



# Yuva Vani

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BMM Yuva April 2020  
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A foreword by **Yuva Vani**

We know it has been quite a month of uncertainty regarding the present circumstances. The pandemic has temporarily changed everything, from our lifestyle to our mood. We understand the toll this might be taking so we're here to splash some positive vibes in your life and set a couple facts straight in the process.

Please make sure you are staying up to date with reliable facts (a great place to find those is the World Health Organization website: [who.int](https://www.who.int)). Additionally, make sure you are taking proper safety measures including washing your hands and practicing social distancing. Finally, please stay safe, stay well, and most of all, stay positive.

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# A Walk to Remember

by **Janhavi Kulkarni**

## **13th April: Jallianwala Bagh Massacre**

On April 13, 1919 in Amritsar, British troops fired on a large crowd of unarmed Indians. Several hundred men, women, and children were slaughtered. It was under the command of Gen Dyer, and it is also known as the Amritsar Massacre.

## **14th April: B.R Ambedkar Remembrance Day**

Ambedkar Jayanti or Bhim Jayanti is observed on 14th April to commemorate the memory of B.R Ambedkar. This day celebrates the birth of Baba Saheb Ambedkar, an Indian politician and social rights activist.

## **24th April: National Panchayati Raj Day**

National Panchayati Day is celebrated every year on 24th of April in India. On this day, the Constitution first came into force in 1993. It was first celebrated in 2010 when a new part, Part IX, was added to the constitution that consisted of 29 subjects within the functions of Panchayats.

## **30th April: Ayushman Bharat Diwas**

Across the country, the Indian Government provides underprivileged and economically backward people access to government and private healthcare facilities on this day.

# COVID-19: The Facts

by **Yash Kankariya**

A pandemic is on the rise but it seems to be that the public remains uneducated about this virus. Every single person on this planet has heard about the coronavirus but what are the facts? And what are the myths? What should you believe and what should you throw away? The first thing that everyone needs to learn is to get their information from accurate news sources. This should mainly consist of information sourced from the CDC and the World Health Organization (WHO). Using information from unreliable sources can cause two extremes. First would be to understate the virus and cause a lack of belief that this virus is a problem or second, it could incite panic among us. It's up to us, the general public, to keep each other healthy and informed and the first step is to learn what this virus actually is

So what, truly, is this virus? Coronaviruses is actually a family while COVID-19, the virus we face today, is considered a species underneath this family. This virus is thought to create the symptoms of fevers, coughing, tiredness, and in the most extreme cases, difficulty breathing. However, lately, doctors and scientists have found that children might

not even exhibit any symptoms due to the strength of their immune system making it close to impossible for doctors to find out who actually has the virus. In fact, that is one of the reasons why Ohio has recently shut down their school system. Ohio, just a couple days ago, also released a statement suggesting that COVID-19 may not actually cause fevers, thus muddling up the symptoms even more. Furthermore, doctors have found the complete loss of smell, also called anosmia, to be yet another symptom, on the already long and confusing list. But moving to a point in contention, lethality rate. The lethality rate has been debated for weeks and has ranged in between 11% to a low of 2%. Why is this? It is mainly due to the unknown number of cases of COVID-19. We simply do not have enough tests to be able to help every individual, thus we create priority lines. Now this has been under criticism for a while but let's try to look at it from the point of view of the government. They are given two choices: either help the people we know need help for sure or use the resources on people that came to the hospitals due to fever or panic. On the other hand, the concerns of others not getting treated has its merits as well.

In the end, covid-19 is a rather mysterious virus. We don't know much about it but the best way to stay safe and out of its way is to follow state guidelines and keep washing your hands, practicing social distancing, and not leaving home unless necessary. You can use this as an opportunity to do the art projects or learn that skill you always wanted to and spend time with your family. Just remember to stay safe and informed on the real facts.

## 5 Ways to Stay Positive

by **Gargi Khadse**

These are trying times, we all know this. The uncertainty can easily turn into negativity, especially with the addition of the constant influx of news about the ever changing state of affairs. Furthermore, being restricted from leaving your house can make you feel trapped; and not to mention, bored!

All of this can cause stress and anxiety to build in our minds and make us feel weighed down. However, in a time like this, it is important that people remain calm and positive. Stress and anxiety can compromise your immune system and leave you more susceptible to infections.

Fear not, however, because I am here to tell you 10 ways to stay positive, so that you can stay feeling fresh right in the comfort of your home. And maybe it will cure your boredom too.

1. **Reach Out:** Reaching out to family and friends is very important; not only to make sure that they are well and that they are staying safe, but to give yourself solace and someone to talk to. You can catch up with that person you haven't talked to in a while, or joke around with your friends on a group facetime call. Try to talk about lighter topics. If you're a student with online classwork, you can even just talk to a friend while working on that to make it less boring. Just because we have to practice social distancing doesn't mean we can't see each other through screens!

2. **Exercise:** I know this one is hard for some people; it's definitely hard for me. However, exercising will keep you fit and fresh and strengthen your immune system. Experts say that the increased body temperature caused by exercising can slow down or prevent bacteria growth. But most importantly, exercising will help you feel healthier, more energetic, and less stressed. Many fitness trainers can even be found giving free classes on Instagram or Facebook live. You can stay healthy while at home and maybe even get a headstart on meeting your fitness goals without going to the gym.
3. **Meditate:** Now I know this one sounds cliché, but meditation is a great way to reduce stress, control anxiety, and promotes emotional health, and best of all, you can do it anywhere. This is a good way to stay positive as it takes your mind off of your surroundings and focuses it on being self-aware.
4. **Maintain a positive vision:** This one is also kind of cliché but staying optimistic during these uncertain times will help you and those around you stay positive. Every situation has two sides (or more) but you need to choose which one is most positive in your view.
5. **Do what you love:** This last one will not only help you stay positive, but it will also cure your boredom. You know all those things you've been putting off because you don't have time? Well now you have ample amounts of time. Do that home DIY project you want to, learn that dance that you love, practice those skills you want to improve. Maybe you love to dance but haven't had time to in a long time, or maybe you want to sit down and write something. Just find something you love, are passionate about, or simply something new you want to learn.

Stay positive and know that all of this will end soon and after that, you can go back to hanging out with your friends and going out to different places.

## Creative Corner

A piece by **Gargi Khadse** about a moment of solace in the city that never sleeps through the eyes of a dancer.

She stood in the window overlooking the busy streets below. New York City, the Big Apple, the city that never sleeps. If she can make it here, she can make it anywhere. But the weight of the future was weighing her down, causing her shoulders to droop and her smile to fade. She set down her music system and started a track. As the music began, her hands picked up the rhythm. The lows and highs of the tune, the beats and patterns, led to her suddenly spinning around the room. From below, the horns of impatient drivers, shouts of shopkeepers and pedestrians, all the sounds of active life could be heard, but to her they were simply a backdrop to her performance. As she melted into the sweet melody of the music, as she became one with it, her twist and turns became more graceful. Her movements were more emotive as she leaped about. Her breath, emotions, all in time with the music with no awareness for the busy monotony around her, simply living in that moment of peace.

# Top 10 Bollywood

by **Pinak Chitnis**

Bollywood's name has been revered throughout the whole world. People know about the famous actors and actresses, but very rarely do they really know exactly what is happening in Bollywood. In this, we will dive deep into the world of Bollywood throughout the past decade. Here are ten "must watch movies":

## **English Vinglish:**

Director: Gauri Shinde

This movie describes the true hardships of entering the United States. The main character enters English learning classes after she realizes she couldn't even place an order in a restaurant. The whole movie is her journey on learning the English language and eventually becoming integrated into American society.

## **Kapoor and Sons:**

Director: Shakun Batra

As 2 brothers return home to tend to their old and sick grandfather, emotional tension and family problems begin to spike up and they become even worse when a girl comes in between the 2 brothers.

## **Zindagi na Milegi Dobara:**

Director: Zoya Akhtar

2 friends take another friend on a road trip through Spain, instead of a bachelor party, and truly show him one last glimpse of a single life.

## **Yeh Jawaani hai Deewani:**

Director: Ayan Mukerji

Bunny and Naina meet right after college, then much later again in their 20s. Naina and Bunny are complete opposites, but eventually she begins to come out of her introverted shell. A classic "falling in love" and "romance" movie.

## **2 States:**

Director: Abhishek Verma

A guy and girl meet and fall in love, but cannot marry one another. In India, states are like countries. Completely different cultures, languages, and ideologies that keep them from interacting with one another. Since the guy and girl come from different states, their parents forbid them from marrying and they have to convince their parents to let go of previous separatist ideals.

## **Gully Boy:**

Director: Zoya Akhtar

A young rapper in India decides to take a very unorthodox approach to call out inequalities in India - expressing it through his music.

**Dangal:**

Director: Nitesh Tiwari

A father, who failed to win 1st place in the commonwealth wrestling games, wants to help his daughters complete what he could not. He trains them vigorously from a young age to accomplish his lifelong dream.

**Queen:**

Director: Vikas Bahl

When her fiancé breaks the wedding off, Rani decides to embark on their honeymoon alone. She goes through experiences, meets new people and finds independence while on this journey, which changes her forever

**Barfi:**

Director: Anurag Basu

A young girl falls in love with an impaired man, but in the end decides to marry someone else. Later, she learns that the man has fallen in love with an autistic girl, and she begins to wonder if she made the wrong decision.

**Kahaani:**

Director: Sujoy Ghosh

As a pregnant woman begins to search for her lost husband, she becomes the target of assassins that he has hired secretly.

Whether you're looking for ample comedy, or a dash of romance, or even a punch of action, these movies are sure to appeal to everyone.



# The Artist's Nook

by **Yash Kanakriya**



*Acrylic Rose Tree*



*Soft Pastel Mountain Night Sky*



*Clocktower in the Sun*



*Lonely Tree*

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# Note from Editors

Hello readers,

As you can see, our Newsletter contains more than just typical fact-based articles. We are here to give you an opportunity to explore your creative side as well as give them a platform to voice their opinions. After this issue, we are opening the gates for all youth to submit their journal articles, creative writing, photography, or nonfiction writing . Every month, our team will choose the best from each category, and it will be displayed in the upcoming issue. So, simply put, even if you are a fierce advocate for change or someone who enjoys knitting together the threads of their vast imagination for fun, this newspaper has a place for you. Submit your work at the email provided below and we will try our best to incorporate your work into the Bruhan Maharashtra Mandal (BMM) Newsletter.

Thank you for reading,

Pinak Chitnis, Yash Kankariya, Gargi Khadse, Janhavi Kulkarni

[bmmyouthnewspaper@gmail.com](mailto:bmmyouthnewspaper@gmail.com)

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## Staff:

Pinak Chitnis - Editor, Non-Fiction And Sports Columnist

Yash Kankariya - Editor, Photographer, and Activist Columnist

Gargi Khadse - Editor, Artist, Photographer and Columnist

Janhavi Kulkarni - Editor, Creative Columnist, and Researcher

Milind Bavadekar - Supervisor

Vidya Joshi - Supervisor

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