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## No Direct and Exclusive Correlation between Air Pollution and Specific Diseases: Government

### Trinity News Desk

The government said that there is no conclusive data to establish a direct and exclusive correlation between air pollution and specific diseases. The clarification comes amidst growing public concern and mounting evidence linking deteriorating air quality to various health issues.

In response to questions raised in Parliament, officials admitted that air pollution is a major environmental and health issue. However, they claimed that though it may aggravate pre-existing conditions, it cannot be scientifically proven as the sole cause of specific diseases.

### Air Pollution and Health Risks

Experts have widely associated air pollution with respiratory problems, cardiovascular

diseases, and other diseases. Studies have shown that exposure to polluted air for a long time aggravates asthma, COPD, and even leads to early death. However, the government stated that these health effects are largely multi-factorial and include genetic factors, lifestyle, and general environmental conditions.

### Measures Adopted to Mitigate Air Pollution

The government stressed the following measures to decrease pollution levels:

The National Clean Air Programme (NCAP) was launched to reduce the concentration of particulate matter in cities.

Cleaner fuel was promoted along with the adaptation of Bharat Stage VI vehicle emission standards

Renewable energy projects were scaled up along with incentives on electric vehicles.

Industrial emissions as well as construction related dust were measured.

### Public and Expert Reactions

Environmentalists and health advocates are clamoring for stronger action and further research to be conducted so better health impacts from air pollution are understood. It has been claimed that although data is inconclusive, it's already indicating the necessity of tight regulations and health interventions for public protection.

There has been the focus on preventive approaches and ongoing scientific study based on the alarming case of air quality, especially within urban environments.

## Congress Questions Government's Role in Adani Probe Following MEA's Response

### Trinity News Desk

In sharp criticism of the Government's response to the Adani controversy, the Congress asked the Ministry of External Affairs on how the Government could credibly probe allegations against itself. The move comes following

irregularities involving the Adani Group.

The MEA said in response to queries about the issue that "Indian regulatory authorities are equipped and independent" to address the matter. However, Congress dismissed the assurance by terming what it



global concerns that have been raised about allegations of stock manipulation and financial

called a lack of accountability and transparency in handling such high-profile allegations.

## Cyclone Bengal Live Updates: IMD Issues Danger Warning to Puducherry and Cuddalore

### Trinity News Desk

The IMD has issued "Danger Warning 7" on Puducherry and Cuddalore ahead of Cyclone Bengal intensification in the Bay of Bengal, which is poised to make its landfall anytime in the next 24 hours, bringing down heavy to very heavy rainfall as well as resultant gusty wind speeds along its coast.

### High Alert for the Coastal Areas

The officials of IMD have advised people of Puducherry, Cuddalore and other places to stay indoors because wind speeds were to touch 80-100 km/h along with gusts of 120 km/h. The rescue and relief teams are on standby at vulnerable places and the fishermen have been asked not to venture into the sea.

### Preparing for the Disaster

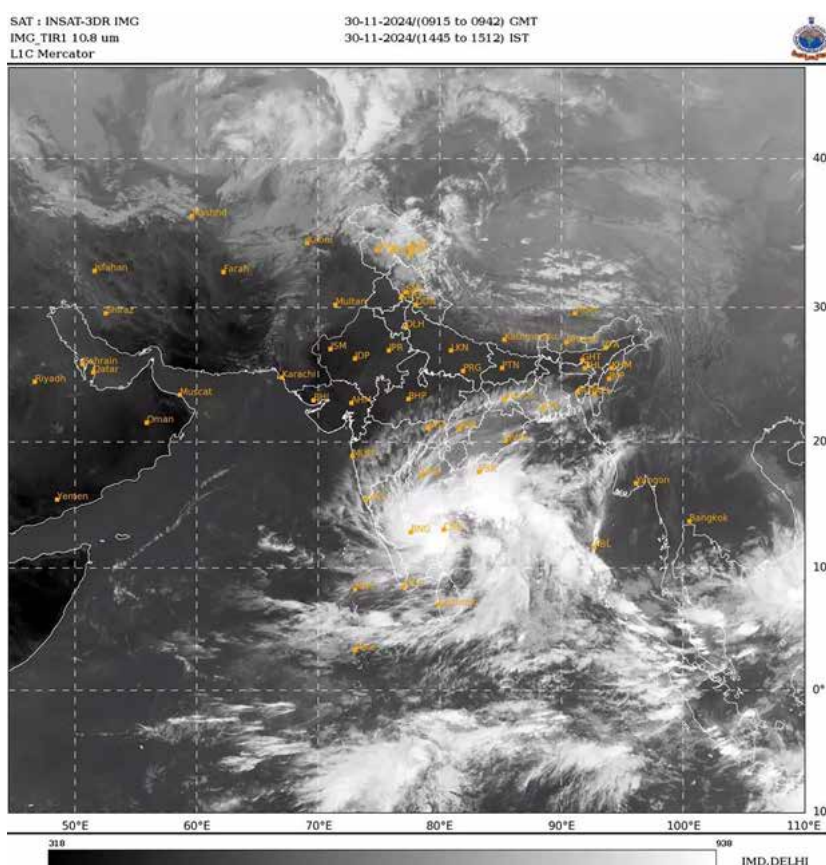
District administrations are in knots, as the evacuation operation had already been activated. Approximately 10,000 residents living along

the flood plain have been transferred to makeshift campgrounds where necessities are also ready. More forces of the NDRF, have also be sent to assist in the efforts of rescue relief in Puducherry and Tamil Nadu

### Train and Road Traffic Disruption

All the train and bus services in the affected areas have been suspended due to precautions. The Chennai-Puducherry highway is also being closely monitored for possible flooding. Airports in Chennai and Puducherry have also issued advisories regarding the possibility of being disrupted. Schools and Offices Shut

Governments in Puducherry and Tamil Nadu have announced holidays for the affected districts with regards to the schools and colleges. Private office is advised that its employees shall



be provided, if possible with facility to do their work at home. The IMD has advised the public to stay updated through official channels and not spread rumors.

Cyclone Bengal is expected to weaken into a cyclonic storm after landfall, but there is an expectation of major damage to infrastructure and crops.

"How can this government be part of a probe into itself?" asked Congress spokesperson Jairam Ramesh in a statement. The party alleged that the government was protecting its corporate friends and that it could not ensure a fair investigation into the matter.

The allegations arose from a report earlier released by US-based short-seller Hindenburg Research that accused the Adani Group of financial mismanagement and stock price manipulation. Though the Adani Group denied all charges, there was a storm in the stock market, hence the call for an investigation of this nature.

Congress has repeatedly demanded a Joint Parliamentary Committee (JPC) probe into the matter, arguing that it is the only way to ensure an impartial investigation. The party has also questioned Prime Minister Narendra Modi's silence on the issue, alleging a "nexus" between the government and certain corporate entities.

The Adani controversy continues to be a flashpoint in Indian politics. Opposition parties use it to target the government on corporate governance and accountability. With the debate growing, all eyes are on whether independent agencies will rise to the occasion to address the allegations in a manner that restores public confidence

## Navigating Addiction: A Journey Toward Healing and Hope

### Trinity News Desk

Addiction can feel like a lonely mountain, insurmountable; however, in reality, many people have climbed this mountain before, and countless others have returned home. Maybe it's through substance use or gambling, addiction to technology or something else: addiction is one of those conditions that touches many lives across a wide range of backgrounds, ages, and communities.

At bottom, addiction isn't about weakness. It's a complex condition influenced by a mix of genetic, environmental, and psychological factors. For some people, it begins as coping with pain or an escape from the difficulties of life. For others, it begins in habit or circumstance. However it might begin, addiction can tighten its grip,

leaving people feeling trapped. But the story does not end there. Recovery is real, and it starts with a single step: reaching out. It might be a trusted friend



or family member or even a professional, but sharing this struggle can help break the isolation that addiction can create. And it's perfectly okay to need help—healing is not meant to be done alone.

Treatment is different for everyone. It might be therapy, support groups, medication,

or holistic approaches such as mindfulness and exercise. The most important thing is to find what works for you and to be patient with the process. There will be setbacks, but those do not undo progress. Each day is a new opportunity to move forward.

For loved ones, it means no judgment but support and empathy with someone in recovery. Addiction may not be a choice, but recovery is a very courageous act that requires help.

If you're struggling with addiction or supporting someone who is, remember: you're not alone. Resources and communities exist to help, offering not just tools for recovery but hope for a brighter future. No matter how tough the journey may seem, healing is possible—and so is a life filled with purpose and joy.

## Revampng of Indian Higher Education System

### Trinity News Desk

*National Education Policy (NEP) 2020: The NEP 2020 aims to overhaul the education system, including higher education, with a focus on multidisciplinary learning, skill development, and promoting research and innovation. It proposes increasing the Gross Enrolment Ratio in higher education to 50% by 2035*

Modi government is all set to install NEP in the nation's education system. Recently, the education ministry has accomplished the 'MyNEP' contest in association with 'Vidya Bharati' among students, teachers, and ordinary citizens to raise and gauge the general awareness about NEP. Ever since the policy was announced, it has got copious acclamations by eminent educationists, lawmakers, activists, and even international organizations. The recommendations for higher education have the potentiality to make India a global hub for inclusive learning.

In higher education, the government has raised the gross enrolment ratio to 50% by 2035, introducing 35 million additional seats. The policy emphasizes making higher education multi-disciplinary, holistic undergraduate education with flexible curricula, creative, idea-based-application, and vocational education. The new education policy focuses on developing large multi-disciplinary universities such as Takshashila, Nalanda, Vallabhi, and Vikramshila in ancient times. It will increase an interdisciplinary research environment to create innovative individuals to transform the nation educationally and economically. It also implements a flexible curriculum through multiple entries and multiple exit system.



The students will be provided with appropriate certification based on completed credits. Higher education will be monitored by a single body, i.e., the Higher Education Commission of India (HECI). The HECI will have National Accreditation Council, Higher Education Grants Council, General Education Council, and the National Higher Education Regulatory Council, responsible for accreditation, funding, standard-setting, and regulation, respectively. There will be no difference in the norms for public and private institutions. The new policy also emphasizes fostering the research across the higher education institutions and suggests to create the National Research Foundation (NRF) as an apex body to achieve the task.

The new policy advocates to phase out the culture of affiliated colleges in the next 15 years. The institutes will get financial autonomy as well. Another exciting part of the new policy is that it allows Indian universities to open their overseas campuses and encourage top universities worldwide to open their campuses in India. The objective is to promote India as a global study destination by

providing premium education at affordable costs. Furthermore, research collaboration and student exchanges between Indian institutions and global universities will be endorsed through exceptional efforts. Credits acquired in foreign universities will be permitted, where appropriate as per home institutions' requirements, to be counted for the degree's award. Research scholars will get add-on assistantships, and scholarships number would be a hike in higher education.

The policy will ensure to provide co-curricular activity opportunities to students of HEIs. Students would be encouraged to participate in sports, community involvement, and cultural activity clubs. They will get yoga, gyming, stress management counselling, and medical facilities inside the campus. The institutions will cater to mentorship, socio-emotional, and academic support to URG (under-represented groups, i.e., SC, ST, Minorities, special needy) students, as well as free ship in spare cases. The administration is bound for strict enforcement of no-discrimination and anti-harassment rules. Gender-neutrality, equity, and inclusion will be the critical elements in the campus environment.

## Procrastination: A Self-Defeating Habit and Its Amelioration

### Trinity News Desk

This is quite interesting how most of us select distracting techniques in the sight of a task with a deadline. Instead of completing the work, some people prefer browsing through social media, watching a series or even tidying their workplace for a fifth time. It's difficult to ignore procrastination since it is widespread among so many and for some reason can be used as a source of comfort, but only for a short amount of time, the aftermath might be brutal.

To be specific, procrastination is caused not by the lack of will power or planning to do something but rather as a coping mechanism. The primary aim is to avoid stresses, anxiety or self-doubt at the same time. In an ironic sense, putting things off usually makes them stronger, creating a vicious cycle. That report you procrastinated on? It's still there, this time coupled with shame and panic. Because let's be honest, eventually, we will have to face these feelings.

Studies indicate that procrastination is not some casual trick, whack or an eccentricity instead, it's a much bigger issue. If a person suffers from setbacks or tardiness on a regular basis, the person tends to grapple with increased anxiety, depression, and tons of stress for a lifetime. Worst of

all, this is only the beginning. If we are unable to control anxiety, depression, and stress, it negatively impacts our overall self-esteem and prevents us from becoming productive. In short it is a cascading effect.

But here's the good news: we can do it differently. According to specialists, the strategy should be broken down into smaller portions. Do not rush with the perception of tackling one big project all at once. Instead, set a



timer for just 10 minutes and get fully focused on that particular portion of the task. Most of the time, because a beginning is made, it gives enough energy to

stampede ahead.

Self-compassion also plays a key role. It has been noted, for example, that spending energy on self-reprimand is counterproductive. Understand the thin of what happened and believe it's alright to make a clean break.

And don't forget, the emphasis is on the progress and not becoming perfect. It requires a consistent effort to deal with procrastination and it's not something abnormal to be unable to get substantiated self-paying awareness and it is necessary to say that it's a vice that one can get rid of. So, what is the one thing you keep postponing? Get up off that chair and make a move. You will be grateful to yourself later on.

## Exam, end of year stress

### Nandini Chaudhary Semester I, BA(JMC)

Exams can be a significant source of stress for many students, especially as the end of the year approaches. This period often brings a whirlwind of emotions from anxiety about performance to the pressure of meeting expectations, whether they are self-imposed or from parents and teachers.

As the exam dates draw closer, students may find themselves overwhelmed by the sheer volume of material that needs to be reviewed.

This can lead to cramming, late-night study sessions and a cycle of stress that can affect both mental and physical health. The pressure to perform well can create a fear of failure which further inflames anxiety levels.

It's crucial to recognize that this stress is not just about exams themselves; it's also tied to the broader context of academic achievement. In today's competitive environment, students often feel that their

worth is measured by their grades. This mindset can lead to burnout as the focus shifts from learning and understanding to simply achieving high scores.

Moreover, fostering a supportive environment is essential. Talking to friends, family or teachers about concerns can provide relief and perspective.

Understanding that it's okay to seek help, whether through tutoring or counseling, it can also make a significant difference.

Ultimately, while exams are an important aspect

of education, they should not define a student's entire experience. Emphasizing personal growth, learning and resilience can help shift the focus from merely achieving high grades to truly understanding the material and developing a love for learning. By adopting a balanced approach, students can navigate the end-of-year exam stress more effectively, paving the way for a healthier academic journey.



## Trinity Dwarka, celebrated its 11th Annual Convocation

### Trinity News Desk

Trinity Institute of Professional Studies (TIPS) celebrated its 11th Annual Convocation on October 26, 2024, a momentous occasion that marked the culmination of years of hard work and dedication for its graduating students. The event was held at Deen Dayal Upadhyaya College, University of Delhi. It was a hallmark of academic excellence, innovation, and the accomplishments of the class of 2020.

The convocation ceremony commenced with a solemn academic procession, followed by the traditional lighting of the lamp and Saraswati Vandana. The presence of esteemed dignitaries, including Hon'ble Ms. Kamaljeet Sehrawat, Member of Parliament, Lok Sabha, and Prof. (Dr.) Mahesh Verma, Vice Chancellor, Guru Gobind Singh University, added a touch of grandeur to the occasion.



Hon'ble Dr. R.K. Tandon, Chairman, Trinity Dwarka addressing the students

Dr. R.K. Tandon, Chairman of TIPS, delivered a warm welcome address, extending his heartfelt congratulations to the graduating students. He highlighted the institute's



Hon'ble Ms. Kamaljeet Sehrawat, Member of Parliament, Lok Sabha addressing the students

unwavering commitment to providing quality education and enhancing inclusive development. Dr. Tandon also emphasized the importance of continuous learning and encouraged students to embrace challenges and opportunities with enthusiasm.

The students received degrees across various streams, including BA.LLB, BA.MJC, BCA, B.COM (H) and BBA. The ceremony also witnessed the awarding of 10 gold medals to outstanding students, recognizing their exceptional academic performance and dedication.

The convocation was an opportunity to acknowledge the contributions of exceptional faculty members. Dr. Neha Arora, Head of the Department of Management, and Mr. Ajay Sharma, Assistant Professor of Mass Communication, were honored with the prestigious Best Faculty Awards. Their dedication, passion for teaching, and commitment to student success has made a significant impact on the TIPS community.

In her address, Hon'ble Ms. Kamaljeet Sehrawat inspired the graduating students to dream big and work hard to achieve their goals. She emphasized the



Hon'ble Prof.(Dr.) Mahesh Verma, Vice Chancellor, GGSIPU addressing the students

importance of perseverance, resilience, and adaptability in navigating the complexities of the modern world. She also highlighted the significance of ethical values and social responsibility in shaping a better future.

Prof. Dr. Mahesh Verma, in his insightful speech, underscored the role of higher education in addressing global challenges and driving societal progress. He highlighted the various research centers, student societies, and extracurricular activities at TIPS that foster critical thinking, creativity, and leadership skills. He encouraged students to actively participate in these initiatives and contribute to the growth of the institute.

Dr. Ashutosh Agarwal, Director of TIPS, presented a comprehensive report on the institute's academic and extracurricular activities. He highlighted the institution's commitment to providing state-of-the-art infrastructure, experienced faculty, and innovative teaching methodologies. Dr. Agarwal also emphasized the importance of industry partnerships and internships in bridging the gap between academia and industry.



## Cyber-Knight Students Lead the Way in Cybersecurity Education for School Students

### Ananya Karn Semester 3, BA(JMC)

On November 13, 2024, from 11:30 AM to 12:30 PM at Rising Star Senior Secondary School, Pitampura. The Cyber-Knight (Networking and Security Club) students from the CS & IT Department of Trinity Institute of Professional Studies, Dwarka, achieved a significant milestone by organizing their first school outreach session. Demonstrating their expertise and dedication, the students proudly represented the institute as resource persons, delivering an impactful educational session on cybersecurity awareness.

The session was aimed at

- Comprehensive discussions on various types of cybercrimes, illustrated with real-world examples of recent cyber scams.
- Practical tips to recognize and prevent cyber threats.
- A detailed segment on mobile security, offering actionable guidance to ensure digital safety.

This interactive session provided Class XI students with a strong understanding of cybersecurity fundamentals and highlighted the importance of staying vigilant against digital threats. By addressing real-life cyber scams and sharing practical prevention strategies,



equipping Class XI students with essential knowledge to navigate the digital world safely.

The session began with a formal introduction to Trinity Institute of Professional Studies and its Cyber-Knight club. The club members then introduced themselves, fostering an engaging and approachable environment.

The session covered the following key topics:

- An overview of cyber security and its increasing relevance.

the Cyber-Knight team empowered the students to take proactive steps in ensuring their online safety.

This inaugural school session was a notable achievement for the Cyber-Knight club, showcasing their commitment to spreading cybersecurity awareness while fostering a sense of responsibility among students. It also celebrated the skill and enthusiasm of the Cyber-Knight team as resource persons, paving the way for more such impactful initiatives in the future.

## TIPS Strengthens Student Development Through Parent-Teacher Meeting

### Ananya Karn Semester 3, BA(JMC)

On November 9, 2024, Trinity Institute of Professional Studies (TIPS), Dwarka, held a Parent-Teacher Meeting (PTM) of all the departments which aimed at fostering collaboration between parents and educators to support students' academic and personal growth.

The meeting served as an opportunity for parents to receive comprehensive feedback on their ward's progress, covering key areas such as formative and summative assessments, attendance, behavior, class participation, social development, and examination performance.

The interactive nature of the session was highly appreciated

by parents, who valued the chance to engage in constructive discussions with teachers about their ward's strengths and areas for improvement. Teachers also took the opportunity to share the innovative teaching practices adopted by TIPS, highlighting how these approaches enhance the learning experience and help students achieve their academic goals.

This PTM reaffirmed TIPS's dedication to holistic student development by encouraging open communication between parents and teachers and promoting a supportive environment for learning. Such initiatives continue to strengthen the partnership between the institute and families, ensuring students receive the guidance and resources they need to excel.

## IPL Mega Auction 2025: Rishabh Pant became the costliest player at ₹ 27 crore

### Trinity News Desk

Rishabh Pant surpassed Shreyas Iyer in just a few minutes to become the costliest player ever in Indian Premier League (IPL) history as Lucknow Super Giants shelled out a whopping ₹ 27 crore during the IPL 2025 mega auction in Jeddah, Saudi



Arabia, on Sunday, November 24.

Iyer had pipped Mitchell Starc's ₹ 24.75 crore to land at Punjab Kings at ₹ 26.75 crore, but LSG in no time grabbed the headlines with Pant.

For other talented players like Arshdeep Singh, who was the first in line at the auction today, Punjab Kings opted for RTM for Arshdeep while Sunrisers Hyderabad bid ₹18 crore, to which the Kings said yes, and that's how PBKS got Arshdeep Singh for the IPL 2025. Chennai Super Kings, Delhi Capitals,

retain a full quota of six players.

Shreyas Iyer was the second in line. Iyer became the most expensive player ahead of Rishabh Pant, roped in at ₹ 26.75 crore by Punjab Kings after a bidding war with Delhi Capital and KKR. Iyer smashed Mitchell Starc's record of ₹ 24.75 crore.

For Pant's bid, the bidding war started between Lucknow Super Giants, Sunrisers Hyderabad, and Royal Challenger Bangalore. RCB opted out of the war between SRH and LSG. Even though Delhi Capital opted for an RTM, after LSG raised the price, DC said no, and Pant became the most expensive player at the ₹ 27 crore mark in the auction at Jeddah.

K.L. Rahul was bagged by Delhi Capital for ₹ 14 crore after a bidding war with KKR and CSK.

Punjab Kings also bagged Yuzvendra Chahal for ₹ 18 crore after fighting over him with Chennai Super Kings, Gujarat Titans and Lucknow Super Giants, as the auction unveils an exciting set of events so far.

Rajasthan Royals, Gujarat Titans, and Sunrisers Hyderabad bid for the T20 World Cup hero.

Right-to-Match (RTM) allows franchises to retain one of the players they had released at the auction, provided they did not

## Akshay Kumar opened up about his decision to relinquish Canadian Citizenship

### Trinity News Desk

Akshay Kumar, one of Bollywood's biggest stars, is now officially an Indian citizen. Akshay spoke about his decision to give up his Canadian citizenship last year and reclaim his Indian passport at the Hindustan Times Leadership Summit 2024. Known for his patriotism, the actor addressed the timing of his move, emphasizing that it was a long-standing plan, unrelated to current geopolitical tensions.

When asked about the coincidence of his decision aligning with India's strained relations with Canada, Akshay laughed and gave credit elsewhere. "Not any baba, it was the blessings of my parents. Main chup chaap nikal gaya (I left without making a noise)," he said, referencing the foresight suggested by a fan's message.

Akshay also reflected on why he opted for Canadian citizenship years ago. "My films were not working at the time. And all people should work, I was getting some work there with a friend of mine in cargo. But then two of my movies were up for release and they became hits. Then I got a bunch of more hits and forgot about it (Canadian citizenship)," he explained.

Despite holding Canadian citizenship, Akshay always felt deeply connected to India. "I am an Indian from my mind,



from my heart and from my soul. That will always be. So I never cared about that," he said, adding that he had announced years ago that he would give it up. The process, however, took time. "About 3-4 years back, I had said on this stage that I will give it up. It took some time, and last year, exactly on 14th or 15th August, I got my passport."

Akshay's pride in his Indian identity was evident when he shared the news on social media last year. Posting a picture of his official documents, he wrote, "Dil aur citizenship, dono Hindustani (Heart and citizenship, both Indian). Happy Independence Day! Jai Hind."

The actor's comments come amid strained relations between India and Canada. Canadian Prime Minister Justin Trudeau had accused Indian government

officials of involvement in the killing of Khalistani extremist Hardeep Singh Nijjar. New Delhi dismissed the allegations as "absurd," leading to a diplomatic standoff.

Meanwhile, Akshay Kumar is currently one of the busiest actors in the industry, with several films lined up, including Housefull 5. Amid this, reports suggest that the actor is planning to bring back the sequel to the hit comedy-drama Bhagam Bhag. The original film, which featured an ensemble cast including Govinda, Paresh Rawal, and Lara Dutta, was well-loved for its humour and drama. On the work front, Akshay Kumar is currently seen in Singham Again. The Khiladi star has several other exciting films lined up for 2025.

## Climate Change – The impact of our lifestyle on climate

### Khanak Rao

#### Semester 1, BA(JMC)

The evolving activities of human kind is taking a great toll on earth's climatic conditions. The increased population and it's diverse culture and ways of living are slowly becoming a

ice cover by an alarming rate of 12 per cent per decade because of an extremely high rate of greenhouse gas emissions. This year, in the month of November, the Air Quality Index in Delhi reached 494, which is considered 'severe plus'. The crisis of coastal and land erosion is also



threat to our environment. Due to our reckless and irresponsible use of natural resources for the gratification of our current needs, our environment is slowly degrading, which may turn into a big calamity, if not addressed immediately. As per a press release issued earlier this year by World Meteorological Organization, 2024 is on track to be the hottest year on record. Some studies have revealed that the Arctic Ocean and its surrounding region is losing its

speeding up.

Earth, our planet, is an abode to millions of humans, wildlife and other living organisms. It is our duty, to care for the planet that provides for us. Our lifestyle practices should be ethical and sustainable. Green habits should be promoted. It is about time, that we understand how catastrophic this issue can get, and should start working on how we can prevent such a calamity from taking place.

## Effective time management for IPU's exam

### Hansika Khatwani , Semester 3, BA(JMC)

Comprehensive IPU exam preparation requires efficient time management. To begin, preparation is essential. Start by making a study schedule that covers all of your subjects

be avoided; you may maintain productivity by dividing work into manageable portions and avoiding distractions like social media. Active study strategies including summarizing data, testing oneself, or instructing others on concepts can enhance



and gives additional time to the more difficult ones. To stay focused and avoid burnout, divide your study sessions into reasonable 45-60 minute blocks with brief breaks in between. Setting priorities is crucial. Recognize your skills and shortcomings and concentrate more on challenging topics while making sure you cover the entire curriculum. You can keep on track by establishing clear, quantifiable goals for every session. Procrastination must

memory and comprehension, which eventually results in time savings. Furthermore, reviewing what you've learned on a frequent basis through practice exams or fast revisions aids in reinforcing information and pinpointing areas that require further focus. By adhering to these techniques and keeping a disciplined approach, you can successfully manage your time, lower your stress level, and confidently take the IPU Warriors.