



NEW INSTITUTE OF SOCIAL COMMUNICATIONS RESEARCH AND TRAINING
(A Media College of CBCI)

Beneath the Grey Sky: The Human and Economic Cost of Delhi's Air

Sameer and Samuvel

On November 18, hundreds of Delhiites gathered at Jantar Mantar, a historic site for civic demonstrations, to voice their frustration. The protest was led by students from Jawaharlal Nehru University, Delhi University, and Jamia Millia Islamia, joined by concerned citizens, parents, and environmental activists. Many wore industrial-grade masks and carried placards with slogans like: "Delhi ICU mein hai, sarkar kahan hai?" (Delhi is ICU, where is the government?), "Carry your own air and water" "Clean air is a right, not a privilege"

These messages reflected the growing despair and anger over the government's perceived inaction and the unequal access to clean air, especially as reports surfaced that air purifiers were being installed in government offices while the general public continued to suffer. The protests highlighted how children, the elderly, and those with respiratory conditions were disproportionately affected. Students emphasized how their daily routines, studies, and mental health were being disrupted. One protester noted, "The quality of life is finished in northern India," pointing to the broader regional implications.

Impact of Air Pollution on Health

Air pollution is one of the leading threats to global public health, responsible for millions of premature deaths annually. Urban centers in developing countries are particularly vulnerable, with Delhi-NCR consistently ranking among the most polluted metropolitan regions worldwide. Seasonal smog events, driven by traffic, industry, construction dust, and biomass burning, routinely push particulate matter (PM) concentrations far beyond safe levels. The World Health Organization's Air Quality Guidelines (AQGs) recommend annual and 24-hour PM2.5 limits of 5 and 15 µg/m³, respectively, reflecting evidence of health risks even at low exposures. In contrast, India's Central Pollution Control Board (CPCB) prescribes higher 24-hour thresholds of 60 µg/m³ for PM2.5 and 100 µg/m³ for PM10, where limits frequently exceeded in Delhi.

As Delhi-NCR grapples with a continued spell of hazardous air quality, doctors across specialties are reporting a surge in complaints



Photo Credit: Priyanshay

Delhi and NCR AQI by Place (Real-time data on 19/11/2025)

The following table provides real-time AQI readings for various locations in Delhi and the National Capital Region (NCR):

City/Location	AQI (US/India standard)	Air Quality Status	Main Pollutant
Ghaziabad	728	Hazardous/Severe	PM2.5, PM10
Noida	582	Hazardous/Severe	PM2.5, PM10
Delhi (Overall)	530	Hazardous	PM10, PM2.5
Greater Noida	488	Hazardous/Severe	PM10
Defence Colony	405	Hazardous/Severe	-
Anand Vihar	438	Hazardous	PM2.5
Punjabi Bag	399	Hazardous	-
Vivek Vihar	406	Hazardous/Severe	-
Gurgaon(Overall)	252-352+	Severe/Hazardous	-

of fatigue, lethargy, poor sleep and overall drop in energy levels. Health experts warn that escalating pollution levels are not only harming the lungs but also draining the body's ability to function optimally. PM2.5, in particular, is highly toxic and can penetrate deep into lungs, can easily reach the bloodstream and its build-up in the body following prolonged exposure has been linked with several serious conditions including metabolic and cardiovascular diseases, neurological issues and even cancers. Dr Arvind Kumar, Thoracic (Chest) Surgeon & Lung Health Specialist, Medanta Hospital, said that hospitals are seeing a spike in cases related to

effect of pollution. While talking to ANI, Dr Arvind Kumar described how hospitals are overwhelmed with respiratory cases, especially among children, due to air pollution. It includes symptoms like cough, cold, fever and difficulty breathing. As Delhi-NCR's pollution crisis deepens, the burden of fatigue may become yet another silent but significant public health concern this winter.

Impact of Air Pollution on Economy

As winter deepens in Delhi in 2025, toxic air has once again pushed the city into a state of caution and slowdown. The Air Quality Index (AQI) remains locked in the "severe" category on most

days, forcing residents indoors and tightening restrictions on movement and industrial activity. The impact on the economy has become increasingly visible, especially across small and medium businesses that depend on daily footfall, supply chains, and uninterrupted labour.

Retailers in local markets report sharp drops in customer traffic, as families avoid stepping out in the smog-filled environment. Manufacturing units, already under seasonal pressure, face unpredictable shutdowns due to pollution-control orders. Logistics and delivery firms are stretched thin, with visibility issues and road restrictions slowing movement. Business owners say this year's crisis has not only affected sales but also long-term planning and workforce stability. The growing absenteeism in workplaces, combined with rising health-related expenses, has added another layer of financial stress on companies. Economists observing the situation warn that if these patterns continue, Delhi's business ecosystem may face deeper disruptions affecting growth, employment, and service operations across the NCR region.

Major Source of Air Pollution

Delhi's air pollution comes from several major sources. Vehicles release harmful gases and fine particles like PM2.5 and PM10, while road dust from soil, broken roads, and tyre wear gets stirred up by traffic. Construction work also adds to particulate pollution through demolition, digging, and cement mixing.

Pollution from neighbouring states worsens the situation, especially smoke from stubble burning during winter. Industrial emissions and thermal power plants, especially coal-based ones, further release particulate matter and toxic gases. Together, these sources create the severe air quality problems seen in Delhi and the NCR.





NISCORT Celebrates National Press Day

Nishikant Toppo

On November 16, India celebrates National Press Day, honouring the essential role of a free and responsible press in our society. The media is often referred to as the fourth pillar of democracy, playing a crucial role in shaping public opinion, driving development, and holding power to account. As a powerful tool for progress, it is essential that the press remains free from bias and upholds its duty to inform and educate the masses. For years, the media has been at the forefront, safeguarding the interests of millions and fostering transparency. National Press Day (16 November) marks the establishment of the Press Council of India in 1966 under the



Photo Credit: ChatGPT

Indian Press Council Act, 1965. The 1965 Act was later repealed in 1975, and a new Act, was subsequently enacted. Under this new legislation, the Press Council of India was reconstituted in 1979. Established as an independent body, the PCI's primary role is to ensure that the press maintains high standards of journalism while remaining free from external influences. The idea for the Council was first proposed by the First Press Commission in 1956, which emphasized the need to protect press freedom and promote ethical reporting. National Press Day 2025 celebrates the vital role of a free, responsible, and independent press as a pillar of democracy, emphasizing its contribution to transparency, accountability,

and public awareness. With landmark initiatives such as the Press and Registration of Periodicals Act, 2023, and the fully digital Press Sewa Portal, the government has modernized and simplified the registration process, fostering ease of doing business for publishers. The Press Council of India and Press Registrar General of India's continued efforts to uphold ethical journalism, promote inclusivity, and engage internationally reinforce India's commitment to a vibrant media ecosystem. This day serves as a reminder of the enduring importance of press freedom in strengthening democracy and empowering citizens. National Press Day 2025 stands as a tribute to the media's unwavering dedication to informing and educating the nation.

Bihar Election 2025: An Overview



Photo Credit: GettyImages

Taiyab Tahir

The Bihar Assembly election has become an important event for the state. People from cities, towns and villages came out to vote and choose their new government. This year, most voters talked about development, jobs, safety and a stable government. Many young and first-time voters also took part, which made the election even more active. During the campaign, development was the main topic. Leaders from different parties spoke about roads, electricity, water, schools and hospitals. They also promised to bring more jobs and business opportunities. Opposition leaders pointed out the problems that still exist, like lack of jobs, rising prices and migration of workers to other states. Because of these different views, voters had clear choices based on what they feel and see in their daily lives.

For young people, unemployment was the biggest worry. They want better education, skill training and digital facilities so they can find good work. In villages, people focused on farming support, better roads, clean water and good quality schools. Many women said they want better safety and stronger welfare schemes. Law and order was another major issue. Voters said they want a government that can maintain peace and deliver schemes on time. Many people also talked about corruption and hoped for honest leaders who work for the public. Security forces were present in sensitive areas to ensure peaceful polling. Most polling booths reported good turnout, with many young and new voters taking part for the first time. As counting day comes close, all parties are waiting for the final results. Experts say the outcome will depend on the support of youth, women and rural voters. No matter which party wins, one message from the public is clear. People want progress, good governance and real opportunities for a better life. The Bihar election shows that people in the state are active and hopeful. They voted with expectations that the next government will solve their problems and lead Bihar towards growth and a brighter future.

NISCORT Hosts a Singing Competition



Photo Credit: NISCORT Production

Darien Decastro

NISCORT celebrated its vibrant cultural spirit by hosting an exciting Singing Competition on 31st October 2025. The event, now a much-awaited annual highlight, brought students together for an evening of music, creativity, and artistic expression. Participants presented a wide range of performances, from classical melodies to modern hits, showcasing diverse musical interests and exceptional talent. The competition was filled with engaging performances, each artist contributing a unique style, making the evening both entertaining and memorable. After a series of powerful presentations, Binoton E secured first place with an outstanding performance that impressed both the judges and the audience. His vocal skill, stage confidence, and emotional depth distinguished him as the top performer. Second place was jointly awarded

to Jobin P Thankachan and Jabez DeCastro, whose remarkable performances captivated listeners and made the judging process highly competitive. Their musical choices, expression, and command of the stage earned them well-deserved recognition. Third place was shared by Salil Horo and Charanjeet Kaur, who delivered performances filled with passion and creativity, adding depth and diversity to the event. The competition was judged by Dr. Patricia Michelle Mathias and Sushil S Lall, both respected experts in music and performing arts. Their insightful evaluations provided valuable guidance and encouragement to students. The college expressed gratitude to the judges and all participants for creating an uplifting and memorable experience. Events like this continue to strengthen Niscort Media College's cultural identity, inspiring students to explore and share their artistic talents.



Photo Credit: NISCORT Production

Video Production Workshop at NISCORT

Salil Horo

NISCORT media college recently hosted a one-day video workshop for MAAVC and DPC students, providing a unique opportunity for them to hone their skills and showcase their talents. The event was a resounding success with students learning the convolutions of video production and gaining valuable hands-on experience. The day began with an

outdoor shoot, where students learned the art of capturing different angles and shots, under guidance of experienced instructors, the students were able to experiment with various techniques and learn how to think creatively. The outdoor setting provided a refreshing change of pace, allowing students to connect with nature and capture stunning visuals. In the afternoon, the students moved to the studio where they learned the techniques

of shooting in a controlled environment. The session led by esteemed faculty members Sir Deepak and Sanjay, focused on helping students build their confidence and platform their talents. The students were given the opportunity to sing, share testimonies and participate in other activities that helped them to overcome their inhibitions and shine. The workshop was a valuable learning experience for the students, providing

them with a platform to explore their creativity and develop their skills. The event was a testament to NISCORT media college's extraordinary commitment to providing its students with hands-on training and industry-relevant skills. The students left the workshops feeling inspired, motivated and equipped with the skills and confidence to their passion for video production to the next level.



The 2025 edition of the India International Trade Fair in Delhi spotlighted Jharkhand as the Focus State, celebrating its 25th year of statehood and showcasing tribal crafts, lacquer bangles and rural entrepreneurship. The Fair's Partner States included Uttar Pradesh, Rajasthan, Maharashtra and Bihar, each presenting regional specialities and craft-heritage exhibits. On the international front, 12 countries, including China, United Arab Emirates, South Korea, Iran and Egypt, joined the platform, extending its scope into a global marketplace. This trade fair united commerce, culture and innovation under the theme "Ek Bharat – Shreshtha Bharat."



Photos Credit: Nishikant Toppo and Alex Kujur



Ink and Imagination

Photo Gallery



This street tells a hundred stories in a single frame. The old walls, the crowded signboards, the tangle of wires – it's imperfect, unfiltered, and full of character. A glimpse of the everyday hustle that shapes the city.

By:- Jabez Decastro (BAJMC 5th Semester)

In the calm of a neatly arranged store, everything feels intentional. The quiet lights, the clean lines, the outfit standing still – it's a moment of simplicity in a world that's always rushing.

By:- Jabez Decastro (BAJMC 5th Semester)



Between passing feet and everyday noise, a craftsman offers skill and a story.

By:- Darien Decastro (BAJMC 5th Semester)



Tiny red stars gathering sunlight – a splash of joy in the green

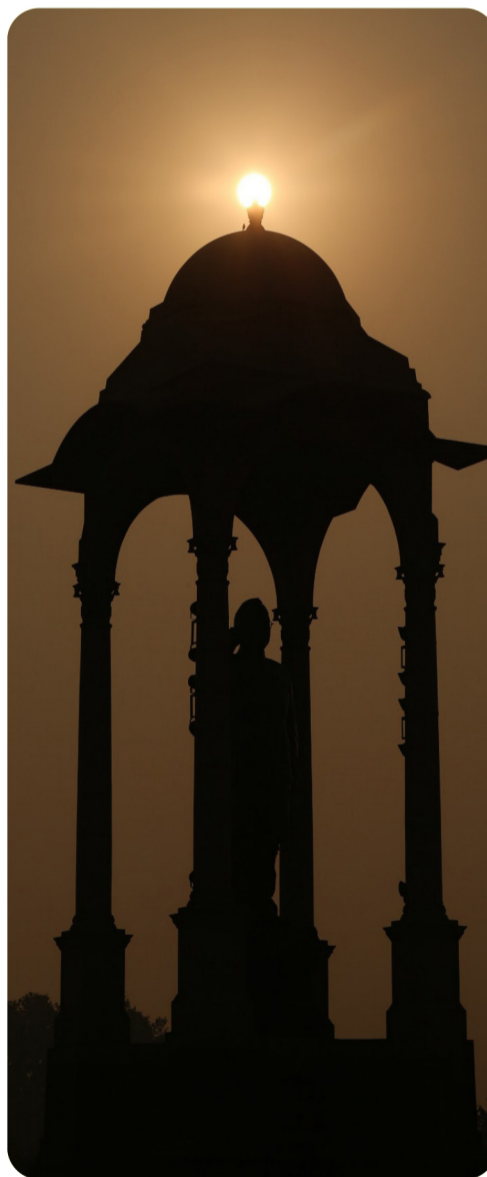
By :- Darien Decastro (BAJMC 5th Semester)



By:- Darien Decastro (BAJMC 4th Semester)

Photo

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By:- Shajan Maria Micheal (MAAVC 3rd Semester)



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“Every artist was first an amateur.”

by Ralph Waldo Emerson