

Analytics/Editorial	2	TIPS Highlights	3	Miscellaneous	4
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The Best Medicine for Seasonal Affective Disorder: Exercise



TIPS Successfully Organises Fit India Movement Programs on Day 4 and Day 5



HMPV Virus: Origins, Symptoms, and Its Differences from COVID-19

India defines green steel; will rate companies on basis of emission intensity

Trinity News Desk

New Delhi: India came up with a definition of what constitutes 'green steel', becoming one of the first countries to lay down clear parameters for decarbonized steel.

Steel is among products targeted by the European Union for its CBAM tax on carbon-intensive imports.

The taxonomy framework, launched by Union minister for steel and heavy industries H.D. Kumaraswamy, is a step towards transforming India's steel industry into a more sustainable, low-carbon sector by defining a clear framework for promoting the adoption of green technologies in steel production.

Kumaraswamy said decarbonization of steel was of utmost importance as the

industry accounted for almost 7% of global CO2 emissions.

With taxonomy in place, the minister said, India is poised to lead the global transition to sustainable practices while maintaining its growth.

Taxonomy deals with naming, describing, classification or



categorization of a process or an item. It helps to better understand a product or a process and facilitates its smooth adoption.

For the steel sector, taxonomy

is a prerequisite for developing a coherent policy for decarbonizing the sector and creating demand for products with green attributes.

Globally, there is no commonly accepted definition of green steel yet, though multiple organizations and various countries are working on it, the steel ministry said in a statement adding that India is the first nation to take initiative in this direction.

Within India, developing a just and fair definition will incentivize incremental decarbonization across various production pathways. Creating an ecosystem equipped with monitoring, reporting and verification (MRV), green steel certification and registry would be critical to ensuring cost-effective decarbonization of the sector, the statement added.

Nitin Gadkari Launches a Country-Wide Cashless Treatment Facility for Road Accident Victims

Trinity News Desk

Union Minister of Road Transport and Highways Nitin Gadkari on Monday launched a nationwide scheme to provide cashless medical treatment to road accident victims. The facility is an extension of the ministry's initiatives to make roads safer and well-equipped with emergency services.

Addressing a press conference, Gadkari spoke on the alarming number of road accidents in



India - 1.5 lakh annually. "This cashless treatment scheme will save lives by ensuring timely medical care for victims without worries about expenses," he said while adding that it aligns with the vision of the government reducing road accident casualties by 50% by 2030.

This will also cover medical emergency treatment cost including hospitalization to a reasonable extent. Funding will

come from the Motor Vehicle Accident Fund constituted under the Motor Vehicles Act, 1919. Such fund, constituted from contributions from stakeholders, shall be used not only for the rehabilitation of victims of accidents but also for granting compensation to the family in the event of casualties.

The process will be implemented through partnerships with hospitals, insurance companies, and other stakeholders to make the process seamless. Gadkari assured that steps are being taken to simplify claim procedures and prevent delays in treatment.

The scheme has received extensive acceptance among the road safety protagonists and health service providers. However, experts feel that an efficient mechanism for monitoring should accompany this scheme in order for it to become successful. "It requires a well-formulated framework and proper fund disbursement to help the scheme attain the goal set by the authorities," according to Piyush Tiwari, chief executive of SaveLIFE Foundation. At a time when India has the highest road accident rates in the world, this cashless treatment scheme would be one step forward towards saving lives and upgradation of the emergency response system in the country."

Supreme Court Dismisses Petition on Bihar PSC Exam Paper Leak Scandal

Trinity News Desk

The Supreme Court, in a major development, turned down a petition on Monday pertaining to the Bihar Public Service Commission (BPSC) examinations whose question paper is alleged to have been leaked. The case had attracted attention far and wide as it has had significant implications regarding the integrity of state-level recruitment. It had been dismissed based on jurisdiction and alternate remedies.

The bench, headed by Justice Sanjay Kishan Kaul, said that there is a dire need to exhaust the local channels of law before reaching the doorstep of the apex court. "The Patna High Court, with its apparatus, can itself look into the nuances of the case," it observed while dismissing the petition.

Alleging gross irregularities in BPSC examinations that saw the leaks of question papers across multiple districts-causing serious complications and alleged lack of transparency



while the examinations continued-the plea averred that unfair recruitment could likely occur as many aspirants protested in civil societies for reexaminations with strengthened processes for checks to avoid irregularities.

The BPSC in the defense dismissed the leaks and said that the sanctity of the examination was maintained by following all protocols. The commission official said, "We are committed to conducting fair and impartial exams. Allegations of a leak are baseless and aimed at tarnishing our reputation."

Notably, the verdict of the High Court has sparked huge debates on examination protocols and reformation. Even activists and aspiring students are requesting more accountability over such incidents. Moreover, new technological safeguards for the prevention of such incidents in examinations have been emphasized.

It is now up to the Patna High Court, which will deliberate on the issues that thousands of prospective candidates who stand to lose out because of this controversy will present during its hearings.

10 Central Trade Unions Threaten General Strike Over New Labour Codes Notification

Trinity News Desk

In a strong display of protest, ten central trade unions have threatened to organize a nationwide general strike if the Centre goes ahead with the notification and implementation of the contentious new labour codes. The unions charge that the proposed codes undermine worker rights, dilute job security, and favor corporate interests over employee welfare.

The four labor codes, which deal with wages, industrial relations, social security, and occupational safety, were enacted in 2019 and



2020 as part of the government's labor reform agenda. Despite the Centre's argument that these reforms simplify existing regulations and foster ease of doing business, trade unions argue that these are detrimental to workers.

The Best Medicine for Seasonal Affective Disorder: Exercise

Trintiy News Desk

Seasonal Affective Disorder, commonly known as “winter depression,” is a medical condition whose symptoms affect people during winter seasons where daylight hours are minimal. As millions of people around the world fall prey to these symptoms of SAD, such as feeling lethargic, mood swing, and less motivated, exercising may be just what the doctor ordered.



1. Boosting Mood and Energy

It is one of the most excellent natural mood boosters through exercising. In addition, this exercise will arouse the body to secrete endorphins, popularly known as “feel-

good” hormones. It also serves to reduce depressing and anxiety sensations. Serotonin-a neurotransmitter-which controls the moods level is boosted upon regular exercising thereby making it well suited to the depressive effects presented by SAD.

2. Improving Sleep Cycle

SAD often disturbs sleep which leads to sleepiness or even a

sleeping disorder. Exercise reboots the circadian rhythm, and the body may rest and sleep better for a period of time. Physical activities, such as practicing yoga, stretching, or simply taking a brisk walk, may enhance one’s relaxation ability and deeper sleep.

3. Increased Exposure to Light

The sun’s warm rays can easily set outside in your yard while jogging, hiking, or biking. Sunlight boosts vitamin D, an important element in managing SAD; vitamin D helps the brain to maintain a good balance to cope up with a low daylight season.

4. Building of Routine

The period of cold weather might break with routine and make one be inactive, thus experiencing isolation. Routine exercise gives a routine to your daily schedule, hence making one feel a certain amount of accomplishment and control. Group fitness classes or exercising groups help reduce these feelings of loneliness and improve social interactions.

5. Stress Reduction

It reduces cortisol, the primary stress hormone of the body, thereby making it easier to cope with seasonal stressors. From low-intensity activities like Tai Chi to high-energy workouts like Zumba, you can reduce tension and uplift your spirit.

Regular exercise will help you overcome the challenges of SAD and welcome winter with improved energy, mood, and resilience.

Rural India’s Literacy Leap: A Decade of Progress

Trinity News Desk

Introduction

Over the past decade, rural India has witnessed a significant rise in literacy rates, marking a milestone in the country’s educational progress. According to recent government data, the literacy rate in rural areas has increased by 10 percentage points, from 67.77% in 2011 to 77.50% in 2023-24.

Key Factors Behind the Rise

Government Initiatives: Several centrally-sponsored schemes

education and addressing socio-economic barriers has been essential in increasing school enrollment and retention.

Volunteer-Driven Programs: The ULLAS program, targeting individuals aged 15 and above, has been particularly effective in boosting adult literacy. The program’s volunteer-driven approach and adaptability to local needs have made it a success.

Challenges and Future Directions

Despite the progress, challenges remain in achieving universal



Food Habits That Will Keep You Warm and Healthy in Freezing Cold

Trinity News Desk

Winter is when the mercury drops, and your body needs more nourishment to keep warm and resistant to the cold. Some food habits could be added to your diet and maintain body heat, boost immunity, and keep you energized. Here are some key tips:

1. Seasonal Superfoods

Root vegetables are the best vegetables to be eaten during winter: carrots, sweet potatoes, and turnips. Nutrient-dense options that can provide a constant flow of energy and also contain vitamins A and C, which strengthen your immune system.

2. Healthy Fats

Healthy fats are nuts, seeds, avocados, and fatty fish like salmon, which keep the body warm and producing heat. Ghee is a way of adding some warmth and healthy fats if it is taken in small amount in your diet.

3. Drink Warm Liquids

Also, maintain the briskness



of warmth with hot beverages like herbal teas, spiced milk, and soups. Ginger tea, turmeric latte, and spicy broth with garlic, cinnamon, and clove can replace common sinus issues with improved digestion and immunity, besides keeping the body warm.

4. Choose Whole Grains

Oats, millet, and quinoa are good sources of complex carbohydrates. It is the reason for your long-term, sustainable energy keeping your body warm. A nice idea for a winter breakfast is a porridge with a few nuts and honey.

5. Spice It Up

Add warming spices like ginger, black pepper, and cardamom to your food. These promote circulation, digestion, and they have natural warming effects.

6. Hydrate

Hydration is very important, but cold weather tends to reduce the desire to drink water. Drink warm water or infused water with lemon and honey to keep yourself hydrated and ward off colds.

By following these food habits, you can keep warm, healthy, and feel ready to take on the winter with ease.

and programs have played a crucial role in boosting rural literacy. Programs like the Samagra Shiksha Abhiyan, Saakshar Bharat Mission, Padhna Likhna Abhiyan, and the ongoing ULLAS-Nav Bharat Saksharta Karyakram have been instrumental in this progress.

Focus on Female Literacy: Female literacy has seen a remarkable improvement, rising from 57.93% in 2011 to 70.4% in 2023-24. This focus on empowering women through education has been a key driver of overall literacy growth.

Community Engagement: Mobilizing communities to emphasize the importance of

literacy. Addressing issues such as poverty, child labor, and lack of infrastructure continues to be a priority. The government and various organizations are working together to bridge these gaps and ensure equitable access to quality education for all.

Conclusion

The rise in rural India’s literacy rate over the past decade is a testament to the effectiveness of targeted government programs and community efforts. As the country continues to strive for universal education, the focus on female literacy and community engagement will remain crucial in achieving this goal.

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Addressing a joint press conference organised on Monday, the top leaders of these unions-AITUC, Centre of Indian Trade Unions, and INTUC-have declared to fight out the codes. “The new labour codes are a direct attack on workers’ rights. It erodes such protections as a right to strike, cuts in social security and allows long hours of work,” said General Secretary Amarjeet Kaur of AITUC.

The unions have appealed to the Centre to enter into meaningful dialogue with the representatives of workers and reconsider the provisions of the labour codes. They also sought public support, appealing to employees in all industries to join their protest.

The Centre has defended the reforms, terming them necessary for modernizing labor laws and bringing in investments. Labour Minister Bhupender Yadav has said that the government is open to discussions to redress concerns that stakeholders have flagged.

The government and the trade unions are locked into a growing tension, with a general strike being on the verge of looming larger on the horizon, and such a scenario will create widespread dislocation in industries like manufacturing, transportation, and public services. The Centre is now waiting to see what it can do in order to contain the growing unrest.

TIPS Successfully Organises Fit India Movement Programs on Day 4 and Day 5

Trinity News Desk

New Delhi – The March towards Contribution: Trinity Institute of Professional Studies continues to enhance fitness and wellness among the student community as well as others at large with the events held on December 1 and December 3, 2024. Each of the programs focused on an improvement in health and well-being.

Day 4: Nehru Park – December 1, 2024



The fourth day of the Fit India Movement was celebrated at Nehru Park with 28 enthusiastic volunteers from TIPS. The event, which started at 11:30 AM and lasted for two hours, featured a variety of engaging activities designed to combine physical exercise with teamwork and creativity.

Activities included

Dum Charades – A fun-filled game promoting creativity and physical expression.

7 Stones – A game of thought,

agility and teamwork.

Dog and the Bone: Speed, concentration, and teamwork at perfect harmony.

In this, the games especially would be more designed to help them raise the level of their fitness by stimulating team activity, expression with their body as well. All these, therefore, form part of going hand-in-glove with prime objectives of Fit India Movement

programme at Safdarjung Tomb. The session began at 11:00 AM with exercises, reminding how to eat appropriately and lead a healthy life.

The culmination was at 12:00 PM but with an array of takeaway lessons that left the participants moving out into healthier choices.

- Participants learned why physical activity maintains health.

The volunteers were empowered with the ideas to push others to

It is clearly indicated in the participants' view that this physical fitness need to be given a place for daily life too.

- During the event, it was proved that teamwork is essential for group goals.

- The bonds created between participants and the team were united and spirited.

Day 5: Safdarjung Tomb – 3rd December 2024

On the fifth day of the Fit India Movement, 11 people attended an active fitness pledge

exercise and start working out.

A session motivated many people to make small changes for a massive difference in lifestyle.

Both of these events have been highly instrumental in spreading awareness regarding fitness and building up a culture of health and wellness. The TIPS community will continue to focus on physical fitness and continue to support initiatives that further the Fit India Movement toward an inspired, healthy, active India.

Trinity Institute of Professional Studies Wins Times Education Icon Award for Startups

Trinity News Desk

New Delhi, December 31, 2024 - Trinity Institute of Professional Studies (TIPS) has won the prestigious *Times Education Icon Award for Startups*. The award recognizes TIPS' outstanding contributions to fostering entrepreneurship and innovation among students and aspiring entrepreneurs.

enough in such fluid scenario in the start-up industry, that's being experienced."

The institute had conducted workshops and boot camps besides collaborations with the industry leaders, such as with the Institute of Industrial Development (IID), for the enhancement of entrepreneurial skills in the students and sector-specific knowledge.



Trinity Institute of Professional Studies, Dwarka, was felicitated in the category of Promoting Innovation and Start-ups at the Times Education icon North 2024-25.

The event was to commemorate institutions that have excelled in developing startup ecosystems. TIPS was recognized for its robust initiatives, including the Institution's Innovation Council (IIC), that promoted entrepreneurial thinking and provided mentorship and platforms to students to translate innovative ideas into viable business ventures.

Prof. (Dr.) Ashutosh Agarwal, TIPS director who addressed the meet expressed a sense of gratitude in being recognised. "It's good test to how serious we are as an organisation for innovation and entrepreneurship culture. And the whole ethos behind TIPS is skill its students on competencies about making them competitive

The above activities helped in positioning TIPS as a center for budding entrepreneurs and empowering students to be part of India's thriving startup ecosystem.

The *Times Education Icon Award* is the most coveted recognition for educational institutions which are doing something revolutionary to the students and to society. Such an achievement to TIPS puts forth how this is the institution that pioneers through academic excellence intertwined with real-time entrepreneurial opportunities. The recognition yet again underlines TIPS' vision of inspiration for innovation, building leaders that will shape India's startup scenario.

IIC Cell TIPS collaborates with IID for entrepreneurship workshop

Trinity News Desk

On 30th November, 2024, the IIC Cell of the Institution, TIPS coordinated an interactive online workshop with the Institute of Industrial Development. The session was on developing entrepreneurial skills among participants and knowledge of the industries being attracted had participation from 27 students and faculty members of TIPS and other professionals.

Conclusion

It was based on practical aspects of entrepreneurship, like technical know-how, marketing strategies, and financial management. Participants were provided opportunities to address real-world challenges through interactive sessions in industrial entrepreneurship, which ensured a hands-on learning experience. About Samadhan Group and IID

The Samadhan Group was established in 1999 and is one



of the pioneer groups of its kind, which has contributed significantly to the growth of entrepreneurship and skill development in India. The group works through various wings, including IID, an Institute for Industrial Development, that helps provide incubation

and training programmes, emphasizing innovation and growth for MSME.

The key programs include a comprehensive 130-hour course on entrepreneurship fundamentals, which includes video lectures, sector-specific workshops, and project-based

learning. Topics range from business models and digital marketing to niche industries such as renewable energy and food processing.

The event highlighted similarities in the means through which both IIC Cell TIPS and IID strive to foster innovation

and entrepreneurial competencies. Outputs from the event included tools in effective ideation, implementation of business solutions, and certificates of attendance as a testament of active participation during the workshop.

Larger Contributions

Through education partnership and supporting government schemes, IID and Samadhan Group have created over 1,400 reports under project sectors in waste management and textiles by contributing to the betterment of economic growth and sustainable development in the country.

This collaboration shows IIC Cell TIPS' continued commitment through the empowerment of aspiring entrepreneurs who would further initiate such a culture of innovation.

New Year 2025: Changes for an even better year of one's own

Trinity News Desk

It's a great time to improve as you step into 2025. The common New Year's resolutions may involve general goals, but it is the personalized changes that

being. Activities involving meditation, journaling, or going to therapy have been known to improve and increase emotional resistance to stress throughout the year.



can make all the difference in your year. With personal resolutions tailored according to your individual needs and goals, you will be able to have a more fulfilling and successful 2025.

1. Focus on Mental Health

In today's rush, mental wellbeing is often out of the list. For the year 2025, adopt the habit for mental well-

2. Health in Body, Mind, Spirit

One of the most common New Year's resolutions is adopting healthier habits, but make it personal this year. You may want to become more active, eat healthier, or concentrate on specific fitness goals like strength or flexibility. A tailored fitness plan will improve your health and give you the energy to manage your daily life.

3. Improve Financial Habits

2025 is the right time to set personal financial goals. Whether you want to save more, reduce debt, or explore investments, a tailored financial plan can lead to long-term security and peace of mind. Setting achievable financial milestones helps you stay focused and motivated throughout the year.

4. Strengthen Relationships

Building and developing relationships should be the top priority in 2025. This can be done by focusing on deepening friendships or making new, meaningful relationships. Personalized communication and quality time with loved ones will create stronger bonds and a more supportive social network.

5. Commit to Continuous Learning

Embrace lifelong learning in 2025 by setting personalized educational goals. Whether through professional development, new hobbies, or exploring new subjects, learning enriches life and feels great-giving a sense of accomplishment and growth.

Silent yet an undisputed legacy of the past: Dr Manmohan Singh passed away aged 92

Trinity News Desk

New Delhi-The most honored personalities in the Indian nation witnessed one of its great leaders lose the battle for his life. 92 is old age but was an economist who became India's 13th prime minister who took India through tumultuous

Serving as Prime Minister from 2004 to 2014, the tenure of Dr. Singh saw growth and international challenges, which included the 2008 financial crisis. Despite the political opposition he faced, the calm and pragmatic approach to governance ensured India's resilience during tough times.



HMPV Virus: Origins, Symptoms, and Its Differences from COVID-19

Trinity News Desk

While health experts remain vigilant on many respiratory viruses, Human Metapneumovirus (HMPV) has been on many people's minds lately because of its respiratory effect and comparison with COVID-19. Not a new virus per se, but HMPV is now identified as a possible threat, raising questions: Is it a new version of COVID-19?

Origins of HMPV

Scientists in the Netherlands discovered Human

Metapneumovirus in 2001. The virus belongs to the Metapneumovirus family, an acknowledged pathogen causing respiratory diseases in children, elderly people, and immunocompromised persons. HMPV, however, had been around for many years without being in the spotlight, mostly because of more publicized infections like the flu and COVID-19. Now that it's on the rise again, people are paying more attention to this particular virus.

As stated earlier, HMPV is similar to COVID-19 because

they both are respiratory diseases. A patient who has contracted both diseases will mainly present symptoms that are very much alike. Common symptoms of an infected HMPV include the following:

- Coughing
- Cough
- Gastro-intestinal

Sneezing with runny nose, sore throat among others

Loss of appetite that may lead to vomiting

Exposure to wheeze and tightness in breathing

times with great, unassuming leadership as it waded through tumultuous economic reforms and challenges.

He is an economist and also is known for leading India's economic liberalization when he was in charge as Finance Minister in the early 1990s. It was during a financial crisis that he introduced bold reforms in the form of trade barriers reduction, privatization of state-owned industries, and devaluation of the rupee. Without a doubt, these steps are very significant in India's turnaround in its economy and growth as one of the world's fastest-growing economies.

He was a man of the people, and though not known for flamboyant rhetoric, he earned the respect of political leaders and citizens alike.

Dr. Singh will be known as an honest economist and statesman who, with a strong vision for India's future, steered India through economic reforms well. His contribution has reshaped the economic scenario of the country: whether it is the growth of the IT sector or increasing foreign investments.

As the nation mourns the loss of this giant figure, the quiet, undeniable legacy of Dr. Singh will continue to influence India's development for generations to come.

It's extreme and eventually results in either pneumonia or bronchiolitis.

Since HMPV is typically such a bland disease, serious complications will likely occur mainly in the appropriate susceptible populations-young children and the elderly.

HMPV vs. COVID-19: The Same Disease?

The symptoms of HMPV and COVID-19 are somewhat similar, but the viruses that cause them are different. COVID-19 is caused by the SARS-CoV-2 virus, which emerged at the end of 2019, whereas HMPV is much older. Although both are respiratory illnesses, COVID-19

has a higher rate of transmission and long-term health effects such as Long COVID, which are not commonly associated with HMPV.

Unlike COVID-19, which spread due to asymptomatic carriers and offered a much higher rate of transmissibility, HMPV is primarily transmitted through the source of respiratory droplets caused by coughing, sneezing, or talking and also via contaminated surfaces.

There is no vaccine or specific antiviral to treat HMPV. Patients are treated through supportive care and usually recover at home. Some patients in worse clinical conditions are hospitalized for treatment.

