

SHRI RAM COLLEGE OF COMMERCE

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STRIDES - A STUDENTS' JOURNAL OF SHRI RAM COLLEGE OF COMMERCE

VOLUME 5 – ISSUE1 & 2

JULY 2020 - JUNE 2021

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The Principal
Shri Ram College of Commerce
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STRIDES - A STUDENTS' JOURNAL OF SHRI RAM COLLEGE OF COMMERCE

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Shri Ram College of Commerce is well known for its academic excellence and dedicated approach towards dissemination of knowledge in the academic world. The college appreciates the role of research in education and is committed to developing an inclination towards research in both faculty and students. In this pursuit, the college has taken the initiative to launch a new Journal named 'Strides - A Students' Journal of Shri Ram College of Commerce'.

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It is a double blind reviewed bi-annual Journal launched exclusively to encourage students to pursue research on the contemporary topics and issues in the area of commerce, economics, management, governance, polices etc. The journal provides an opportunity to the students and faculty of Shri Ram College of Commerce to publish their academic research work.

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Endnotes should be serially arranged at the end of the article well before the references and after conclusion.

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The first letter of the caption for table, figure, graph, diagram, picture etc. should be in capital letter and the other words should be in small letter - e.g. Table-1: Demographic Data of Delhi, Figure-1: Pictorial Presentation of Population etc.

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Declaration

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Principal's Message



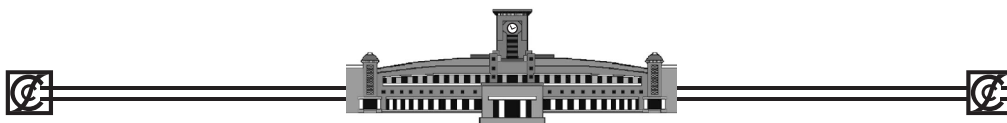
To achieve and promote excellence in research and publish quality academic as well as educational resources as guided by the Mission Statement of the College, Shri Ram College of Commerce had launched a Journal, "Strides- A Students' Journal of Shri Ram College of Commerce" on the occasion of 91st Annual Day of the College held on 13th April, 2017. The Journal was released by then the Hon'ble Union Minister of Human Resource Development, Shri Prakash Javadekar. The Journal publishes the research papers and articles written by students of the College under the mentorship of Faculty Members which go through an intense review mechanism before getting published.

Through the Journal, students get an excellent platform to enhance their research calibre, display their academic perspective, and practically apply their classroom learnings to real-world situations. The present Issue includes several multi-disciplinary and contemporary topics such as "Effects of Globalization on the Indian Health Sector", "Will America Sustain the Wave of Automation?", "Recycling Hoax", "The Role of Corporate Social Responsibility towards Sustainable Education with reference to the FMCG Companies", "COVID-19 and Mental Health of Adolescents", "Cryptocurrency-The Rise of Tokens", and "Discussion of the Link Between Air Pollution and Economic Growth in Indian States".

I wholeheartedly congratulate the Editor, Strides, Dr. Rajeev Kumar and students whose research papers got published in Volume 5 Issue 1 and 2 of the Journal. Simultaneously, I encourage more students to contribute their research papers for the successive Issues.

My best wishes for your future endeavours!

Prof. Simrit Kaur
Principal



Editor's Message

Shri Ram College of Commerce is well known for its academic excellence and dedicated approach towards dissemination of knowledge in the academic world. The College acknowledges and values the role of research in education and is firmly committed to develop and encourage an inclination towards research in both faculty and students. To reaffirm this ethos, the College has taken the initiative to launch a new Journal named 'Strides - A Students' Journal of Shri Ram College of Commerce' to encourage students to pursue research under the guidance of the faculty of Shri Ram College of Commerce.

It is a bi-annual Journal launched exclusively to publish academic research papers and articles by the students on contemporary topics and issues in the area of commerce, economics, management, governance, policies etc.

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To maintain high academic standards, academic ethics and academic integrity, a rigorous process of double-blind review of research papers is followed along with screening of plagiarism of each manuscript received by the COPE for

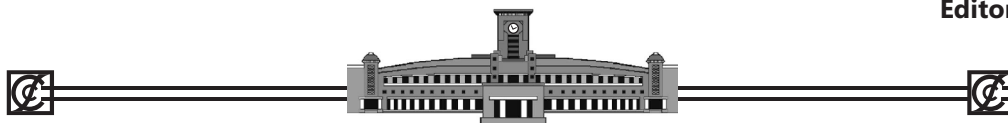


publication. The research work published in Strides is absolutely original and not published or presented in any form at any other public forum.

The foundation issue of the Journal "Strides - A Students' Journal of Shri Ram College of Commerce, Volume 1, Issue 1, 2016-17" was successfully released on 91st Annual Day of SRCC held on 13th April, 2017 by Shri Prakash Javadekar, Honb'le Union Minister of Human Resource Development, Government of India. The successive issues of 'Strides - A Students' Journal of Shri Ram College of Commerce' have been released bi-annually. However, due to the COVID19 pandemic and ensuing lockdowns the current issue has been delayed.

I congratulate all the students whose research papers are published in this issue of Strides and express my sincere thanks to their mentors and referees.

Dr. Rajeev Kumar
Editor



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Dipali Nishad
B.Com. (Hons.)
SRCC, DU

Covid-19 and Mental Health of Adolescents

ABSTRACT

The novel coronavirus (Covid-19) pandemic has portrayed alarming results on every adolescent's emotional and social functioning. However, more prospective studies are required to detect the exact magnitude of the impact. The motive of the study is to understand the mental health of the adolescent in COVID-19 pandemic and to determine the diverse factors that influenced their psychological health. This research paper used the narrative approach. The data is collected from various articles, research papers, books and theories as a framework to uncover the global mental distress of pandemics in children. The Covid-19 pandemic took an unprecedented toll on the mental health of adolescents. The fear of contamination, loss of loved ones, lockdowns, grief, domestic violence, no outdoors, no physical activities, overuse of mobile phones, increased internet surfing, scrolling social media feeds, poor economic conditions were the factors influencing the mental health of adolescents. The pandemic resulted in increasing psychological, stress, post-traumatic and anxiety disorders. Pro-active efforts by counsellors at educational institutions and family members are required to support the psychological health and welfare of the youth.



Mentor:
Mr. Ashish Gautam
Assistant Professor
Department of English
SRCC, DU

More specific research is required on youth mental disorders during the time of pandemics.

Keywords: Mental Health, Children, Pandemic, COVID-19, Children

In December 2019, a cluster of pneumonia cases was recorded in Wuhan, China. Later on, the World Health Organisation declared the novel coronavirus (COVID-19) outbreak a global pandemic on March 11, 2020, all over the world. As of May 31, 2021, the number of confirmed cases of coronavirus has reached 17 crores. The pandemic- and the social distancing measures that many countries have implemented - have caused disruptions to daily routines (Lee J., 2020). As cases continue to spread across the world, it became clear that the outbreak of the virus didn't only affect the lives of people physically and economically but also mentally.

The way the pandemic took a toll on the psychological health of human beings is no longer an unknown fact. Globally, there are concerns that COVID-19 is already having and will continue to impact the mental health of populations as lockdowns, job losses, overwhelmed health systems, and fear of contracting the virus exacerbate stress and isolation (Smith, 2020). Many types of research and discussions have been done about people's mental health. Generation Z (born 1996-current) reported high rates of anxiety, depression and high levels of worry (Seemiller, 2020). As per a UNESCO report, 87% of students across the world were disturbed due to university closures (Collins, Helen M, 2020). The education and learning of 67.6% of students are impacted globally due to coronavirus in 143 countries (Shah K, 2020). Even population-based studies not directly investigating student mental health found that being a student increased the risk of experiencing mental health issues during the pandemic (Solomou, 2020). The above statistics gave a glance at how badly the pandemic posed an unprecedented threat to the mental health of individuals across the world. Did the Covid-19 outbreak and lockdown heighten the risk of mental disorders among adolescents?

METHODOLOGY

The study is based on the literature review done by using various search engines like Jstor, Medium, Statista and Google Scholar by searching the following terms: "mental health", "covid-19", "youth", "pandemics". Followed

up by the search of specific factors and consequences found in the first search's result for instance "physical health", "screen time", "anxiety", "depression", "suicide rates", "gender discrimination". This paper aimed to explore and conceptualize the youth's experience as represented in articles, research papers, books and theories as a framework.

The Covid-19 pandemic is continuing even during the time this research paper is being written. Due to the stay-at-home condition, the children are compelled to stay inside the four walls and always maintain physical distance outside their homes. A bunch of articles are available on different websites discussing the impact on mental health. However, not much specific research is done on adolescents' mental health across the nations. The literature used in the paper is based on the articles stating information on factors that pushed the new generation towards anxiety and stress. It includes information and figures from various papers indirectly providing the data on how the previous pandemics or epidemics had made a long term psychological impact on the survivors.

REFLECTIONS FROM PAST

The research done during the Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS) and Ebola pandemic portrays that these diseases pose unique challenges to one's psychological health. Regrettably, to understand the impact of past outbreaks on young minds, studies weren't done purposely for children and adolescents. Still, Covid-19 and Adolescents 6 some basic understandings can be derived. Since the situation and condition prevailing during the current pandemic is quite similar to SARS and MERS, the same mental impact is expected in the demic. A study on SARS survivors with psychiatric disorders revealed that about 25% of the patients showed signs of post-traumatic stress disorder (PTSD), and 15.6% of them had worsening depression (Shah K, 2020). The people who survived the MERS pandemic experienced a low quality of life.

To assess the effect of COVID-19 on mental health, a research team examined the literature on the recent Ebola epidemic in sub-Saharan Africa. As per their research, the survivors of Ebola were disturbed by the traumatic memories. The rejection by society, while those who never came in contact with the

disease grieved for lost relatives or struggled to cope with extreme anxiety (Semo B, 2020)

It can be concluded through history; pandemics have always shown drastic and long-term effects on the lifestyle and mindset of people all over the world.

GLOBAL MENTAL IMPACT

Generally, the people influenced by mental health grievances will be more eminent than the people who are affected by the Covid-19. Studies have demonstrated that the emotional wellness effects can continue for a longer period. Adolescence, particularly mid to late adolescence (15-19 years), when numerous overlapping transitions can define the future, is a critical period for all young people.. (Plan International, 2020) The impact on mental health is a silent perpetrator and not less than an unseen virus. The strict lockdown measures caused unrest and stress among young children. Overnight they all were away from the school campus, friends, libraries, their daily routine. The social distancing led to unwanted adverse effects on the academics and mental health of students. They developed anxiety, panic attacks, mood disorder, depression and other mental illnesses.

1) Contamination Fear

With an increase in the number of positive cases and losing one's beloved and even a just known person, the grief and anxiety were affecting youths' mental health. According to a report Generation Z (the current generation) is significantly more likely (about 27 %) than other generations to report their mental health as poor (Muzammil, 2020). The people born in this group were badly affected. They had rarely heard of such a vast level of a worldwide pandemic. Everyone has heard about communicable diseases but this one showed the real picture of how terrible a communicable disease can get. Even a sneeze was enough to doubt whether it's the flu or Covid-19. This fear of getting ill or having a family member or a friend sick was a heavy burden to bear. This was not less than any trauma for young people. Anxiety followed social distancing everywhere. The health institutions had advised washing every item that is brought inside the house. Children were so afraid that in the pandemic they didn't even touch their favourite candies stored in the

refrigerator for days. Xenophobia, the fear of foreigners who might be carrying infection unfurled across the countries especially in the initial phase. People had Xenophobia from every foreigner or urban residing citizen where Covid-19 cases were multiplying daily.

2) Opportunities Lost

Last year in March with the announcement of a worldwide pandemic the schools and universities were put to shut down. Initially, no study or classes were followed as the institutions were still deciding on this. Later on, when countries were not able to see any end to rising cases. They decided to teach on virtual platforms and that's continuing with the second wave of the pandemic.

Daily, young minds from elementary to college students were adjusting to virtual platforms. For children and adolescents with mental health needs, such closures meant a lack of access to the resources they usually have through schools. (Lee J., 2020) Students lost many experiences, some essential activities, chance to study abroad, sports seasons, couldn't apply or couldn't reach the entrance exams of jobs and institutions. University students were stressed about dormitory evacuation and the cancellation of anticipated events such as exchange studies and graduation ceremonies (Lee J., 2020). Graduates lost their employment opportunities. As companies couldn't afford to pay a new employee. Freshers lost their chance to experience on campus matters. Especially the knowledge that could be shared in physical mode is impossible to give in virtual mode. Adolescence is the phase where students tend to learn discipline and figure out their goals. All these things didn't happen just because of the pandemic. Although these reasons seemed to be nothing in front of the people who lost their lives. But, this loss of opportunity will impact the coming years in students' life.

3) Change in behaviours of youth during this pandemic

The separation from school and colleges caused emotional discomfort, it was hard to adapt to this new environment and behavioural problems among the youths became quite common. This pandemic was different for every individual. For some, it proved to be productive and for others non-productive. The news channel and social media were flooded with only two

things, either the Covid-19 current status or people utilising the shutdown.

First talking about the positive aspect, the quarantine phase flourished most of the people well spent time with family. Although financial issues were going on in the families, one pretty clear thing is that everyone relieved their childhood. People enjoyed their hobbies. Social media was loaded with pictures portraying the joy of reading your favourite novel, baking a cake, cooking a new dish, writing a poem, exploring various gaming apps. Most of the people made the best out of hard times. They created precious memories with loved ones.

The other side of the coin was terrible. Not everyone was enjoying this family time. Moreover, not everyone had their family next to them. Not everyone had a hobby to spend in quarantine. For those people, it was horrible to manage their mental health. They faced many behavioural issues like short temper, frustration, anxiety, feeling of being useless.

4) Lost some precious connections

In the pandemic, young people didn't lose their loved ones only due to Covid-19. They also lost some friends due to distance. It was an effortless task to stay connected through social media. The first few months of the pandemic led to Zoom hangouts and remote celebrations, deepening and visible divisions in how people are handling the ongoing pandemic have become the source of growing tension and sometimes outright conflict. Many people were happy as their relationships got strengthened in this pandemic because they somehow prioritized whom they care about and how often they kept checking on them. But as 2020 came to end, many people noticed distance as well as differences in their friendship, which has changed the relationships and not necessarily for the better. Due to the lack of physical contact young people weren't able to make each other understand their situation. This resulted in bitterness in the relationship. The feeling of loneliness led to the loss of some precious connections which was unexpected. It's nonetheless a trauma for young minds.

5) Impact on Physical Health

To reduce the contamination of the Covid-19 virus, all over the world

lockdowns were announced. As a result, children had no access to even school sports. Fitness and activity classes for youth such as gymnastics, dance, and martial arts were also cancelled or postponed (Genevieve F. Dunton, 2020). It led to increased obesity, diabetes and cardiovascular diseases in children. Although these were necessary to slow the spread of COVID-19, they limited children's ability to engage insufficient levels of physical activity (PA) to maintain health and prevent disease (Genevieve F. Dunton, 2020).

6) Economic Conditions

As per a report by StanCan, the families who faced poor economic conditions were more likely to have hyperactive and anxious kids (Kong, 2020). The stress due to financial problems was huge. The financial problems were a real burden to families because the necessities were getting fulfilled from scarce savings. With 29% of single-parent families living in poverty, economic stress puts their children in a more disadvantaged situation (Kong, 2020). They also found that the insecurity regarding the economic conditions affected children in single-parent families more than the children who have both parents. Mental illness and substance abuse of parents significantly influenced our parent-child relation and increased the risk for mental health problems in children. Poor mental health and a negative environment in a family affected the relationship between parents and children. As a result, the mental health of children was also at risk. They had no source to make both ends meet. Students were in heavy fear and anxiety of whether they will be able to continue their studies or not. Not everyone was in a position to afford the expensive data packs, smartphones and even the costly books for competitive examinations. This constrained the development of children and youth.

7) Traumatic Stress due to Quarantine

Children developed severe mental health conditions, including post-traumatic stress, because of the coronavirus pandemic, a charity has warned (Ashitha, 2020). Children are extremely vulnerable. Children are extremely vulnerable. While struggling through the loss of a loved one, inaccessibility to the internet for studies, poverty, opportunity, they were not even able to take

online therapy or any counsellors' help. The children experienced symptoms of anxiety, depression, PTSD, dissociation, emotional, etc. A prevalence of 28.2% for PTSD and 14.1% for depression was observed (Singh SP, 2020). Psychiatric symptoms were alarmingly prevalent: 67.05% reported traumatic stress, 46.55% had depressive symptoms, and 34.73% reported anxiety symptoms (Shufang Sun, 2021). Indeed, the pandemic proved to be a traumatic experience for many adolescents.

8) Increase in Suicidal Rates

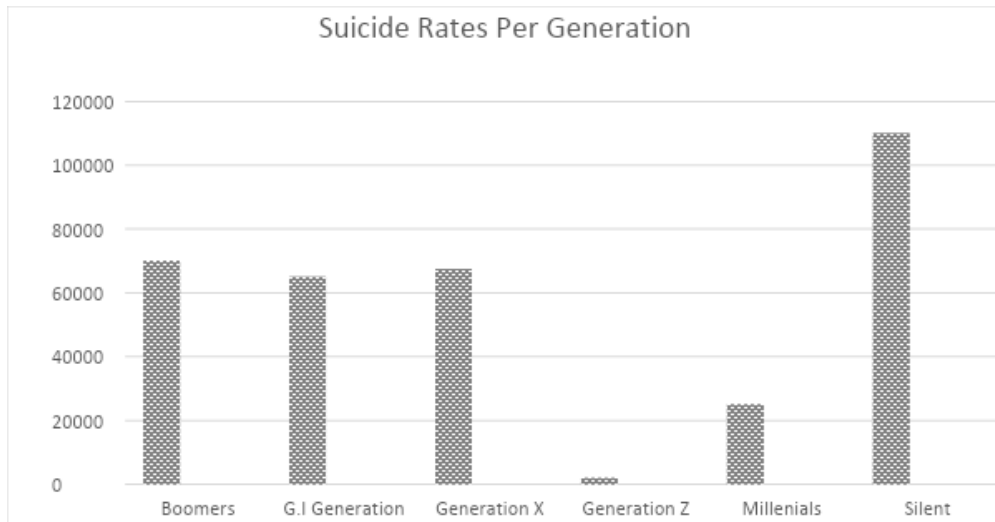
With the new stay-at-home restrictions to curb the spread of covid-19, there are concerns that rates of suicide have increased. Muzammil researched the topic "Effect of Generation on Suicide" with the motive of determining the rise in the number of cases of suicide during the pandemic (Muzammil, 2020)

They took the generations for the project on the respective periods given below:

1. G.I. Generation: 1901–1927
2. Silent Generation: 1928–1945
3. Boomer Generation: 1946–1964
4. Generation X: 1965–1980
5. Millennial Generation: 1981–1996
6. Generation Z: 1996-current

The result of the project was as follow:

It is usually seen that suicide practices are generally basic in the elderly population. They are generally inclined to sadness, dejection, and other emotional well-being issues. According to the report, almost 27% of Generation Z (the current age) felt their emotional wellness was poor amidst the pandemic. In any case, simultaneously, they are 37% bound to get psychological well-being treatment contrasted with different ages. According to the graph, amongst all the generations, the suicide number is highest among the Silent and second-highest among the Boomers generation (Muzammil, 2020)



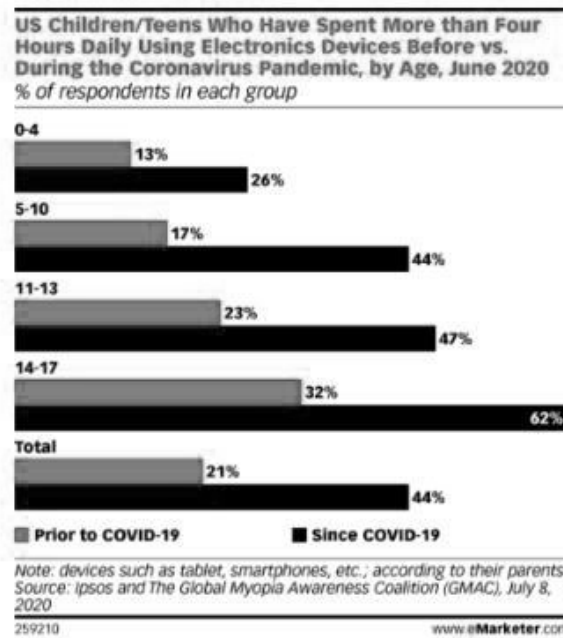
Source: (Muzammil, 2020)

9) Increase in Gaming

The stay-at-home condition increased the use of electrical appliances, play stations, and video games all over the world. Gaming and eSports did not seem to be a passing craze, and the industry had grown during the COVID-19 outbreak. (M. Ángeles López-Cabarcos, 2020). User numbers had skyrocketed during the pandemic. Gaming gave a youth a world to escape reality. To avoid anxiety, youth increased playing online games. It is rightly said, "That is, these games aren't simply about individuals escaping the real world, but about going (virtually) somewhere together" (Jimmy, 2020). A study in India found that 50.8% of students had increased the time they spent gaming as a way of coping with the stress of the pandemic. (Collins, 2020).

10) Adverse effect of Screen Time

Everything was transformed into virtual classrooms, study material and gaming which children used to do outdoors or in a physical mood. For young people, screen time was a touchy subject even in the best of times. In the pandemic, kids holed up together 24/7 and everything from school to birthday parties was held online. It was hard to control children's screen time.



As per a study by eMarketer amidst the pandemic, usage of e-devices by children has escalated (eMarketer, 2021). Another report by OLX India shows that the screen time by the kids in lockdown has increased by 100%. (Report, 2020). When examining the effects of COVID-19 on adolescents and young adults, found that the average screen time has increased from 3.5 hours to 5.1 hours. (ZALANI, 2021). The graph given above shows the percentage of US children who had spent more than four hours daily using electronic devices before vs during the pandemic. According to the graph, it is clear that in different age groups taken, the usage of electrical devices has increased a lot since the COVID-19 pandemic. The increased screen time resulted in eye irritation, eye redding and other problems. This weakened the eyesight and many young people had to start wearing spectacles.

EVIDENCE-BASED RECOMMENDATION

According to the World Health Organization, mental health is a state of well-being in which the individual realizes his or her abilities to cope with the normal stresses of life and can work productively and fruitfully. Mental health impacts how we think, feel and react. It is the foundation for individual well-being. It shapes our decision-making power and managing stress. The

various aspects of our lives are affected by our mental health. Like adults, children and adolescents also have mental health disorders. The disorders come in the way of what they think, observe and decide. All these things when summed up could lead to bad mental health, feeling of loneliness, traumatic experience, childhood abuse, discrimination and stigma. They lead to anxiety, distress or disability in social, work or family activities. "Physical illness" is a term to describe the range of physical health problems. Similarly, "mental illness" is the term to depict poor mental health conditions. It is significant for children to maintain a healthy balance of their physical and mental health.

It is a known and still ignored fact that being a teenager is difficult no matter what. The COVID19 Pandemic had added up to the mental illness of young minds. They have faced some unexpected and life-changing things in their life at a very early age. It led to a rise in anxiety, stress, and depression levels. Since the pandemic is still not over and the conditions for youth are as similar as the initial phase of the pandemic, youth should be guided well in the dynamic environment.

The schools and colleges are continuing the academic session through virtual mode. They should undertake the responsibility of their students' mental health. With their usual course or subjects, they should take counselling sessions. Not everyone can afford the psychologists' fees. Many schools and colleges have taken initiative in this field but there is a lot of scope for the rest of the educational institutions to organise one Counselling session for students.

Also, the part of the youth who are lacking awareness or understanding regarding why the pandemic is not coming to an end is likely to have stress and nervousness. Subsequently, youngsters must read or hear the data about COVID-19 through a reliable source like a news channel. It will spread more awareness among them. They will not only understand why we are still practising social distancing but also make them understand a wider picture of COVID-19. Parents or adults should talk to their children regarding their life and difficulties. This will provide them emotional support in the prevailing negative environment.

Moreover, every single young mind must know how to manage their emotions without depending on others. They should participate in the activities they love to do. It will keep them distracted from the stress. Indulging in more physical activities have always been the best remedy to cope with distress. Meditation is the key activity for anyone at any age to balance their mental health. It makes an individual calmer and more efficient. In this pandemic, if youth inculcated these practices in their life, they would be relied upon to succeed better in the future.

Protecting and maintaining the mental health of people in the future is only possible when the pandemic will end completely. Though no one can go back and normalise the situation, everyone can start from now to make a better and healthier life. Although it is impossible to bring back our loved ones who lost their lives due to coronavirus, suicides, hypertension and various other factors of pandemics. Every youngster must understand the need for investment and savings for unexpected and unpredictable times. It is said that "One should remember that life's greatest lessons are usually learned at the worst times and from worst mistakes". Many people lost great opportunities but one should never give up on their dream.

CONCLUSION

The COVID-19 pandemic impacted the psychological health of adolescents as many students from school, colleges reported to family members, friends, psychologists and took part in interviews. They confronted how badly their mental health is affected in this awful time. Pandemic posed an unprecedented threat to the mental health of individuals across the world. Overall, results from the study suggest that the Covid-19 outbreak and lockdown heightened the issues and grievances regarding mental disorders among adolescents. The pandemic resulted in the increased mental distress and instability such as stress, anxiety, depression due to the fear of contamination, grief and loss of loved ones, lockdown, no physical activity, no social contact, increase in screen-time, overuse of social media and internet, domestic violence, transform to virtual studies from the traditional one, poor finances. This led to increasing in alcohol consumption and suicide rates. There is a need for the reliable and latest information about the pandemic. More research and counsellors at educational institutions are required to

rebuild a positive mental attitude among adolescents. More specific research is required on youth mental disorders during the time of pandemics

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HISTORY OF THE JOURNAL

The idea to launch this Journal was discussed in December 2016 by the former Officiating Principal, **Dr. R. P. Rustagi** with **Dr. Santosh Kumari**, the Editor of the Journal. Since the idea appealed to **Dr. Santosh Kumari**, she took the initiative to contribute to SRCC by creating this new academic research Journal and took the responsibility for its Creation, Registration, License and ISSN (International Standard Serial Number) etc. along with *Editorship*. Therefore, **Dr. Santosh Kumari, Assistant Professor in the Department of Commerce, Shri Ram College of Commerce** was appointed as the Editor of the Journal vide. Office Order – SRCC/AD-158/2017 dated March 14, 2017. She meticulously worked hard in creating the concept and developing the structure of the Journal. She introduced the concept of COPE (Committee On Publication Ethics) to maintain the high academic standards of publication.

On behalf of SRCC, **Dr. Santosh Kumari** made every effort in seeking License from Deputy Commissioner of Police (Licensing), Delhi to register the Journal at "The Registrar of Newspapers for India, Ministry of Information and Broadcasting, Government of India". The paper work for seeking license started under the former Officiating Principal, **Dr. R.P. Rustagi** on March 27, 2017. The foundation Issue of the Journal "**Strides – A Students' Journal of Shri Ram College of Commerce, Volume 1, Issue 1, 2016-17**" was successfully released on the 91st Annual Day of SRCC held on April 13, 2017 by **Shri Prakash Javadekar, Honb'le Union Minister of Human Resource Development, Government of India**. The title of the Journal got verified and approved by the Registrar of Newspapers for India, Ministry of Information and Broadcasting, Government of India on April 21, 2017. On September 1, 2017, **Prof. Simrit Kaur** joined SRCC as Principal and signed each and every legal document required for further processing and supported **Dr. Santosh Kumari**.

On December 18, 2017, the College got the license "**License No. - DCP / LIC No. F. 2 (S / 37) Press / 2017**" to publish 'Strides – A Students' Journal of Shri Ram College of Commerce'. Due to change of Printing Press, the License got updated on March 09, 2018. On April 26, 2018, the SRCC Staff Council unanimously appointed **Dr. Santosh Kumari as the 'Editor of Strides'** for the next two academic years.

On April 27, 2018 (The Foundation Day of the College), **Dr. Santosh Kumari** submitted the application for the registration of the Journal. On May 04, 2018, the SRCC received the '**Certificate of Registration**' for "**Strides – A Students' Journal of Shri Ram College of Commerce**" and got the **Registration No. DELENG/2018/75093** dated May 04, 2018. ***On behalf of Shri Ram College of Commerce, it was a moment of pride for Dr. Santosh Kumari to receive the 'Certificate of Registration' on May 04, 2018 at the Office of Registrar of Newspapers for India, Ministry of Information and Broadcasting, Government of India (website - www.rni.nic.in).***

On May 07, 2018, **Dr. Santosh Kumari** submitted the application for seeking ISSN (International Standard Serial Number) at "ISSN National Centre – India, National Science Library, NISCAIR (National Institute of Science Communication and Information Resources). Weblink - <http://nsl.niscair.res.in/ISSNPROCESS/issn.jsp>". Finally, the College received the International Standard Serial Number "**ISSN 2581-4931 (Print)**" on **June 01, 2018**.

We are proud that this journal is an add-on to the enriched catalogue of SRCC's publications and academic literature.

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RELEASE OF FOUNDATION ISSUE OF STRIDES



The foundation issue of the Journal "Strides - A Students' Journal of Shri Ram College of Commerce, Volume 1, Issue 1, 2016-17" was successfully released on 91st Annual Day of SRCC held on 13th April, 2017 by Shri Prakash Javadekar, Honb'le Union Minister of Human Resource Development, Government of India.



SHRI RAM COLLEGE OF COMMERCE

University of Delhi, Maurice Nagar Delhi - 110 007

Phone: 11 - 27667905 Fax: 11 - 27666510