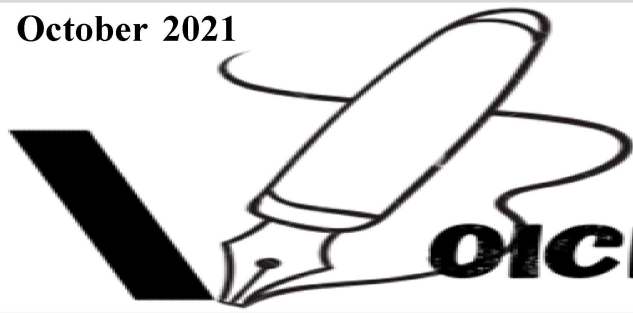


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**VOICE OF YOUTH**

**Express • Assert • Change**

## Strengthening Democracy



### INTERNATIONAL DAY OF **DEMOCRACY**

United General Assembly has declared 15<sup>th</sup> September as International Day of Democracy with a view to promote and uphold the principles of democracy. It invited the members to commemorate the day in an appropriate manner that contribute to raising awareness among the public. This day provides an opportunity to evaluate and review the status of democracy in the world. Time and again democracy has proven to be the best form of governance throughout the history. Though there is no single model of democracy throughout the world, yet it is a universal value which is based on the freely expressed will of the people in any country to choose their own political system, socio-cultural and their overall participation in all aspects of life. For the democracy process to flourish there should be support from individuals, governing bodies, international agencies, NGOs, then alone it can be made reality and enjoyed by each and every individual. The United Nations Organization, UNESCO and other international organizations have been promoting the values of shared universal values of tolerance, pluralism, Human rights, freedom and dialogue. With the unprecedented crisis of

Covid -19 throughout the world, there have been social and political challenges. All the countries in the world had to adopt emergency measures to address the crisis. It has become critical to understand whether they continue to uphold the rule of law, legality, and social justice according to the international standards. Antonio Guterres the Secretary of the United Nations have urged the government to be transparent, responsive and accountable in their response to the Covid -19. Many of the target under SDG 16 (Peace, Justice and Strong Institutions) also aims at promoting the democratic institutions. There were also new policy implemented by the UN which stressed on respect and protection, among other rights, freedom of expression and press, freedom of information, freedom of association and of assembly.

A thriving democracy also depends on the civic space, in which all people advocate their rights and hold the government accountable without any discrimination. This has to be understood by the citizens of all the nations. It'll help the world to be a peaceful place without any violation of human rights, injustice and also helps in building strong institutions.



### *Talking to Readers*

Inspite of the best response, we at the 'voice of youth' are facing in getting required amount of human resource to handle the e-magazine. We do have hopes to get the same in future. You are welcome to offer your time, energy.

However, we reach out to you monthly hence after. Our efforts to reverse our decision will continue.

See that this 'VoY' reaches your friends too.

Expecting your feedback and write-ups at  
[voiceofyouth15@gmail.com](mailto:voiceofyouth15@gmail.com)

Mobile no.- 7619458186



The Gandhi Fellowship is an intensive, two-year residential professional program that helps young people learn necessary leadership skills while reforming public education. The fellowship is for individuals in the age group of 18 to 26 years and has three programs: School Leadership Development Program, District Transformation Program and State Transformation Program.

Each fellow is assigned five schools. Within each school, they are expected to transform the school development plan, such as increasing school enrollment, community participation and improving mid-day meal systems. The fellows get a first-hand experience of the education system as they consult with the headmasters, teachers and other government officials to overcome challenges.

For more information visit -

<https://www.gandhifellowship.org/>



Legislative Assistants

to Members of Parliament (LAMP) Fellowship

This is a great opportunity for the youth of India to learn law making and public policy for a time span of 10- 11 months . LAMP fellows are usually mentored by the Member of the Parliament. The fellows will be working with the assigned MPs full time from the starting of Monsoon session to the Budget session. The primary work of the fellow is to provide extensive research support to the MP. This may include drafting parliamentary questions for the MP, preparing the MP's speeches for zero hour debates, raising matters of public importance, drafting private members' bills etc.

When the parliament is not in the session the fellow will work with the policy makers, think-tanks, academicians, and they will be able to attend diverse workshops. The fellows will be exposed to ground level reality during the inter-medium sessions. The work load of these fellows differs significantly. The research deadline can range from half an hour to few days. The work of the fellow during the parliamentary sessions maybe very hectic.

Who can apply to the LAMPS fellowship?

- Any individual who is below the age of 25 years
- Should have completed Bachelor degree in any field
- Only Indian citizens are eligible to apply to this fellow.

For more information visit - <https://prsindia.org/lamp/how-to-apply>

## Do you know?

Supreme Court of India is the apex judiciary body of the country. It has from its day of establishment passed various landmark judgments that have changed Indian democracy. Name of Some of the important judgments are as follows:

1. A.K Gopalan vs. State of Madras, 1950
2. Kesavananda Bharati Sripadagalavaru vs. State of Kerala, 1973
3. Maneka Gandhi vs. Union of India in 1977
4. Shayara Bano vs. Union of India & Others in 2017
5. SR Bommai vs. Union of India in 1994
6. Navtej Singh Johar vs. Union of India in 2018
7. Indra Sawhney and Others vs. Union of India & Others

## Do You Know?

*On 28 January 1950, the Supreme Court of India superseded the Federal Court of India which was set up by the Government of India Act 1935 and the Privy Council, which was the most noteworthy legal body in the nation during the British period.*

## Do you know?

The first woman judge of SC of India and also in Asia was the **Fathima Beevi** who was appointed to Supreme Court in 1959. The first woman judge of SC of India and also in Asia was the **Fathima Beevi** who was



appointed to Supreme Court in 1959.

## Do you know?

In the lawn premises of SC a black bronze sculpture was sculpted on 20 Feb 1980 which was designed by the artist Chintamani Kar having a height of 210 cm. This statue consists of a lady giving shelter to her child, who is holding an open book in his hands. It portrays Mother India as the lady and the child shown like this symbolizes that she is protecting the young Republic of India and book represents the laws of land and the balance shown on the book represents equal justice is given to all.



## Trolling isn't funny Do you know why?

This article is being written from a psychological perspective. I try to outline how trolls which are named as "just for fun post" aren't just as funny as you think. There is much more that you need to know before you laugh at it.

Let us start from what the word means. Well, if you search for the meaning of troll from [Merriam-Webster](#), Troll is a verb which is used to describe "to fish by trailing a lure or baited hook from a moving boat,"

But in today's [Urban Dictionary](#), is it defined as "the deliberate act...of making random, unsolicited and/or controversial comments on various internet forums with the intent to provoke an emotional knee jerk reaction from unsuspecting readers to engage in a fight or argument."

Did you find anything related to fun in the above-mentioned definition? Please read it once again to be clear of what troll actually means.

They can run from the range of leaving negative comments about someone's appearance, to

insulting someone's work, to writing hateful, politically charged, or even threatening messages to someone. The studies have shown that people who tend to get involved with the creation or spreading of Trolls are the ones with low levels of empathy, guilt, and responsibility for their actions. They are the ones who have higher levels of sadistic traits, which mainly consist of causing physical and psychological pain and getting pleasure out of it.

There are two types of Empathy, *Cognitive and Affective Empathy*. Cognitive empathy is the ability to recognize and understand others emotions. Whereas the affective empathy means to internalize and feel the people's emotions. When researchers studied the trollers' empathy levels, they found out that these people had higher levels of cognitive empathy, but very low levels of affective empathy. So, what does this mean? The ones who are getting involved in trolling are aware of the fact that they are hurting an emotion of a person or a group of people believing in something. They know that this will lead to painful emotions to the ones who they have targeted. But they still do it, as they don't really care. They also found the



trollers to possess a few of the traits linked to that of Psychopaths.

And these trolls aren't the ones that come instantly. Trolls are well planned and vicious with agenda. These are done very much on purpose. Anything they write, they write it deliberately. These people could also be the ones who aren't confident enough to come out and express their views, so do it behind the screen. And also feel they could get away with it, as most of the time it's very difficult to find where they came from. Something that we all must understand is someone insensitive behind the screen will still remain insensitive in his real life as well. This pushes out the argument, where they try to defend themselves by saying, it's only for social media that I behave this way or make fun of people.

#### ***What makes them troll?***

Well, the reason is quite simple, but hard to accept. The growth of the trollers is from the ones *who read it and encourage it*. Everyone who presses that like button is indirectly supporting a person to become more insensitive to people's feelings, we aren't just supporting, but appreciating it which is even more dangerous. If there was a situation, where you or your closed one is being trolled, would you still react the same way by sharing across to people, or will you be furious with the one who started the troll? Do not forget the person who is being trolled is someone's friend, a family and he/she also has feelings and definitely gets hurt.

I am sure; some might say it as fun, or way to take things light. But one question that has to be asked by you is what is costing another person or a community for something to be funny to me. Or is laughing at something which causes pain to another person justified? If your answers are still Yes!! I need fun in the expenses of others sorrow, and then let me remind you, every time you read and laugh at it, a part of you is turning insensitive. This insensitivity might be towards someone unknown, but it will definitely reach a stage where you would get insensitive to your own people.

#### ***What could you do about it?***

Should you raise your voice, should you complain, whom to go to? No, the process isn't that hard. I spoke about what encourages them to troll. The likes and sharing is proportional to the amount of motivation they get to continue to troll people around them. All we need to do is **IGNORE**. Remember by just ignoring, you are stepping towards becoming more empathetic and also indirectly helping the trollers to come out from their insensitivity. It is important to note that, until we feed them, they will not continue this action. The day you decide to feed them, they will definitely know this is not a healthy way of treating people and will gradually stop it themselves. Together we can build a healthy and empathetic world.

**Manasa Raman**

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Majority of us by now have taken at least one dosage of the vaccination. I am sure half of us have not looked into the scientific nature of these vaccinations. Presenting a short understanding which can be understood by everyone (layman version).

The Covishield has been developed by Oxford- AstraZeneca and is being manufactured by Serum Institute of India. Covaxin has been developed by Bharat Biotech with collaboration with ICMR and NIV (Indian Council of medical research and National Institute of Virology, Pune). They have been developed through traditional methods. Both have some similarities but many differences.

If we look at Covishield, a viral vector vaccine – in simple words it is made of weakened version of common cold virus of Chimpanzee called adenovirus. This version is modified to carry corona-virus spike protein into the human body. This cold virus is harmless, once inside the body it instructs the immune system to fight against any similar virus that enters the body. In one sentence the

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[www.lohiatoday.com](http://www.lohiatoday.com)

It is a website which gives unique information on the present scenario of our country.

## Covishield v/s Covaxin : *All we need to know*



plan of action in the body is ready i.e. the anti-bodies, in case of novel corona virus attack the body will fight it.

Whereas Covaxin is developed using inactivated virus approach. It contains the dead SARS-COV-2 virus particles. It helps the immune system to prepare defense mechanism against an active virus. Human body is made of cells covered with receptors, just like our TV dish and antenna. The mechanism of an in active virus is simple – When the vaccination is administered, the receptors in the body detects the inactive virus particles. The cells then produce the memory and remember the virus. It then produces anti-bodies. Basically, prepares the body for future infection.

Doses:

There is no difference between the two vaccines in terms of dosage. Both of them follow two dosage regimes. There is slight difference in the interval of inoculations. Covaxin second dosage should be taken 28-42 days apart. Covishield second dosage should be taken 84 days apart.

Efficacy:

· Covaxin has demonstrated overall interim clinical efficacy of 78% and 100% efficacy against severe Covid-19 disease in Phase 3 of its trial.

· Covishield has an overall efficacy of 70%, but it can be over 90% after administration of full dosage.

Age Beneficiaries:

· Covishield has been approved for people aged above 18 years.

· Covaxin has been approved to be given to people above 12 years.

After reading this if you are still having questions on what vaccination to take. The simple answer to the question is both are equally safe. Both have been considered carefully and recommended by Drugs Controller General of India (DCGI). In the light of present situation, what matters is to get inoculated against the corona virus. So the best way forward is to register yourself on Co-win or Arogya sethu and get vaccinated, irrespective of covishield or covaxin. Let's follow covid appropriate behavior and guard our near and dear ones as well as our country.

Sushmitha, Bengaluru