

# Yuva Vani

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BMM Yuva August 2020  
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## Sushant Singh Rajput: Suicide or Murder?

By **Janhavi Kulkarni**

On June 14, 2020, Sushant Singh Rajput, famed actor from the hit and long-running series Pavitra Rishta and the biopic M.S Dhoni: The Untold Story was found dead in his Bandra home from an apparent suicide. He had reportedly been suffering from depression for the past six months. No suicide note was found. He was found hanging from his ceiling fan, and the death was ruled as suicide. Recently, however, evidence has surfaced that his death was part of bigger conspiracy involving some of the biggest players in the Bollywood industry, and could possibly be murder.

It all started with Disha Salian, Sushant Singh Rajput's manager and close friend. It was rumored that she was involved with Sooraj Pancholi, Aditya Pancholi's son. Some evidence suggests that Disha was pregnant with Sooraj Pancholi's child, and she had informed Sushant and another friend of theirs. Days before Sushant's apparent suicide, Disha supposedly jumped from her house, and died. Sooraj Pancholi became even more of a suspect as the world realized that the details of Jiah Khan's heartbreaking death match the circumstances of Disha's death. Jiah Khan, formerly Suraj Pancholi's girlfriend, passed away in 2013 from an apparent suicide. She, too, was reportedly pregnant at the time of her death. These glaring coincidences, and the fact that Sushant was aware of pregnancy raise serious suspicions. Furthermore, the physical details of Sushant's death are not clear. According to the police, the security cameras were coincidentally out of service that very night. The spare key to his house was missing. Neighbours reportedly heard loud music the night before as if a party was taking place. Huge amounts of evidence suggests that this was, in fact, murder.

However, when the public still believed it was a suicide, many blamed nepotism in Bollywood as a cause. Nepotism is the practice among those with power or influence of favoring relatives or friends, especially by giving them jobs. Sushant was an outsider. He gave up a scholarship to study engineering to follow his dream. Despite being in the industry for almost a decade, his filmography and accolades list is fairly small. On the other hand, star kids like Ananya Pandey, Janhvi Kapoor, Sara Ali Khan, and more are receiving movies after movies, and awards that are mostly undeserving. There were rumors that Rhea Chakraborty, Sushant's current girlfriend, was involved in some sort of a relationship with Mahesh Bhatt, and he along with Salman Khan were responsible for his “suicide.”

Sushant Singh Rajput was an intelligent, handsome, and promising young actor. The conspiracy around his death is far larger and worse than anyone can imagine. There is evidence suggesting a murder seems circumstantial, but they raise questions about the corrupt Bollywood industry. Suicide or murder: he deserves justice.

## Sports Seasons

By **Pinak Chitnis**

The COVID-19 pandemic has been baring its ugly face across the entire world, infecting over 15.7 million people and killing over 640,000. The world economy is in shambles, and countries are in complete disarray. But what has also been on people's minds is: Sports. The 2020 Olympic games in Tokyo have already been cancelled, and so many are wondering what's next.

All around the world, countries are mostly banning their sports to resume. The Bundesliga football/soccer cup is a critical exception, as it has resumed in Germany, but is not allowing spectators, since most of the contact that occurs is in the stands, not on the pitch. Football in Russia, Belgium, South America, Africa and Europe has been cancelled. The biggest club tournament, the Champions league, has been postponed until further notice.

But football is not the only sport that has been affected. Marathons all across the world are being delayed as well. The London and Boston marathons have been postponed/cancelled, with the former till October 4th and the latter completely cancelled. Organisers of the Boston marathon have said that if participants can prove that they ran 26.2 miles on their own, they will send them a medal. The Tokyo marathon, which attracts 300,000 participants, has been restricted to 200 of the top runners.

Tennis all across the world has been cancelled as well. The Wimbledon tournament has been cancelled for the first time since WWII, and the professional men and women tennis tours have been suspended indefinitely.

In the United States, basketball has been postponed as well. The NBA is set to reopen its season on July 30th, after a Utah Jazz player tested positive for the virus in March. The WNBA is also set to reopen, with the draft occurring, albeit without spectators or media attention.

But finally, all of Cricket has postponed to a later date as well. The majority of cricket was set to start in March or April, but still have no definitive start date in light of this virus.

Most importantly, as the COVID-19 pandemic continues to affect the lives of each and every citizen on the planet, it's important that we look to the future and stay hopeful.

## In Person or Virtual Learning?

By **Pinak Chitnis**

Schools all around the world began shutting down in March. Many were concerned for the safety of the children, and worried they may transmit the disease to others (elderly, infants, etc). But now, with nearly 640,000 global deaths and over 15.7 million infections, schools are giving the option to students: in-person or virtual? Here are some pros and cons of both.

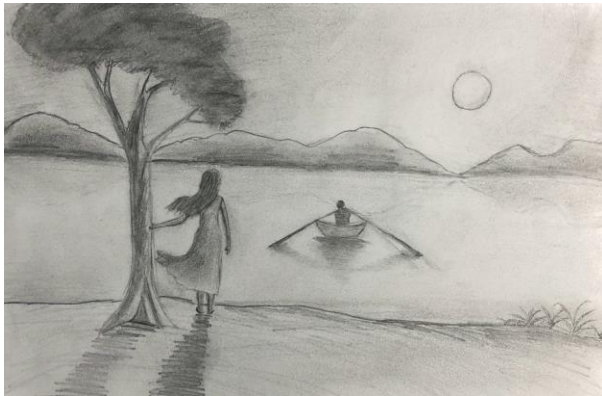
For starters, virtual learning is obviously safer. Even if schools do impose a 6 foot social distancing limit, they cannot enforce that it will be obeyed 100% of the time. Students will bump into each other in the hallways, the cafeteria and even in classrooms. But virtual learning has some-subtler- issues. For example, younger students with a lower attention span constantly need to learn through interaction, a hands-on approach. Virtual learning may bore them quite frequently and hinder their ability to learn properly and efficiently, which is a huge problem at the developmental stages. Additionally, even with older students, there are some issues. Older students can “doze off” during class time, and not take school as seriously.

In person learning is, for a lack of a better term, “Higher risk, higher reward”. Entering a school with a thousand other kids is obviously bound to have issues. Even if just one kid carrying COVID-19 enters the school, nearly half of the school could be infected in as little as a week. But at the same time, doing in person learning has a ton more benefits. For younger children, they can get a hands on experience, and work with the teacher during their formative years. Older students are less likely to nap during school, and can be more diligent in their studies.

COVID-19 has pushed society to its brink and continues to test our resilience. It is important that parents and students alike take this time to reflect and analyze what would be the best and safest option for students to take in these uncertain times.

## Artists Nook

By **Yash Kankariya**



*Above: Time for goodbyes*

*Below: 3d printed objects(thingiverse)*



*Above: Thinking about nature*

*Bottom: Inked olaf*



# Covid-19 and VTE BMM

By Akshay Kulkarni, Ananya Mahesh, Krishan Patel and Sonal Churiwal,

Global Thrombosis Forum, Atlanta, GA

## Introduction

The coronavirus disease of 2019 (COVID-19) is a very serious, often fatal viral illness caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV2), now declared as a pandemic by the World Health Organization.

Since its inception in December 2019 in Wuhan, China, COVID-19 has spread rapidly through the 6 continents and over 100 countries despite social distancing measures, claiming thousands of lives and leaving millions more infected. The first report of a coronavirus-related death in the United States came on Feb. 29 in the Seattle, WA area.

The time from exposure to onset of symptoms is usually between two and 14 days, with an average of five days.

## How does the virus spread?

The virus is spread through a variety of ways:

1. Respiratory droplets (stay for 6 hours after sneezing or coughing)
2. Fomites (touching surfaces)
3. Asymptomatic carriers

## Challenges

COVID-19 presents several challenges:

1. Long incubation period
2. Difficulty in diagnosis
3. Lack of a vaccine
4. Overwhelming medical facilities with large influxes of patients.

## Risk categories

The elderly, people with underlying medical conditions such as asthma or chronic lung disease, diabetes, and immunocompromised patients constitute a high risk category.

## Diagnosis of COVID-19

The current diagnostic methods for COVID includes a nasopharyngeal swab that samples the upper respiratory tract as well as serological testing which detects antibodies in blood samples.

## Symptoms of COVID-19

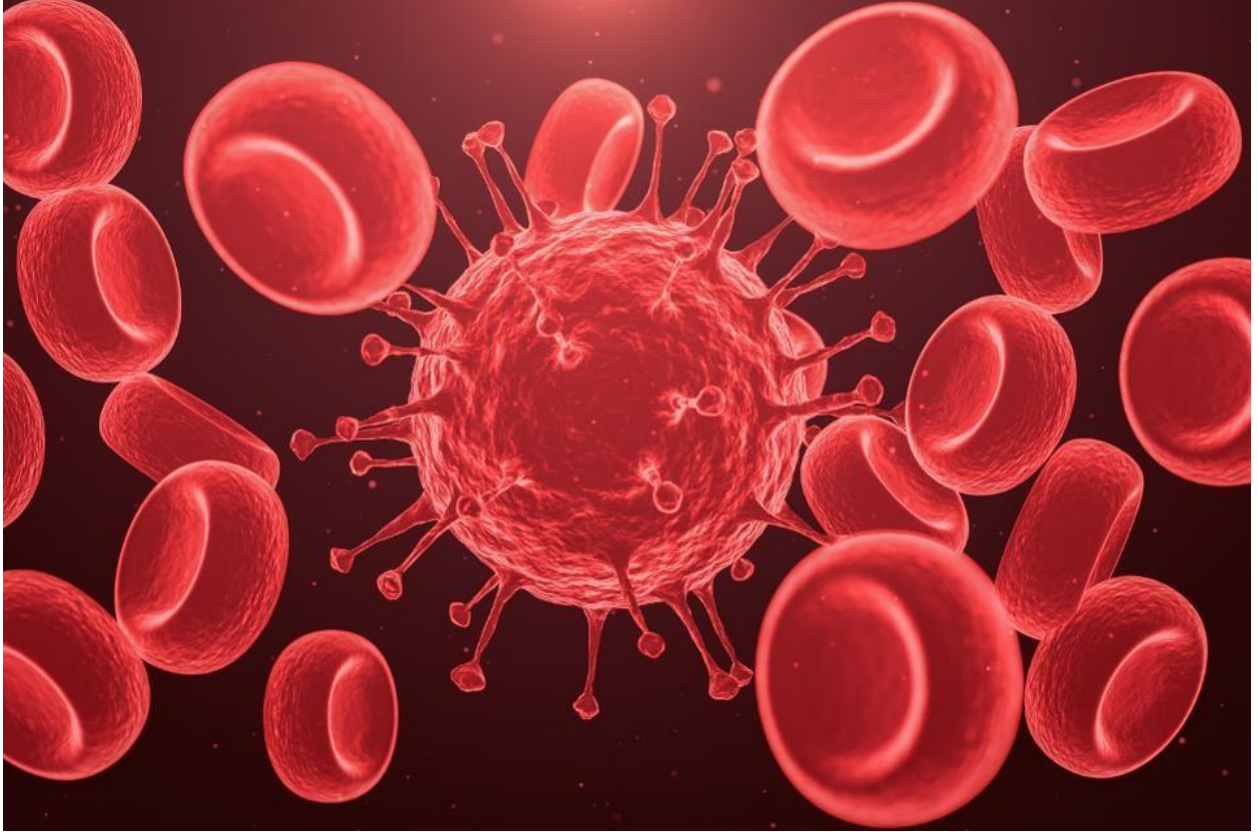
These are similar to those of common cold and flu, and include respiratory symptoms such as dry cough, low grade fever, coughing, shortness of breath, lessened sense of taste/smell and breathing difficulties. In more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and death.

## Complications of COVID-19

Lung complications of COVID-19 include pneumonia, Acute Respiratory Distress Syndrome, and Pulmonary Embolism.

Venous Thromboembolisms (VTE). Most commonly, VTE is caused due to severe systemic inflammation, lack of oxygen (hypoxia), extended periods of immobilization and diffuse intravascular coagulopathy.

COVID-19 creates abnormal blood coagulation parameters such as an elevation of the activated partial thromboplastin time (aPTT), prothrombin (PT), and D-dimer. Changes in blood platelets triggered by COVID-19 could contribute to the onset of heart attacks, strokes, and other serious complications in some patients who have the disease, according to scientists. The inflammatory proteins produced during infection significantly alter the function of platelets, making them 'hyperactive' and more prone to form dangerous and potentially deadly blood clots (see Figure below).



### **Guidelines for prevention:**

1. Wash your hands and make sure to scrub around all parts of your hands with soap for 20 seconds or more.
2. Wear a mask
3. Use an alcohol-based- greater than 60 percent ethanol- hand sanitizer regularly.
4. Avoid social interaction and if it is necessary make sure to maintain a 6 foot distance from others.
5. Keep in mind that although you might not be affected by the virus, you could be a carrier and spread it to other people.

## **Guidelines/precautions for small kids**

1. Learn important skills such as how to maintain proper hand hygiene, not touching faces, not sharing drinks and food, and maintaining the 6-foot distance when interacting with peers.
2. Learning how to adapt to online school and how to do school work online.

## **Guidelines/precautions for high school students**

1. Stay in your house, even if it is boring.
2. Refrain from touching your face or eating food without washing your hands.
3. Make a schedule to continue learning in addition to the online school that is present so that you stay focused on learning and not waste the free time you have.
4. Don't use your phone while eating if you don't sanitize your phone often.
5. Don't underestimate the coronavirus as it does not discriminate from teenage students and is a threat to people of all ages.

## **Guidelines for people over 60 years**

1. Stay at home and socially isolate yourselves
2. For people at high risk (individuals with diabetes, heart disease, asthma, emphysema, or cancer) extra precautions must be taken.

## **Things to remember**

1. If you test negative to Coronavirus today, you could still get infected later on.
2. If you get infected with coronavirus and survive through the illness, you could get immunity to the virus.
3. A person who is infected may be symptomatic, or remain asymptomatic.
4. Most people only experience minor flu-like symptoms and recover within a few weeks, but the virus is highly contagious and can be spread by those who appear well.



## Summary and conclusions

In conclusion, COVID-19 can cause VTE. COVID-19 is hard to prevent because of how fast it spreads, through respiratory droplets, fomites, and asymptomatic carriers. The heightened risk of infection raises the chances of more people contracting VTE as a complication of COVID-19. People should take precautions (such as wearing a mask, washing their hands, and practicing social distancing) in order to prevent this dangerous virus from spreading.

## BMM Marathi Shala Online Courses

BMM Marathi Shala Online school academic year 2020-2021 registration is open. Please register by clicking the link below:

<https://bmmshala.net/BMM%20Marathi%20Shala%20Online%20Courses>

From this year, they are introducing conversational Marathi classes for adults- beginner level. See the flyers below.



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**Conversational Marathi Classes for Adults.**

The course provides an opportunity for students 18 yrs. and above to learn and hone conversational skills in Marathi.

This is a beginners course and no pre- requisites are necessary. Beginners Online Conversational Course introduces students to Marathi via an innovative language program.

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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

[bmm youth newspaper@gmail.com](mailto:bmm youth newspaper@gmail.com)

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Staff:

Pinak Chitnis - Editor, Non-Fiction, Opinion, and Sports Columnist  
Yash Kankariya - Editor, Photographer, Opinion, and Activist Columnist  
Gargi Khadse - Artist, Photographer and Columnist  
Janhavi Kulkarni - Editor, Creative, Opinion, and Researcher Columnist  
Milind Bavadekar - Supervisor  
Vidya Joshi - Supervisor

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