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I.M.S TODAY

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AI ki Duniya

Anushka

Google Cloud 2026: The Evolution from Storage to 'Action Brain'

For a long time, Google Cloud was known primarily as a digital warehouse for storing data. However, with March 2026 here, we have witnessed a massive transformation. It is no longer "the cloud"; it is now the world's most advanced "Action-Oriented AI Engine" that is powering the next generation of autonomous tools.

Vertex AI & Gemini 3 Flash: The New Core

The most significant technical update is the integration of Gemini 3 Flash into the Google Cloud ecosystem via Vertex AI. The Fact: This new model is 10times faster than its predecessors. Moreover, it is equipped with an "Infinite Context Window." This enables it to read thousands of documents or watch hours of video in just seconds. The Update: It is now equipped with Nano Banana 2. This is a state-of-the-art model that is used for text-to-image or image-to-image editing. This makes professional and academic work faster and more efficient.

Agentic AI: The Rise of 'Do-er' Models

The most significant update in 2026 is that we have moved from "Chatting" to "Doing." We have witnessed the integration of Agentic AI Workflows. How it Works: Unlike the old chatbots that only provided text-based answers, these new AI agents are now able to perform tasks. For instance, if the AI agent is a journalism student, it is now able to transcribe the interview it conducted and even perform the necessary checks against global databases and put it in the form of a news article.

The Reality: The AI agents can now manage the entire project schedule without any human intervention.

Guest Editor of This Issue

From the Editor's desk



Dr. Preeti Goyal
 Principal
 Sun Valley International School Ghaziabad

Health and Well Being - Post Covid India

Adversity often arrives uninvited, yet it leaves behind the gift of transformed habits and renewed purpose." Covid 19 was one such turning point in the history of mankind.

The pandemic really changed how people in India think about health. It was not just about getting through the sickness, but it pushed everyone to pay more attention to staying fit and feeling okay mentally. Everyday habits and individual perspective got different after that.

Hygiene became a big deal, like washing hands all the time and wearing masks when sick. People started eating better foods to boost immunity. I think that part stuck because it makes sense. And then there is Ayurveda and yoga, which a lot of folks turned to during lockdowns. Herbal stuff, meditation, breathing exercises, they all mixed into routines. It appears that traditional practices have experienced a resurgence, not sure if everyone does it now, but it definitely feels widespread. Mental health came up a lot too. Isolation made anxiety and stress worse, depression hit hard for some. Now people talk about it more openly, which is good. Counseling is easier with tele services, stigma is down a bit. The uncertainty of the pandemic highlighted these vulnerabilities, leading to expanded access to care, and access expanded, especially online.

IMS Ghaziabad,UC Campus Hosts Grand Annual Fest PULSE-2026 with Participation from Across India

IMS News Service Ghaziabad: IMS Ghaziabad (University Courses Campus) successfully organized its two-day annual fest Pulse-2026. The theme of the event was "Ecoverse – Greener Choice, Brighter Future, Feel the Pulse." The fest witnessed enthusiastic participation from talented students across the country.

The event was inaugurated by Chief Guest Ms. Maya Kulshreshtha (Kathak Professional), along with CA (Dr.) Rakesh Chharia, General Secretary of IMS Group of Institutions, Prof. (Dr.) Jaskiran Kaur, Director of the institute,



and Dr. Geeti Sharma, Dean Academics. The ceremony commenced with a soulful floral tribute to Goddess Saraswati. The program commenced with a welcome performance, including a Vandana and cultural presentations by students. A total of 13 com-



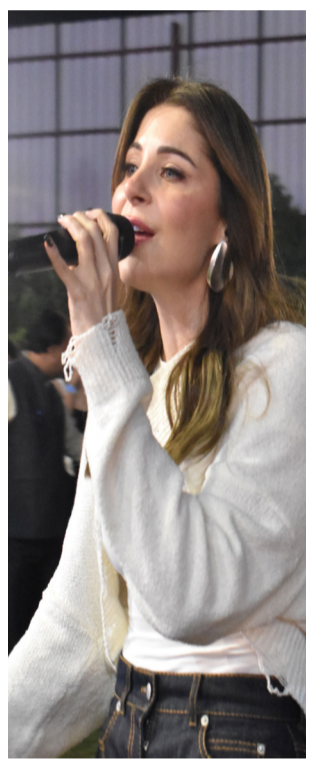
petitions were organized during the fest. On the first day, events such as Solo Singing (Swaranjali), Rangoli Competition (Kalakriti), Solo Dance (Nataraj), Photography (Drishya), Street Play (Rangmanch), Face Painting (Mukhauta), and a Fashion Show were conducted, show-



casing the creativity and talent of the participants. Addressing the students, the Chief Guest emphasized the importance of classical music and dance, stating that everyone should stay connected to some form of music as it enhances emotional, mental, and physical well-being. She

also encouraged students to keep learning continuously and maintain a positive attitude in life. On this occasion, Director Prof. (Dr.) Jaskiran Kaur shared motivational thoughts with the students.

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India's Preparedness: Building the Brain, Starving the Body?

Abhanshu Dwivedi New Delhi: In April 2021, India saw scenes that are still hard to forget. Hospitals across cities like Delhi and Lucknow were struggling for oxygen. Families were running from one facility to another. Many patients did not even know the severity of their illness because testing was delayed. The crisis was not about lack of scientific knowledge. It was about failure at the ground level. Now, there is no panic. No breaking news visuals. But the latest budget numbers suggest a quiet shift that could recreate the same weakness in a different form. Data analysed by PRS Legislative Research shows that funding for advanced biosecurity research has increased sharply, while allocations for epidemic

prevention tools have been reduced significantly. Laboratory networks have also seen cuts. This creates a clear imbalance. India is strengthening its ability to study future viruses, but weakening its ability to detect and control them early. It is building the brain, but starving the body.

Plans Have Improved, But Systems Lag After COVID-19, the government did recognise the need for faster and more structured responses. The NITI Aayog proposed a "100-day response strategy," based on the idea that early action decides



Coordination Remains the Missing Piece

Another challenge lies in coordination. Many diseases originate in animals before spreading to humans. Effective response requires seamless communication between different sectors. Yet, expert discussions from Asia-CHS and studies available on PubMed Central show that India's "One Health" approach is still fragmented across ministries.

the scale of damage. It recommended a Standing Empowered Group of Secretaries to speed up decisions and reduce bureaucratic delays.

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Screen Addiction in Students A Post-Lockdown Concern

Mugdha

New Delhi: The COVID-19 pandemic has changed the lives of students. Even now students spend most of their time on their screens because of classes, even though online classes are over and normal classes have started again in schools and colleges but students are still spending a lot of time on their screens. This has become a problem for students: screen addiction.

●Screen addiction refers to students spending excessive time on their phones. Screen addiction means students spend much time on their phones, laptops and tablets and they cannot stop and like rather than going out and playing they prefer online games.

●Before students used to spend 2-3 hours a day



on their screens but now students spend 6-9 hours a day on their screens.

●The World Health Organization (WHO) says kids should not spend more than 2 hours a day on their screens when they are not in school. The effects of spending much time on screens on the health of students are very bad.

●60% of students get eye strain from spending much time on screens.

●This has also led to obesity in school kids. During the lockdowns kids started sitting around a lot and this increased by 20-30%. Mental health is also a problem. Kids who spend more than 5-6 hours on screens tend to feel anxious, stressed and depressed. Social media makes often makes kids feel bad about themselves.

Drug Abuse and Trafficking are Major Concerns Today : Kanika Kapoor

Sanchita Mukherjee from the IMS Today team of IMS Ghaziabad University Courses campus, had the golden opportunity of interviewing the famous Indian Bollywood singer, Kanika Kapoor. In this exclusive and immersive interview, she shared her views over different aspects of her life and journey.

Sanchita

We all have grooved and vibed on Baby Doll, Nachan Farrate, Chittiyaan Kalaiyaan, Tukur Tukur, and what not. Baby Doll to global stages.

She shared that she was launched in February 2014 and considers God her guiding light. By October 2014, after performing Lovely in Happy New Year, she was on a world tour with Shah Rukh Khan and Deepika Padukone.

She recalled a defining

moment in London, performing before 35,000 people when Shah Rukh Khan introduced her on stage—realizing then that her dream had finally come true.

If you could collaborate with any one Hollywood artist, who would it be and why?

When we grew up, we all used to look up to the west and it was so much greatness because it was our mindset, but today without any arrogance, she would collaborate, just with her own Indian



people. She threw focus on the growing craze over the Punjab music industry, the Gen Z, the new mass appeal.

There's so much to work with. So many incredible artists to work with. With due respect

to Hollywood, she would always choose Indian artists to collaborate with.

How do you manage to find time to balance your role as a playback singer with your work as a philanthropist?

She shared that she began

helping those in need a few years ago. Despite being busy with music and her children, she continues to give back quietly. She believes in not bragging about her contributions and feels shy discussing them, but hopes to do even more in the future as she becomes more capable.

Recently, Ghaziabad Police launched Operation Prahaar to curb drug abuse, illegal alcohol, and weapon trafficking. What is your perspective on this initiative?

She shared that growing up in Lucknow, she was not aware of such serious issues, but today she believes drug abuse and trafficking are major concerns, especially for the younger generation in developing India.

She expressed concern over the easy availability of illegal substances and appreciated Operation Prahaar, praising the Ghaziabad Police for taking a strong step to prevent youth from getting involved in drugs and trafficking.

Ayushman Bharat in 2026: Impact, Gaps and Ground Reality

Kushagra Garg

New Delhi: Ayushman Bharat, or specifically the Pradhan Mantri Jan Arogya Yojana (PM-JAY), since its inception in 2018, has become the largest health assurance program in the world under the government umbrella. It provides a health cover of up to ₹5 lakh annually to the vulnerable population and now covers almost 55 crore people, including senior citizens over 70 years of age.

In 2026, the program is at a critical juncture and is characterized by its scale and ground realities.

Impact: Enhancing Healthcare Access

The first and most obvious impact of the Ayushman Bharat program is the financial protection provided to the popula-

tion. Government figures show savings of over ₹1.25 lakh crore due to reduced out-of-pocket expenditure (OOPE). Moreover, the figures also show a decline in OOPE over the past decade. The program has already issued over 34-36 crore health cards and facilitated crores of hospital admissions.

Moreover, the program has also led to an increase in the number of surgeries performed, as these were previously delayed due to financial constraints. Secondly, the program has also led to the development of health infrastructure in the country. The development of Ayushman Arogya Mandirs or health and wellness centers has led to an improvement in primary health care services, especially in rural areas of the country.



Gaps in the System Despite such a huge impact of the program, there are still several gaps in the system. Firstly, there is a lack of awareness among people regarding the program. Studies show that only a small percentage of the population is aware of the program and its benefits. Secondly, there is too much emphasis placed on

hospitalization, while the aspect of outpatient care is not addressed, which still forms a major part of health expenditure. There is a “missing middle” segment, which includes millions of people not poor enough to qualify for the scheme, nor rich enough to pay for private insurance schemes. Lastly, there is the aspect of



MISSING MIDDLE

disparity in health care infrastructure, especially in the case of rural and urban areas.

Ground Reality: Promise and Practice

In reality, the implementation of the scheme has varied considerably across the country. Even though the majority of the population is receiving free health care ser-

vices, there have also been some reports of the need for payments and lack of clarity. There is a high degree of private hospital participation, which dominate service delivery, often raising concerns about cost escalation and uneven quality. However, the scheme’s digital backbone—such as large-scale health data and fraud detection systems—has improved transparency and monitoring over time.

The Ayushman Bharat of 2026 is a significant step towards achieving Universal Health Coverage in the country. It has undoubtedly helped alleviate financial stress and increase health service accessibility. However, awareness, equity, and coverage issues indicate a need for more systemic changes.



Breakthrough in Cancer Drug Production: Scientists Unlock Doxorubicin Efficiency After Decades

The way we make one of the important cancer drugs in the world may be about to change in a big way. A team of researchers from around the world has found a way to fix some problems that have been slowing down the production of doxorubicin for over 50 years.

Doxorubicin has been a part of cancer treatment since it was first approved in the 1970s. It is widely used to treat breast and bladder cancers, as well as lymphomas and carcinomas. Every year, more than one million patients rely on this drug to help them get better. However, making doxorubicin has always been a bit of a problem. The bacteria that make it only produce very small amounts, moons could be habitable environments even if they are far removed from any star. so pharmaceutical companies have had to use complicated and expensive methods to make it.

The new research is about understanding where the production process slows down. By finding out where the problems are scientists have been able to make the bacteria’s pathways more efficient. This means that we may be able to make doxorubicin more quickly and at a lower cost.

This breakthrough is not about making more of the drug we already have. It could also lead to improved versions of doxorubicin that have fewer side effects. This new research is a step forward, and it could make a big difference for people who are fighting cancer.

Life Beyond Sunlight: Rogue Planet Moons Could Harbor Hidden Oceans

Scientists have made a discovery that changes what we thought about where life can live. They think that places that are good for life can exist far away from any star. Researchers at the Excellence Cluster ORIGINS at LMU and the Max Planck Institute for Extraterrestrial Physics found out that moons that go around planets that are floating in space could have water for a really long time. Billions of years.

We always thought that liquid water was necessary for life and that it could only be found on planets that are close to a star. This new study says that it is not true. It says that if a moon has an atmosphere and gets heated up by the gravitational forces of the planet it is orbiting it could keep the water under the surface from freezing.

This could happen even if the moon is really far away from any star. The best part is that this could last for up to 4.3 billion years, which is about how long Earth has been around.

Planets that are floating in space form when the planets in a system are still really young and moving around a lot. Sometimes the big planets get too close to each other. They kick each other out into space.

Dr. Giulia Roccetti from LMU found out that when this happens, the planets that get kicked out can still have moons. These moons could be places where life can live, even if they are really far away from any star.

Outbound Picnic-Family Get-together of GMA Members

IMS News Service

Ghaziabad: Ghaziabad Management Association organized “An outbound picnic of Family get-together” for its 73 members and their families at Chokhi Dhani, Meerut. At assembly point to start the picnic, tea and cookies were arranged by one of GMA’s corporate member, KGAP.

At Chokhi Dhani, members were greeted by Kachi -Ghodi & Tilak. Started with tea/coffee, snacks, Kadikachori, Hot Bajra Roti. It was full of fun like Rajasthani Cultural Program - Ghoomar Dance, Kalbeliya Dance, Magic Show, Puppet Show, Rajasthani



Choupal, lokgeet, Bhopa-Bhoopi Lokgeet, Mehandi, Head Massage, Handicraft Shop, Astrologer & Lakh choodiwala. Rural sports included Camel ride, Tractor ride, Bullock cart ride, Carrom, Archery, Air Gun, Gulel were enjoyed. There was an also major attraction of Adventure Sports Zip Line. Tambola

game, organised by GMA was enjoyed by members with exciting prizes. Members thoroughly enjoyed the sumptuous rajasthani food sitting on floor. On the occasion of international women day, gift was given to all females present there. Five lucky draw prizes were also given.

From Crisis to Capacity: Strengthening India’s Public Health Infrastructure

Hritik

New Delhi : The pandemic showed how weak India’s public health system really was. During COVID-19, hospitals became overloaded, and a shortage of oxygen cost thousands of lives. In rural areas, even basic facilities were missing—people had to stand in long lines for hours just to get one bed.

The government learned that while managing population growth is important, it is essential to upgrade health infrastructure. Now, there is a shift from crisis management to building long-term capacity.

The Ayushman Bharat scheme has given health insurance to about 50 crore people, enabling poor families to receive free treatment. Under PM-JAY, more than ₹1.5 lakh crore has been invested, and Health and Wellness Centres are being set up in every district. For example, in Kerala and Tamil Nadu, primary health centres have been digitised and linked through telemedicine, connecting remote



villages with doctors. Now doctors can diagnose patients via video calls, saving time and lives.

However, many challenges remain. The gap between urban and rural health care is still large. Cities have advanced super-speciality hospitals, while villages often have only basic outpatient services. There is also a severe shortage of doctors; according to WHO, India needs approximately two million additional doctors. The government spends only about 2.1% of GDP on health, while the global average is around 6%. Corruption and poor maintenance often leave medical equipment unused or damaged. Looking ahead, the roadmap is clear. India should adopt a “One Health” approach that links human, animal, and environ-

mental health to prevent zoonotic diseases such as Nipah. The country must also use artificial intelligence and technology—drones to deliver medicines, predictive analytics to forecast outbreaks, and digital health IDs such as the ABHA cards in Gujarat to store all health records electronically and reduce paperwork. Looking ahead, the roadmap is clear. India should adopt a “One Health” approach that links human, animal, and environ-

Celebrating International Women’s Week

IMS News Service

Ghaziabad: The Ghaziabad Management Association successfully organized a series of events to celebrate International Women’s Day, extending the celebration into a dedicated “International Women’s Week” from 8th March to 17th March 2026, followed by the main celebration on 19th March 2026.

The week commenced with a Women’s Health Check-up Camp organized for female members of GMA from 8th March to 15th March at Manipal Hospital. The initiative aimed to promote awareness about women’s health and well-being.

On 12th March, an Awareness Session on POSH (Prevention of Sexual Harassment) was conducted at WKA Instruments Pvt Ltd. The session was led by Sonia Jaitly and was attended by 44 employees, focusing on workplace safety and legal awareness. Continuing the initia-



tive, a Financial Literacy Awareness Programme for Women was held on 13th March 2026 at Hotel WALK. The session was conducted by Vasundhara Goyal and Ambika Bajpai from HDFC Asset Management Company.

On the same day, a Self-Defence Workshop for Girls was organized at Ram Chameli Chadha Girls College. The session was conducted by Anil Gupta, a highly experienced karate instructor with multiple black belts. Around 73 girls actively participated and learned essential self-defence techniques.

Further strengthening awareness on women’s safety, a session on Prevention of Crime Against Women was held on 16th

March 2026 at ABES School of Business. The session was delivered by Sheela Chaudhary, DSP, CDIL, Ghaziabad, and was attended by approximately 140 students.

The series concluded with the grand celebration of International Women’s Day on 19th March 2026 at IMS Ghaziabad UC Campus. On this occasion, GMA invited nominations of women who have made significant contributions across eight domains, including Sports Excellence, Entrepreneurship, Arts, Music & Creativity, Education, Environment & Sustainability, Social Welfare, Women Leadership, and the newly introduced Young Women Award category.

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India’s Preparedness: Building...

It also suggested replacing the outdated Epidemic Diseases Act 1897 with a modern Public Health Emergency Management Act, which would clearly define roles from the national level down to districts.

India has also joined the WHO PRET Initiative, aligning itself with global frameworks for handling respiratory pandemics. These steps show intent and direction. But intent does not automatically translate into capacity. A well-written plan cannot compensate for weak systems on the ground.

The Ground Reality Tells a Different Story

To understand the gap, consider a simple situation. A patient in a small town develops symptoms of a new infection. The response depends on basic questions. Is there a

nearby lab to test samples quickly? Are there trained staff to trace contacts? Is there a functioning local health network?

This is where India’s preparedness weakens. According to the Observer Research Foundation, public health spending remains around 2 percent of GDP, far below the target set in the National Health Policy 2017. At the same time, key institutions like the National Centre for Disease Control are not expanding fast enough to match the scale of the country.

There is also a structural issue in medical education. While new colleges and seats are being added, reports point to shortages of qualified faculty. This “ghost faculty” problem raises serious concerns about the quality of training. Infrastructure is visible. Skilled manpower is not. In a health crisis, it is the latter that determines outcomes.

IMS Ghaziabad, UC Campus Hosts...

The fest saw participation from over 1,500 students representing more than 120 colleges from Ghaziabad, Noida, Hapur, Delhi, and various other states across India. Prominent participating institutions included IIT Mumbai, IIT Delhi, VIT Vellore, Galgotias University, AAFIT, RKGIT, Shobhit University, Maharaja Agrasen College (Delhi), Amity University, Ajay Kumar Garg Engineering College, University of Delhi, Hansraj College, Trinity Institute, GL Bajaj, and JP Institute, among others.

On the first day of the fest Solo Dance competition, Nitin Kumar from Lajpat Rai College secured the first place, followed by Dolly Dhamija from Hansraj College (Delhi) followed in second, and Ranbir Singh from Dayal Singh College took third. In the Rangoli

competition, the team led by Anushka Rajput from IMS Ghaziabad (University Courses Campus) secured the first place, while Shivansh’s team from MMH College secured the second place.

On the second day of the annual fest Pulse-2026, renowned Bollywood singer Kanika Kapoor was invited to perform. She delivered a wonderful performance of her superhit songs such as Baby Doll, Chittiyaan Kalaiyaan, Lovely, Kamli, and Nachan Farrate, along with several other popular Bollywood tracks.

Screen Addiction in Students...

Playing games and using the internet makes it hard for kids to focus on their school work and their grades suffer.

Another problem is that kids do not play with kids in person. They prefer to talk to each other online of face to face. This makes

it hard for kids to make friends and they can feel lonely even if they have a lot of friends online. To solve this problem parents and teachers need to help kids find a balance between this. Parents need to teach kids about the effects of spending too much time on screens and even simple things like following the 20-20-20 rule can help reduce the effects of spending too much time on screens.

In conclusion even though technology helped us with some problems, during the lockdown spending much time on screens is a big issue. We can only solve this problem by controlling the amount of time kids spend on screens so that they can be healthy and happy.

COVID-19 pandemic and screen addiction are still affecting the lives of students. Students and screen addiction need to be taken care of.

The Comeback of Ayurveda: Tradition Meets Modern Validation

Anushka Khurana

New Delhi: Ayurveda is a natural healing system that has been around for a very long time. It focuses on healing the whole person: body, mind, and spirit. It is among the very earliest methods of medicine found on Earth. While modern medicine often treats symptoms only, Ayurveda works to stop diseases from developing by maintaining a harmonious state of the body. It relies on straightforward, natural techniques that have been around for thousands of years and are still trusted today.

Ayurveda started in India over 5,000 years ago, rooted in the Vedic era. The wisdom is derived from ancient scriptures known as the Vedas and it rests on three pillars: doshas, Vata, Pitta, Kapha, how they move through the body, your personal constitution called prakriti, and natural healing tools. Eating



right is key - so is herbal use, movement, yoga, and small daily shifts. No one-size-fits-all fix; each person gets a custom plan. The balance of energies, like wind, fire, and earth, isn't just theory, it's daily practice. You adjust meals based on what feels right in your body at any moment, a single meal can shift your state overnight. That's why tracking symptoms matters more than guessing what works.

There are quite a few clear reasons why Ayurveda is regaining popularity today. A number of people are scared of the adverse effects of chemi-

cal medicines that are very strong. They want safer, natural options. The worldwide wellness culture which is concentrating on fitness, stress relief, and mental peace has also been helpful. The Ministry of AYUSH which promotes research and education is actively involved in the promotion of Ayurveda in India. Thus, a lot of people are going for Ayurvedic therapies for ordinary problems such as digestive troubles, joint pain, and fatigue.

Today, scientific research is increasingly validating the benefits of Ayurveda. Experts are running clinical

trials, and through research, various Ayurvedic herbs and healing techniques are being investigated. It has been demonstrated that substances like turmeric and ashwagandha can significantly improve human health by both lessening inflammation and reducing stress. A number of hospitals and health resorts worldwide including India offer integrated treatment consisting of modern medical care combined with Ayurvedic therapies. Such a combination provides the patients with advantages from both the

systems. The fascination with Ayurveda has extended well beyond the borders of India. Individuals from the US, Europe, and other parts of the world visit India mainly to get Ayurveda Panchakarma detox treatments. By now, practically every coun-

try has yoga classes and members who regularly use Ayurvedic herbal products as part of their lifestyle. One can find Ayurvedic teas, oils, and nutritional supplements on shelves of worldwide markets without any difficulty.

Ancient Meets Modern

Ayurveda is a gorgeous blend of antique knowledge and contemporary science. Living in today's fast-paced and stressful times, it acts as a little guide to one's health through a very simple and natural routine. Merging the old ways with verified studies, not only is Ayurveda continuing to exist, it is flourishing and assisting millions to lead better and balanced lives.

Junk Food V/S Healthy Eating: What is Indian Youth Choosing?

Gyanvi

New Delhi: If we go to college canteens or late-night Swiggy orders, junk food has established its position on the plates of Indian youth. Talking about a plate of momos after a long lecture or a cheesy Pizza during a late-night study session, the change which took place in our eating habits is really hard to ignore. However, this is not at all good, but yes, satisfying enough to fulfil cravings.

A whole mixture of convenience, affordability, spicy taste and heavy influence of social media. A burger is more often cheaper and faster than a nutritious home-cooked



meal, and how can we forget about posting pictures of "aesthetic" fast food to show a prominent lifestyle symbol. Every time you scroll on Instagram, you see tasty fried snacks again and again. Because of this, it becomes hard to ignore these trends, and

fast food slowly becomes the first choice for young people who are always busy and on the go.

The reality is quite alarming. India is currently seeing a sharp rise in obesity and lifestyle diseases like diabetes and hypertension among

young people. Junk food, which is high in trans fats, too much sugar, and salt, is a major reason why today's generation is eating more but still not getting proper nutrition.

But the story is not entirely one-sided; fitness and health consciousness

are finally beginning to emerge among the youth. Talking about Gym culture or the rise of health-conscious influencers, many young Indians are now actively switching to salads, protein-rich diets, and traditional home-cooked meals.

It suggests that while the majority still leans towards the ease of junk food, the value of physical wellbeing is finally taking centre stage for

those who realise that a lifestyle symbol should be about actual health and not just filtered photos.

Ultimately, the choice between a salad and a samosa is about more than just one meal.

The question remains: will the Indian youth continue to ignore their health for the sake of temporary taste, or will they finally choose a lifestyle that truly fuels their ambitions?

Facts:- Youth and Food Habits in India

CATEGORY	STATISTIC/ DETAIL
Childhood obesity	41 million in 2025
Global ranking	2nd highest in the world
Physical activity	74% of adolescents

Kerala Issues Nipah Virus Alert: Urged for Precautions to Safeguard Public Health

Vanshika

New Delhi: Kerala has issued a seasonal Nipah virus alert from April to September, reminding citizens of the serious risks posed by this zoonotic disease. Nipah virus is carried by fruit bats and can spread to humans through contaminated food or close contact with infected animals and people. With a fatality rate ranging from 40-75%, the virus demands strict preventive measures.

Causes
Natural host: fruit bats.
Transmission: contaminated fruits, raw date palm sap, contact with infected animals (especially pigs), and human-to-human spread in healthcare or caregiving settings.

Consequences
Symptoms include fever, headache, cough, breathing difficulty, confusion, and seizures. Severe cases progress to encephalitis, coma, and



death. Survivors may face long-term neurological complications.

Precautionary Measures
Food safety: Avoid raw date palm sap; wash and peel fruits thoroughly; discard fruits with bite marks.
Animal contact: Do not handle sick or dead bats or pigs; farmers should use protective gear.
Human contact: Avoid close contact with infected individuals; caregivers must use masks, gloves, and gowns.

Treatment Status
Currently, no approved cure or vaccine exists. Supportive hospital care—oxygen therapy, fluids, seizure management, and isolation—remains the only option. Research into monoclonal antibodies and antivirals is ongoing but not yet available for public use.

With no cure in sight, prevention is the strongest defense against Nipah virus. Kerala's alert is a timely reminder that vigilance, hygiene, and safe practices are essential to protect communities from this deadly threat.

Interesting Facts about Nipah Virus

- Discovered:** Nipah virus was first identified in 1998 during an outbreak in Malaysia, named after the village Sungai Nipah.
- High-risk regions:** Outbreaks are mostly reported in South and Southeast Asia, especially in Kerala, Bangladesh, and Malaysia.
- Deadliest viruses:** With a fatality rate of up to 75%, Nipah is considered more deadly than many well-known viruses like COVID-19.
- Brain-attacking:** Nipah mainly affects the brain, causing encephalitis (brain inflammation), which can lead to coma within 24-48 hours in severe cases.
- Healthcare workers at high risk:** Many infections have occurred in hospitals due to close contact with patients, making protective gear essential.
- Unusual transmission:** The virus can spread through fruits partially eaten by bats—something as simple as eating contaminated fruit can cause infection.
- Animal link:** Pigs have acted as "amplifying hosts" in past outbreaks, spreading the virus rapidly to humans.
- Delayed symptoms:** Symptoms can appear 5 to 14 days after exposure, making early detection difficult.
- No vaccine yet:** Despite ongoing research, there is still no approved vaccine, which makes prevention the only effective protection. changes and seizures.

University News
Harshi

Texas A&M Approves \$133 Million Agriculture Research Facility

The Texas A&M University System has approved a massive \$133.36 million investment to build a new Meat Sciences and Technology Center. The facility will be located on the main campus and is expected to be completed by 2028. The project aims to strengthen agricultural research and support the meat and poultry science programs. University leaders say the centre will include modern labs, classrooms and processing spaces. It will also help improve collaboration between students, researchers and industry partners. This investment highlights the importance of agriculture and food technology education. The university hopes the facility will play a major role in supporting future food systems. Funding for the project will come from university funds, research revenues and private donations.

Chennai Colleges Launch Future-Ready Courses for 2026 Admissions

Colleges affiliated with the University of Madras are preparing to launch several new courses for the 2026-27 academic year. Over 50 colleges have applied to introduce programs such as quantum computing, cybersecurity, fintech with AI, and international business. At the same time, some traditional courses like physics, math's and English literature are seeing reduced demand. Institutions like Stella Maris College and Guru Nanak College are expanding into data science and AI-based programs. Madras University itself is planning new postgraduate courses in AI and national security. The change reflects how universities are adapting to job-market demands and industry expectations. Students are now choosing career-oriented and technology-driven programs. Colleges are also integrating extracurricular activities into academic records.

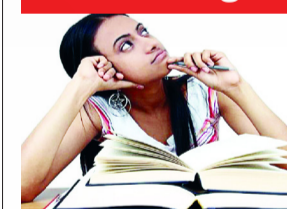
Indiana Moves to Suspend Over 1,000 Degree Programs

The state of Indiana has approved a major policy that could suspend or eliminate more than 1,000 college degree programs. The decision was driven by declining enrolment and low graduate earnings in certain fields. Lawmakers say the move aims to reduce student debt and improve career outcomes. The review considered factors such as job demand and salary potential after graduation. Only a small percentage of graduates were pursuing the affected degrees, prompting the government to take action. Supporters say universities must offer degrees that lead to strong career opportunities.

SUDUKO 132

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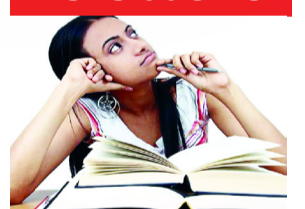
Knowledge



Solve the following quiz and reply promptly through email. Names and photos of students who answer correctly will be published in IMS TODAY. IMS Engineering college students can provide reply through personal submission-Editor. Email imstoday.imsec@gmail.com

- A type of plastic that is biodegradable, the ingredient that makes it biodegradable is
 - Vegetable oil
 - Petroleum
 - Cornstarch
 - Leather
- At room temperature, most elements are in which phase of matter?
 - Solid
 - Gas
 - Liquid
 - Plasma
- Who is called the Father of the Nuclear Navy?
 - Edward Teller
 - Robert Oppenheimer
 - Hymen Rickover
 - Chester Nimitz
- Which of the following is primarily composed of calcium carbonate?
 - Fish scales
 - Shark teeth
 - Oyster Shells
 - Whale bones
- What radioactive element is routinely used in treating?
 - Iron-59
 - Gold-198
 - Cobalt-60
 - Iodine-131
- Yeast, used in making bread is a:
 - Plant
 - Fungus
 - Bacteria
 - Seed
- Pollination by wind is called
 - Autogamy
 - Entomophily
 - Anemophily
 - mithophily
- The radioactive element most commonly detected in humans is
 - Graphite
 - Boron
 - Water
 - Cadmium
- Radioisotopes which are used in medical diagnosis are known as
 - Tracers
 - Silver bullets
 - Markers
 - Dyes
- What substance was used as a moderator for the chain reaction in the first nuclear reactor?
 - Graphite
 - Boron
 - Water
 - Cadmium

For Students



Solve Quiz No. 138

Participation Format

Quiz No.....
Name of Student.....
(also attach your PP size Photo)
Class.....Year.....
College name.....
Mobile number.....
Email.....
Present Address.....
Permanent Address.....

Answers (QUIZ-137) January, 2026 issue:
1-b 2-d 3-d 4-d 5-b
6-b 7-a 8-c 9-b 10-a
Prepared By: Prof. Pradeep Kumar, Assistant Professor (AS&H)



Post-Covid India Health Beyond Survival

The Covid-19 pandemic was not merely a health crisis; it was a turning point that reshaped India's understanding of health and well-being. In its aftermath, the country stands at a crucial juncture where the focus must shift from reactive healthcare to a more holistic and preventive approach. During the pandemic, India witnessed both the strengths and limitations of its healthcare system. The rapid scaling up of vaccination drives, increased hospital infrastructure, and the tireless efforts of frontline workers demonstrated resilience. At the same time, gaps in accessibility, affordability, and preparedness were starkly exposed. These lessons must now guide the roadmap for a healthier India. Post-Covid, there is a growing awareness that health is not confined to physical well-being alone. Mental health, long neglected in public discourse, has emerged as a critical concern. Anxiety, stress, and depression surged during and after the pandemic, highlighting the urgent need for accessible mental health services. Encouragingly, conversations around mental wellness are becoming more mainstream, but sustained policy support and social acceptance are essential. Another significant shift has been the emphasis on preventive healthcare. Citizens are increasingly adopting healthier lifestyles—engaging in regular exercise, practicing yoga, and paying closer attention to nutrition and immunity. This cultural shift presents an opportunity for policymakers to promote public health campaigns that focus on long-term well-being rather than short-term treatment. The pandemic also accelerated the adoption of digital health solutions. Telemedicine, online consultations, and health monitoring apps have made healthcare more accessible, especially in remote areas. However, bridging the digital divide remains a challenge to ensure that these innovations benefit all sections of society. Yet, the path forward is not without challenges. Rising healthcare costs, uneven distribution of medical facilities, and the urban-rural divide continue to hinder equitable access. Public health expenditure must be increased, and primary healthcare systems strengthened to ensure that quality care reaches every citizen. Ultimately, post-Covid India must embrace a comprehensive vision of health.

Telemedicine in India: Convenience or Compromise

Tulip Ghosh

New Delhi: In today's fast-moving world healthcare is also evolving quickly. One of the biggest changes we see is the rise of telemedicine. Telemedicine means consulting a doctor online through video calls, phone calls, or apps instead of visiting a hospital. In India this trend has grown rapidly, especially after the COVID-19 pandemic.



Tulip Ghosh

On one hand telemedicine is extremely convenient. People living in villages or remote areas can now consult experienced doctors without travelling long distances. It saves time, money and effort. For students, working professionals and senior citizens who have been diagnosed with some serious issues it is a great advantage. This is a big advantage. Even in cities where hospitals are crowded, telemedicine helps avoid long waiting hours. With just a smartphone and internet connection, healthcare is now only a click away.

Another benefit is quick access. If someone has a minor health issue like a flu, migraines or skin problem they can easily consult a doctor while being at home. It is also

easy to get regular follow-ups for patients with chronic diseases like diabetes or blood pressure. This makes healthcare more accessible and less stressful. However, telemedicine is not that perfect. Doctors cannot check patients properly through a screen this can sometimes lead to misdiagnosis or delayed treatment. For serious health problems visiting a doctor in person is still necessary.

Another challenge is that many people in India do not have a reliable internet access or are not familiar with using digital devices. This creates a divide between people who can be benefited from it. In addition, the main concern is about privacy and data safety as personal medical information is shared. It is definitely a great tool that makes healthcare easier and more accessible. But it cannot fully replace traditional doctor visits. Instead it should be used for supporting others for easy consultation as a substitute.

Telemedicine in India is a step towards modern healthcare. If used wisely it can bring positive change and improve lives.

Anshu Kumari

Ghaziabad: Today, medical colleges in India have changed a lot. In India, there are many medical colleges and thousands of students study medicine every year. Around 20,000 to 30,000 students also go abroad for MBBS studies because of high competition and limited seats in India.

The future of medical education is becoming better now because students are more prepared than before. To become a doctor, a student first has to clear the NEET exam. After qualifying, they take admission in an MBBS course, which usually takes about five and a half years, including internship. After completing MBBS, many students choose to do specialization in a particular field such as surgery, cardiology, pediatrics, or gynecology.

One of the biggest changes in medical education is the introduction of Competency-Based Medical Education

(CBME). In this system, students are not judged only by their marks or exam results. They are



also trained in practical skills, communication, attitude, ethics, and patient care. The main aim is to prepare doctors who are not only intelligent but also caring and confident while treating people. Another important change is early clinical exposure. In the past, medical students spent their first few years mostly studying books and theory. Now, students get a chance to visit hospitals and meet patients from the beginning of their course.

This helps them understand diseases, hospital

work, and patient behavior at an early stage. It also makes learning more practical and interesting.

government medical colleges, the yearly fees are usually between ₹8,000 and ₹35,000. This means



Anshu Kumari

that the total fees for the full five-and-a-half-year MBBS course are around ₹2 lakh to ₹3 lakh, which is much more affordable for students. On the other hand, private medical colleges are much more expensive. Their annual fees can range from ₹10 lakh to ₹25 lakh. Because of this, the total cost of completing MBBS from a private college can go up to ₹1 crore to ₹1.5 crore in five years.

The most famous medical college in India for MBBS is All India Institute of Medical Sciences. It is known for its excel-

lent education, experienced teachers, modern facilities, research work, and very low fees compared to private colleges. Other well-known medical colleges in India include Jawaharlal Institute of Postgraduate Medical Education and Research, Christian Medical College, and Maulana Azad Medical College. These colleges provide students with good laboratories, modern equipment, large libraries, updated books, hospital training, and better learning opportunities.

Because of these facilities, students are able to gain both theoretical knowledge and practical experience. India has the highest number of medical colleges in the world, with more than 660 medical colleges across the country. This is much higher than many Western countries. Because of this large number of colleges and hospitals, India is able to train a huge number of doctors every year.

Medical students in India also get a lot of

clinical exposure because hospitals usually have a very high number of patients. This gives students more practical experience in treating different kinds of diseases and health conditions. Compared to many Western countries, medical education in India is also more cost-effective, especially in government colleges where the fees are much lower. In conclusion, medical education in India has improved a lot over the years. With more medical colleges, better practical training, early clinical exposure, and modern teaching methods, future doctors are becoming more skilled and confident. Although there are still challenges like high fees in private colleges and limited seats in government colleges, India continues to provide quality medical education at a lower cost than many other countries. This is why many students see India as a good place to study and build a career in medicine.

Profits or Patients? The Pharmaceutical Boom Under Doubt

Vanshika

New Delhi: The pharmaceutical industry's recent boom has delivered transformative advances: Such as precision oncology targeting genetic mutations, mRNA vaccine platforms adapted beyond COVID, gene therapies offering one-time cures, and a surge in biologics and antibody treatments. Manufacturing innovations—continuous production, cell-culture scaling—and AI-driven drug discovery have shortened development timelines and expanded global supply.

The industry is experiencing unprecedented growth, with revenues soaring into the hundreds of billions. Yet behind the boom lies a contentious debate: are these profits fueling innova-

tion, or are they undermining public health by putting life-saving medicines out of reach?

Over the past decade, pharmaceutical giants have reported record-breaking earnings. Industry leaders argue that such profits are essential to fund research and development, pointing to breakthroughs in cancer therapies, vaccines, and rare disease treatments. "Without strong financial incentives, innovation stalls," said one executive at a leading multinational firm.

Critics, however, warn that the profit-first model comes at a steep cost. Drug prices for insulin, cancer treatments, and even basic antibiotics have skyrocketed, leaving millions unable to afford essential care. Public health advocates argue that the industry

prioritizes chronic and lifestyle diseases with lucrative markets, while



Vanshika Verma

neglecting conditions like malaria or tuberculosis that disproportionately affect poorer nations.

A real-life Indian example of the profit vs public health debate is the case of cancer drug pricing. Medicines like Trastuzumab (used for breast cancer) were once sold at nearly ₹1 lakh per vial by multinational firms, making them unaffordable for most patients.



Indian companies later introduced biosimilars at a fraction of the cost, highlighting the tension between global pharma profits and domestic public health needs. This case shows how patent monopolies and high pricing restrict access, while local generics and government interventions can restore affordability. It's a vivid illustration of how India's pharmaceutical boom simultaneously fuels innovation and raises

ethical questions about equitable access.

The clash between profit and public health is stark. On one side, shareholders demand returns; on the other, patients demand access. Governments worldwide are grappling with this tension, introducing price caps, compulsory licensing, and bulk purchasing agreements to rein in costs.

Yet lobbying power and patent protections often tilt the balance in favor

of industry. Experts suggest that a hybrid model may be the way forward.

Public-private partnerships, greater transparency in clinical trials, and reinvestment of public funds into affordable medicines could help bridge the gap. "Medicine should not be treated purely as a commodity," said a health policy analyst. "It is a public good, and access must be guaranteed."

क्या कोविड ने भारतीयों को अधिक सुरक्षित बना दिया?

पुलकित

दिल्ली के रोहिणी जैसे मध्यम वर्गीय इलाकों की संकरी गलियों में कोविड-19 की दूसरी लहर ने रसोईघरों को अस्थायी आईसीयू में बदल दिया और बचत को लाखों रुपये के अस्पताल बिलों में बदल दिया। शर्मा परिवार जैसी कई परिवारों के लिए, जिनके पिता ने 18 दिनों तक ऑक्सीजन पर बिना बीमा के समय बिताया, वायरस सिर्फ चिकित्सकीय आपदा नहीं बल्कि वित्तीय तबाही था। पांच साल बाद भी कई भारतीय उन चिंतित रातों को याद करते हैं जब वे रात के 2 बजे पॉलिसी दस्तावेजों को स्क्रॉल कर रहे थे। क्या वह डर आखिरकार वास्तविक सुरक्षा में बदल गया है? महामारी से पहले स्वास्थ्य बीमा ज्यादातर उपेक्षित विषय था। कव, रेज बहुत कम स्तर पर था—केवल लगभग 10 प्रतिशत आबादी के पास सार्थक निजी सुरक्षा थी और स्वास्थ्य व्यय का आधे से

अधिक हिस्सा जेब से निकलता था। राष्ट्रीय परिवार स्वास्थ्य सर्वेक्षण-5 (2019-21) के अनुसार केवल 41 प्रतिशत परिवारों में कम से कम एक सदस्य बीमा वाला था। पिछले 29 प्रतिशत से बेहतर, फिर भी करोड़ों लोगों को असुरक्षित छोड़ता हुआ। ग्रामीण परिवार और विशाल मिसिंग मिडिल वर्ग के लिए पॉलिसी महंगी लज्जरी लगती थी, सुरक्षा ढाल नहीं।

कोविड ने रातोंरात बातचीत बदल दी। अस्पताल में भर्ती होने का डर और आसमान छूती इलाज की लागत ने जागरूकता में उछाल ला दिया। लॉकडाउन के कुछ हफ्तों में उद्योग पूछताछ में 30-40 प्रतिशत की बढ़ोतरी हुई। सरकारी योजनाओं ने गति बढ़ाई। आयुधान भारत-पीएम-जेएवाई अब 55 करोड़ से अधिक कमजोर नागरिकों की रक्षा करता है। हाल ही में शुरू की गई आयुधान वय चंदना योजना ने 70 वर्ष से ऊपर

के हर वरिष्ठ को आय से स्वतंत्र



पुलकित

कवर प्रदान किया है। क्लेम से, टेलमेंट अनुपात 87.5 प्रतिशत तक सुधरा है और डिजिटल पोर्टल कैपलैस मंजूरी को पहले से तेज बना चुके हैं। फिर भी तस्वीर पूरी तरह गुलाबी नहीं है। जागरूकता बढ़ी है। कुछ घरेलू सर्वाइवर सर्वे में 86 प्रतिशत तक, लेकिन वास्तविक नामांकन अक्सर 65 प्रतिशत या उससे कम पर रुक जाता है। लागत सबसे बड़ी बाधा बनी हुई है।

कोविड ने निस्संदेह भारतीयों को अधिक सचेत बना दिया। बाजार बढ़ा है, उत्पाद बेहतर हुए हैं और नियामकों ने क्लेम समयसीमा सख्त की है। पहली बार मध्यम वर्ग का बड़ा हिस्सा स्वास्थ्य बीमा को परिवार के बजट में अनिवार्य मद मानने लगा है। लेकिन सच्ची सुरक्षा अभी अधूरी है। जब तक किफायती और व्यापक कवर हर कोने—खासकर ग्रामीण इला-

भारत में स्वास्थ्य बीमा की स्थिति

सकल स्वास्थ्य बीमा प्रीमियम, जो 2019-20 में 50,758 करोड़ था, 2022-23 तक 89,491 करोड़ पहुंच गया और वित्त वर्ष 2024-25 में 1.2 लाख करोड़ से अधिक हो गया, परिपक्व बाजार में भी 9 प्रतिशत की वृद्धि के साथ। कवर किए गए जीवन 2019-20 में लगभग 4,987 लाख से बढ़कर 2022-23 में 5,500 लाख से अधिक हो गए और हालिया अनुमानों में लगभग 58 करोड़ तक पहुंच गए।

को और मूल्य-संवेदनशील मध्यम वर्ग—तक नहीं पहुंच जाता, भारत की स्वास्थ्य बीमा कहानी वादे की कहानी बनी रहेगी, पूर्ति की नहीं।



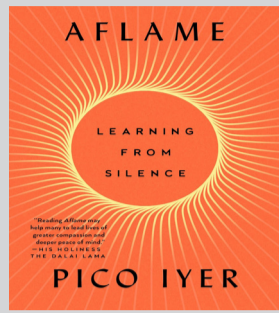


BOOK NOOK

Book: Aflame: Learning from Silence
Author: Pico Iyer
Publisher: Riverhead Books

Published: 2025
Rating: 4.6 stars

Aflame: Learning from Silence by Pico Iyer is a very calm and thoughtful book about the importance of silence and spending time alone. In this book, the author talks about his own experiences of staying in quiet places, away from the busy and noisy world. He explains that silence is not something empty or boring. Instead, it helps us understand ourselves better. The book also shows that being alone doesn't mean feeling lonely. In fact, it can make us feel peaceful, clear-minded and emotionally strong. The writing is simple and easy to understand. It gently encourages readers to slow down, take a break from distractions like phones and social media and connect with their inner thoughts.

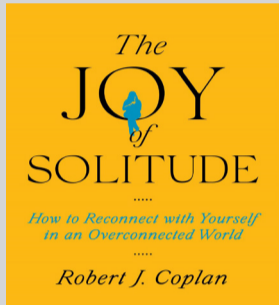


Book: The Joy of Solitude

Author: Robert J. Coplan

Published: 2025
Rating: 4.5 stars

The Joy of Solitude by Robert J. Coplan is an interesting and helpful book that explains why spending time alone is important for our minds. The author clearly explains the difference between loneliness and solitude. Loneliness can make us feel sad but solitude can actually be a good and peaceful experience. The book uses simple examples and research to show how being alone can help us think better, become more creative and feel emotionally strong. It also gives easy tips on how to stop being afraid of being alone and start enjoying your own company.

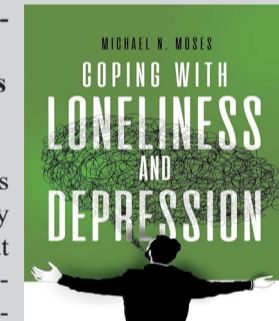


Book: Coping with Loneliness and Depression

Author: Various Authors

Published: 2025
Rating: 4.3 stars

Coping with Loneliness and Depression is an easy and helpful book about understanding your feelings. It explains why people feel lonely or sad and gives simple ways to feel better. The book suggests building good habits, talking to people, and thinking more positively. The language is very simple and comforting, so anyone can understand it easily. It also tells us that loneliness is not forever and can get better with time. Overall, it is a comforting book that gives hope and helps you feel better.



Silent Pandemic: Rising Cases of Depression and Anxiety Among Youth

Sonakshi Gupta

New Delhi: Being alone is fine until it leads to severe cases like depression and anxiety. Silent pandemic, it's not just about being in our own company. It's the silence that becomes heavy and stressful. The scary part is that it spreads quietly.

People may look happy outside but post smiling pictures on social media or follow their daily routine, but inside they may be struggling a lot. Across the world, mental health problems among young people are increasing very fast. According to the World Health Organization, one out of

every seven teenagers faces some kind of mental health issue. Depression and anxiety are the most common problems. In India, around 50 million children and teenagers are affected by mental health issues. Many of these cases are not noticed or treated.

This shows how serious and common the problem has become, especially for students and young adults who are going through important stages of their lives. Psychologists say there are many reasons behind this increase.

Pressure from studies, fear of failure, tension about careers, and



money problems all affect young people a lot. People often compare themselves with others online, which can make them feel unsure about themselves. These platforms show a perfect life success, beauty and happiness which is not always real. Sometimes because of this young people don't

feel good even if they are doing well. Another big problem is loneliness that looks like independence. Being alone is good but being emotionally alone is risky.

Experts say there is a clear difference between choosing to be alone and feeling lonely. Loneliness creates a feeling of emp-

ness and makes a person feel disconnected from others.

Many young people go through this quietly. They keep their feelings inside because they feel others won't understand or think it's better to stay quiet. Research shows that more than 40% of young people in cities do this.

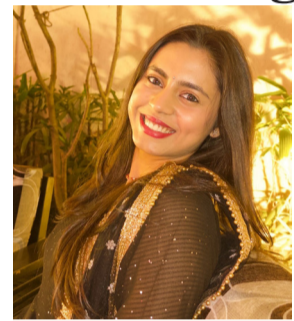
But hiding emotions for too long can make things worse and increase the chances of anxiety and other mental health problems. Even though this problem is increasing, many young people do not ask for help. The National Mental Health Survey of India says that about 70-80% of people

with mental health problems in India do not get help on time. There are many reasons for this. Many people still feel shy or embarrassed to talk about mental health. There is also a lack of awareness, and people are afraid of being judged. Because of this, many young people do not share their problems, as they feel others will not understand them or may think they are weak. Psychologists strongly support early help and open conversations about mental health. Dr. Vikram Patel also said that mental health care should start with awareness and acceptance.

Continuous Learning Matters Far More Than the Degree: Alumni

Alumni Corner

Kushagra Garg



Anushka Pandey

Anushka is an Alumni of IMSUCC, she comes from Journalism and Mass Communication background, where she was the university topper (2019-2022). Her early exposure to editorial and event work shaped her understanding of audience-driven storytelling. She later pursued a PGDM in Marketing from FORE School of Management to explore how storytelling drives brand value. Currently, she works at Madison World in media planning, focusing on audience insights and building effective media strategies ecosystems.

With the rise of data journalism, multimedia

and fragmented audiences, decisions are increasingly data-backed. Students who can combine creativity with analytical thinking who can tell a story and measure its impact will have a strong advantage in the future of media.

Today's media professionals are expected to be more than just reporters. In your opinion, what combination of skills-technical, analytical, ethical, and interpersonal-will define a successful journalist or media professional in the coming years?

A successful media professional today needs a balance of four key skills. First, storytelling and communication expressing ideas clearly and meaningfully. Second, analytical thinking understanding audiences and data. Third, adaptability being comfortable with new tools, platforms,

and formats. And finally, ethics and credibility because trust is the biggest asset in a fast-paced content environment. Additionally, collaboration and curiosity are essential, as media today is highly cross-functional. The line between content creation, journalism, and public influence is increasingly blurred. How can aspiring journalists maintain ethical integrity while also staying relevant and competitive in such a dynamic landscape?

This is one of the biggest challenges in today's media landscape. The pressure to stay relevant can sometimes lead to sensationalism or shortcuts. The key is to build a strong value system early on. Relevance should not come at the cost of credibility. In the long run, audiences value consistency and authenticity more than virality. Being mind-

ful of the impact of content whether it informs or misleads is crucial. Responsible storytelling is what truly differentiates professionals over time. Looking back at your career, what has been one defining challenge or turning point that shaped your perspective as a media professional, and what did it teach you?

A defining turning point for me was shifting from journalism to marketing. It wasn't just a change in field, but in mindset. Journalism focuses on storytelling and information, while marketing emphasizes consumer behaviour, strategy, and business outcomes. Adapting to this analytical approach was initially challenging. However, it helped me view communication more holistically not just as storytelling, but as a tool to influence decisions, build brands, and create measurable

impact.

From your perspective, what gap currently exists between journalism education and industry expectations, and how can students proactively bridge that gap while still in college?

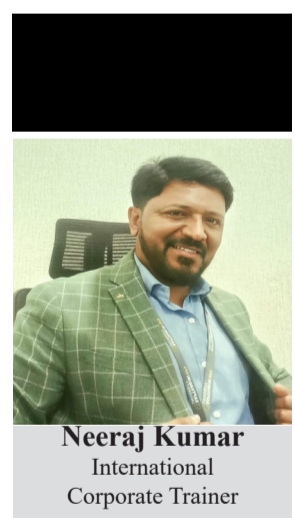
A major gap in education is the focus on theory, while the industry demands practical understanding and adaptability. Students learn how media works in principle, but not always how quickly it evolves especially with changing digital platforms and audience behaviour.

To bridge this gap, students should go beyond the classroom. Internships, live projects, content creation, and observing brand communication can help. Following trends, analyzing campaigns, and building a portfolio can make them more industry-ready.

When Silence Became a System Failure: Lessons from Tenerife

On March 27, 1977, the aviation world witnessed its deadliest disaster at Tenerife Airport. Two Boeing 747 aircraft collided on a fog-covered runway, leading to the loss of 583 lives.

What made this tragedy particularly devastating was the absence of any mechanical failure. Every system was functioning as designed. The failure was entirely human. The airport was congested, visibility was poor, and tension was rising among the crew. Amid these conditions, the captain of one aircraft initiated takeoff without receiving clear confirmation from air traffic control. The misunderstanding was subtle, but its consequences were irreversible. Inside the cockpit, the co-pilot and flight engineer sensed uncertainty. There were signs that the clearance might not have been properly granted. However, their concerns were expressed hesitantly and indirectly. The authority gradient in the cockpit prevented open challenge, allowing a critical decision to go unquestioned. This tragedy marked a turning point in aviation history. It led to



Neeraj Kumar International Corporate Trainer

the introduction of Crew Resource Management (CRM), a training approach focused on communication, teamwork, and decision-making. CRM teaches that every voice in the cockpit matters, regardless of rank. The lessons from Tenerife are not limited to aviation. In modern organizations, similar patterns can be observed. Employees often hesitate to speak up due to hierarchy, fear, or cultural norms. Critical information remains unspoken, and small issues escalate into major failures. Effective communication is not just about speaking—it is about clarity, timing, and courage. The ability to question respectfully, to assert

concerns, and to ensure mutual understanding can prevent errors and improve outcomes across industries. Organizations must actively create environments where dialogue is encouraged and dissent is not punished. Leaders must invite input, and teams must feel safe to challenge decisions constructively. These practices are not optional—they are essential for safety and performance. The Tenerife disaster reminds us that silence can be dangerous. Sometimes, the difference between success and catastrophe lies in a single sentence spoken at the right moment. Soft skills are not merely interpersonal tools. They are operational necessities. In high-stakes environments, they can be the deciding factor between life and loss.



Anushka Khurana

- Earth Day:** It will be observed on 22nd April 2026 (Wednesday). An international event celebrated to demonstrate support for environmental protection and to encourage sustainable practices worldwide.
- Labour Day / Maharashtra Day:** It will be observed on 1st May 2026 (Friday). Also known as International Workers' Day, it honors the contributions of laborers. In India, it also marks the formation of the state of Maharashtra.
- Buddha Purnima:** It will be Celebrated on 1st May 2026 (Friday). This significant festival marks the birth, enlightenment, and death of Gautama Buddha, celebrated with prayers and acts of charity.
- World Press Freedom Day:** It will be observed on 3rd May 2026 (Sunday). A day to celebrate the fundamental principles of press freedom and to pay tribute to journalists who have lost their lives in the line of duty.
- World Heritage Day:** It will be observed on 18th April 2026 (Saturday). This global event aims to raise awareness about the diversity of cultural heritage and the efforts required to protect and conserve it for future generations.

If you have any query email to head.cdc@imsuc.ac.in

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WE HAVE NO BRANCH IN NOIDA

Ghaziabad Administration and IMS EC Hosted 'Prahar' for a Drug-Free Youth

IMS News Service

Ghaziabad: In a significant move to combat the rising threat of substance abuse among the youth, IMS Engineering College, in collaboration with the Ghaziabad District Administration, organized a high-impact drug awareness program titled "Prahar". Held at the college's A Block Seminar Hall, the event served as a platform to educate students on the legal, social, and health-related consequences of drug addiction. Prof. (Dr.) Anil Kumar Ahlawat, Director, IMSEC, welcomed the distinguished guests ACP Miss Priya

Pal and SHO Wave City Mr. Sarwesh Pal both of whom delivered powerful addresses emphasizing the role of students in building a "Nasha-Mukt" (drug-free) society. ACP Priya Pal highlighted the police department's proactive measures under the state's anti-drug campaigns, while SHO Sarwesh Pal urged students to remain vigilant and report suspicious activities to ensure a safer campus environment. The session concluded with a collective pledge by the faculty and students to reject narcotics and promote a healthy lifestyle within the academic community.



Blood Donation Camp

IMS News Service

Ghaziabad: IMS Engineering College (IMSEC) organized a Blood Donation Camp in collaboration with the Inner Wheel Club, Golf Links, Ghaziabad. The initiative witnessed enthusiastic participation from students of all streams and years, along with faculty members and staff, who voluntarily contributed to this noble humanitarian cause. The Director, Prof. (Dr.) Anil Ahlawat, expressed his deep sense of satisfaction and contentment in organizing the camp. He appreciated

the dedicated efforts of the organizers, Dr. Kavita Saxena (HoD-MCA) and Dr. Sandeep Kumar (Coordinator - B.Tech. First Year), for ensuring the success of the event. He also extended his gratitude to Honourable Treasurer Shri Sanjay Agarwal ji for his valuable presence, which added to the significance of the occasion.



Industrial Visit to Electronics Niketan, Delhi

IMS News Service

Ghaziabad: The announcement of an industrial visit promised something rare-learning beyond classrooms (finally). Excitement was automatic. The journey began with energy and a quick lesson in teamwork: a bus with 55 seats, 58 students, and zero complaints (miracles do happen). Somewhere along the way, I became an unofficial co-pilot, trusting Google Maps a little more than I should have--spoiler alert: Google lied. At Electronics Niketan, strict CISF checks made it clear this was not a place for casual behavior. The session on Digital India showed how technology drives governance and growth, while also proving that communication works best when it invites responses, not silence. The environ-

ment itself stood out—advanced systems paired with calm, well-maintained surroundings (and yes, it made me wish my

results were declared, and winners received plant pots... clearly, the plants had already made their choice.



room looked this organized). A short quiz followed: quick enough to test speed, smart enough to expose strategy gaps. The

an unexpected pause with traffic authorities. It was handled... by the usual ways, ikykyk. Because sometimes, the wrong turn isn't failure; just a lesson, arriving in perfect disguise

Tip: Enjoy the moment, stay confident, but remember—your behavior and decisions should match the situation. Otherwise, even a plant pot will judge you

I want to convey my sincere thanks to our mentor, Dr. Kavita Saxena, Head, MCA, for organizing this insightful visit, and hearty thanks to our beloved Arun Bhardwaj Sir for managing and guiding us throughout the journey. Overall, it wasn't just an industrial visit—it was an experience, a mini-adventure, and proof that Google Maps needs serious therapy.

IMS Ghaziabad Joins Business Graduate Network (BGN) as the 44th Prestigious B-School

IMS News Service

Ghaziabad: IMS Ghaziabad has added another remarkable achievement to its academic journey by becoming the 44th prestigious B-school to join the Business Graduate Network (BGN). This milestone reinforces the institute's growing global footprint and its commitment to excellence in management education. The Business Graduate Network (BGN) is an exclusive international consortium of leading business schools, dedicated to fostering collaboration, knowledge exchange, and global engagement among institutions, faculty, and students. Membership in BGN provides a platform for institutions



to participate in international academic partnerships, student exchange programs, joint research initiatives, and cross-cultural learning experiences. This development aligns with IMS Ghaziabad's vision of nurturing globally competent, industry-ready professionals. The inclusion in BGN not only elevates the institute's international stand-

ing but also strengthens its ability to deliver a curriculum that is globally relevant and future-focused. With its induction as the 44th member of BGN, IMS Ghaziabad continues to position itself as a forward-looking institution, committed to creating impactful leaders equipped to navigate the complexities of a global business environment.

Participation in NASSCOM Global Confluence 2026

IMS News Service

Ghaziabad: IMS Ghaziabad marked a significant academic engagement as IMSIANS participated in the prestigious NASSCOM Global Confluence. The delegation comprised 50 students along with senior faculty members, reflecting the institute's strong emphasis on industry exposure and experiential learning. The NASSCOM Global Confluence is a premier platform that brings together leaders from technology, business, policy, and academia to discuss emerging trends shaping the global digital economy. The event provided participants with valuable insights into cut-

ting-edge innovations, digital transformation, artificial intelligence, and the evolving role of technology in business eco-



systems. Students from IMS Ghaziabad actively engaged in keynote sessions, panel discussions, and networking opportunities with industry experts and thought leaders. The exposure enabled them to understand real-world applications of management concepts, particularly in the context of digital disruption and

innovation-led growth. Faculty members also benefited from the confluence by gaining perspectives on current industry expectations, which can further enrich classroom teaching and curriculum design. Participation in such high-impact events underscores IMS Ghaziabad's commitment to developing industry-ready professionals equipped with contemporary knowledge and strategic thinking skills.

Samaagam 2026—A Confluence of Ideas, Impact, and Student Leadership

IMS News Service

Ghaziabad: IMS Ghaziabad hosted Samaagam 2026 as a vibrant academic fest centered on "Synergising for People, Planet, and Profit." The event showcased student leadership through interdisciplinary activities, competitions, and discussions on sustainable management. Pre-event buzz was created through week-long initiatives by clubs including MarkWiz, Fin-nacle, Saksham, Analyt-

ica, Aayam, Aabhar, and SPIC MACAY, engaging students in domain-based challenges. The fest also served as a curtain raiser for the Principles for Responsible Management Education, reinforcing a commitment to ethics and sustainability. Samaagam fostered experiential learning, strategic thinking, and collaboration, highlighting how collective student efforts can drive responsible leadership and prepare future managers for impactful, real-world decision-making.



IMS Ghaziabad Participates in Post-Budget Webinar 2026

IMS News Service

Ghaziabad: IMS Ghaziabad actively participated in the Post-Budget Webinar 2026, engaging faculty and students in a meaningful dialogue on the nation's economic direction and policy priorities. The webinar offered a comprehensive perspective on the Government of India's strategic roadmap toward building a self-reliant nation. Key discussions revolved around fostering innovation, strengthening digital infrastructure, and enhancing future-ready education systems to empower the youth. The session emphasized the growing importance of STEM edu-

cation, entrepreneurship, and skill development in driving India's global competitiveness. A significant highlight of the session was the visionary address by Narendra Modi, which inspired participants with a forward-looking vision for India's transformation into a global leader in the digital economy. His insights reinforced the critical role of academic institutions in nurturing talent, encouraging innovation, and supporting national development goals. This engagement marks another step in IMS Ghaziabad's ongoing efforts to contribute meaningfully to nation-building by preparing future leaders who are innovative, skilled, and socially responsible.

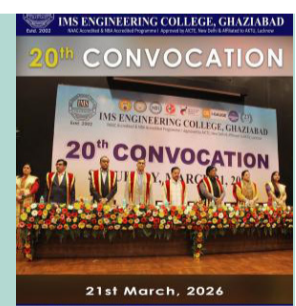


IMSEC, Ghaziabad Celebrates 20th Convocation

IMS News Service

Ghaziabad: IMS Engineering College, Ghaziabad, under the IMS Society, proudly held its 20th Convocation, celebrating the achievements and hard work of the graduating students. The ceremony began with the traditional lamp lighting and Saraswati Vandana, invoking blessings for academic and professional success. Prof. (Dr.) Anil Kumar Ahlawat, Director, IMSEC, welcomed the dis-

tinguished guests. The event was graced by Hon'ble Vice Chancellor AKTU Prof.(Dr.) J.P.Pandey and esteemed Chief Guest Shri Vijay Lochen Global Human Resource Business Partner, Manufacturing Business Area, Hexagon. Hon'ble vice Chancellor Prof.(Dr.)J.P.Pandey and esteemed Chief Guest Shri Vijay Lochen inspired the graduates with insights on adaptability, ethical values, and contributing to society. Degrees were conferred,



followed by the Oath Ceremony and blessings from Shri Rakesh Chharia Ji. Prof. (Dr.) Anil Kumar Ahlawat congratulated students and acknowledged the faculty's role in shaping their futures.

BIO-FIESTA 2026

IMS News Service

Ghaziabad: Under the vibrant initiative of the GEMS Club, Department of Biotechnology, in collaboration with the Institution's Innovation Council (IIC), successfully hosted BIO-FIESTA 2026 – a dynamic techno-cultural fest that brought together innovation, creativity, and talent under one roof. The event witnessed enthusiastic participation across a wide range of



engaging activities, including Bio-Art, Bio-Quiz, Scintoon, Picture Perception, Debate Competition, One Minute Talent Show. Students showcased exceptional creativity, scientific curiosity,

and expressive talent, making the event truly memorable. The energy, innovation, and spirit of participation reflected the growing culture of interdisciplinary learning and creativity in biotechnology.

Salesforce & IMS EC: Shaping the Future Through Collaboration!

IMS News Service

Ghaziabad: In a landmark move towards strengthening industry-academia synergy, IMS Engineering College collaborated with global technology leader Salesforce during program for Tableau. The interaction focused on building a powerful and sustainable collaborative ecosystem—driving

innovation, enhancing skill development, and enabling meaningful knowledge exchange. Faculty and staff engaged

in insightful discussions to align academic excellence with real-world industry practices.



Data Analytics Workshop & Signing of MOU

IMS News Service

Ghaziabad: The Department of Information Technology at IMS Engineering College, Ghaziabad in collaboration with APPWARS Technologies, successfully organized a "Data Analytics Workshop" for IT 3rd Year students. The session provided valuable insights into modern analytics tools, techniques and industry trends. Students actively participated and gained practical exposure, enhancing their analytical and technical skills.



IMS Engineering College is also delighted to announce that an MoU has been signed with "APPWARS TECHNOLOGIES", marking the beginning of a collaborative journey towards skill development, in-

dustry-oriented training and future opportunities for our students. Such initiative strengthens the bridge between academia and industry, preparing our students for real-world challenges.

News Brief.....

Importance of Data Refinery

Ghaziabad (IMS News Service): IMS EC organised an interactive session titled "From Skills to Jobs: How The Zift Helps You Get Hired" emphasized the importance of data quality in decision-making and predictive analytics. Students engaged in real-world scenarios, working with complex and unstructured datasets to develop critical thinking and analytical skills. They refined over 13,000 rows of raw data, focusing on data cleaning, transformation, and extracting meaningful insights. Using datasets from environmental science and telecom industries, participants explored air pollution trends and customer behaviour, applying theoretical knowledge to practical challenges under time constraints.



Health Talk on Cancer Awareness

Ghaziabad (IMS News Service): Under the aegis of the Internal Quality Assurance Cell (IQAC), Women Cell and Internal Complaints Committee (ICC), IMS Engineering College, Ghaziabad successfully organized an informative session on "Cancer Awareness: Types, Prevention, Early Detection, and Advanced Treatments." The session was delivered by Dr. Anushree Vartak, Senior Consultant and Breast Surgical Oncologist, who shared valuable insights on different types of cancer, their early symptoms, preventive measures, and the importance of timely screening. She also highlighted the latest advancements in cancer treatment and emphasized the role of awareness and lifestyle choices in reducing cancer risk.



Department of Biotechnology Organised Poster-Quest 2026

Ghaziabad (IMS News Service): Biocom Club of the Department of Biotechnology, IMS Engineering College, organized POSTER QUEST 2026, a poster making competition aimed at fostering innovation, creativity, and scientific expression among students. The event was held on 21st February, 2026 at the Biotechnology Department and witnessed active participation from students of various branches and academic years. The event was coordinated by Dr. Indu Bhatt, Faculty-Biotechnology Department under the guidance of Dr. Ajay Kumar Sharma, HoD Biotechnology. The judging panel comprised distinguished faculty members Dr. Siddharth Vats, Dr. Rabab Anjum, and Dr. Sanjeev Sharma, whose expert evaluation ensured a fair and insightful assessment of the participants' work. At the conclusion of the competition, Adya, Harshita, and Anushka secured the first position for their outstanding poster that demonstrated exceptional creativity and technical depth. The second position was awarded to Radhika, Deepika, and Khushi, while Syntony, Rudrakshi, and Muskan achieved the third position.



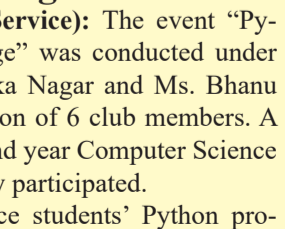
Club Event: KNACK Club

Ghaziabad (IMS News Service): The CS Department at IMSEC, in collaboration with the KNACK Club, organized a seminar titled "Emerging Opportunities through GATE and Preparation Strategy" coordinated by Amit Maan and Sanjeev Sanyal. The session provided valuable insights into career opportunities through GATE, ESE, PSUs, and the IT sector, along with a clear understanding of the exam pattern, eligibility criteria, and effective preparation strategies. Experts guided students on GATE preparation, higher studies such as M.Tech and research, and various career prospects, helping them gain clarity about future opportunities.



Club Event PyQuest: The Code Challenge

Ghaziabad (IMS News Service): The event "Py-Quest: The Code Challenge" was conducted under the guidance of Dr. Monika Nagar and Ms. Bhanu Verma, with the coordination of 6 club members. A total of 45 students from 2nd year Computer Science and allied branches actively participated. The quiz aimed to enhance students' Python programming skills, focusing on logical thinking, problem-solving, and practical application. Participants demonstrated strong coding abilities and competitive spirit throughout the event. The winners of the event were: 1st Position: Tapasvi, 2nd Position: Gautam Raghav, 3rd Position: Harsh Sharma



IMS, UC Organized Visit to Goonj

IMS News Service

Ghaziabad: The visit to Goonj offered an extensive and insightful exposure to the organization's innovative, grassroots-driven approach toward addressing some of India's most persistent socio-economic challenges.

Established by Anshu Gupta, Goonj has emerged as a pioneering force in redefining the traditional framework of charity by shifting from a donation-based mindset to a dignity centric development model.

Rather than treating underprivileged communities as passive beneficiaries, Goonj actively involves them as equal stakeholders and contributors in the development process, thereby fostering a sense of ownership, self-respect, and empowerment.

One of the most significant

aspects of Goonj's operational model is its strategic utilization of urban surplus materials—such as discarded clothes, household items, and other reusable goods—as valuable resources for rural development. These materials, often considered waste in urban settings, are carefully collected, sorted, processed, and repurposed into utility products.

Through its flagship initiative, "Cloth for Work," Goonj effectively mobilizes rural communities to participate in local development activities such as building infrastructure, cleaning water bodies, repairing roads, and improving sanitation facilities. In return, the participating communities receive these processed materials as a form of dignified compensation rather than charity.



This approach not only bridges the gap between urban excess and rural scarcity but also establishes a sustainable circular economy model that maximizes resource efficiency and minimizes waste.

The visit also highlighted Goonj's strong emphasis on environmental sustainability.

By promoting recycling, upcycling, and responsible consumption practices, the organization significantly reduces

textile waste and encourages environmentally conscious behavior among urban donors.

This integration of environmental and social objectives demonstrates a holistic approach to development that aligns with contemporary sustainability goals.

Additionally, Goonj's multifaceted interventions across various domains further reflect its comprehensive approach to community upliftment.

Industrial Visit to JM Baxi Group

IMS News Service

Ghaziabad (IMS News Service): IMS Ghaziabad (University Courses Campus), Department of Management organized an Industrial Visit under the Dry Port Visit to JM Baxi Group for MIB Batch 2025-27 at Sonapat, Haryana. The visit focused on providing practical exposure to port operations and logistics management.

Students were introduced to cargo handling, storage, and transportation processes within a port system. The session explained the importance of documentation and coordination between departments. An interactive discussion helped



students understand real-time challenges and operational practices in logistics.

The main highlights of the visit included understanding the importance of efficient logistics and coordination in port operations. Students learned about cargo handling procedures, safety measures,

and documentation processes followed in ports. The visit also emphasized the role of ports in international trade and how effective management ensures smooth functioning.

The importance of teamwork and use of technology in logistics was also highlighted.

Guest Lecture on New Labour Codes and Business Management

IMS News Service

Ghaziabad: The Department of Management at IMS Ghaziabad (University Courses Campus) organized a guest lecture on "New Labour Codes and Business Management". The session was delivered by Prof. (Dr.) Mohd. Nizam Ashraf Khan, an expert in law and regulatory frameworks.

The lecture focused on India's newly introduced labour codes and their implications for businesses and human resource management.

The speaker explained the consolidation of multiple labour laws into four major codes, simplifying compliance and improving transparency. Students were introduced to key aspects such as



wages, industrial relations, occupational safety, and social security.

The session also highlighted how these reforms aim to balance employee welfare with organizational efficiency. An engaging discussion enabled students to understand real-world applications, challenges in implementation, and the evolving role of HR professionals in adapting to these changes.

The lecture provided

valuable insights into the transformation of India's labour law framework and its business implications, with a focused discussion on understanding the four new labour codes in India.

It highlighted the impact of these reforms on HR policies and organizational structure, along with key changes in wage definitions and compliance requirements.

Seminar on Pathway to Success

IMS News Service

Ghaziabad: The Department of Computer Science & Engineering, IMS Engineering College, Ghaziabad successfully organized an insightful seminar on "Pathway to Success: A Complete Roadmap for GATE & PSU Aspirants" for B.Tech CSE 3rd Year students in association with ACE Engineering

Academy. The session was designed to provide a clear direction and strategic approach for students preparing for competitive exams like GATE and aspiring for PSU careers. The seminar was graced by Mr. Arjun Chhabra, an experienced faculty member and motivational speaker from ACE Engineering Academy, who delivered an engaging



session filled with practical guidance, effective preparation strategies, time management techniques, and valuable insights drawn from his experience.

Workshop on Research Paper Writing

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) organized a Workshop on Empowering Youth with Financial Literacy: under SBI Securities CSR Initiatives on 30th -31st March 2026 by Mr. Chandresh Kumar Gupta, well known securities market expert. This certification workshop was a Joint Certification of NISM and SBI Securities.

The event aimed to enhance financial awareness among youth by equipping students with essential knowledge of investment planning,

stock market operations, financial decision-making, risk management, and wealth creation strategies.

The resource person shared valuable insights into the functioning of the securities market and guided participants on the importance of financial literacy in today's dynamic economic environment.

A key highlight of the workshop was that it offered a Joint Certification by National Institute of Securities Markets (NISM) and SBI Securities, adding significant academic and professional value for the participants.



NEP SAARTHI Quiz Competition

IMS News Service

Ghaziabad: Team NEP SAARTHI organized an engaging "Quiz & Trivia" session at IMS Ghaziabad (University Courses Campus) to celebrate India's linguistic and cultural heritage, in alignment with the objectives of NEP 2020.

The event aimed to promote multilingualism, cultural awareness, and interactive learning among students.

The quiz was conducted



ed in multiple rounds. Round 1 (Easy) focused on basic linguistic terms like Guru, Mitra, and Dharma, along with references to the Ramayana and Adi Shankaracharya's philosophy. The Rapid-Fire Round tested

quick thinking with questions on the Bhagavad Gita, the four Vedas, and cultural symbols. Round 2 (Moderately hard) explored concepts such as Advaita Vedanta, Maya, and Chanakya's Arthashastra.

IMS Ghaziabad Joins PRME as a Signatory Member

IMS News Service

Ghaziabad: IMS Ghaziabad has achieved a significant milestone by becoming a proud signatory member of the Principles for Responsible Management Education (PRME), an esteemed global initiative supported by the UN Global Compact Network India.

This association reflects the institution's commitment to embedding sustainability, ethics, and responsible leadership into manage-

ment education. PRME is a global platform that engages over 800 business and management schools worldwide, aiming to equip future leaders with the competencies required to balance economic performance with environmental stewardship and social responsibility.

By aligning academic practices with the United Nations' Sustainable Development Goals (SDGs), PRME fosters a holistic approach to leadership development in an

increasingly complex and interconnected world. This strategic move is expected to enhance IMS Ghaziabad's academic framework by encouraging interdisciplinary research, industry collaboration, and innovative pedagogy focused on responsible management. It will also provide students with opportunities to engage in sustainability-driven projects, case studies, and experiential learning aligned with global best practices.

Session on Impact of Innovation on Modern Entrepreneurship

IMS News Service

Ghaziabad: The Department of MCA, under the guidance of the Internal Quality Assurance Cell (IQAC) and the Institution's Innovation Council (IIC) of IMS Engineering College, Ghaziabad, organized a session on "Impact of Innovation on modern Entrepreneurship" under IT Elite Technical Club for MCA first year students. The objective of the session



was to help participants understand how innovation plays an important role in today's business world. The session focused on how new ideas, technologies, and creative thinking help entrepreneurs start and grow successful businesses.

The session was delivered by Dr. Kavita Saxena, Professor and Head of the MCA Department, who shared valuable insights on the role of innovation in modern entrepreneurship. She explained how innovative ideas, technologies, and improved business models help entrepreneurs stay competitive and succeed in today's rapidly changing market.

COMFIESTA 2K26 – The Marketing Mela

IMS News Service

Ghaziabad: The MBA Department of IMS Engineering College successfully organized COMFIESTA 2026 – The Marketing Mela, an experiential learning platform designed to provide students with practical exposure to marketing, sales, and entrepreneurial skills.

The event witnessed enthusiastic participation from students who showcased

their creativity, teamwork, and innovative business ideas through a variety of stalls and engaging activities.

The event was organized under the guidance of visionary leaders, respected Director Sir Prof. (Dr.) Anil Kumar Ahlawat and HOD-MBA Prof. (Dr.) M.P. Singh, whose continuous support and encouragement made the event a grand success.

समरस समाज की ओर अम्बेडकर का मार्ग

आभासु द्विवेदी
 विश्व की चौथी सबसे बड़ी अर्थव्यवस्था बन चुका भारत तेजी से बदलते विकास का प्रतीक बन गया है। गगनचुम्बी इमारतें, विस्तृत शहर और सुदृढ़ आधारभूत संरचना एक उभरते राष्ट्र की तस्वीर पेश करते हैं। डॉ. भीमराव अम्बेडकर ने इसी व्यापक दृष्टि के साथ एक ऐसे राष्ट्र की कल्पना की थी, जो केवल शक्तिशाली ही नहीं, बल्कि सामाजिक रूप से भी संतुलित और संगठित हो। संगठित और संतुलित समाज का संकट संगठित और संतुलित समाज आज भारत के लिए बड़ी चुनौती बन चुका है। समाज में बाबासाहेब भीमराव अम्बेडकर के विचारों को कई बार गलत तरीके से प्रस्तुत कर लोग अपने स्वार्थ साधने में लगे हैं। उनके विचारों और कथनों का गलत अर्थ निकालकर समाज में दूरियां पैदा की जा रही हैं। उन्होंने जहां जातियों को समाप्त करने की बात कही थी, वहीं व्यवहार में आज जातिगत पहचान को और अधिक मजबूत किया जा रहा है। मीडिया और सार्वजनिक मंचों पर अगड़ी जाति और पिछ



डी जाति जैसे शब्दों का लगतार प्रयोग किया जाता है। यह प्रयोग केवल शब्दों तक सीमित नहीं रहता, बल्कि धीरे-धीरे लोगों की मानसिकता का हिस्सा बन जाता है। राष्ट्रीय अपराध रिकॉर्ड ब्यूरो की 'भारत में अपराध' रिपोर्ट के अनुसार अनुसूचित जातियों के खिलाफ अपराध आज भी दर्ज हो रहे हैं, जो यह स्पष्ट करता है कि समाज में समानता अभी भी व्यवहारिक

रूप में स्थापित नहीं हो पाई है। अम्बेडकर के विचार समानता, बंधुत्व और सामाजिक दृष्टि डॉ. भीमराव अम्बेडकर का मानना था कि समानता केवल कानून से नहीं आती, बल्कि यह समाज की सोच और व्यवहार में दिखनी चाहिए। उन्होंने कहा था— "Caste is not merely a division of labour, it is a division of labourers." इसका स्पष्ट अर्थ यह है कि समाज में व्यक्ति की पहचान उसके कार्य से नहीं, बल्कि उसके

जन्म के आधार पर निर्धारित कर दी जाती है, जो समानता के मूल सिद्धांत के विरुद्ध है। अम्बेडकर ने महिलाओं के अधिकारों को भी सामाजिक समानता से जोड़ा। उन्होंने समान वेतन, मातृत्व लाभ और संपत्ति के अधिकार की बात की तथा 'हिंदू कोड बिल' के माध्यम से महिलाओं को अधिकार दिलाने का प्रयास किया। समाज का कर्तव्य

और समाधान का मार्ग सहायता मिल सके। जो वर्ग समाज में समरसता अम्बेडकर के विचारों को सही रूप में समझकर और उन्हें व्यवहार में अपनाकर ही लाई जा सकती है। बंधुत्व की भावना तब विकसित होती है जब हम एक-दूसरे को बराबर मानते हैं और एक साथ आगे बढ़ने का प्रयास करते हैं। समाज में सभी व्यक्ति समान हैं। कोई भी व्यक्ति केवल संसाधनों की कमी के कारण पीछे हो सकता है, लेकिन वह पिछड़ा नहीं होता। संसाधनों का वितरण आवश्यकता के अनुसार होना चाहिए, ताकि जिस जितनी जरूरत है, उसे उतनी

महत्वपूर्ण वक्तव्य
 शिक्षित बनों, संगठित रहो, संघर्ष करो
-Caste is not merely a division of labour, it is a division of labourers.
-Political democracy cannot last unless there lies at the base of it social democracy.

जीवन एक नजर में

—अम्बेडकर का जन्म 14 अप्रैल 1891 को महू (मध्य प्रदेश) में हुआ
 —शिक्षा मुंबई विवि, कोलंबिया विवि और लंदन स्कूल ऑफ इकोनॉमिक्स से प्राप्त की
 —एम.ए., पीएच.डी., डी.एससी. की डिग्रियां हासिल कीं और बैरिस्टर बने
 —भारतीय संविधान के प्रमुख शिल्पकार और स्वतंत्र भारत के पहले कानून मंत्री थे
 —जाति प्रथा के खिलाफ संघर्ष किया और वंचितों के अधिकारों के लिए कार्य किया
 —महिलाओं के अधिकारों और समानता के लिए महत्वपूर्ण प्रयास किए



Movie Name : Dhurandhar : The Revenge
Release Date: March 19th 2026
Director : Mr. Aditya Dhar
Music: Shashwat Sachdev

This film emerges as a compelling sequel that successfully blends action, emotion and drama while maintaining a strong narrative throughout the film. The movie manages to hold the audience's attention from the very beginning with its engaging storyline and well-structured screenplay. One of the most notable strengths of the film is its storyline, which revolves around themes of revenge, justice and emotional conflict.

The narrative is well-paced, and the plot unfolds in a way that keeps the viewers interested and invested in the characters. The film also includes several twists and emotional moments that add depth to the story and prevent it from becoming predictable.

The dialogues are impactful and contribute significantly to character development and the overall intensity of the film. The music of the film is another strong element. Both the songs and the background score complement the mood of the film effectively.

The background music in particular, enhances the emotional and action sequences, making key moments more powerful and memorable.

The songs are well placed within the narrative and do not disrupt the flow of the story. In terms of acting, the film delivers impressive performances. The lead actor gives a powerful and convincing performance, effectively portraying emotions such as anger, pain, determination and vulnerability. The supporting cast also performs well and adds strength to the film through their convincing portrayals.

The emotional scenes are handled with maturity and realism, which helps the audience connect with the characters. The action sequences and cinematography also deserve appreciation. The action scenes are well-choreographed and integrated naturally into the story rather than appearing forced. The cinematography adds to the visual appeal of the film and helps in creating the right atmosphere for different scenes.

Overall, Dhurandhar – The Revenge 2 is an engaging film that offers a good storyline, good music and great acting.

From Yoga to Gym Culture: Changing Fitness Trends in Urban India

Harshi Goel

New Delhi: In recent years, urban India is witnessing a major change in fitness habits. Earlier, most people preferred traditional activities like yoga, morning walks, and simple exercises at home. But now, gym culture has become very popular, especially among young people living in cities. Yoga has always been an important part of Indian culture. It is not only a form of exercise but also helps in improving mental health, reducing stress, and increasing concentration.



Many people still practice yoga because it is affordable, can be done at home, and does not require expensive equipment. International Yoga Day has also increased awareness about its benefits. At the same time, gym culture is becoming very popular in cities. Many young people are joining gyms to gain muscle, lose weight, and stay healthy.

Social media has also influenced this trend a lot. Fitness influencers, celebrities, and sports persons regularly post workout videos, diet tips, and gym routines. Because of this, more people are

becoming interested in fitness and paying attention to their physical appearance.

Modern gyms today offer more than just exercise machines. They provide personal trainers, Zumba classes, cardio sessions, strength training, and even diet counselling. Many people prefer gyms because they provide a professional environment and help them stay disciplined. Another major trend is the rise of fitness apps and online workout classes. After the COVID-19 pandemic, many people started doing home workouts through online videos and fitness apps.

This has made fitness more accessible for people

who do not have time to visit a gym regularly. However, both yoga and gym culture have their own benefits.

Yoga is better for mental peace, flexibility, and inner strength, while gyms are useful for physical strength, muscle building, and weight loss. Nowadays, many people combine both yoga and gym workouts to maintain a balanced lifestyle. In conclusion, fitness trends in urban India are changing very fast.

People are becoming more aware about their health and are trying different ways to stay fit. Some prefer yoga, some like going to the gym, while others follow online fitness programs.

Sleep Crisis: Why Young Indians are Sleeping Less than Ever

Sanchita Mukherjee

New Delhi: We all must've been through a phase in our lives where we face inadequate and poor amount of sleep, and it can be due to many reasons like work load, deadlines, competition of being the most hardworking. But did we ever think of our health in this rushing life? No, we barely do that. Sleep crisis is a chronic sleep depriving condition which results in significant daytime fatigue, dysfunction and slouchiness.

This can also lead to long term mental health issues like irritability, mood swings and memory loss. People aging between 35 to 64, can also face consequences like diabetes and cardiovascular malfunction, due to insufficient amount of sleep stated World Health Organisation. 47% of unemployed individuals reporting they do not sleep well.

Talking about the youth in India as well as around the globe, screen time is ruining daily schedules and sleeping patterns. 52% of the global population admits that their worsening sleep-time is due to either doom-scrolling or work load and rushing deadlines. The



other 41% of Indians in relationships face nightly sleep disruptions from their partners, the highest among surveyed countries. "Sleep is just as important for overall health and well-being as diet and exercise, yet many continue to struggle without seeking help," said Dr. Carlos M. Nunez, Chief Medical Officer at ResMed. How much sleep is sufficient? India does not have an official guideline, nor does the World Health Organisation. But it is believed by the maximum number of people that 7 to 9 hours of sleep for adults is very vital.

Even though it is highly concerning data, there is a slight improvement as well from last year, when nearly 60 per cent of adults reported being sleepless. The survey, which collected around 89,000 responses from

people across 393 districts in India, states the Time Now survey. If we throw light on teenagers and youth the sleeping pattern are much worse than others well below recommended 9 hours.

High academic pressure, late night screen time and biological, delayed sleep cycles (circadian rhythm shifts) contribute to chronic sleep debt, which is often partially "recovered" through long weekend naps.

What should we do to get adequate amount of sleep?

To get sufficient amount of sleep, a person should make a constant schedule with a fixed waking time and bed time. Avoiding electronic gadgets, bug meals and caffeine 1 hour before sleeping, try reading some novels and motivational books instead.

Spotify

Akshat



Rajasthan Royals Defeat Chennai Super Kings in IPL 2026



The Indian Premier League (IPL) 2026 season has started with exciting matches, and one of the recent matches saw Rajasthan Royals defeat Chennai Super Kings by eight wickets in Guwahati. Chennai Super Kings were bowled out for just 127 runs with Rajasthan's bowlers delivering a strong performance. In reply, Rajasthan Royals chased the target quickly, finishing the match in just over 12 overs. Young player Vaibhav Sooryavanshi scored a fast half-century and became

one of the highlights of the match. This victory gave the Rajasthan Royals a strong start in the tournament. The IPL 2026 season began at the end of March and is expected to continue for several weeks with teams competing for the title. The tournament continues to be one of the biggest cricket leagues in the world.

Ravichandran Ashwin Joins Major League Cricket in the USA



Indian cricket veteran Ravichandran Ashwin made news recently after becoming the first Indian international cricketer to join the U.S. Major League Cricket

(MLC). He signed with the San Francisco Unicorns for the 2026 season. Ashwin retired from international cricket in 2024 but remains one of India's greatest spin bowlers with hundreds of international wickets. His decision to join the American league shows how cricket is expanding globally, especially in the United States. Ashwin said he wanted to help his team win the championship and also promote cricket in new regions. His participation is expected to bring more attention to Major League Cricket and inspire more Indian players to participate in overseas leagues after retirement.

India Announced Venues for Border-Gavaskar Trophy Series

India recently announced the venues for the upcoming Border-Gavaskar Trophy Test series against Australia. The matches will be played in Nagpur, Chennai, Guwahati, Ranchi and Ahmedabad. Surprisingly, traditional cricket venues like Mumbai, Kolkata and

Bengaluru were not included this time. This decision created discussion among cricket fans and experts because these cities have historically hosted important matches. The series will begin next year, but the venue announcement happened recently, making it an important cricket news update. The Board of Control for Cricket in India is planning multiple international series in the upcoming season, including matches against West Indies and Sri Lanka before the Australia series.

