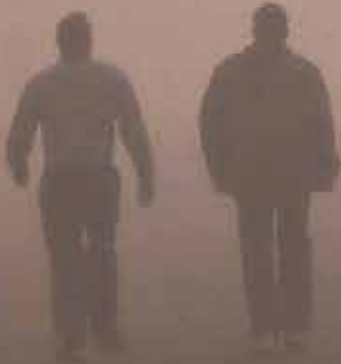




News Insight

October 2020



CULTURAL CLUB

**ONLINE ANTAKSHARI QUIZ
COMPETITION WINNERS**



1st Position
Divya Bhardwaj
BBA(2018-21)



2nd Position
Tanmay Thusu
BBA(2019-22)



3rd Position
Hitesh Arora
BBA(2019-22)

ANTAKSHARI QUIZ COMPETITION

Cultural Club of MERI organized intercollegiate Antakshari Quiz Competition on 3rd October, 2020. Students from different courses graced the competition with their participation. E-Certificates were provided to all the participants. It was a fun event.

WEBINAR on Modern way to Success...



10th October 2020
2:30pm



Vasundhara Arora
Corporate Strategy, Cognizant
Ex-Bain / Ex-EY

Faculty Coordinators

Ms. Shikha Gupta



Ms. Monika Sharma



Ms. Saloni Saini



Organized by:
Literary Club

WEBINAR: MODERN WAY TO SUCCESS

Literary club of MERI organized a webinar on “Modern way to Success” on 10th October, 2020 at Google Meet. The speaker for the day was Ms. Vasundhara Arora , Corporate Strategy, Cognizant Ex-Bain/ Ex- EY. She explained the students about the modern techniques of success and also shared many achievement exp[eriences Many students from different courses graced the event with energy and lots of learning. The webinar was successfully conducted under the presence of Ms. Shikha Gupta Ma’am, Ms. Monika Sharma Ma’am, and Ms. Saloni Saini Ma’am.

Presents

51st Alumni Interaction Series

THINK BEFORE YOU SELECT

It's your CAREER..

28th Oct, 2020

Wednesday

11:20 AM - 12:00 PM

Expert Speaker



Joydeep Roy (2002-04)
Company - Managing Business Partner,
Inspire Communications LLP,
Based at Shanghai.

THINK BEFORE YOU SELECT-

IT'S YOUR CAREER

Management Education and Research Institute (M.E.R.I) college organised 51 Annual Interaction Series on topic "Think Before You Select It's Your Career" for students of all the course BBA, MBA, BA (JMC), PGDMA. The session was organised on 28th of October, 2020 through online mode and the speaker of the event was Joydeep Roy, Company –Managing Business Partner, Inspire Communication LLP, Based at Shanghai.

Students of different course attended this event. It was an interactive session. Students asked and cleared all their doubts. It was very important as well as effective for all the students.

Presents

51st Alumni Interaction Series

THINK BEFORE YOU SELECT!

Its your CAREER?

24th Oct, 2020

11:00 - 11:40 AM

Expert Speaker



Rajat Wadhwa

Company - Mosaic Digital
Designation- Assistant General Manager -
Solutions offering.

51st ALUMNI INTERACTION SERIES

MERI organised 51st Alumni Interaction Series for the students. This session was held on 24th October 2020 on Google Meet. The speaker for the day was Mr. Rajat Wadhwa. He is an Assistant General Manager in Mosaic Digital Company. The session was quite interesting and knowledgeable as the speaker explained that students should think before they select for their career.

Organising online Guest Lecture
on
**Skills needed for
Digital Film Making**

22nd Oct, 2020
10:30 AM



Expert Speaker



Dr. Rajeev Kumar Panda

Head of Department,
Dept. of TV and Film at
Apeejay Institute of Mass Communication.

Convener



Prof. (Dr.) Dilip Kumar

Head of Department,
Journalism and Mass Communication

Co-Convener



Dr. Vanshika Bhatia

Assistant Professor,
Journalism and Mass Communication

WEBINAR- "Skills needed for Digital Film Making"

The Department of Journalism and Mass Communication BA(JMC) of M.E.R.I college organised an online guest lecture on the topic "Skills needed for Digital Film Making" for all the students of BA(JMC) department. The expert speaker of this webinar was Dr. Rajeev Kumar Panda, Head of Department, Dept. of TV and Film at Apeejay Institute of Mass Communication.

The webinar was held on 22nd of October, 2020 at 10:30 am. All the students of BA (JMC) department participated with great enthusiasm. It was a very interactive session. Students enjoyed a lot as they got to know about how digital cinematography skills can help them in coming future.



MENTAL HEALTH & WELLNESS

Mental health is a positive concept related to the social and emotional wellbeing of individuals and communities. Having good mental health, or being mentally healthy, is more than just the absence of illness; rather it's a state of overall wellbeing.

Mental health is influenced by several biological, psychological, social and environmental factors which interact in complex ways. These include:

- Structural factors such as safe living environments, employment, education, freedom from discrimination and violence, and access to economic resources
- Community factors such as a positive sense of belonging, community connectedness, activities to highlight and embrace diversity, social support, and participation in society
- Individual factors such as the ability to manage thoughts and cope with stressors and having communication and social skills to support connection with others.

Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation.

We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviours. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up—telling ourselves this is “just the way we are.”

Eat Healthy

Mental health and wellness from the inside out and food can be a great benefit. Take 10 today by making a healthy meal, or identifying ways that you can better fuel your body through food. Ironman All-World athlete Rachel Brenke believes that eating healthy is all about setting goals, identifying what works for you, and finding balance!

2. Exercise

Physical activity is a cornerstone of what we do at Team RWB. There's increasing evidence that it's effective in supporting solutions for both mental and physical health challenges.

By: Malika Gambhir



Air Pollution in Delhi

- Air pollution is responsible for many health problems in the urban areas. Of late, the air pollution status in Delhi has undergone many changes in terms of the levels of pollutants and the control measures taken to reduce them. This paper provides an evidence-based insight into the status of air pollution in Delhi and its effects on health and control measures instituted. The urban air database released by the World Health Organization in September 2011 reported that Delhi has exceeded the maximum PM10 limit by almost 10-times at $198 \mu\text{g}/\text{m}^3$. Vehicular emissions and industrial activities were found to be associated with indoor as well as outdoor air pollution in Delhi. Studies on air pollution and mortality from Delhi found that all-natural-cause mortality and morbidity

increased with increased air pollution. Delhi has taken several steps to reduce the level of air pollution in the city during the last 10 years. However, more still needs to be done to further reduce the levels of air pollution. The air quality in Delhi, the capital territory of India, according to a WHO survey of 1,650 world cities, is the worst of any major city in the world. ... India's Ministry of Earth Sciences published a research paper in October 2018 attributing almost 41% to vehicular emissions, 21.5% to dust and 18% to industries.

Control Measures Instituted by the Government of Delhi

- The nodal ministry for protecting the environment is the Ministry of Environment and Forests at the Centre and the Department of Environment of the Government of National Capital Territory of Delhi. The Central Pollution Control Board set up in 1974 under the Water Act is the principal watchdog for carrying out the functions stated in the environmental acts, implementation of National Air Quality Monitoring Programme and other activities. The Delhi Pollution Control Board is the body responsible at the state level. From time to time, the judiciary has taken strong note of the deteriorating environmental conditions in Delhi in response to public litigations. One of the earliest such instances was the judgement passed by the Supreme Court of India to deal with the acute problem of vehicular pollution in Delhi in response to a writ petition filed in 1985. Subsequently, it ordered the shutdown of hazardous, noxious industries and hot-mix plants and brick kilns operating in Delhi.

By: Malika Gambhir

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COLLEGE

**LITERARY
CLUB**

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