

Vigilance to Empowerment: Our Fight Against COVID-19

As the Corona virus pandemic continues unabated, we the students of BA First Year from The Department of Journalism and Mass Communication (CoE, GC Sanjauli Shimla) would like to share our "Empowerment and Vigilance" Program in the form of a video presentation. Our this very effort is a little contribution towards our society in order to instill courage and spark hope in the lives of people during these unprecedented times when such virtues are highly solicited. The current situation undoubtedly has created a lot of distress, fear and anxiety everywhere. Moreover it has taken a heavy toll of life as well. But inspite of such a pessimistic scenario, we must strive to develop the courage to rise and overcome the situation.

Marcus Aurelius very aptly has said, "You have the power over your mind, not outside events. Realize this and you will find strength." We believe that our efforts will enable people realise the limitless potential and power residing in their own lives. We don't have the control over the virus but we can, with a little discipline, surely control the spread of this disease. Instead of giving into despair, fear and anxiety, let us impart hope and encouragement in each & every life. It is precisely because of this very reason that our "Empowerment and Vigilance" was released in the form of a video presentation.

Nowadays, the government has given relaxation in lockdown in order to tackle the economic instability & move the country forward on the path of development. But somewhere and somehow we have become careless in following the precautionary measures. It is not the virus but our own carelessness which causes the spread of this disease.

We want to inspire everyone to become 'The Warriors & The Shields' against Corona virus. Let's be vigilant & disciplined enough to stop the spread of COVID-19. Let's follow all the SOPs for atleast our own family members' sake & stop being carriers of this disease ourselves to infect those vulnerable, less-immune & less fortunate our-very-own-people.

Remember - "Unlock" doesn't mean that corona has vanished all of a sudden, rather it only means that "we have got enough courage & the insight that with a little discipline we can win over it." As David Berner says, "Constant vigilance is required to counteract complacency and carelessness." We are absolutely convinced that our video presentation will indeed enable people to become vigilant and also take the precautionary measures required to improve the current situation. This video presentation includes various aspects such as What is Corona, How does it spread, What are its symptoms and the Precautions needed to be taken in order to avoid the spread of the disease. Due to current situation all the educational institutes were not allowed to open from 24th March 2020 by the Government. But nothing could waver the commitment of the

students to participate with great zeal & enthusiasm. In spite of not being able to meet in person, we could make the best use of technology so that every team member contributed one's fair share of creativity & finally we succeeded in collecting & tailoring every bit and piece to shape this creative successfully completed today. Every student contributed to the best of one's ability towards realizing the vision & mission of this program by shooting the videos from their homes and respective localities. We also reached out to people in our localities and recorded their messages. The volunteers of our department also raised their voices through sharing empowering & inspiring messages to our audience. Some of the students used the skill of art and painting in order to create awareness and the indispensable need to follow the norms issued by the authorities.

We hope to bring a transformation in the lives of people through our video presentation and actualise our vision & mission of making everyone truly vigilant and empowered.

All our endeavours would go in vain if we were not given this platform to perform such an activity. We the students of Journalism and Mass Communication would like to repay our debt of gratitude to Principal Sir Dr Chander Bhan Mehta for giving us the platform to enhance our capabilities and skills. With immense gratitude and appreciation to the Corona warriors and all the people for taking the initiative to participate in the video, we would like to thank all the behind-the-scenes students (Nupur Verma, Mrinal Joshi, Chandan Verma, Vanshika Kaushal, Rahul Garg & all classmates) and especially our mentor Prof Sandesh Kalta for striving hard to enable us reveal the best version of ourselves.

Principal