



INSIDE THE NEWSLETTER

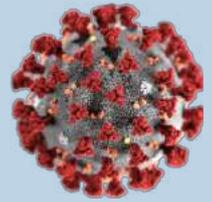
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ZOOLOGY HIGHLIGHTS

THE UPCOMING THREAT

CORONAVIRUS DISEASE 2019

(COVID-19)



On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of corona virus disease, COVID-19. Investigations revealed that the infection started in Wuhan city in Hubei province. Corona virus cases have been confirmed in all 36 provinces in China but Hubei province remains the epicentre with over 50,000 confirmed cases reported so far. WHO is working closely with global experts, governments and partners to rapidly expand scientific knowledge on this new virus, to track the spread and virulence of the virus, and to provide advice to countries and individuals on measures to protect health and prevent the spread of this outbreak.

-Divya, B.Sc. II Year

EARTH'S BURNING LUNGS THE AMAZON RAINFOREST

The Amazon rainforest, covering much of northwest Brazil and extending into Colombia, Peru and other South American countries, is the world's largest tropical rainforest, famed for its biodiversity. Amazon covers 2.1 million square miles, is often referred to as "THE LUNGS OF THE PLANET": the forest produces 20 percent of the oxygen in our planet. It has long been recognized as a repository of ecological services not only for local tribes and communities, but also for the rest of the world.

The increased rates of fire count in 2019 led to International concern about the fate of Amazon rainforest, which is world's largest carbon dioxide sink and plays a significant role in mitigating global warming. The dramatic photos of smoky fires sweeping through the Brazilian Amazon that garnered worldwide attention in August do not correspond to burning rainforest, but instead mostly correlate to land that was deforested earlier in 2019.

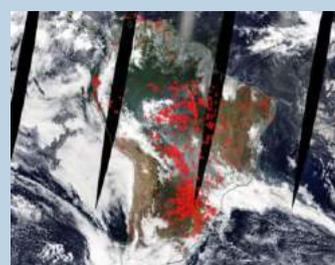
The 41,858 fires recorded so far this year in the Brazilian Amazon are the highest number since 2010, when 58,476 were recorded by the end of August.

NASA shows Amazon fires :

-Divya (B.Sc. II Year)



AMAZON RAINFOREST FIRE



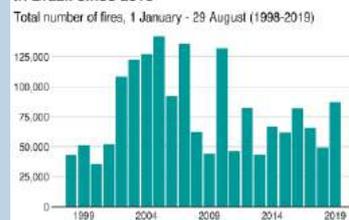
EFFECTS ON WILDLIFE

As the flames burn through the Brazil's rainforest, the inhabitants are at the risk of losing their homes. the fires pose a serious threat to Amazon's delicate balance of ecosystems, putting pressure on already endangered species of animals. The Amazon contains one in 10 known species on earth, including at least 40,000 plant species and more than 400 mammal, 300 reptile, 400 amphibian and 3000 fresh water fish species, according to World Wildlife Fund (WWF).The destruction of trees with fruits that serve as a food source will also translate into reduction in number of species of birds, primates and other animals that feed on them. There will be so many organisms that just can't get out of harm's way, or that are caught up in the smoke and the flames. **WORLD WILDLIFE FUND estimates that 17 percent of AMAZON RAINFOREST has been lost in last 50 years.**

THINGS WE CAN DO TO COMBAT THE FIRES:

- Reduce wood and paper consumption
- Support the indigenous populations
- Challenge the corporations who contribute to the Amazon's downfall
- With #PrayforAmazon as trending worldwide on social media, people are hoping to bring awareness to the issue of deforesting the area widely regarded as "the lungs of the world".

This year has seen the highest number of fires in Brazil since 2010



SOUTH AMERICANS TAPIR IN HABITAT FRAGMENTATION

TEACHER'S CORNER

Dr. Shweta Thakur:

➤ **Published 3 books:**

Thakur, S. and Sharma, M. 2019. *Text book: Genetics and Evolutionary Biology*. 1st edition R.D. Publications, Jalandhar.

Sharma, M. and **Thakur, S.** 2019. *Text book: Medical Diagnostics*. 1st edition Trumann Publications.

Thakur, S., Mattu, VK. and Kumar, P. 2019. *Biosystematic studies on some noctuid moths through RAPD-PCR technique*. Lambert Academic Publishing, Mauritius.

➤ **Letter of Appreciation from 1 HP Naval Unit Bilaspur for the excellent services for NCC at St. Bede's College.**



Digital Detox



A digital detox is basically a period of time during which a person refrains from using electronic devices to reduce their consumption of digital media and use of social platforms to reduce stress, focusing on real life situations and world outside this digital world. Today's generation is very much fond of restricting themselves to indoor activities and day by day getting addicted to this trap of electronics devices and its network web. Smartphone, laptops, and tablets, combined with the increasing wireless Internet accessibility, enable technology users to constantly be connected to the digital world. Constant online connectivity may have a negative impact on users and result in a wish to temporarily refrain from constant connection and technology usage, which may lead to increased stress levels and reduced productivity. It's said that more than a half Indians check their work and social responses constantly. Even on vacation, about most admitted that they had an irresistible urge to check and post on social media. There is also a significant estimated that there is difference between people being willing to leave their laptops at home compared to people being willing to leave their smartphones at home. It's admitted that if work wasn't a factor a lot of Indians wouldn't constantly be on their devices and stay unplugged. **There is need to change and need to step forward for digital detoxification.**

- 1. Motivate yourself:** You can do a digital detox if you remind yourself of all the good reasons why you should take this time to log off and unplug.
- 2. Choose when to detox:** Deciding to log off during a peak work time or around exam time during school may not be best decision. Choose a time when you have fewer responsibilities and when there will be less consequences for missing a message or two
- 3. Decide how long to detox:** Deciding how long to detox will help you plan for it and anticipate any issues that may come up during your detox time.
- 4. Log out of social networks:** Logging out and turning off all notifications for social media can help you stick with your detox.
- 5. Put your electronic devices out of reach:** Keeping your phone, tablet, or laptop at a distance will make it easier for you to do a digital detox. And many more. All main is the understanding the fact that it is necessary to digitally detoxify this thing so as that this physical blindness of getting the stuffs out of these thing may not get was out.

-Yogita (B.Sc. III Year)

A Natural Boost for Our Health



Most of the lifestyle disorders often results from unhealthy eating habits and the casual approach towards your health and fitness. Choosing whole nutritious food most of the time will provide your body with the nutrients it needs to function at its best. If you are eating a lot of processed food, high in sugar and fat, you may find that they affect your energy levels as well as your health. If you go to the store, you'll see a multitude of vitamins, herbs and other supplements termed as energy boosters. Some are even added to soft drinks and other foods. Apart from the eating habits, there are many other factors which influence our natural health.

The digestive system is one of the most crucial and important part of our body system and influences our immune system in major concerns. If our digestive system can't digest the food and help the small intestine absorb nutrients, then it is impossible to achieve good health. It is possible that our diet may be balanced, but if the gut is not functioning properly, then it will affect the body's nutrient absorption and consequently it's energy production.

As it is said "*All diseases begin in the gut*", if the digestive system is unhealthy, it makes us susceptible or prone to immune dysfunction. Following are some ways by which we can maintain our natural health: -

1. Cut back on sweets, fried and fatty foods.
2. Drink at least 3 litres of clean water each day and keep yourself hydrated.
3. Avoid stimulants such as alcohol, sugar, caffeine, carbonated drinks etc.
4. Avoid dairy products.
5. Reduce the amount of carbohydrates in your diet.
6. Avoid overeating and make exercise a part of your daily routine.
7. Don't eat while watching television or when you are stressed as it interferes in your digestion.



By following these simple steps, we can head towards achieving a healthy lifestyle which can act as a natural boost for our health.

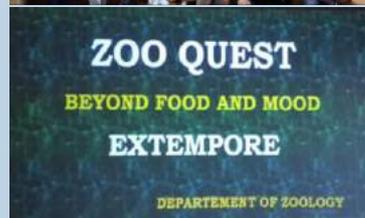
- Kirti Sharma (B.Sc. II Year)

DEPARTMENTAL ACCOMPLISHMENTS

NATIONAL NUTRITION WEEK

On September 3, 2019 the Departmental Club of Zoology, **ZOO QUEST** celebrated the National Nutrition Week by organizing a collage making competition on the topic **NUTRITION**, where students from 2nd and 3rd year participated. The competition was judged by Dr. Shramja Munjal, Ms. Reena and Ms. Navdeep. Vipasha Shadaik of B.Sc. 2nd year got the 1st prize whereas Vibhuti Wazir of BSc 2nd year got the 2nd prize.

On September 4, 2019 the Departmental Club of Zoology, **ZOO QUEST** organized an interdisciplinary activity with the Department of Home Science where the students of Home Science presented a talk on Importance of Nutritious food with their daily consumption and How to keep ourselves disease free by bringing certain changes in our lifestyle. On the occasion of **National Nutrition Week** an Extempore was also held where the theme was **Beyond Food and Mood**. Keeping the theme in mind various subtopics were decided on which the students spoke. The competition was adjudged by Dr. Shramja Munjal and Ms. Anuja Sharma. Avantika Sharma of B.Sc IInd year bagged the first prize whereas Saher Singha of B.Sc Ist year was adjudged second.



WORLD OZONE DAY

On September 16, 2019, the Heritage Club of St. Bede's College, *Mirassa*, celebrated the **World Ozone Day** in collaboration with the Zoology Department. An animated video was shown which emphasized on the importance of Ozone layer in our ecosystem. Arsh Thakur of Zoology Department explained that ozone layer has started healing over a span of time and also various ways through which we can stop its depletion was discussed.



FIELD VISITS

The Zoology students made a visit to Kullu and Manali from October 5 to October 8, 2019. They visited many places such as Naggar Castle, Rohtang Pass, Manikaran etc. Students were taught the basic techniques how to collect and preserve the insects after the collection has been done in the fields. Few species of insects from Rohtang Pass and Naggar Castle were collected and later they were identified in the laboratory. Presently they have been kept in the museum box for future reference in the Zoology laboratory. This was a rejuvenating as well as an educating tour and students enjoyed a lot.



ROLE - PLAY BY ZOOLOGY STUDENTS

On the occasion of Science day held on February 28, 2019, B.Sc. II year Zoology students organized a role-play. It was based on the topic: **THEORIES OF EVOLUTION**. The different theories: Lamarckism, Neo-Lamarckism, Darwinism, Neo-Darwinism were explained well in a different, creative and easy manner. The role-play holds a simple message of using creativity to transform young minds. The collaborative efforts and hard work of teachers and students was evident as the students' performance on the stage was brilliant. The students acted in a very meticulous manner.



STUDENTS' ACHIEVEMENTS

- **Cadet Gargi Sud** got silver medal for Semaphore.
- She got selected for DNTC 1.
- She bagged 1st prize in **Kargil diwas** poetry competition and **Best out of Waste competition**. She was also selected for a 12-day camp that was held in INA Ezhimala, Kerala, in the month of January 2020.
- **Cadets Gargi Sud and Cadet Pallavi Sharma** have got **A grade** in their NCC BEE Certificate exam
- They were awarded certificates by the MC for their constant effort to make Shimla clean with the help of Nukkad Natak and Polybrick initiative. They were also selected as boat pullers during ATC.
- **Certificate of achievement was awarded to Cadet Gargi Sud by 1 HP Naval unit (NCC), Bilaspur.**



- **Kirti of BSc. 2nd year got the following prizes:**
 - 1st prize in intership declamation competition on International Matribhasha Diwas.
 - 2nd prize in poetry competition on Kargil Divas.
 - 2nd prize in poetry competition on women empowerment.
 - 3rd prize in elocution competition on Amul national milk day.
 - **Consolation prize in the startup idea contest by department of Industries Himachal Pradesh.**
 - 3rd prize for the intership on spot poetry competition.
- **Riya Verma** of B.Sc. 3rd year got 1st prize on a skit performed by her on Hindi Diwas.
- **Yogita Thakur** of B.Sc. 3rd year participated in Quiz Competition on International Science Day held at Centre of Excellence Sanjauli.

Patron: Ms. Nandini Pathania
Principal St. Bede's College, Shimla

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Printed at: Mahajan Printing Press, Shimla

Staff Editors: Dr. Shweta Thakur
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