From The Chairperson's Desk

Dear All,

As we enter the month of June, I extend my warmest greetings to the entire RIMS community.

June marks the beginning of a new academic journey for many and a time of renewed energy and purpose. One of the most significant global observances this month is World Environment Day, celebrated on June 5. This day serves as a powerful reminder of our responsibility to protect and preserve the environment. Let us commit ourselves to sustainable practices and spread awareness about the importance of living in harmony with nature.

Another notable day is International Yoga Day, observed on June 21. This day emphasizes the importance of maintaining a balanced lifestyle through physical, mental, and spiritual well-being. As we engage in academic and professional endeavours, let us not forget to prioritize our inner peace and holistic health.

This edition of our college magazine brings to light the creativity, accomplishments, and vibrant spirit of the RIMS family. From insightful articles and academic achievements to cultural expressions and community contributions, this issue reflects the dedication and unity that define our institution.

As we move forward, I urge each of you to carry the values of responsibility, wellness, and collective growth. Let us inspire one another, strive for excellence, and make meaningful contributions to society.

Wishing you all a peaceful, purposeful, and prosperous month ahead.

Smt. Nalini Prava Patnaik
Chairperson
RIMS, Rourkela

May God bless you all.

Wishing you wisdom in speech and success in life.

World Blood Donor Day:
A Celebration of Life and Giving

Every year on June 14, World Blood Donor Day is observed globally to recognize and appreciate the selfless contributions of blood donors. Initiated in 2004 by the World Health Organization (WHO), along with other organizations like the International Federation of Red Cross and Red Crescent Societies, this day highlights the critical role of blood donation in healthcare systems and encourages more people to donate.

Blood is a vital resource in medical treatments, essential for surgeries, emergency responses, cancer therapies, and maternal healthcare. Patients suffering from blood disorders such as thalassemia or haemophilia , accident victims, and those undergoing major surgeries rely on blood transfusions to survive. Despite technological advancements ,blood cannot be artificially manufactured, making donations the only source of supply.

A single donation can save up to three lives, emphasizing how small actions can create a massive impact. However, many countries face shortages due to low awareness, fear, and logistical challenges, making the promotion of voluntary donation crucial for sustainable healthcare.

The Science Behind Safe Blood Donation

Blood donations follow strict medical protocols to ensure safety for both the donor and recipient. Typically, a donor can give 450–500 mL of blood every three to four months, depending on their health and haemoglobin levels. Various types of donations exist, including whole blood donation, plasma donation, platelet donation, and red cell donation, each serving unique medical needs.

Moreover, blood donors undergo screening for blood-borne diseases like HIV, hepatitis B, and malaria, ensuring safe transfusion practices. Universal donor types, such as O-negative, are in high demand because their blood can be used for emergencies without prior compatibility testing.

The theme for World Blood Donor Day 2025 is "Give blood, give hope: together we save lives". This theme emphasizes the life-changing impact of blood donation and celebrates the power of community and solidarity in saving lives through the simple act of giving blood. The campaign aims to inspire people by sharing real stories of those whose lives were saved through blood donation and encouraging both regular and first-time donors to contribute.

How Can You Contribute?

- Become a Regular Donor: If eligible, donating blood every few months helps maintain hospital reserves.
- Spread Awareness: Educate others about the importance of donation and debunk myths surrounding the process.
- Volunteer for Blood Camps: Assist local organizations in setting up and promoting donation events.
- Support Policy Advocacy: Encourage better infrastructure for blood banks and government-backed donation initiatives.

Conclusion

World Blood Donor Day is more than a symbolic observance—it is a movement that strengthens global healthcare and highlights human compassion. By donating blood, individuals contribute to *saving lives, strengthening medical systems, and ensuring the well-being of society. As we celebrate 20 years of honouring blood donors*, let us recognize their indispensable role in making healthcare accessible and life-saving treatments possible.

Bhanupriya Acharya
(BCA 4th Semester)

The Future of Education: A Student Manifesto

Education is the foundation of our future. But many of us students feel that the current system is not keeping up with the times. We sit in classrooms memorizing facts, writing exams that test memory more than understanding, and rarely get to explore our creativity or real-world skills. It's time for a change. This is our student manifesto — a vision for the future of education.

First, we believe learning should be more practical and less theoretical. Subjects like math, science, or even history are important, but we should also learn how to manage money, build resumes, understand mental health, or start a small business. Education must prepare us for real life, not just exams.

Second, every student learns differently . Some of us are visual learners, others learn by doing. Yet, most of our classes follow one method: a teacher speaks, and we take notes. The future of education should include flexible teaching styles, with interactive lessons, group projects, videos, and hands-on experiences. Let learning be fun and meaningful.

Third, marks should not be the only measure of success. Students are more than numbers on a report card. Some are great at art, some at coding, some at organizing events. We need a system that recognizes all kinds of talents.

Schools should focus on helping us grow in confidence, creativity, and critical thinking.

Fourth, mental health matters. Many students face anxiety, stress, and even burnout because of academic pressure. The future classroom should be a safe and supportive space where we can talk about our struggles without fear or shame. Every school should have trained counsellors and time set aside for relaxation, hobbies, and wellness.

Fifth, education should be inclusive. Whether someone comes from a rural area, a low-income family, or has a disability, everyone deserves quality education. Technology can help bridge this gap

Online learning, recorded lectures, and digital libraries should be accessible to all.

Lastly, we want to be heard. Students are the heart of education, yet our voices are rarely included in decisions. We want to help shape our curriculum, our college activities, and our learning environment.

The future of education must be kind, creative, inclusive, and practical. As students, we're ready for that future — and we hope the system is too.

Sneha Kumari Ray
BBA 4th Sem

What is skill development?

Skill development is the process of improving specific skills to be more efficient and effective when you perform a task. In the workplace, you'll find three main types of skill development:

• **Upskilling:** Improving your skills in your current role
• **Cross-skilling:** Learn new skills for your current role
• **Reskilling:** Learning new skills so you can move to a new role

Steps to beginning your skills development : You can take these steps to get started no matter why you're working on skills development.

1. Think about your goals.
First, establish a goal. Why do you want to enhance a particular skill? This can be for a job, a volunteer opportunity, a hobby, for your education, to improve your confidence, or to win an award—there are countless potential reasons.

2. Identify your skills gap: You've established a goal. Now, you need to think about what you require to reach it.

3. Target specific skill areas : Skills can be divided into dozens of categories. When discussing a career, you can divide them into human skills (sometimes called soft skills or personal skills) and technical skills (sometimes called hard skills).

Human skills: You use human skills at work to interact with others and solve problems independently. Some may come naturally to you, and some may require development. Some common human skills include:

• Communication   • Time management
• Adaptability   • Creativity
• Critical thinking   • Time management
• Teamwork

These skills can be challenging to showcase on a resume because you usually prove them through actions and interactions. They can be subjective, and they're not easy to quantify.

Technical skills: On the other hand, technical skills, or hard skills, are those you can quantify. For example, if you're a great typist, you can prove that by typing 70 words per minute. If you're great at social media, you can show the accounts you run with many followers and heavy engagement. If you've mastered Microsoft Office, you can present the certificate you earned.

4. Expand your network
One way to start skill development is to see how others do it. Start by expanding your network to people who are great at social media. You can even approach a friend or family members , ask them to teach you what they know.

5. Get a coach
If you need more time to be ready to reach out to someone at random, consider searching for someone who coaches people in these skills professionally. This may be more expensive, but remember that it may help your bottom line in the long run.

6. Read and research
Because social media is such a huge part of modern life, there is plenty to read about, both in print and online. Reading and learning as much as possible about any skill you want to improve can help you better understand it. Consider educational videos and podcasts too. Immerse yourself in high-quality information that relates to the skill.

7. Take courses and undergo training.
Consider signing up for a class on the topic. For example, visit a site like Coursera etc.

8. Seek certification: While there won't be certifications for every skill, you can find them for some of the most current in-demand skills.

9. Practice: The more you practice a skill, the more you'll get the hang of it. Open up that Instagram or Twitter account and get to work. Apply the skills you learned from your network, coach, or online courses. Practice daily with your personal account. While you practice, pay attention to feedback, no matter its source. Your coach or mentor may have tips to help you improve your work. In the case of social media, a lack of engagement or criticism from your followers may be a form of feedback. You can even ask a friend to look at your account and tell you what they think.

If you're interested in skills development for your career, consider taking an online course that can help.

Arpita Puhan
BCA 4th Sem

Media Literacy in India: Can India Filter the Fake ?

In a country as diverse and vast as India, news travels faster than fire. From WhatsApp forwards in family groups to viral videos on Instagram and headlines flashing on TVscreens, information floods every corner of our lives. But in this storm of content, onequestion quietly demands our attention—do we, as citizens, truly know how to tell realnews from fake?

For most people, news is what they see first. If a trusted friend shares a post or if a familiarface on TV says something with confidence, we tend to believe it. We don't pause to ask:"Where did this come from? Is it true? Has it been verified?" And that's where the problembegins. This isn't just a one-time thing. We see this every day. Whether it's about politics,religion, health, or even celebrities—information spreads like wildfire. The scary part? Mostof us don't stop to ask if any of it is actually true.

In recent years, India has seen a dangerous rise in misinformation—be it rumours aboutCOVID-19 vaccines, edited videos spread during elections, or communal hate disguised asnews. A single unverified message can spark panic, hate, or even violence. And often, thepeople forwarding it have no idea they're spreading falsehoods. They believe it because theytrust the source—sometimes a family elder, a popular influencer, or a news channel they'vewatched for years.

But why is media literacy still so low in India?One big reason is that we were never really taught how to question media. In school, welearn grammar, math, even how to solve complex equations — but no one teaches us howto question the information we see every day in the news or online. We're not trained tospot biased headlines, manipulated images, or sensational reporting. Most people assumethat if it's on a news channel or a popular website, it must be true. But that's not always thecase. We live in a country where the news reaches us in so many ways—TV, newspapers,social media, YouTube, reels, even random gossip on the streets. But we were never reallytaught how to filter it. In school,

we learn grammar and math, but no one tells us how torecognize when a headline is being too dramatic or when an image might be edited. Forinstance, imagine a photo showing an overcrowded hospital ward with a caption blaming apolitical party. It gets shared widely, stirs anger, and becomes a topic of debate. Later, itturns out the photo was from a different country and a different time altogether. By thetime the truth is known, the damage is done. Trust is broken, and hatred has already foundits place. Our elders, especially those who aren't very tech-savvy, fall for fake forwards soeasily. And why wouldn't they? If they see something with a news logo or hear someonespeaking confidently, they think it must be true. They don't know how easy it is nowadaysto edit videos, clip audio, or photoshop images.

In the age of digital speed, fact-checking often arrives late.

The media ecosystem in India is loud and competitive. Every platform wants to be the firstto break the news. In this race, accuracy often takes a backseat. After all, sensationalismsells. And fake news? It's usually more dramatic than the truth. Even social media algorithms play along — promoting what gets more likes, not what's more factual. Andbecause of that, truth often gets buried under the noise. A flashy lie will always spreadfaster than a boring fact. That's the reality we're living in — reality where misinformationisn't just an occasional accident; it's a daily reality we scroll past, sometimes without evennoticing.

Media literacy isn't about doubting everything—it's about pausing to verify.

Imagine if even 10% of our population took a few seconds to verify a WhatsApp forwardbefore sharing it. Think of how many fake stories would stop right there. Think of howmany misunderstandings and conflicts could be avoided. That's the power of an awarecitizen. Of course, we can't expect everyone to become a fact-checker overnight. But we can startconversations. We can encourage curiosity over blind belief. And we can lead by example.

In a democracy, the media is supposed to inform

and empower the public. But when themedia itself becomes a carrier of misinformation—whether knowingly or unknowingly—itbecomes our responsibility to sharpen our filters.

So, can the average Indian tell fake from real news?

Right now, maybe not always. But with awareness, education, and effort, we definitely can.It's not just about protecting ourselves from lies—it's about protecting the values of truth,trust, and thoughtful conversation.

In a country like India where news shapes opinions, votes, and lives, that's a responsibility none of us canafford to ignore Media literacy isn't just about identifying fake news — it's about building a society rootedin truth and trust. In a world where lies travel fast, it's time we learn to pause, question, and care. Becausesometimes, the biggest revolution begins with the smallest act and the act can be thinking before sharing.So PAUSE,THINK, VERIFY BE THE FILTER INDIA NEEDS.

Rupsa Palit

The Power of Believing in Yourself

Because once you start believing in yourself, everything begins to shift. Your mindset changes. Your choices become braver. Your goals become clearer. And most importantly, your life begins to align with your true potential.

Why Is Self-Belief So Important?

Self-belief is the foundation of confidence. Without it, even the most talented person may feel lost or stuck. When you don't believe in yourself, you hesitate. You doubt your abilities. You let fear control your actions. But when you do believe in yourself, you become unstoppable.

Believing in yourself also helps you:

Take smart risks, Recover faster from setbacks,

Say "yes" to opportunities, Push beyond your comfort zone, Inspire others by your example.

Remember, people who change the world are not always the smartest or the richest. They are often the ones who simply refused to give up.

How to Build Self-Belief

Self-belief is not something you're born with—it's something you build over time. Here are a few simple ways to strengthen it:

1. Start small: Achieve little goals. Celebrate each win. These tiny victories build inner strength.

2. Talk positively to yourself: Replace "I can't" with "I'll try." Your words shape your thoughts.

3. Surround yourself with positive energy: Be around people who lift you up, not bring you down.

4. Learn from failure: Mistakes are proof that you're trying. Learn, grow, and move on.

5. Visualize success: Imagine yourself winning. See it, feel it, believe it.

Real-Life Inspiration

J.K. Rowling, the author of Harry Potter, was rejected by 12 publishers. Walt Disney was told he "lacked imagination." Oprah Winfrey was fired from her first job. But they all had one thing in common: they kept believing in themselves.

That belief didn't guarantee instant success, but it gave them the strength to try again.

Final Thoughts

Self-belief is not about arrogance or ego. It's about knowing your worth. It's about understanding that you may not be perfect—but you are capable, valuable, and deserving of success.

So don't wait for a sign. Don't wait for approval. Start now. Trust your journey, even if others can't see your vision yet.

Because one day, the world will look at you and say: "You made it."

And you'll smile and say: I always knew

Sumaira Parween
BBA 2nd Year

Understanding Today's Generation

Every generation brings something new to the world—a fresh way of thinking, new dreams, and unique challenges. Today's generation, often called Gen Z (those born roughly between 1997 and 2012), is growing up in a world completely different from what previous generations knew.

This generation is smart, connected, creative, and socially aware. But they also face pressures like never before—social media pressure, mental health issues, career uncertainty, and the constant race to "be successful." It's time we try to understand them, not criticize them. After all, they are the future.

☐ Born in a Digital World

Today's youth were born with smartphones in their hands. Unlike older generations who had to wait for the newspaper or a phone call, Gen Z gets information instantly. They can learn, connect, share, and express themselves with just a few taps.

Social media platforms like Instagram, Snapchat, TikTok, and YouTube are not just for entertainment—they're also how young people communicate, build identity, and find community. But this constant online life also brings problems. Comparing lives on social media leads to insecurity. Seeing only perfect images of others makes people feel like they're falling behind.

☐ More Open, More Aware

One of the greatest strengths of this generation is how open they are—about mental health, gender identity, relationships, and social issues. They talk about things older generations stayed silent about. They challenge racism, sexism, inequality, and climate change. They stand up for what they believe in.

Today's generation values equality, acceptance, and honesty. They're not afraid to question traditions. They want to create a world that is more just and more humane.

☐ The Mental Health Crisis

At the same time, mental health struggles have become a major issue. Anxiety, depression, loneliness, and burnout are common problems among young people. The pressure to succeed, look perfect, and always stay connected is exhausting.

Many teenagers and young adults feel lost or misunderstood. They face a world where job markets are unstable, competition is high, and the future feels uncertain—especially after the COVID-19 pandemic.

What they need is not judgment, but support, patience, and understanding. Talking openly about mental health, providing safe spaces, and promoting self-care can make a big difference.

☐ Education and Career: A New Approach

For today's generation, traditional education models don't always work. Sitting in a classroom memorizing facts is no longer enough. They want creative, practical, and technology-driven learning. They want purpose in their careers—not just a paycheck.

They are more likely to explore freelancing, startups, or online businesses. Many are passionate about social impact and dream of combining profit with purpose.

But they also feel confused. What path to choose? What if they fail? It's a time of exploration, and they need guidance, not pressure.

☐ Strengths of Today's Generation

Despite the challenges, this generation has many powerful qualities:

Tech-savvy: They know how to use technology to solve problems, communicate, and create.

Creative: From reels to digital

Gourav Dash
BBA 2nd Semester

CURRENT AFFAIRS, JUNE-2025

1. India – Political and National Updates

❐ PM Modi's Foreign Visit: Prime Minister Narendra Modi visited Russia and Italy for strengthening bilateral relations and attending the G7 summit.

❐ Cyclone Remal Aftermath: Cyclone Remal affected parts of West Bengal and Northeast India. Relief and rehabilitation efforts are ongoing.

❐ NEET-UG Exam Controversy: There was controversy around the NEET-UG medical entrance exam due to alleged irregularities. The Supreme Court is hearing petitions.

2. Economy and Finance

❐ RBI Maintains Repo Rate: The Reserve Bank of India kept the repo rate unchanged at 6.5% to control inflation.

❐ GST Revenue Growth: GST collections in June 2025 crossed ₹1.80 lakh crore, showing strong economic activity.

3. International News

❐ G7 Summit 2025: Held in Italy, key topics included climate change, global trade, and AI regulations.

❐ Israel-Gaza Ceasefire Talks: Talks between Israel and Hamas for a ceasefire continue, mediated by Egypt and the U.S.

❐ US Elections 2024 Aftermath: Campaigns for the U.S. presidential elections are heating up post-primary elections.

4. Sports

❐ T20 World Cup 2025: The ICC Men's T20 World Cup is ongoing, with matches in the USA and West Indies. India has reached the semi-finals.

❐ Paris Olympics 2024 Preparations: Final teams are being announced for the Olympics beginning in July.

5. Science & Technology

❐ ISRO's Venus Mission Update: ISRO announced updates on its upcoming Venus mission "Shukrayaan-1," scheduled for 2026.

❐ AI and Data Privacy Law: The Indian government proposed new data protection rules focused on AI regulation and user privacy.

6. Environment and Climate

❐ Heatwaves in North India: Severe heatwave conditions affected several northern states. The government issued health advisories.

❐ UN Climate Report: A new report by the UN warned about faster glacier melting and rising sea levels.

7. Awards and Appointments

❐ New Chief Election Commissioner: Shri Rajiv Kumar retired, and Shri Gyanesh Kumar took over as the new Chief Election Commissioner of India.

❐ Booker Prize 2025 (International): Japanese author Haruki Murakami won for his novel "The City Without Time."
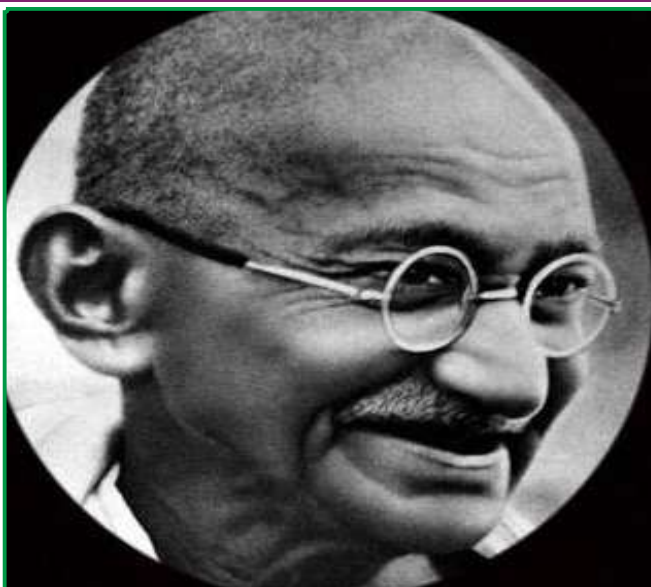
"An education which does not teach us to discriminate between good and bad, to assimilate the one and eschew the other, is a misnomer."

--- Mahatma Gandhi

Yoga in Education: Nurturing Mind, Body, and Spirit

In today's fast-paced academic environment, yoga serves as a powerful tool to bring balance and well-being into the lives of students and educators alike. Integrating yoga into education helps cultivate focus, discipline, and emotional resilience—key qualities for academic and personal success.

Beyond its physical benefits, yoga nurtures mindfulness, reduces stress, and improves concentration, making learning more effective and enjoyable. Schools and colleges that include yoga in their routine often witness enhanced classroom harmony and student engagement.

As we move towards holistic education, yoga stands as a timeless practice that aligns the body, sharpens the mind, and uplifts the spirit—preparing young minds not just for exams, but for life.

Dr. Ranjita Swain
Faculty, RIMS