

JIT NEWSLETTER EXPLORE

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IMPORTANT DAYS

2nd Oct

Mahatma Gandhi Jayanti

11th Oct

International Day of the Girl Child

15th Oct

World Student's Day

31st Oct

National Unity Day

OUR MISSION

To provide quality and affordable education to the less privileged sections of Indian society by leveraging all tools of modern education and to bring up such element sections to be able to find a place of dignity and distinction both within and outside the country.

 DR. SYED KAZIM MEHDI
CHIEF EDITOR

Unity in Diversity

Dear students/readers,

India is a country with a very old civilization. From ancient times, the learned men of this wonderful country lived in proximity with nature, and pondered over the realities of human life. They observed that a progressive society could come into existence only through a peaceful co-existence of its members. This is the reason that they came up with the idea of Vasudhaiva Kutumbakam, which means, "The world is One Family." It is a fact that a nation can progress only if there is peace, and its citizens live in harmony. It may be amazing to the western countries that such an idea exists in India, since time immemorial. The feeling of brotherhood and tolerance, enable a nation to stand with dignity and pride. History tells us that many countries could not survive with respect and honor, as they could not include these great values into their constitution. A peaceful society can exist only if its members respect each other's beliefs, values and culture. India is a land of many beliefs, traditions and culture, and it is the success of Indian civilization, that people of so many different backgrounds, live in peace and harmony. The idea of India unites all Indians, and despite many differences, we stand together as one people.

The youths of a country are its future, and you have a big responsibility on your shoulders as students. You have to keep up these values, which let our country survive with respect and dignity. It is well to remember that each one of us should try to spread a feeling of love and brotherhood among fellow citizens. Our survival as a civilization depends simply on a peaceful society, where each person has empathy, which is to respect feelings of others, and a little tolerance. India has earned respect of the countries of the world only because of its great values, through which, many people still recognize us.

I conclude with these beautiful lines written by English poet Alfred Tennyson, and they have a message:

Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.

Best of luck for the New Semester!

FROM THE DEPARTMENTS

 **MR. MOHD VASEEEM**
ASSISTANT PROFESSOR, FOP

Leave Behind The Toxic Work Environment

The workplace is often a place where we spend a great deal of our waking hours, but it can also be a place of great stress and toxicity. A toxic work environment can take many forms, from bullying, harassment, discrimination and even a lack of communication or respect. It can be a breeding ground for resentment, frustration, and a lack of productivity. But the good news is, it doesn't have to be this way. There are things we can do to create a culture of respect and appreciation, and ultimately create a healthier, more productive work environment. The first step to leaving behind a toxic work environment is to recognize and address any issues that may be contributing to the negativity. This includes anything from poor communication to a lack of recognition or respect. If people feel like they aren't being heard or taken seriously, it can lead to a lack of motivation, which can then lead to a toxic environment. Encouraging open communication and feedback is key to overcoming this issue. Another way to create a healthier work environment is to foster a sense of team spirit. When people feel like they're part of a cohesive unit, they're more likely to take pride in their work and collaborate with each other.

 **POOJA MISHRA**
LECTURER, DOC

Hard Work & Punctuality in A Student's Life

Hard- work and punctuality are as essential for a student as water and sunlight are for growing plants. Gary Player says, "The harder you work, the luckier you get." It is hundred percent true that there is no substitute for hard work. Without hard - work no great accomplishment can be achieved.

Similarly, punctuality is a great virtue. People who have it have more time and are able to accomplish their goals more efficiently.

To be punctual requires lots of self control and self- discipline. A punctual person is admired by all. People love to give such a person responsible jobs. A punctual man ensures doing his job well in time. It is impossible to be successful without becoming punctual.

 **DR. SHAHID JAMEEL**
PRINCIPAL PHARMACY

Global Warming - The Biggest Threat in 21st Century

Impact of global warming on Climate is the big challenge of current century. The reason behind the climate change and global warming is greenhouse effect. There are types of radiation (visible light, plus ultraviolet (UV), infrared (IR)). Out of which infrared (IR) radiation is responsible for greenhouse effect due to greenhouse gases.

The gases in the atmosphere such as, carbon dioxide (CO₂), methane (CH₄) and nitrous oxide (N₂O) are capable of absorbing infrared radiation thereby trapping and holding the heat in atmosphere, and increasing the heat in atmosphere is known as greenhouse gases. It is responsible for greenhouse effect ultimately lead to global warming. Out of which carbon dioxide (CO₂) significant component.

However, when carbon dioxide concentration increases in the atmosphere, it forms a thick cover and prevents from being re-radiated. Consequently, the atmosphere gets heated and the temperature increases. This is called green house effect. In recent, amount of carbon dioxide has increased from 290 ppm 410 ppm due to cutting of forests and excessive burning of fossil fuels. The rate at which the amount of carbon dioxide in the atmosphere is increasing, it is expected to cause rise in global temperature.

The global warming by two or three degrees would cause polar ice caps to melt, floods in coastal areas, change in hydro-logic cycle and islands would get submerged.

If current trends continue, scientists, government officials and a growing number of citizens fear that the worst effects of global warming — extreme weather, rising sea levels, plant and animal extinctions, ocean acidification, major shifts in climate and unprecedented social upheaval — will be inevitable.

To combat Greenhouse gases induced global warning. The developed countries such as US and other European government created the Action plan 2013. There is Paris agreement has done by 73 countries to combat to climate change by investing in a sustainable, low-carbon future.

In 2020, as per "Nature reported: global carbon dioxide emissions fell 6.4% (13% in the U.S. alone). This was in part due to the decrease in fossil fuel combustion resulting from the switch to natural gas from coal.

Researchers around the world continue to work towards finding ways to lower greenhouse gas emissions and mitigate their effects. One potential solution scientists are examining is to suck some of the carbon dioxide out of the atmosphere and bury it underground indefinitely. It is our responsibility to control the global warming by plantation of trees.

STUDENT'S CORNER

 **AMMAR AHMAD**
B.PHARM II

BAD IMPACT OF SOCIAL MEDIA: BE WARNED OF

Social media is fun. Apart from being entertainment, many positive benefits can be obtained from social media, such as connecting with friends, using it for online business, learning new things, and others. On the other hand, social media can cause negative things when we are not wise in using it.



1. ADDICTION

Anything in excess is not good, including social media. It can be more addictive than cigarettes and alcohol. It has a powerful magnet for many people that leads to them checking it all the time without even thinking about it.

2. EXPECTATIONS

Seeing the success, achievements, and all the advantages that other people have. Social media forms unrealistic expectations of life and friendships in our minds. Many use it as motivation, but many also feel insecure or inferior to themselves.

3. CONSUMPTIVE BEHAVIOUR

Using social media unwisely also leads to consumptive and wasteful behaviour. In social media, we can easily find various interesting items that we want to have, so it doesn't matter whether we really need them, we are tempted to buy them.

4. AFFECTS MENTAL HEALTH

Spending too long on social networking sites could lead to poor mental health. Social media lets you see the carefully selected best parts of everyone else's lives, which you then compare to the negatives in your own life. Anxiety and insecurity are the most mental health problem caused by social media.

5. CONFLICT & BULLYING

Sometimes, social media becomes a place of hatred and criticism of someone. These online attacks often leave deep mental scars and even drive people to hurt themselves or take their own lives, in some cases. In social media, we are free to express our feelings but you have to pay attention to the existing limitations.

 **SURJEET KUMAR**
B.PHARM III

ENVIRONMENT & IT'S IMPACT ON LIFE

The environment is the basic life support system for all living things on planet Earth. It is a combination of natural and human made components. Natural components include air, water, land and living organisms. Roads, industries, buildings, etc., are human-made components. The natural environment can be differentiated into four main components - Biosphere, Lithosphere, Hydrosphere and Atmosphere.



Every living thing depends largely on the environment for survival, and having a clean and safe environment is solely in the hands of the human beings.

What is the environment?

Environment basically refers to the surroundings you are in. It is the most fundamental support system for all forms of life on planet Earth. The environment provides us with the basic necessities of life such as food, water, air and shelter.

How do we protect the environment?

Protecting the environment depends on every individual's attitude towards it. In order to protect the environment, we can start conserving water, using all resources effectively, educating oneself and others about the urgent need to preserve the environment, planting trees and so on

What are the initiatives taken by the Government to protect the environment?

The Indian Government has taken various measures with a view of protecting the environment and preserving it for our future generations. Some of them are Project Tiger, Swachh Bharat Abhiyan, Green Skill Development Programme, Special Purpose Vehicle for Afforestation, Clean Development Mechanism, Fly Ash Utilisation Action Plan, etc.

 **NAAZ AFREEN**
B.TECH III



STUDENT'S CORNER

 **DIMPAL KUMARI**
B.TECH I

WOMEN & THEIR SAFETY

Safety of women has become a major issue in India. Now women to think twice before going out of their homes and specially at night. This is a sad reality of our country .

According to law, women have equal right as men but in many instance people don't follow this rule. They are doing much or the development of the country still they are living in fear.

Everyday we see in the news that crime are being done against women in some or the other part of our country. It is very painful to see this condition in a country where we learn to respect women as goddesses.

Women face discrimination not only outside but also inside their families. We call it domestic violence. The marriage, rape and dowry deaths are other crimes related against women.

The government must make strict laws to punish such criminals. Men must be taught to respect women. We must not put the blame only on women and ask them to be extra careful.

But we must ask men to change their thinking, only then we can make the world a safer place for women.



 **ALISHA RIZVI**
B.COM II

DEATHLY

This moment I am present in

Passes like the wind crosses the sea .

This mortal puzzle of life and oneself

Never seems to have an end is what I feel.

Our very ideas and belief end with us.

Was the previous better or the musk of leaving taste bitter yet sweet?

Each breath we take is a step towards our death

Yet, death taste sweeter than thee

.

What shall be the response to the call ?

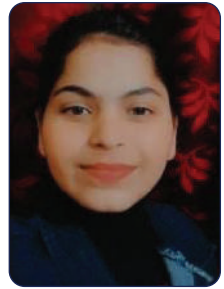
Must we be like the rest and just fall ?

Walking down the road, most of us smile.

In the old days, we lived to the fullest of time.

With these very few moments of thought,

This was a journey that just means a lot .



 **VIKAS VERMA**
D.PHARM II

FATHER OF THE INDIAN FILM INDUSTRY

Dadasahab Phalke was the First Indian Director, Producer, and Screenwriter. He is regarded as the father of Indian cinema. His debut first full-length feature film Raja Harishchandra was released in 1913.

One day, Dadasahab watched the movie (The Life of Christ) at a Theatre in Bombay in April 1911. Then he decided to make a feature film. After that, he went to London for two weeks to learn

film making techniques. After his return, he founded Phalke Films Company in February 1912.

He Imported the equipment for film making from England, France, Germany, and the United States. Dadasahab shot a short film (Ankurachi Wadh) to attract investors for his company.

Dadasahab completed the film in six months and 27 days. The film premiered at the Olympia Theatre, Bombay, on 21 April 1913, and theatrical release took place on 3 May 1913 at the Coronation Cinematography and Variety Hall, Girgaon. The film was a commercial success and laid the foundation for the film industry in India.



 **ANJALI YADAV**
B.TECH III



EVENTS



WORLD PHARMACIST DAY CELEBRATED AT JIT

World Pharmacist day was celebrated in the campus on 25th September 2022, in which a march was taken out of the campus. A Plantation drive was also carried out in which medicinal plants and herbs were planted in the herbal garden of the campus, by students and faculty members.

