोड़ गई।





कुछ लाज शरम सा कहते थे वो,
कि मैं वो सब कुछ गंवा गई,
दो शब्द क्या बोले मुंह से मैंने,
वो बोले मैं चौखट लांघ गई।

कुछ चटका था कुछ कसक सी थी,
कुछ दरारों को मैं ढांप गई,
कुछ जोड़ मरम्मत होनी थी जो,
मैं तोड़ कर सबकुछ भाग गई।

कुछ सत्य नहीं कुछ झूठ नहीं,
कुछ अस्तित्व को भी नकार गई,
कुछ दुनियावालों ने ठुकराया मुझको,
कुछ मैं दुनिया को ललकार गई।

माहेनूर
बी.एस.सी जूलॉजी
द्वितीय वर्ष



कोरोना योद्धा हमारे कर्मवीर

जब जग में कोरोना का अंधेरा छाया था
तब उन्होंने सूरज बनकर राह दिखाई
ये वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

जब आँख में आँसू थे, मन में गम का साया था
तब उन्होंने साथ दिया, हमारे चेहरों पर मुस्कुराहट लाये
वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

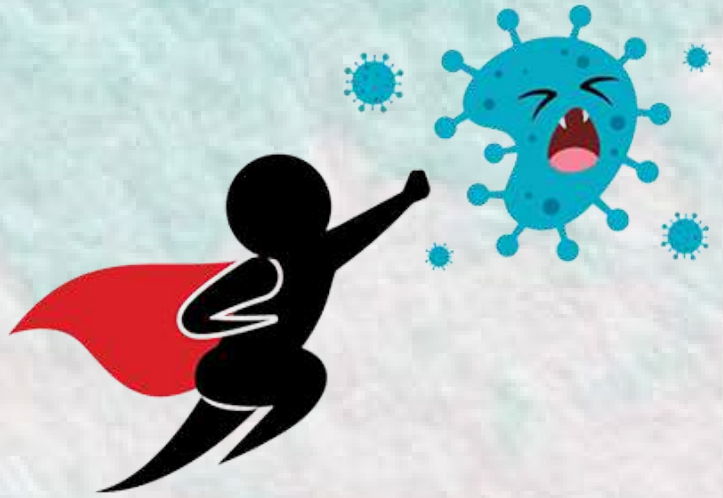
जब सारा देश उदास था
ना मन में थी कोई खुशी
तब हमने थाली बजा , गाने सुना बढ़ाया सबका उत्साह
जला दिये किया उनका प्रोत्साहन
ये वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

वे इस देश के वासी हैं।
कर्ज चुकाया माटी का, कोरोना से युद्ध में
ये वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

दवा दी उन्होंने, खाना खिलाया उन्होंने
देश का दिल जीतकर , हमें अपना कर्जदार बनाया उन्होंने
जीने की इच्छा जगाई उन्होंने
कोरोना से युद्ध का प्रोत्साहन बढ़ाया उन्होंने
ये वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

खुश नसीब हैं जो उनका साथ पाया,
अगर ना होता उनका साथ
तो ना पकड़ पाते अपने परिवार का हाथ,
फ्रंटलाइन वॉरियर्स हैं इन योद्धाओं के नाम,
आज पूरी दुनिया की शान हैं इनके नाम।
ये वीर हैं, ये शूरवीर हैं।
हमारे कोरोना योद्धा ही सच्चे कर्मवीर हैं।

हरपिता
बी.एस.सी जूलॉजी
प्रथम वर्ष



हम लड़ेंगे कोरोना से

दौड़ती हुई ज़िन्दगी आज रुक सी गई है,
कितनी ही जाने डर से सिसक रही है।
अंधेरा ही अंधेरा सब ओर पसरा है,
भगवान अब बस एक तेरा आसरा है।।

मासूम जानों पर अपनी तू मेहर कर,
बहुत लंबी हुई ये रात अब तो सहर कर।
तिमिर को दूर कर खुशियों का उजियारा
आए,
संघर्ष का ये भयावह दौर बस अब खत्म
हो जाए।।

मत-भेद चाहे जितने हो बचे ना मन-भेद
के अवशेष,

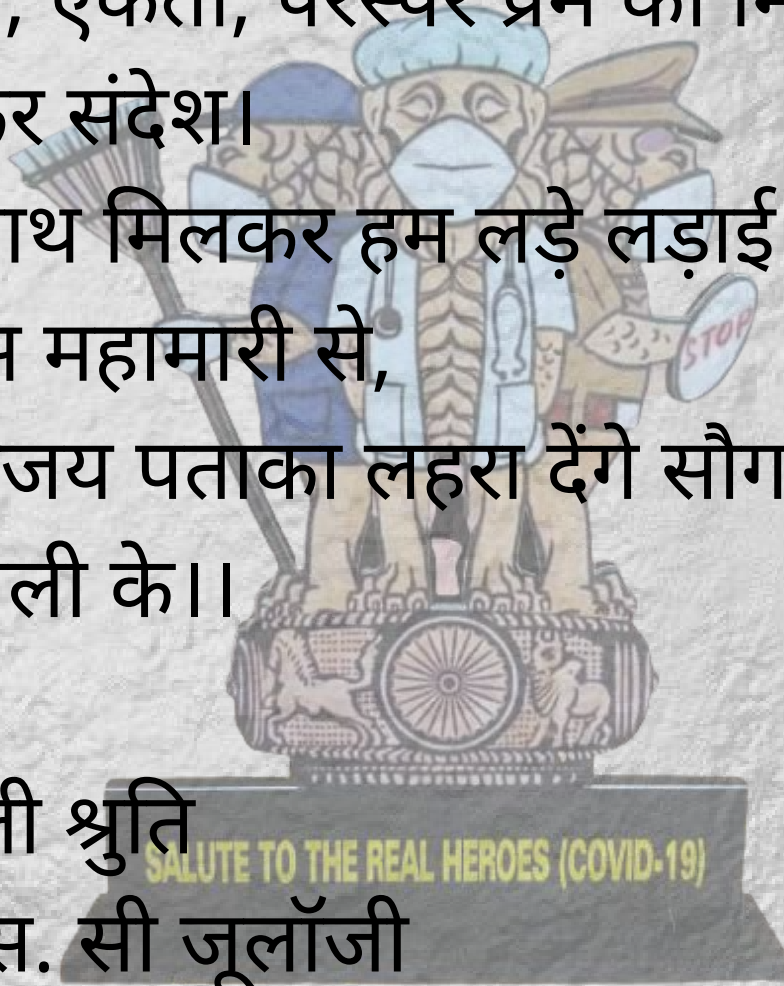
हिम्मत, एकता, परस्पर प्रेम का मिले जग
को फिर संदेश।

जब साथ मिलकर हम लड़े लड़ाई कोरोना
की इस महामारी से,
हम विजय पताका लहरा देंगे सौगात लिए
खुशहाली के।।

सोनाली श्रुति

बी. एस. सी जूलॉजी

प्रथम वर्ष





AN ERA OF

ENIGMA

A FIGHT AGAINST COVID-19

2020- The Year of Blur



THERE'S A NAME FOR THE FEELING THAT THE PAST YEAR HAS BEEN ONE LONG BAD DAY: BLURSDAY.

Did it feel like March flew by us while April felt like an eternity? You are not alone. Researchers say that it is common for people amid stressful situations like traumas to feel a change in our perception of the passage of time. According to the survey conducted by the Liverpool John Moores University in the United Kingdom- having low levels of satisfaction with current levels of social interaction and high levels of stress were likely to make someone feel like lockdown was passing sluggishly. However, being young, busy, and socially satisfied made lockdown pass more quickly.



How human brains and emotions track time.....

Our emotions play a colossal role by distorting our perception of time. We enjoy painting our experiences and memories in a way that reflects enjoyment or repulsiveness.

An increase in activity in the sympathetic nervous system, which prepares the body for the fight-or-flight response, is associated with the lengthening of time.

On the other hand, an increase in the activity of parasympathetic nervous system, which calms the body is associated with a slowing or shortening of time.

Many people who are in accidents like car crashes say that the incident felt longer than it was. People with depression often complain about the lengthening and dragging of the days. It is reflected in our lockdown experience: Being socially unsatisfied (which is associated with depression) with slowing of time.

However, association with pleasurable and unpleasurable experience doesn't always correlate to brisk and sluggish time respectively. When you are in your zone, concentrating with less distraction, time seems to fly.

TURN TIME YOUR WAY

- Create structure

Cluttering creates stress. Setting consistent hours for waking up, work, exercise can structure your day.

- Connect with others

During times of stress, people need to reconnect with people they love to spend time with. Creating 'social bubbles' can help accelerate time.

- Stay the right amount of busy

Finding a good balance between stress and leisure can help make time pass. Practicing approaches that help reduce stress, such as mindfulness and exercise, can help create balance.

- Allow yourself to feel

People should feel licensed to feel uncomfortable. It's understandable if negative thoughts and feelings invade you. However, if it's disrupting your normal daily functions, kindly reach out to a doctor or mental health professional.

Smriti Verma
B.Sc. (H) Zoology
I year

COVID-19: SOCIAL AND ECONOMICAL PROSPECTS OF LOCKDOWN

The month of March 2020, hardly any cases reported in our country, for what we now call and fear 'COVID-19', people leading their normal lives, unbothered; unaware of what awaited them. When a 'holiday' as it seemed to the students then, of 15 days was announced by our Prime Minister, Mr. Narendra Modi; of-course who had expected mere holidays of 15 days to take as horrific a face as the COVID-19 pandemic. The holidays extended, eventually taking over as a nationwide lockdown! Shops, factories, offices, markets, dispensaries, hotels, international and national flights, all shut down, some people stuck away from their homes while the majority stuck within their premises without any social life. The birds flew up high in the sky, reduced pollution give nature a break and to us too.

The lockdown era started with enthusiasm, exploring new skills, people got more time to focus on the things that were always there, things that always mattered but never really caught our eyes in our busy lives, spending family time, not having to manage me-time, but eventually all the excitement wavered off, children and

adults adjusting to the increased screen time, while businessmen engrossed with financial worries while their outlets shut, home-makers working without any house helps and over all of this, all shut inside their homes, no new faces to see, no more walks in the garden, no children playing in the park; life adjusted to masks and sanitizer with paranoia prevailing 24x7.

The daily increasing number of cases, number of casualties and no hope of the vaccine coming up soon, all of people's savings at stake, took a toll on everybody's mental health, moreover no friends to share their stress with, all hopes depleted. People started to learn to lead the "NEW NORMAL". When the phased reopening of the world started, although we could have what we craved for, for so long, a social life, the effect covid and the lockdown had on our mental health motivated us to minimize interactions and maximize the precautions. The markets rose slowly but when they did, people were determined to switch to SWADESHI and MAKE IN INDIA, the economic conditions

improved for some, while some struggled with slashed down salaries and yet others with termination letters in their hands.

A year since the pandemic hit our country, even with vaccines at hand; the conditions are the same or worsening with the new strains of the CORONAVIRUS infection and spreading, maintaining the paranoia, people with minimalized social life, students and employees working online and all economically suppressed; living the NEW NORMAL adjusting to it everyday, yet smiling after all what's life without ups and downs!



Aashita Chadha
B.Sc. (H) Zoology
III year

DHARAVI MODEL OF COVID-19 CONTROL

Preeti Yadav
B.Sc. (H) Zoology
II year





"DHARAVI, MUMBAI IN INDIA IS ASIA'S LARGEST SLUM AND MOST DENSELY POPULATED PLACE IN THE WORLD"

The WHO declared the outbreak of COVID-19 on March 11, 2020 highlighting safety measures against COVID-19. WHO chief General Tedros Adhanom Ghebreyesus mentioned Mumbai's Dharavi to highlight how an intense outbreak can be brought back to control.

Dharavi, Mumbai in India is Asia's largest slum and most densely populated place in the world with 3.6 lakh people/ sq km. Dharavi, today is considered as a role model in bringing down COVID cases despite being densely populated.

First case in Dharavi was reported on April 1, 2020 and by the end of April 2020 Dharavi had 491 cases with doubling period of 18 days. But even with so many cases Dharavi brought up the doubling period from 43 days in May to 78 days in June with zero death. Dharavi became a ray of hope for other containment zones because it was impossible to maintain social distancing in the packed settlement and narrow lanes of Dharavi. Even people use common toilets in Dharavi.

"Dharavi is an ideal lesson, ray of hope in this pandemic time for others in fighting against COVID-19 by self discipline and community efforts."

4Ts were introduced to hamper the spread.

Taking everything into account, the united efforts of BMC, private doctors, NGOs and local residents broke down the coronavirus chain by adopting the strategy of conducting comprehensive testing, effective containment strategy, supply of essential goods and the principle of 4Ts (Tracing, Tracking, Testing, Treating), door-to-door screening (47500), fever camps (3224), senior citizens survey (121000), private clinics etc. Even the Rajiv Gandhi sports complex was converted into quarantine centre with 300 beds.



PREVENTION IS BETTER THAN CURE.

Mainly the residents of Dharavi themselves safeguarded their population by practicing utmost preventive measures and that's why Dharavi model become an ideal of setting where social distancing is impossible and successful in flattening the curve of COVID-19 in 2 months. So, Dharavi is an ideal lesson, ray of hope in this pandemic time for others in fighting against COVID-19 by self discipline and community efforts.



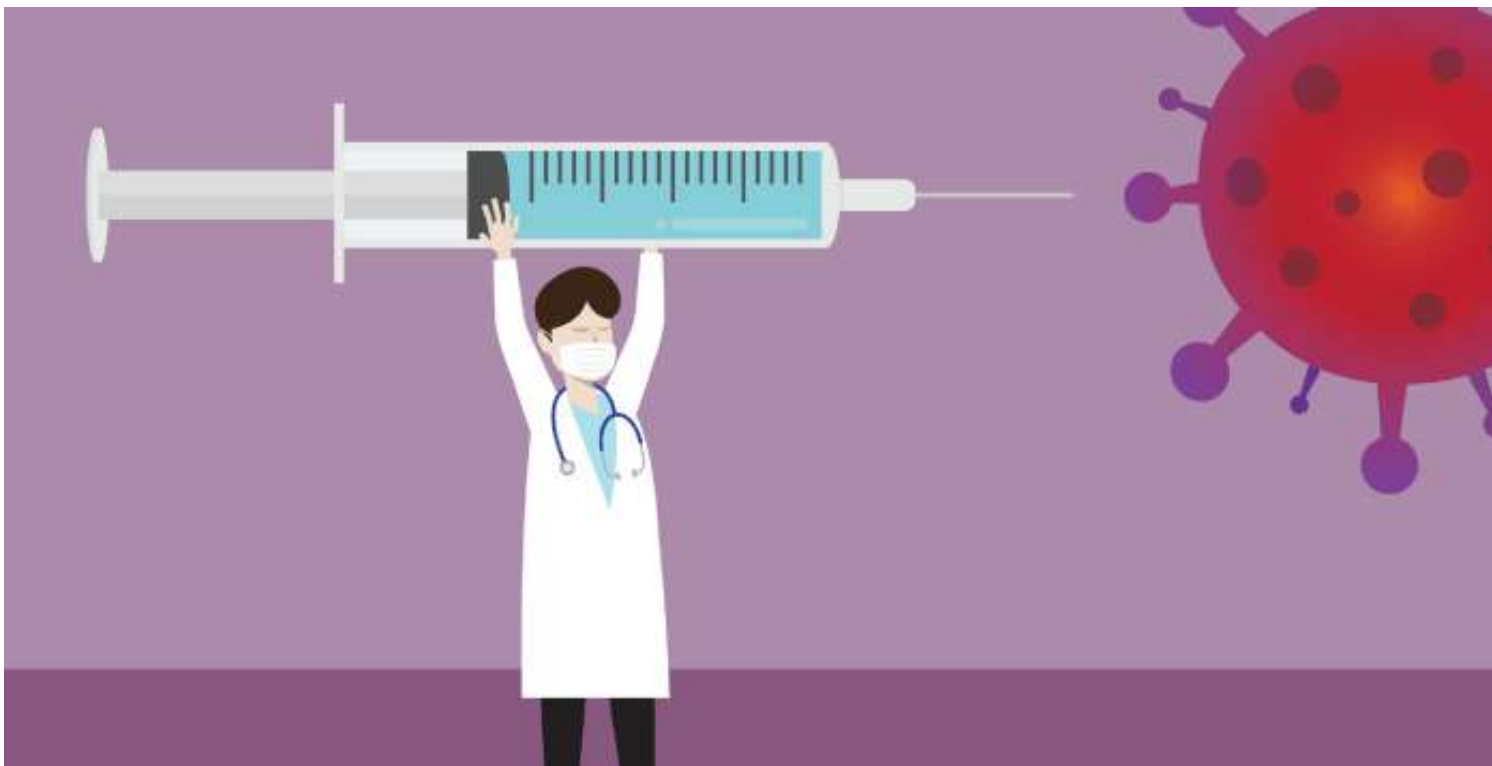
Development of the COVID Vaccine

Madhurya Ray
B.Sc. (H) Zoology
II year

Seems like yesterday that we all were loitering in our despair, waiting for a vaccine that would come as a savior and open the gates of our locked houses. Well, in better news, all the scientific minds have tugged at their intelligent neurons to come up with the magic potion. Drum rolls. The Vaccine!

And not just one, but several. From Pfizer or BioNTech, Moderna, and AstraZeneca to the Indian vaccines like Covaxin and Covishield, we come across these names every day in the news. Have you ever wondered how these vaccines were developed?

While we were busy with our daily lives, unaware of the massive pandemic



that is about to loom on humanity, research had already begun. As soon as the decoded genome sequence of the virus was published online by Chinese researchers, scientists were all prepared to design a vaccine for the virus that had the potential to be life-threatening. This stage in the development of a vaccine is known as the 'Exploratory Phase'.

The spike (S) protein present on the SARS-CoV-2, which gives the coronavirus its name, comes to play here. Developing an isolated copy of the Spike (S) protein to train our immune system so that it recognises the virus, was challenging indeed!

With the help of the cryo-electron microscope, scientists were finally able to develop a spike(S) protein that was structurally identical to the Spike Protein on the coronavirus. Such a vaccine is called an mRNA vaccine. It was formulated to train our immune system to recognise the viral spike (S) protein using the information stored in the mRNA.

After such vigorous research was performed, the unsung hero, also known as, lab animals came in. Blood antibody levels in mice were monitored for several weeks to check for promising results. Once, the efficacy of the vaccine was proven via animal testing in the 'Pre-clinical Stage', researchers moved onto the Phase I,

Phase II, and Phase III trials, where human volunteers were vaccinated. Dosage, immune responses, symptoms and adverse effects were carefully observed. Phase III trials are usually conducted on a large number of individuals and may take years to retrieve approval.

Here comes the question of the COVID-19 vaccines being approved so quickly. Usually, a traditional vaccine takes years 12-18 years to complete all stages of development. However, this time, all the phases of vaccine development overlapped with each other and were simultaneously taking place to shorten the time by years.

And voila! Just like that, safe and efficacious vaccines were developed for this deadly virus.

Science is a blessing to humanity and this pandemic has made us appreciate its necessity even more. It is an eye-opener to the significance of funding and support that laboratories and scientists require. Science diplomacy, funding research, scientific collaborations and lastly, encouragement to pursue research as a profession is imperative for the development of Nations and humanity.





SCIENCE AND GLOBAL COOPERATION IN COVID-19

Kanishka Sisodia
B.Sc. (H) Zoology
I year

Science diplomacy means international cooperation in science at its core, the key to overcome COVID-19. Science paired with diplomacy can bring about unprecedented global change, as shown by recovery of ozone layer. In 1987 an improbable collaboration between scientists and diplomats led to the global ban on chemicals that were damaging our planet's "protective ozone layer". Decades later humanity is facing another common threat: COVID-19 pandemic. While international research collaboration on SARS-CoV-2

thrived and achieved unprecedented break-through speed, many world leaders ignored scientific recommendations and retreated from multi-lateral co-ordination, resulting in fragmented measures that often contradicted those of neighboring nation. The government responses manifested the inadequacy of current international science policy interface structure to address challenges faced by humanity and planet. .

This special issue of science and diplomacy examines the dimensions of pandemic from different regions, stake holders and sectors as they relate to preparedness, management and recovery.

In recent years, outbreaks of SARS, H1N1, MERS and Ebola were contained through rapid multi-lateral action. However, cross-border response to COVID-19 has been less effective. Under legally binding International Health Regulation of 2005 all countries must develop capacities to prevent, detect, report and respond to public health emergencies. But many countries do not have resources to do this, some are unable to secure medical supplies due to sanction that block required bank transactions.

Many scientific achievement rely on political cooperation to be freely effective. A WHO led campaign to vaccinate world population. If single nation has chosen not to vaccinate, it would have endangered entire world. Scientists have played crucial advisory role in COVID-19 informing government anticipating risks and ensuring research finding guide policy.

The government should actively integrate science into domestic and foreign policy agendas. The Swiss foreign ministry recently launched a public-private foundation to encourage science diplomacy. France and Denmark appointed ambassadors to tech industry making new era for digital diplomacy and governance.



Chile & South-Africa are engaged in astronomy diplomacy to build soft power through space co-operation.

Another way to boost science and technology diplomacy is to empower next generation of leaders. In March young scientists around world called for solidarity and international action to stop spread of COVID-19. They gave practical recommendation for researchers. This is golden opportunity for scientists to engage with public.

Perhaps the most salient lesson from analyses is that science diplomacy starts at home. If nation do not build strong foundation for science informed policy their science diplomacy strategy will not stand on solid ground and the institutional architecture of science diplomacy will need to adapt scale and speed of transformation with whole society approach.

VACCINATION

A FIGHT AGAINST COVID-19

FAILURE OR SUCCESS

The COVID-19 pandemic presents an unprecedented challenge to each and every sector be it food system, world of work or public health and vaccination is the only hope of everyone to improve the condition.

The COVID-19 pandemic has proved to be a turning point in the pessimistic sense for the entire world, and has affected each and every field, not leaving any country all over the world. It reached India around January 2020 and the first case was reported on 30th January, 2020. After its arrival, it spread across the country like a forest fire. Several vaccines were developed but few vaccines were only given approval for administration purpose namely “Covaxin” and “Covishield”. When the vaccines were ready for administration, Prime minister Narendra Modi

took the first dose of Covaxin at All India Institute of Medical Sciences (AIIMS). After that, vaccines were also administered to healthcare workers, paramedic staff, administrators and police staff.

There were many adverse events following immunisation. After COVID-19 immunisation, individual reports of deaths were also reported. 1 severe and 51 minor cases of AEFI (adverse effects following immunisation) were reported among health workers who were administered the coronavirus vaccine in national capital, Delhi. The persons who developed minor AEFI post vaccination complained about dizziness and headache. In AIIMS, a security guard who was administered a shot of Covaxin was admitted at the hospital after he developed an allergic reaction as part of severe AEFI. According to AIIMS director Dr. Randeep Guleria, security guard complained of palpitations and allergic skin rashes within 15-20 minutes after being inoculated and was admitted to the facility.

Vaccination process proved to be a potent tool to fight against COVID-19,



but one should not blindly rely on vaccination process because these vaccines also showed many side effects such as pain, headache, swelling and in very few cases it also proved to be fatal. Dr. Randeep Guleria also, in one of his interviews said that the latest trends suggest that the COVID situation in India may be improved marginally.

Vaccines definitely might bring about a change but individual contribution also matters and this would play a significant role in flattening the curve.

People should follow COVID appropriate behaviour such as should maintain social distancing and most importantly should wear a mask when we are around people whom we do not live with or with someone whom we live with and is sick with symptoms of COVID-19 or has tested positive for COVID-19. This would bring the COVID-19 pandemic near its end in India.

Janvi Aggarwal
B.Sc. (H) Zoology
I year

EFFECTS OF COVID-19 ON SUSTAINABLE DEVELOPMENT GOALS

*Tannu Yadav
B.Sc. (H) Zoology
III year*

The United Nation General Assembly has set 17 Sustainable Development Goals (SDG's) to be attained by the year 2030. They are included in the UN Resolution known as Agenda 2030. But the COVID-19 has negatively affected several goals. This socio-economic crisis has affected many countries, leading to massive losses to the economy and the global development. World had faced major challenges on SDG 2 (Zero Hunger), SDG 3 (Good Health and Well-Being), SDG 8 (Decent work and Economic growth), SDG 10 (Reduced inequalities).

RECOVER



Build Back Better

At the same time, the pandemic had brought “immediate relief” in areas related to SDG 12 (Responsible consumption and Production),SDG 13 (Climate action),SDG 14, 15 (Life below Land and Water). This pandemic has very tremendous effects on the global economy. The unavailability of the vaccine in 2020, forced countries to impose lockdowns. People were facing financial challenges, mental anxiety, unemployment, lack of resources. But this pandemic situation significantly improves air quality in different cities across the world, reduces GHGs emission, lessens water pollution and noise, and

restoration of the ecological system.

The global economic growth faced a large impact, the annual GDP has declined of around 6%. With no income people also died due to hunger and poverty. The most affected SDG was 3, as it had become very hard for the people to take care of their health and well being when no vaccine is available. The impact was more severe for children and families, causing interrupted learning, and adaptation to digital study classes. The industries, stock markets, productions,



infrastructure, presently has recovered from the COVID-19 impact but had suffered a lot. With a increase in environmental health the number of accidental deaths reduced. On increasing facilities in digital field like digital marketing

online payments, digital education, work from home got a boost.

These threats have definitely increased the timeline within SGG’s goals are to be achieved. All countries should co-operate on adaptation of best practices reducing the poverty, hunger, promoting vaccine and factors that promote healthy lifestyles in days to come.

1

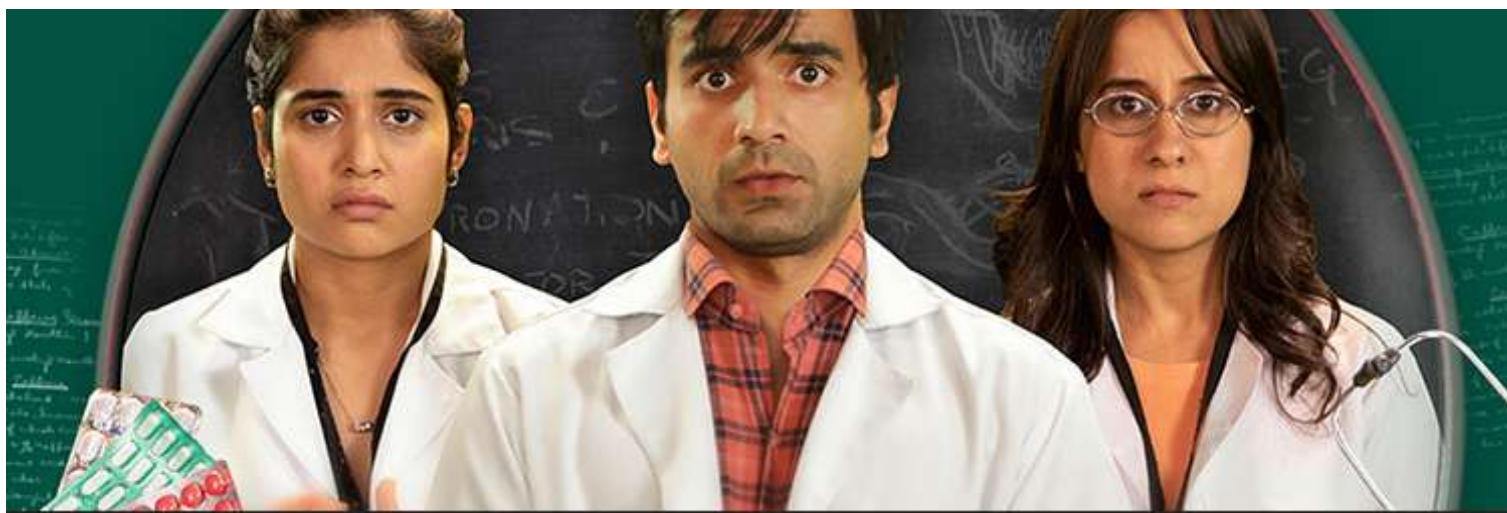
CRITIC

A SERIES OF REVIEWS



2

3



OPERATION MBBS

“Operation MBBS” (Season 2), sounds quite appropriate for NEET aspirants but when you take a sneak peek, you will realize it's more about the topsy-turvy turns of Medical UG students. By the way, it's a web series launched by 'Dice Media' and 'Unacademy' featuring three main characters and their different stories within the same small world. My heart went into the bottom of the ocean when I got to know MBBS stands for *Medicinae Baccalaureus Bacalaureus Chirurgiae* rather than Bachelor of Medicines and Bachelor of surgery. So, it's basically a diary-oriented review because surely I ain't a professional Critic.

Available on: YouTube



So, the story begins with Huma (an absolute prodigy) and Sakshi (a girl who despite odds cracked NEET), in their first year met with Nishant, a spoiled brat of a famous doctor cum writer of the book, under literally awful circumstances but it's true, normal meetings will never have a spark to create an eternal friendship. So “toofani” is needed! Season 1 is all about the ups and downs in friendship, how rumors affect a person's life and envious competitions will always create chaos. But my main motto is to throw light over season 2 which definitely indicates what most of the people have faced in 2020.





The core plot of this show surrounds the dean of the college who proves that profession is first even before health when she saves her colleague even in her vulnerable state. She motivated everyone by stating that 'we all have to stand together and fight till the end of the pandemic'. But unfortunately, in the end, she died due to covid. The colleague being a psychiatrist couldn't handle the mental health of patients, their family as well as himself. All hopes turned into ashes without a red signal. Watching all the atrocities faced by doctors, citizens and other officials will motivate us to become a responsible public.

*THE NUMBERS ARE DOWN
BUT THE VIRUS IS STILL
AROUND, SO STAY HOME,
STAY AWARE, STAY SAFE!*



"The dawn is not far when we will get a safer planet to live in."

Suvechha Panja
B.Sc. (H) Zoology
1 year



YEAR-2020

SONGBIRD

Director: Adam Mason

Cast: K.J. Apa, Sofia Carson, Alexandra

Daddario, Demi Moore

Running Time: 90 minutes

IMBd Rating: 4.5/10

Genre: Thriller/Sci-fi/
Dystopia



There was some potential here, and if anything, it should have allowed viewers to perfectly relate to what the characters in this movie are going through. Sadly, this movie largely falls flat.

With the COVID-19 pandemic as its backdrop and a dystopian near future as its setting, 'Songbird' had all the ingredients for at least a solid thriller. The movie has trouble finding its own identity, however, following several different plotlines, none of which are thoroughly worked out.



The two main romantic leads, played by KJ Apa and Sofia Carson, get the majority of the screen time, and their arc is the one that's arguably best worked out. However, their story feels bland and very derivative of a load of other doomed romance stories.



PROMISE ME ONE
THING, DON'T
EVER GIVE UP.

I REALIZE NOW WE
WEREN'T JUST
DELIVERING
PACKAGES, WE
WERE DELIVERING
HOPE.

The two bad guys, Peter Stormier and Bradley Whiteford are uninspired and boring, with neither getting to do anything particularly memorable. Add some other one-off characters played by Demi Moore, Craig Robinson, and Alexandra Daddario, and you have a reasonably talented cast who are not given that much to work with.

The movie's plot furthermore would have allowed the filmmaker to add some biting social critiques and maybe even some satire, but this is nowhere to be seen. The movie is a basic romance on one end, and a bland action thriller on the other. Really, aside from being a quarantine movie coming out during a quarantine, there isn't that much special about this movie.

Furthermore, I have to mention my dislike of the movie's camerawork and editing. The shaky-cam aesthetic and rapid editing can work very well for certain movies, but it feels totally superfluous and unnecessary here.

Overall, the actors' performances were solid enough, but the story and execution lacked quality.



CARGO

(2017)

"AFTER AN EPIDEMIC SPREADS ALL OVER AUSTRALIA, A FATHER SEARCHES FOR SOMEONE WILLING TO PROTECT HIS DAUGHTER."

Runtime: 105 minutes

Director: Ben Howling, Yolanda Ramke

Cast: Simone Landers, Martin Freeman, Marlee Jane McPherson-Dobbins

Available on: Netflix

IMBd Rating: 6.3/10

Genre: Drama, Apocalyptic

If you want a good cry on a Saturday night, then this movie is just perfect for it. Cargo follows the storyline of a post-apocalyptic world where the protagonist Andy along with his wife Kay and a year-old daughter venture out on the Australian waters to stay protected from the Rabid human beings whose infection might spread and affect the person within 48hrs. After Kay gets infected, as per the symptoms she starts having seizures and starts to lose her state of mind. But, the protagonist's will to save his beloved from the bite is remarkable. This movie portrays such a strong bond among the family; the power of family.

Finally, in order to save their little daughter's life, Andy has to shoot his wife with utmost pain and in the process, the father of the child gets bitten. He has got only 48hrs now to get his daughter Rosie a safe home, a safe place, for her future. This rollercoaster ride of emotions brings out the very fear of each and every human being so perfectly that when Andy cries his heart out, we do too.

Next, we meet is Thoomi, an Australian aboriginal girl who has been separated from her family when her father gets infected. At such a young age, the type of valor the actor playing the role of Thoomi shows is quite exceptional. There were many circumstances where one can connect with the situation Andy was facing. But the thing which outshines each and every element in the plotline is the ending scene where Andy at the end of 48hrs kisses her daughter goodbye and asks Thoomi to take her deep into the Australian Alps where the tribes settled. At that moment, you can literally feel the tension building in your eyes. I, myself bawled like a baby because after numerous difficulties Rosie finally gets home. And Andy dies peacefully. That's why it is always said that 'God has made plans for everybody, just wait for the right time.'



W O R L D W A R Z

*MOTHER NATURE IS A SERIAL KILLER. NO ONES BETTER,
MORE CREATIVE*



Director: Marc Forster

Cast: Brad Pitt, Daniella Kertesz, Matthew Fox, David Morse, Mireille Enos

IMDb Rating: 7/10

Available on: Netflix

Running Time: 123 minutes

Box Office Collection: \$540 million (13th biggest grossing film of 2013)

This horror/action movie is the perfect choice to watch during this rough time of Covid-19 where we can correlate so much with the plot. This apocalyptic movie has been adapted from a novel of the same name by Max Brooks. This movie has been shunned by many people due to its lack of originality and fakeness in some scenes. Max Brooks himself has quoted "It has very little in common with the book apart from its central storyline." It has also faced backlash due to its mere similarities to the 1978 movie 'Dawn of the Dead.'

"Mother Nature is a serial killer. No one's better, more creative than her. But like all serial killers, she can't help the urge to want to get caught. What good are all those brilliant crimes if no one can take the credit? So, she leaves crumbs. Now, the hard part, why you spend a decade in school is seeing the crumbs for the clues they are. Sometimes, the thing you thought was the most brutal aspect of the virus turns out to be the chunk in its armor. And she loves disguising her weaknesses as strengths."



As quoted by the Harvard Virologist Dr. Fassbach. I think this explains it all.

The next setup we see is at Jerusalem, Israel. In order to prevent the infection, the city officials have barricaded themselves from the undead by building a high wall around the city. But alas after a ruckus, the wall was not contained and there was an invasion after all. But the main thing that we get to know here was that the undead was reluctant to infect already diseased bodies. The host has to be healthy in order to be affected by the virus, which takes on the next journey to the WHO headquarters in Wales.

At the WHO Facility, the scientist along with Gerry get on a deadly mission to the North Wing of the facility where all the scientists have already turned and are in dormancy.

After the hellbent situation of saving their lives, the protagonist injects himself with the Typhoid virus which helps him to camouflage among the dead. And finally, he walks past them unseen, undetected forthcoming past all the problems and finding the solution to this worldwide infection, finally seeing a future together with his family.

Due to its unrealistic plot, this motion picture has been in controversy to date. I hoped the plotline could have been a little better.



UTOPIA(2020).

Director: Gillian Flynn

Cast: John Cusack, Sasha Lane, Dan Byrd, Jessica Rothe, Cory Michael Smith


IMDb: 6.7/10

Genre: Dark Comedy, Drama, Sci-fi, Thriller, Slasher

Available On: Amazon Prime

"Let me explain something to you. The sun throws a certain amount of energy onto this planet. We turn it into food, clothing, shelter, etc. It supports an amount of us, and it took 30,000 years for that amount to become one billion. Then we found a way to use ancient sunlight, sunlight trapped in oil and coal. We started to live off that. What happened? In just 130 years, our population doubled. The next billion took thirty years. The fourth billion has taken just 14. So, here's the question. What do you think is going to happen when that oil and coal run out in, say, a hundred years? When there's ten billion living on a planet that can support only one?"

~ Kevin Christie

A group of people, including a man in a blue sweater and a woman in a red shirt, are standing in a room with a large, intricate geometric pattern on the ceiling. The scene is dimly lit, with light coming from the left side.

This 8-episode long series was released on 25th September 2020 when this planet was facing the Coronavirus Pandemic. Gillian Flynn whose previous accolades include blockbuster movies like *Gone Girl*, *Sharp Objects*, *Dark Places*, etc. had decided to release this amid the epidemic such that it can connect with people; but little did she know that it would backfire so miserably!

This Web Series is adapted from the book by Thomas Moore of the same name. In the movie, *Utopia* is the name of a comic book strip with a prequel named *Dystopia*. The plot revolves around a group of young adults, who meet online, get a hold of a cult underground graphic novel, which not only pins them as a target of a shadowy deep state organization but also burdens them with the dangerous task of saving the world. The story can be summed up as, The conspiracy theories behind the viruses over the years.

Jessica Hyde, the protagonist is the only child of Dr. Phillip Carvel; who is the founder of the comic strip. Jessica stays at a place called 'Home' where she is actually experimented upon and held captive. The storyline draws metaphor with the comic's character and the real-life persons. Occasionally, the fine line between fiction and real-life blurs out. Jessica along with Wilson, Ian, Becky, Grant discovers the malicious Mr. Rabbit who is known for manufacturing new different viruses and spreading them all over the world. Finally, with the help of Virologist Dr. Michael Sterns, they uncover that Kevin Christie is Mr. Rabbit and the mastermind behind "The Sterns' Flu"

The Original *Utopia* TV Series developed in the UK was applauded for its cast and acting with fewer graphic detail of the crimes since this show deals with dark comedy. But the American version portrayed the crimes so minutely that it triggered disgust. It's cringe-worthy! Sometimes, the plot felt slow and the humor sensed flat. My overall remark is that the plot could have been more intensified and bettered; that's why Amazon has canceled the show's 2nd season as well.

CONTAGION

**DON'T TALK TO ANYONE.
DON'T TOUCH ANYONE.**



MARION COTILLARD
CONTAGION

Director: Steven Soderbergh
Cast: Kate Winslet, Gwyneth Paltrow,
Jude Law, Matt Damon, Elliot Gould
IMDb Rating: 6.7/10
Available on: Netflix
Running Time: 106 minutes
Genre: Thriller, Drama, Apocalyptic



I knew this was an important movie when it came out. I had not seen anything like this before. Excellent writing, good direction, an invisible antagonist, and most importantly - a sense of realism that was duly absent in all pandemic movies.

Nine years later, as the Coronavirus disease is running rampant, my mind keeps going back to the horror depicted in this movie. This should be a must-see movie for the younger generation since it captures the frightening reality of a pandemic and humankind's reaction to it like no movie has ever captured before. It's difficult to believe with some scenes that they were filmed almost a decade before COVID-19!

**"SO WE HAVE A
VIRUS WITH NO
TREATMENT
PROTOCOL, AND NO
VACCINE AT THIS
TIME."**

At this moment, in 2021, I know many more will die from Coronavirus, and it is a scary thought. Nevertheless, I applaud the audacity of the filmmakers for making such an important movie. With an ensemble cast, this movie has made quite an impact during the lockdown period.



The plotline somewhat goes like this. Soon after her return from a business trip to Hong Kong, Beth Emhoff dies from what is a flu or some other type of infection. Her young son dies later the same day. Her husband Mitch however seems immune. Thus, begins the spread of a deadly infection. For doctors and administrators at the U.S. Centers for Disease Control, several days pass before anyone realizes the extent or gravity of this new infection.



They must first identify the type of virus in question and then find a means of combating it, a process that will likely take several months. As the contagion spreads to millions of people worldwide, societal order begins to break down as people panic. The origin of the virus tracks us back down to Hong Kong. Dr. Erin Mears in the movie has quoted “Somewhere in the world, the wrong pig met up with the wrong bat.”

**"IT'S FIGURING US OUT
FASTER THAN WE'RE
FIGURING IT OUT."**

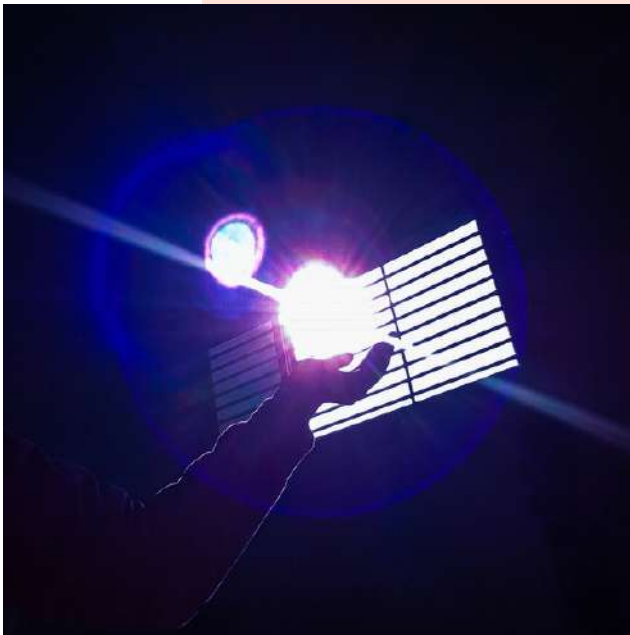
In a flashback to the spillover event, a bulldozer razes palm trees while clearing a rainforest in China, disturbing some bats' natural habitat. One bat finds shelter in a pig farm and drops an infected piece of banana that is then consumed by a pig. The pig is slaughtered and is prepared by a chef in a Macau casino, who transmits the virus to Beth via a handshake. So, this is how the epic virus originated.

Upasna Mohapatra
B.Sc. (H) Zoology
1 year



CREATIVE CORNER

FEATURING WORKS OF ARTISTS



Being minimalistic isn't bad, it's the best opportunity for exploration

In the covid-19 pandemic, one way or the other, we all became minimalistic, be it anything we experimented a lot and came up with fantastic things. This sun glare also got captured when I tried being minimalistic.

Musarrat Jahan, BSc(H) Zoology, 1st Year



Varnika Vashishtha, BSc(H) Zoology, 1st Year



Suhana Nehal, BSc(H) Zoology, 1st Year



Priya, BSc(H) Microbiology, 1st Year

Nidhi Yadav, BSc(H) Zoology, 2nd Year



Reenav Jain, B.A.(H) Business Eco.



Pragya Mehra, B.A. Prog., 1st Year



Vinita, B.A.(H) Hindi, 2nd Year

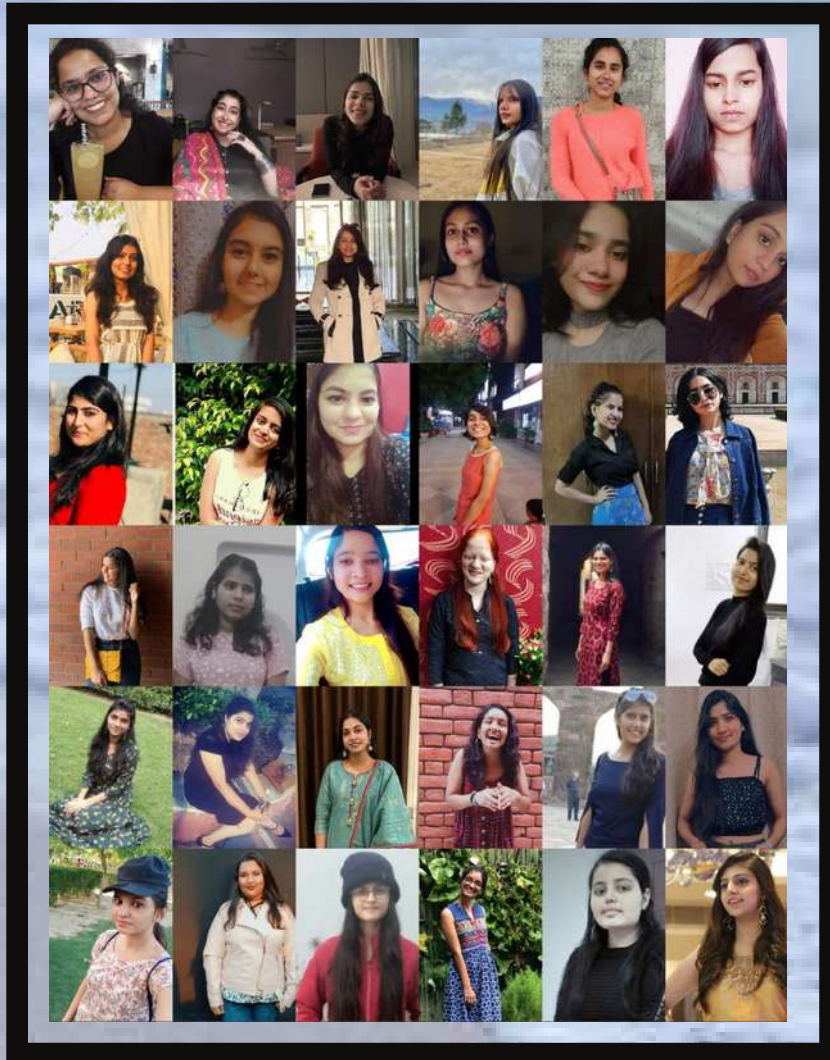


WINNERS OF 'DOODLE WARS' COMPETITION



ALBATROSS Future Zoologists

BATCH 2021



Dream BIG, Work hard and stay focussed

Dr. Swati Bajaj



Let learning be your superpower!
There is no elevator to success,
one has to take the stairs!

Dr. Udita Mukherjee

Your attitude determines your direction!! Warm wishes to all of you for your future endeavour!!

Ms. Smita Choudhury (Ray)

Science empowers one with a reasoning ability. I perceive science as a journey of ideas, evidences, experiments, successes and failures, of not one, but several scientific minds eventually leading to discoveries and inventions. Wish all our students good luck, and hope they have an enriching experience.

Dr. Supriya Singh

ALBATROSS Future Zoologists

BATCH 2022



Wish you all a bright and beautiful future ahead. Have focus and honesty in whatever you do. Your teacher's will always be there for you.

Dr. Mamtesh Singh

Education is not the information that is put into the brain and stays there; unused, undigested for all life. There must be life-making, character making assimilation of ideas. To stop learning is actually to stop living. There should be learning through academics. I am sure with learning at this college; my students will keep attaining greater heights and will help to make the college shine like the brightest star in the field of education.

Dr. Rashmi Saini

Always stay positive and let your strength dazzle... and yesss...do respond when a teacher calls your name during online class :) :)

Dr. Madhu Yashpal

Dear student, always believe in yourself. You have the ability to do any kind of work whatever it is easy or tough. So be confident and work hard to get your dream.

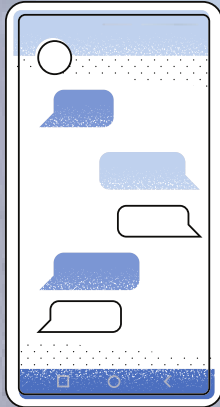
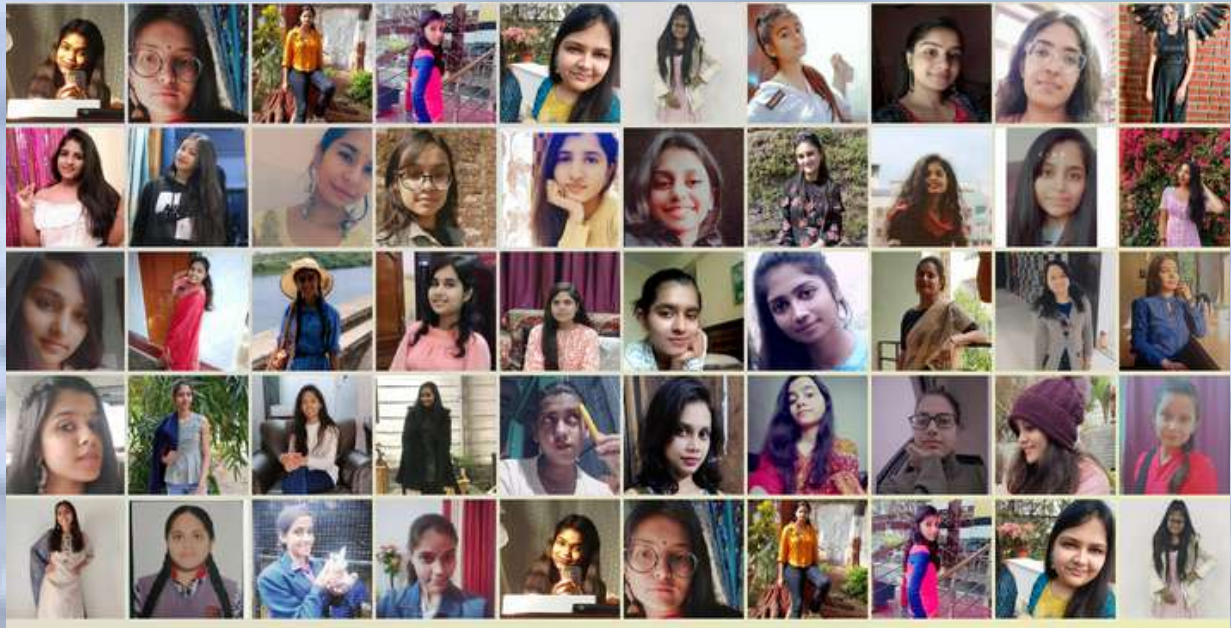
Ms. Ishu Priya

Let's be patient, kind and loving in our approach. Words are double edged swords; they affect others and you equally. Therefore, be cautious in what you say and what you do. Stay safe and stay happy!

Dr. Neena K. Dhiman

ALBATROSS Future Zoologists

BATCH 2023



All the best!

Dr. M. Divya Gnaneswari

Dear students, it has been a very tough year for all of us. Unfortunately there will be no in campus farewell for the passing out batch nor we could have a freshers welcome for the new batch. These are the college memories to be cherished forever. Nor we could interact with the students like we do in class....but inspite of all this, all of you have shown so much patience, and support in the online format, which I really appreciate. My best wishes are with each one of you who will be leaving the Alma mater soon. Anytime ever in future if there is anyway I can help, you all are heartily welcome. And I would be eagerly waiting for the second and first years to join college so that we can meet face to face. All the very best!!!

I am happy to know that our department magazine is coming up again. A magazine always have a great educational value. It encourage you all to think and write and as it also record achievements and other activities, I hope this issue would be successful in exposing the young talent through this medium.

Dr. Thoudam Regina Devi

Dr. Chaitali Ghosh

Be a better version of yourself each day ♥

Dr. Jasvinder Kaur



TILL WE MEET AGAIN....

Dr. Aruna Mohan

*"Our birth is but a sleep and a forgetting:
The soul that rises with us, our life's star
hath had elsewhere it's setting, And
cometh from afar."*

-William Wordsworth

