



ISSUE HIGHLIGHTS

Page 1

- World Breastfeeding Week
- Current Affairs

Page 2 - Information Tablet

- Plant-based covid vaccine
- Johnny Depp Returns as Jack Sparrow
- World Sanskrit Day

Page 3

- My hobby, My passion, My love - Dance
- Droupadi Murmu

Page 4 - Entertainment Encyclopedia

- Photography

WORLD BREASTFEEDING WEEK

~ Simone Jaswal

World Breastfeeding Week is celebrated every 1-7 August in commemoration of the 1990 Innocenti Declaration. It was first celebrated in 1992. Initially, just 70 countries participated but now the number has increased to 170 countries.

Breastfeeding is of utmost importance for the growth and healthy development of infants, the week celebrates spreading awareness regarding early breastfeeding.

The Theme of World Breastfeeding Week 2022 : 'Step Up for Breastfeeding: Educate and Support.'

The objective is to educate parents about benefits of breastfeeding & encourage to adopt it.



5 IMPORTANT FACTS ABOUT BREAST MILK

1. IT AFFECTS A CHILD'S SLEEP PATTERNS
2. THERE ARE HORMONES IN BREAST MILK
3. IT REDUCES THE RISK OF ILLNESSES
4. BREASTFEEDING TILL 2 YEARS IS IDEAL.

BHAVANI DEVI BAGS GOLD AT COMMONWEALTH FENCING CHAMPIONSHIP

India's **Bhavani Devi** on **10 August 2022** won a **gold medal** at the **Commonwealth Fencing Championship 2022** in the Senior Women's Sabre Individual category. She **defeated Veronika Vasileva** of Australia 15-10 to win the title in London. She **created history** by becoming the lone Indian fencer to qualify for the Tokyo Olympics after reaching the quarter-final of the 2020 Fencing World Cup.



INDIA'S 75TH YEAR OF INDEPENDENCE

15 August is celebrated as Independence Day every year. This year, India will celebrate **75 years of Independence**. The PM of India will hoist our flag at the Red Fort, Old Delhi and also deliver a speech to the nation. However, all cultural programs and school celebrations won't occur this year due to the COVID-19 pandemic.



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WORLD'S FIRST PLANT-BASED COVID VACCINE / COVIFENZ OR COVIFAILS

~ Sama Padvekar

The Canadian government approved the world's first plant-based Covid-19 Vaccine called Covifenz which was developed by Medicago. It's the first vaccine that uses plant-based protein technology. For now, the vaccine has been cleared for use for people aged 18-64 & is authorized as a two-dose regimen, to be administered 21 days apart. During clinical trials, the vaccine was 71% effective against the symptoms & 100% against the severe diseases caused by Covid19.

Medicago uses plants as a bioreactor to produce a particle that mimics the target virus through the process of synthesis, infiltration, incubation, harvest, and purification. The possible temporary side effects of vaccination are redness, soreness, swelling at the injection area & general symptoms like chills, nasal congestion and sore throat, fatigue, mild fever and muscle aches,



regardless of this invention, Covifenz has been rejected by the World Health Organization due to its ties with cigarette maker Philip Morris International. That means the WHO is unlikely to approve the vaccine for emergency use, which would keep it out of Covax global vaccine-sharing facility.

According to the NBC News source, Depp, who has portrayed Captain Jack Sparrow in all five 'Pirates' films, the most recent being the 2017 picture 'Pirates of the Caribbean: Dead Men Tell No Tales,' has rejected to be a part of the series regardless of how rich the offer is. The actor brought the claim to court.

Although Johnny Depp won't be returning for Pirates of the Caribbean 6, this incredible fan art depicts him in the film. For the uninitiated, Depp was fired from the Pirates franchise after Amber Heard made charges of abuse against him. Discussions of his reappearance swept lately as a result of his defamation trial against Heard.

Ever since allegations of physical abuse by Amber surfaced, fans have asked that Johnny returns to the series and that Disney apologize to him. When Johnny Depp won the trial, the demand skyrocketed.

JOHNNY DEPP RETURNS AS JACK SPARROW



However, the actor stated that he will not reprise his role as Captain Jack Sparrow even if Disney paid him the whole box office revenue of the past five films, which is \$300 million. Even if fans won't be able to see him in Pirates of the Caribbean 6, fresh fan art might let them visualize him in the film.

~ Frazad Irani

CELEBRATING 'VISHVA SANSKRITA DINAM'



World Sanskrit Day is celebrated annually on the day of Shravana Poornima (full moon) to mark the importance of the ancient Sanskrit language. The language is known to have no start and no end, making it divine and everlasting. In 2022, World Sanskrit Day will be celebrated on the 12th of August.

The aim of this day is to promote the Sanskrit language and revive it. It is celebrated by conducting seminars, meets, and lectures nationwide. Doordarshan and the All India Radio telecast Sanskrit programs on this day. There is no specific theme when it comes to World Sanskrit Day. It is celebrated widely but not based on any theme.

MY HOBBY, MY PASSION, MY LOVE - DANCE

~ Renuka Pujari

If you ask me what's your true identity? Besides answering with, 'I'm bubbly teenager, I would rather reveal my identity as a 'classical & semi-classical dancer'.

My story begins 10 years back when my parents first enrolled me for Bharatanatyam class when I was about 8yrs old. I started off as any other kid taking dance classes. I obviously wasn't the best in class but I used to follow many things correctly and sometimes fail in coping up. One truly quoted, 'failure is not the opposite of success, it's a part of success'.

Over the year, I left each year [there are a total of 7 in Bharatanatyam plus advance grades] wanting to learn more and more and wishing to get more better.

But now, since I'm seeking the advance coaching in Bharatanatyam and also expanding my horizons to learning other dance forms. Dance has been an escape through all. Blocking out the world, forgetting about your problems and freeing your soul are all parts of dance which I've lately been noticing for me. But trust me, letting yourself go is the hardest part. You've to be comfortable in your skin and allow others to see the real you. I would also like to highlight a few benefits which I'm experiencing :-

Eternal joy, increased muscular strength, better flexibility, reduces depression & anxiety, gets you in connection with nature & above all it let's you be yourself! With course of time, I eventually learned from my

Guru Mrs. Shivangi Nirgun-Dabhilkar that dancing is not just limited to movements or expressions; to dance, you have to dance with your soul. Anyone can dance but to be a truly excellent dancer, you have to dance from within. I quote her words as the recipe of success for every aspiring dancer.

In the nutshell,

"BHARATANATYAM IS NOT JUST A DANCE FOR ME, IT'S MY HOBBY, MY PASSION, BUT NOW IT'S BECOME THE BETTER HALF OF MY LIFE.



Droupadi Murmu was born on 20 June 1958 in Odisha, India. She was born to a Santali Family. Murmu is an arts graduate She is a politician and a teacher by profession. Before entering politics, she was working as a clerk in the State Irrigation and Power Department.

Murmu joined Bharatiya Janata Party (BJP) in Rairangpur and in 1997 she was selected as the councillor of Nagar Panchayat. She also won the legislative Assembly election from Rairangpur itself. She was governor of Jharkhand from (2015-2021) and was the first woman to hold the position.



In June 2022, BJP put forward Murmu as the [NDA] National democratic alliance candidate for President of India. On 21 July 2022, Murmu gained a clear majority of votes in the Presidential election in 21 states out of 28 to become the 15th president of India.

Droupadi Murmu became the first person from India's indigenous designated tribal communities to be elected as president. She's the youngest & the 1st individual born after independence to be elected as president of India. After Pratibha Patil, Murmu became the 2nd woman to serve as the President of India.



~ Palak Rana



~ Nandini Chothani



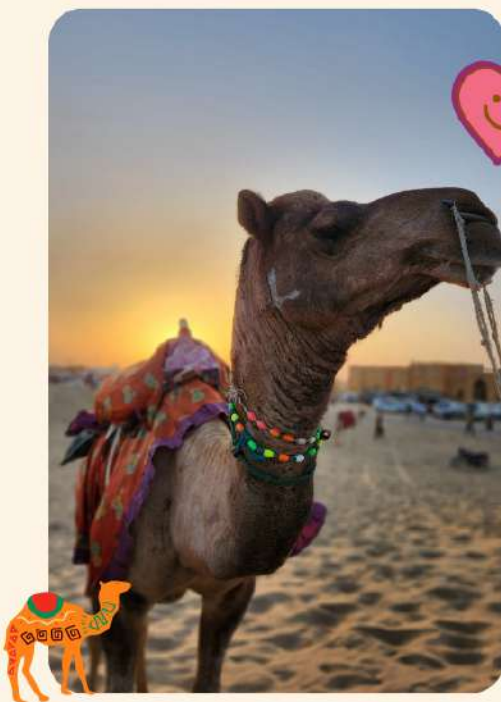
~ Aditi Singh



~ Tazeen Shaikh



~ Mugdha Chari



~ Aakash Kalkumbe

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