



science. It will change the way we look at this world. Some of the most recent advancements in the field of AI include Speech Recognition, Biometrics, Virtual Learning, and Decision Management. We may have not yet completely seen the biggest AI achievement but we can say that AI isn't just the future of technology, it's the present too.

Can Artificial Intelligence be considered dangerous?

Any scientific advancement can be used to create chaos. Technology has taken a much wider turn in our world. So yes, Artificial Intelligence can also be used in a negative and dangerous way if it falls into the wrong hands. Some of the most common and real dangers of AI include:-

1. Privacy Invasion: Privacy is a legal right that

every human deserves. However, there is a possibility of it being threatened due to Artificial Intelligence. The data gathering abilities of AI also mean that a timeline of your daily activities can be created by accessing your data from various social networking sites.

2. Autonomous Weapons: We are all quite familiar with the movie "Age of Ultron" where the robot takes over the human race. It may sound unrealistic but killer robots are a very real possibility and a threat to our world. Killer robots are military robots that can search for their targets and eliminate them. Destroying these robots would be very difficult. Keeping this issue in mind, it was decided in 2018 that the final command would have to be given by a human in the case of killer robots. However, this problem can easily be increased with the further advancement of technology.

Even after carefully examining the pros and cons of AI, nothing is certain. The future is uncertain. It may bring about advancement in power, advancement in medicine, or it may affect the human race adversely, and that future will be here faster than we think.

Dipasha Choudhry
BBA (B)

Emerging Challenges For E-Commerce Startups

E-commerce or Electronic Commerce involves buying, dealing, selling and ordering of goods and services through the internet. In simple words, it can be referred to as "doing business online". E-commerce is a modern business methodology that addresses the needs of organizations, consumers, and merchants to cut costs while improving the quality of goods and services and increasing the speed of service delivery. Some of the unique features of e-commerce include its worldwide reach, interactivity, customization, and universal

standards.

The evolution and rise of e-commerce have had a remarkable impact on the traditional way of doing business. It has brought the consumers and producers closer together along with increased profitability by cutting and eliminating many of the costs previously encountered. E-commerce draws on technologies such as electronic funds transfer, supply chain management, mobile commerce electronic data interchange (EDI), etc.

But despite of the rising opportunities, every business is bound to face challenges and limitations. Following are the most common challenges that E-commerce bears:-

1. *Lack of trust:* Consumers are hesitant and reluctant to purchase goods through the internet due to obvious reasons. It's convenient for the consumers to buy goods and services from a physical store rather than a paperless and faceless electronic world. The presence of risk factors in the business causes consumer to feel unsafe in means of privacy and accountability.
2. *Lack of Information:* Many people are deprived of the basic knowledge of the internet thus making them fear the use of something they don't know. Lack of Information restricts a large number of people from using the internet and understanding online transactions. Some people find the system to be illegitimate. Some are not comfortable sharing their personal/confidential information online.
3. *Data Security:* Security issues are a threat than we realize. Fraudsters post spam and attack the web host server, infecting the websites with viruses. They get access to our personal details and confidential information including credit card details, property papers, etc.
4. *Product return and refund:* A survey by UPS confirmed that 63% of the Americans check the return policy before buying a product online. This clearly indicates that the e-consumers are conscious of return and refund policies. When a product is returned, whether due to a dissatisfied customer or a damaged product, the company incurs huge losses due to shipment and delivery costs. Logistic and shipping costs have always been huge problem-causing factors for e-commerce sellers.
5. *Payment Issues:* If the consumers cannot find their favored mode of payment, they are more likely to leave the cart. Presently, the most common payment options are Paytm, Paypal, UPI, etc. As an outcome, digital payments are speedily overtaking hard cash and cards as the chosen way of payment.
6. *Staying up to date:* The trendsetters are the big brands, they are the ones who bring innovations and creativity causing the smaller companies to play catch up, which most of the time is capital intensive or way above their reach. A new company looking to withstand the test of time in the e-commerce industry will have to do whatever it takes to stay up to date with the latest technological advancements and scopes. One of the ways to tackle this challenge is to team up with the right advanced partners so the work effort is reduced.

Thus, even with these endless challenges and limitations, many e-commerce startups have flourished within the last few years. No business ever survives without a risk factor. However, it requires outstanding strategies to survive in the e-commerce competition. Hence, with the right amount of hard-work, strategies, and research, all the challenges can be addressed

Dipasha Choudhry

BBA (B)

Biden-Harris Administration and Its Ties With India

India has been watching the US presidential elections very closely and Indian enthusiasm on Harris, an Indian-American, becoming the first female vice-president of the United States and shattering glass ceilings is understandable. It is a heart-warming story in which Indians somehow see themselves as participants. The way in which Indian mainstream and social media had (largely) interpreted the win for Biden-Harris ticket, gave an impression as if Trump was standing between a close relationship between India and the US.

Now talking about the Indo-US ties on various fronts, firstly Joe Biden as the Vice President during the Barack Obama administration, played a critical role in the US-South Asia strategy. Furthermore, the Biden administration will likely maintain the positive momentum in areas like defence and counterterrorism. Trade will continue to cause friction. The three areas which may see changes are- less pressure on skilled immigration; renewed cooperation on climate change; and greater friction over U.S. commentary on India's domestic social issues.

The two sides will see continuum and further strengthening on various fronts, particularly on the Indo-Pacific front. An initiative that first took shape

during the Obama administration as a vision document on 'Asia Pacific' to counter Chinese inroads in the region. While the nomenclature changed from "Asia-Pacific" to "Indo-Pacific", the substance and motives remain the same.

One important thing to understand is that this doesn't mean it'll all be roses for US-India relations under Joe Biden. His administration's probable willingness to criticize India on rights issues, a likely harder line on Russia, a possibility of Joe Biden pursuing some modest cooperation with China at a moment when India-China tensions are at a fever pitch-this all highlights some challenges that await. Also, while Joe Biden might not be as aggressive as Donald Trump on the China front, the stand on Beijing has taken such a dimensional turn that overturning the policy would hardly be in Washington's favor. Therefore, the US will continue to be tough on China.

Lastly, the two sides would also look at a comprehensive trade deal at a time when they recognize the need to create 'supply chain resilience' in wake of the coronavirus pandemic.

Kushal Jhamb

B.Com I

Types of Economic Recovery and India

During covid 19 Indian economy was affected adversely. As the lockdown was eased, more of the organized sector was able to restart business but not the unorganized sector. Many businesses in the organized sector too have not been able to recover to last year's level, such as education, health, hotels, airlines, travel, and tourism. This has knock-on effect on all

kinds of small producers. Further, Employment is hit and that means demand in the economy also does not recover and especially for the produce of unorganized sector. Here is an interesting description of economic recoveries associated with various alphabets.

V-shaped economic recovery:-There can be a sharp contraction in the economy before it

experiences an equally sharp recovery to pre-recession levels.

U-shaped economic recovery:-This means the economy remains depressed for a longer period, possibly for several years, before growth starts to pick up again.

W-shaped economic recovery:-W-shaped recessions throw up surprises and are also known as 'double-dip' recessions. This is because, at first, it can look like an economy is undergoing a V-shaped recovery before it plunges into a second, often smaller, contraction before fully recovering to pre-recession levels.

L-shaped economic recovery:-An L-shaped recession and recovery is seen as the worst-case scenario. Although the economy returns to growth it is at a much lower base than pre-recession levels, which means it takes much longer to fully recover.

Z-shaped economic recovery:-This is the most-

optimistic scenario in which the economy quickly rises like a phoenix after a crash. It more than makes up for lost ground (think revenge-buying after the lockdowns are lifted) before settling back to the normal trend-line.

K-shaped economic recovery:-K-shaped recovery occurs when, following a recession, different parts of the economy recover at different rates, times, or magnitudes. This is in contrast to an even, uniform recovery across sectors, industries, or groups of people.

During pre covid times our economy had shown V shaped recovery and when lockdown relaxed economic recovery showed more of W or U shaped recovery (many years required for growth) but now the recovery is K-shaped.

Chahat Jagota
B. Com I

Farmers' Suicide

Farmers are the backbone of the Indian economy. But most of the time they are neglected. The number of deaths of farmers in every state of India is increasing. And this shameful menace needs immediate government action. The agricultural sector should be valued more than before to stop this.

Indian farmers, in most of the cases, cultivate on someone else's land. In return, they're supposed to give half of their crops to the landlord. They also borrow money from moneylenders at a high-interest rate. After all their hard work, they are left with nothing in their hands. In the next sowing season, they borrow more money to cultivate again. In this way, they step into the neverending cycle of interest. It leaves them with no option other than death.

After the farmer's death, his son becomes the bearer of the high interest loan. He works hard and is tired all the time, exhausted with no money left to run the family. Mediators also take the benefit of the farmers' illiteracy and buy their crops at lower rates. Though the government is trying to help them through various schemes, most of these are unknown to the farmers.

The government should give money to the farmers at lower interest. Farmers should be able to sell their crops directly to the people at a reasonable price through a common platform provided by the government. The government should also help them with new types of machinery that will help them cope with their competitors.

Divyansh Rathore

Transformational Leadership

Transformational leadership is the modern leadership approach of managing an organization. It majorly highlights the needs and wants of other individuals instead of just focusing on the selfish desires of the leader. It is somewhat related to the servant leadership style, however in every approach there are different objectives. It revolves around the organizational goals and the commitment of the followers towards the achievement of such goal.

Transformational leadership is very much different from transactional leadership style as it also considers the organizational culture. On the other hand the latter hardly looks upon the culture or think of any ways to alter it. They just tend to work as they usually do within the existing environment. In opposition to this, under transformational leadership, the leaders practice to bring a change in the existing organizational culture in order to improve the workforce performance. The main agenda behind this leadership style is the charisma of the leader. It plays a vital role in bringing the change for betterment in spite of being an old concept.

Another significant difference between transactional and transformational leadership is the use of management techniques. The latter comparatively focuses more on the leading technique rather than the managing one. This leadership style was firstly conceptualized by the famous sociologist James Downtown Jr and later was made popular via a book on leadership written by a political scientist namely James MacGregor Burns in 1978. The reference of transformational leadership in the book was further initiated and described by Bernard M Bass.

There are numerous traits that should be embedded in a leader for him to become a transformational leader. Firstly, he should be

charismatic i.e. someone who can easily influence others with their aroma and idealized nature. Such leaders act as a role model for their followers and they blindly follow order to achieve the target. Next, the leader should be highly inspirational. He should be able to motivate others and should be able to develop a feeling of strong commitment in the heart and mind of the followers.

Transformational leaders are considered to bring a unique and untouched change in the culture either by changing the viewpoint or by bringing a new vision for the organization. Such leaders should be intellectually stimulated so that they can analyze the needs of the followers and find ways to subordinate the individual interest to the organizational interest. They should be challenging and risk takers. Those who think outside the box and promote creativity turn out to be great transformational leaders. Also, they must encourage others to take initiative in bringing new ideas so that the thinking process is done at all levels of the organization. This helps the management in identifying vast areas of possibilities for discovering new opportunities and changes.

Transformational leadership is not restricted to business management only; it can be used in almost any area such as entertainment, school, politics, finance, technology or any other service industry. Thus, it can be said that transformational leadership has a very wide scope. The most essential component of this approach is that there should be a remarkable impact on the environment whether internally or externally. There should be the presence of a said change for the upgradation of the current scenario.

Nishtha Nayyar

M. Com II

Financial Aid for Students

Students throughout their school and college life require money for acquiring various means to study. This generates the need of financial aid for a student. This aid may be available in various forms such as loans, work study funds, grants and scholarships. Students can avail this opportunity to cut a major portion of cost incurring due to their studies. Financial aid encourages many students to continue with their studies who are not privileged to get good educational services due their poor financial conditions.

There are many types of financial aids available for students through which they can pass the financial barrier and acquire quality education. However, there might be cases where students do not know about such facilities and thus they fail to avail such financial aid.

Here is a brief description of some kinds of financial aid for students:

Scholarships

One of the most common sources of financial aid for students is scholarship. It is one of the best alternatives because the students do not need to pay back the scholarship amount. Both private as well as individual organizations offer scholarship opportunities to the students who perform exceptionally well in specific fields such as academics, sports and extra-curricular activities etc. Scholarships are also based on caste, race, financial background and religious or other affiliations. The authorities also conduct competitions such as essay writing or project for selecting the most deserving candidates for scholarship. Scholarships are offered right from the school level to university level. Students should participate in scholarship events like quizzes or Olympiads and grab maximum advantage from it.

Work Study

Sometimes institutions offer part-time work especially to their students in campus or some other place so that they can get an opportunity to earn for their educational expenses. The schools and universities employ students on work-study basis in many fields such as administrative centre, student centre, library, residence hall, athletic department, etc. This enables students to be financially independent and carry out their studies without worrying about arrangement of money.

Grants

Similar to scholarships, grants are also student financial aids which do not need to be paid back to the authorities. The Union and state government provide grants to specific students on the basis of their merit or need. Colleges and private funding organizations can also offer grants to students for financing their education. There are various kinds of grants which can help students for their financial aid.

Loans

Loans are the financial aid given to students by private or federal institutions for the purpose of meeting their financial needs to compete education. Loans have to be repaid along with the interest during the course as per the agreed terms and conditions. Education loans are comparatively cheaper than the other usual loans as here the rates are set as per the capacity of the students. Also, in some cases the students get the option to repay it once they start earning after completing their degree.

Institutional Assistance

Institution assistance means initiating the financial

aid for students by school itself. Many educational institutions offer scholarships, work-study facility, grants or loans to their students. During admission process, many institutions schedule entrance tests for the applicants and offer proportionate or full relaxation for academic fees to the top scorers. Apart from this, institutions also wave off fee for economically backward student up-to a certain percentage according to their policy of corporate social responsibility. These days it has become very important for the educational institutions to reserve seats for economically weaker section of the society. Moreover, many schools and colleges do so in order to increase their goodwill among other competitors.

Private Financing

There are many private organizations who offer loans to the students for financial aid. They make customised plans for the loan purpose which may have varied interest rates and repayment schedule. Private financing houses run on their own terms and conditions which may not always be in favour of the students.

State Aid

States provide assistance to the students who require financial aid and are a resident or a non-resident student of the state's college. It can be provided by the way of loans, scholarships or

grants. The state aid includes a whole systematic process of applying for the fund after filling a specific form by the students for the consideration.

Corporate Funding

Many business organizations support their employees if they are enrolled in some educational course and require financial aid. If the course is related to their job role then the employer often conducts loan forgiveness programme or gives tuition reimbursement. This serves a dual purpose i.e. the student gets its financial aid and employers get to work with more skilled individuals.

Students can avail more than one financial aid to have a smooth study life. They are eligible to carry on with their studies without thinking about the monetary requirement because of the above mentioned sources of financial aid specifically made for educational purpose. They just need to be aware of all these facilities so that they can apply for it timely. The State and Union governments do a lot for offering enough financial assistance to the needy and able students. Every institution has its own set of regulations regarding how and to whom they will render the fund. Overall, these funding programmes encourage the students to pursue higher education.

Vrinda Trehan
M. Com II

TYAGMURTI
SOCIAL SCIENCE SECTION

EDITOR'S Words

My Dear Students

It's a feeling of immense pleasure to see the reservoir of talent in you all. Through your writings you have shown your sensitivity towards pertinent issues traversing social, economic, political, psychological and other current topics. Your ability to translate your thoughts into the impactful writings you have submitted reveals that you may be young but are steadily moving towards an intellectual maturity that will one day do your alma mater and the country proud.

My best wishes to the budding power of youthful minds. May you all do well in life and achieve your dreams. I thank all students who have contributed through their perseverance and creative work to this issue of the college magazine. I hope the thought provoking content of the magazine will motivate more volunteers to contribute next year. Wish you all health, happiness and success in life.



Dr. Arvuda Sharma Mehta
STAFF EDITOR

Our Plastic Waste Problem; It isn't about Perfection

By now you've probably heard about the push to reduce single-use plastic straws around the world. Major corporations like Starbucks and even McDonald's are working on eliminating single-use straws from their stores. Some people are even choosing to carry around their own cups and carry bags. However, there is something bigger happening that I should address here.

People have to start paying attention to their garbage. Now, this might sound like a strange statement, but it is important. We can't just separate our recyclables (although it is a great first step). We have to start thinking more about how much trash we produce and what kind of trash we are producing.

And that's important.

Let's start simple, what would happen if we did jump on the plastic straw elimination train? Is it that hard? Could we bring others along with us? So, that's one thing we can do to reduce our plastic waste. It's small, it's not hard, and for most people, it's a good first step. But straws are a tiny fraction of the single-use plastics we consume. Plastic bags, plastic packaging, plastic water bottles, all these plastics that wrap and carry other objects have an enormous impact on the environment.

There are six very simple ways to start reducing our single-use plastics:

- Use reusable bags instead of paper or plastic bags.
- Bring along a reusable cloth instead of using paper towels or napkins.
- Carry your own travel cup or mug instead of



using paper or plastic cups.

- Grab some reusable utensils and containers to eat on the go.
- Ditch plastic water bottles for a reusable bottle.
- Eliminate plastic straws by using reusable glass or metal ones.

All we have to do is, start with just ONE HABIT. We don't have to take on every single thing on this list. Find the easiest one, start doing it, and once it becomes a habit, add the next habit to your list!

The moral here is, we don't have to give up everything to have a positive impact because it isn't about perfection; it's about the effort!

Sajan Bihal

B.Sc. I (Non-Med)

Honor Killing

'Unity in Diversity ' is one of the most flaunted slogans by the people in our country. We feel proud of our unity, but are the people of India truly united? Equality is the soul of everything. We can only feel united if we are equal, but when it comes to equality, our country's unity and every positive aspect collapses. Killing in the name of "Honor" is the biggest example of lack of equality. The main cause of honor killing in today's world is inter caste marriage or, just the will to get married. Young couples are killed brutally by their own relatives, their own blood, just because of this embedded inequality. India is a country where 'Mercy killing' is not practiced but killing for 'Honor' is considered acceptable.

What greater example of narrow mindedness can be encountered and what more can be said to prove the cruelty of a man than a person killing one of his own blood, his offspring, just because the person with whom she/he has fallen in love with is 'beneath them'. Being born into a particular family is a matter

of chance. So is it reasonable to judge someone on the basis of his background, without considering his upbringing, education, manners and morals? A human is known for his deeds, for his achievements which have got nothing to do with his caste or religion. Considering someone beneath or above you is illogical. Imagining just once that you could have been in his place surely would be enough to make you realize that we have no right to judge someone's decision about their life partner or someone's capabilities just based on their caste. One guilty of this cruel deed of killing for 'honor' should be severely punished to set an example for people who are narrow minded. Awareness is the remedy to every social evil. People should be made aware that "Our life is defined by the direction in which we move not by where we come from".

Rushali Walia

BA I

Cyber Security

Cyber security is the protection of systems, networks and programs from digital attacks. In today's digital world everyone benefits from advanced technologies, for which we need advanced security. However, implementing effective cyber security measures is becoming challenging today because attackers are becoming more innovative. Cyber security has multiple layers of protection spread across computer networks with programs which secure data that one intends to keep safe from such attacks.

Network security, application security and end point security are the most important elements of cyber security. Cyber security is important because the military, the government, corporates, financial and medical organizations transmit sensitive data



across networks. Cyber security describes the discipline dedicated to protecting that information and the system used to process it, so that unauthorized users can't access it. For example -A brute force attack uses trial-and-error to guess login info, encryption keys, or find a hidden web

page. Hackers work through all possible combinations hoping to guess correctly. This is an old attack method, but it's still effective and popular amongst hackers. This is because, depending on the length and complexity of the password, cracking it can take anywhere from a few seconds to many years. To keep yourself and your network safe, you'll want to take precautions and help others do so

as well. Both user behavior and network security systems will need reinforcement. You may use precautions like using the most complex password possible and removing any unused user accounts with high level permissions and you'll be safe.

Sakshi Hetta

B.Sc II (Non-Med)

Peer Pressure



Peer pressure is nothing but the demand that society has on you. It's their wishes and demands which will make you feel compelled to impress them. People pleasers or people who succumb to peer pressure are certainly not very different. Peer pressure plays a major role in enticing teenagers to start smoking, drink alcohol and use drugs. If one tries to escape from such habits, they are considered an outsider and “un-cool” by the people of their age. Peer pressure can be negative or positive. If a peer is pressuring you for a good cause then it is motivation. Motivation is essential for the growth of a person. On the other hand peer pressure for a bad cause will always lead you to a disastrous situation. People who pressure their peers try to impose their restrictions and conditions on the person.

It doesn't mean that peer pressure is totally wrong. One should be pressurized so that one can get motivated and prove oneself in the field. Peer pressure has both positive and negative aspects. A

positive one is that peer pressure is something which will greatly influence you to build your character and master a particular field. This will help you be a better person as well as a hard working competitor to those around you. A negative aspect of peer pressure is that it may lead you to do negative things. It can affect you as a human being. You will be prone to the side effects of being involved in these bad things. Although, if the person has the willpower to fight these negative effects, he will surely succeed. To conclude, we can say that peer pressure has its pros and cons but everything depends on how we take it. As stated above, if negative peer pressure is fought, the result can be a positive experience.

Aditi Gupta

B.Sc. II (Non-Med)

Importance of International **Education**

International Education is a dynamic term that involves the movement of people across a much wider platform. In layman's terms; studying abroad. Our country has seen a major change in the number of students going abroad to continue their studies. Why is international education so important? What is it that we can't study or learn while living in the same habitat as our own? It was William Fulbright who said that "International Education is our best opportunity to turn ideologies into human aspirations". The following are some of the most important benefits that we get out of International Education: -

Independence

Being independent means taking control of our lives. Leaving the place where we grew up always feels like an impossible task to deal with. We feel safe and familiar where we grow up. Our mind is trained in such a way that we're always reluctant to changes that may or may not happen around us. But as we know, we will never grow if we remain in our comfort zones. We will never see our full potential as long as everything comes easy to us. Being in a different city or country challenges us intellectually, financially, and most importantly emotionally.

Multilingualism

Multilingualism is the ability to speak multiple languages. This is one of the most important and obvious advantages of international education. The majority of people only know how to speak their mother tongue. Learning a new language is a challenging process as it includes the creation and appreciation of cultural awareness. It also adds academic and educational value, enhances creativity, and helps adjust to a certain society.

Increase in the confidence of students

One of the most important aims of any student in life is to gain more confidence and have thriving

self-esteem. International Education contributes a lot to achieve that. It leads to inadvertent opportunities, exposure to new and exciting cultures, and a potent influence. After interviewing a few students who have pursued studies outside their home countries, here is what I found:

Jessica Sodhi, a student studying in Canada says – "I feel like international education is fairly better because the opportunities come in a variety to choose from. There are so many life skills I've learnt being here and how to handle everything independently. The education system here is very specific to cater to your needs and helps you conquer any obstacle by allowing you to work during school and get modern experience."

Sanya Sapra, an undergraduate student is all ready to continue her bachelor's degree from Ohio Wesleyan University in Delaware. She believes – "The reason I chose to study in the States in a liberal arts University is simply that I don't want to be confined to a particular subject but emerge as an all-rounder. I have the flexibility to choose subjects and declare my major by the end of my sophomore (2nd) year. I believe NEP 2020 is bringing a similar concept to India and it'll be a game-changer for students willing to study abroad."

Tejaswin Rana, a student of Les Roches, Shanghai says that – "Being an international student has a lot of perks. I personally find it beneficial because I'm able to grow on a much bigger level. I think staying in my home country would have limited my exposure to certain growth opportunities. It not only helped me improve my multilingual skills but made me a little more open-minded as well. Also, being around people from all over the world helped me gain knowledge about different cultures.

Vast and diversified knowledge

As important as global competencies are to building a booming educational experience for our students and increasing the cultural understanding

of our people, they are also critical tools for individuals navigating a global job market. Every place has different cultures which play a huge role in expanding our knowledge and our mind-set.

There is nothing wrong with continuing studies in our home country. Every country has its resources,

growth opportunities, and commendable services. But one thing that only International Education can provide us is taking control of our lives and becoming the very best of ourselves.

Dipasha Choudhry
BBA II

MENTAL HEALTH IS NEW WEALTH

In recent times, people have started discussing mental health issues, but there is still a stigma attached to it. People feel uncomfortable sharing their problems with someone they don't know (they may have trust issues), or even to their own family and friends because they fear that people will judge them. They fear labels and being thought of as incapable to solve their personal issues or prudently manage their lives. When the person is unable to adjust to their changing environment, whether it is because they have negatively appraised situations like that before or because extremely sensitive emotions are attached to it, there are disturbances in the mind. When these issues are not addressed in its initial stages, it becomes severe and causes impairments in one or more areas of life. Mental Health issues arise because we face problems which cause worry, anxiety, stress, hatred, jealousy or depression.

Why do we have problems? We have them because our mind is not in the NOW. It is wandering in the past and worrying about future life events, obsessively thinking about them. Obsessive thinking creates a lot of noise in the mind, which a person can be unaware of. As a result, there is a decline in productivity at work. Our present moment is wasted again when we regret past decisions. Time we could utilize to fulfill our goals. Unfulfilled goals and expectations further become the cause of poor mental health. So this whole mental health issue is based on how our mind functions. All problems are the illusions of the mind. 'It is a superb instrument if used rightly. Used



wrongly, however it becomes very destructive.' To deal with problems regarding mental health, it is important for us to know the functioning of the mind.

As we all know, like our soul, our mind has no physical place in our body, but both of them can be felt. The mind has a very important role in all cognitive, behavioral and emotional activities of a human being. The mind drives us. It decides how we should feel, perceive and behave towards specific stimuli. However, we as humans also have the power to drive our mind. Every human has this power; they are just unaware of it. The most common mental health problems prevalent in the world are anxiety and depression. Psychological factors i.e. functioning of the mind is the main cause of these illnesses. In case of anxiety, the mind makes a false belief, assuming that the situation has

inflicted harm in the past, will do the same this time too. All we need to do is use our hidden power and change this belief by channelizing our negative thoughts into positive ones by creating a space between thoughts created by the mind and reality; by focusing in the now because the present moment is all we ever have.

Our mind registers everything we hear and starts generalizing it without giving it a rational thought. The mind creates a false self-image on the basis of what others think of us which may have been based on the judgment passed on one wrong decision made by us. We start identifying ourselves with our mind. This makes our thinking biased, distorted and prejudiced which is the major cause of all life problems. As we start believing all the negative things our mind tells us, we start losing faith in our capabilities. We may also seek social validation for our behavior and thoughts. In addition to that, to achieve a goal, our mind can generate such a repulsive force at our achievement oriented thoughts that we end up giving up on the task. For instance, if we want to make it a habit to walk in the mornings, our mind may start finding excuses like “The weather is not good”, “I am not feeling well” and so on. It just wants to relax. That's why it is always said to 'Train your mind to achieve your goals.'

Thoughts have the capacity to generate a particular kind of emotion. Suppose a child thinks that he forgets everything when he appears on stage. This will instigate stage fear within him, or anxiety. We

don't realize that we have the power to stop these involuntary thought processes. Visualization is the most effective technique that can improve our life and attract success and prosperity. 'Change the thought and the feeling must go.' This is the power of our subconscious mind. It depends on us whether we want ourselves to be caged by the mind or cage the mind and set ourselves free.

There are many people who have failed miserably in life but are now highly successful just because they do not allow their mind to create negative thoughts that loom over them. They use their emotional and spiritual quotient to calm down the noises of the mind. Along with this, several techniques are used by people for the effective functioning of their life. For example, watching the thinker which means listening to the voices in the head and being there as a witness. One should not judge or condemn what we hear otherwise this voice will come in again through the back door. Positive affirmations really help restructure old thinking processes which have been conditioned over years. Nothing can be achieved without belief and patience. We must believe that 'I have the potential to do it.' We must stand guard at the gate of our mind and not let any negative or self-destructive thought enter our mind, and then, no problem or thought will be able to affect your mental health.

Gazal Garg

BA III

Animal Rearing

Animal rearing is considered an associate business with agriculture activities in rural India. Animal husbandry is an integral component of Indian agriculture, supporting the livelihood of almost 55% of the rural population.

India is the highest livestock owner of the world and the majority of cattle livestock is available in rural India. It provides self-employment to millions of

people especially rural households. It has contributed significantly to the empowerment of women and has increased their income and role in society.

Cattle like cows, buffaloes, bulls and others are the primary animals in rural household. A cow is believed to be the mother of human beings in India. They are worshipped by all who believe this.

People believe that cows have mystical powers and can cure an injured person; all they have to do is take care of the cow and rub its skin. Part of this culture in India is that kids take their animals with them to a pond and places to graze in the evenings so that the animals can eat and bathe freely, enjoying their freedom and the beauty of nature.

These bulls, cows and buffaloes are the main livestock animals in rural India. Apart from these animals there are a number of animals which are a favorite of villagers, like goats, sheep, camels, horses and donkeys.

India is one of the oldest civilizations in the world. The people living in India have been domesticating animals like this for hundreds of years, so there are many myths and superstitions connected to these animals. For example, people who live in carts treat cows like their own family. This is why I believe in many superstitions about cows. People also believe

in superstitions about the other animals mentioned.

There are some other animals which the villagers in rural India are not familiar with. Villages which are situated near jungles or in isolated places have people who fear being attacked by wild animals. The villagers do not domesticate these animals and they stay away from wild animals.

There are so many animals which are familiar to human beings in rural India and they live in harmony with them, as if they are a part of the family. However, we can't forget that there are a number of animals which are still unfamiliar to or have never come in contact with humans. It is because of this that humans and wild animals are afraid of each other and don't live together.

Srishti

B.Sc. II (Non-Med)

SOCIAL MEDIA- WHAT IS IT DOING TO OUR BRAINS?

Social media validation is like that last piece of samosa, when guests arrive at home, you pretend like you don't want it but really you'd kill for a bite.

What's with this craving for validation on social media & what is it doing to our brains? We want to find out, but first, let me take a selfie...

How does it work?

It all comes down to your brain's chemistry. Specifically, Dopamine- the chemical associated with food, exercise, love, drugs and now social media! It is responsible for the connection we make between an action, and the feel-good reward that follows. Every time an action results in reward, these associations become stronger, and so you crave more.



How does it affect us?

It's addictive. While it may make you feel good, what about the effects of dopamine? Not so dope. You could actually become addicted to social media. It starts with "seeking", or reaching for your phone to post a picture. The "reward" comes when the likes start flooding in. And before you know it, you want more, and more. You can log out any time you like, but you can never leave.

Social and mental effects:

The average person spends at least 2 hours on social platforms every day. This excessive use leads to high levels of narcissism, anxiety & depression. People who spend more than 2 hours on social media per day have a higher tendency to report a

mental illness. A recent study found that if you are a teenager, using social media is like digging into a bag of chips, or winning money - you just can't get enough.

How are apps in on it?

The current market value of Facebook (which also owns Instagram and WhatsApp) is \$720 billion. But as everyone knows- "Facebook is free and always will be". That's because we aren't the customers - advertisers are, and our attention is what's being sold - for FREE.

This is the 'attention economy'. The average millennial checks her phone 157 times a day, and the four horsemen of the apocalypse - Facebook, Twitter, Instagram and WhatsApp- make money off of every second. From behavior - tracking

algorithms to the infinite scroll, these apps are built exactly like slot machines. You pull down to refresh and then wait with bated breath to see what you get.

A new follower? A new like? Nothing? Try again!

Social media has a lot of pros, but we need to know where to draw the line. It isn't about the likes, instead it's about how you feel if your post isn't getting too many of them. Life isn't an episode of 'Black Mirror'; there is actually hope. Instagram has reported that it would test hiding the like count from photos to get users to pay more attention to the content itself. It's time that we all wake up to the dangers of our own overuse, and start doing it for ourselves rather than for the 'gram!

Vrinda Kalra

B.Sc. II (Non-Med)

Some Interesting **Facts about Ramayana**

Lord Ram and the epic 'Ramayana' hold a very special place in Hinduism. It is believed that the original Ramayana was composed by Rishi Valmiki. However, many other saints and Veda pandits like Tulsi Das and Sant Ek Nath have composed other versions of it. The story is described in different ways, but the basic outline is the same. It is believed that the event of Ramayana happened between 4th century BC and 5th century BC. The Ramayana and the Mahabharata, make up the story repertoire of the Kathakali dance-drama of Malabar. The Ramayana was popular during the Mughal period (16th century), and it was a favorite subject of Rajasthani and Pahari painters in the 17th and 18th century.

The Ramayana contains amazing facts that no one knew about for many years. These facts amazed everyone who read them. Like Hanuman's bhakti for lord Ram and Sita; He ripped his chest to show the presence of lord Ram in his heart. The necklace was gifted to Hanuman by Sita Mata, and he broke

each pearl of the necklace, rejecting the gift. He said that he didn't accept any gift that doesn't contain lord Ram.

Facts about Sita Mata really amaze us. Sita Mata is an incarnation of Devi Lakshmi. She remained with Agni when the Ravan abducted her. A fact about Lakshman was that he never slept during Ram's exile. Also, a fact about Ravan was that he was cursed by Nandi and Lanka was destroyed by Hanuman in Vanar (monkey/ape) form.

Ramayana depicts the duties of people in a relationship, portraying ideal characters like an ideal father, an ideal servant, an ideal brother, an ideal husband and an ideal king. The Ramayana was an important influence on the Sanskrit poetry that came later as well as on Hindu life and culture.

Muskan Arora,

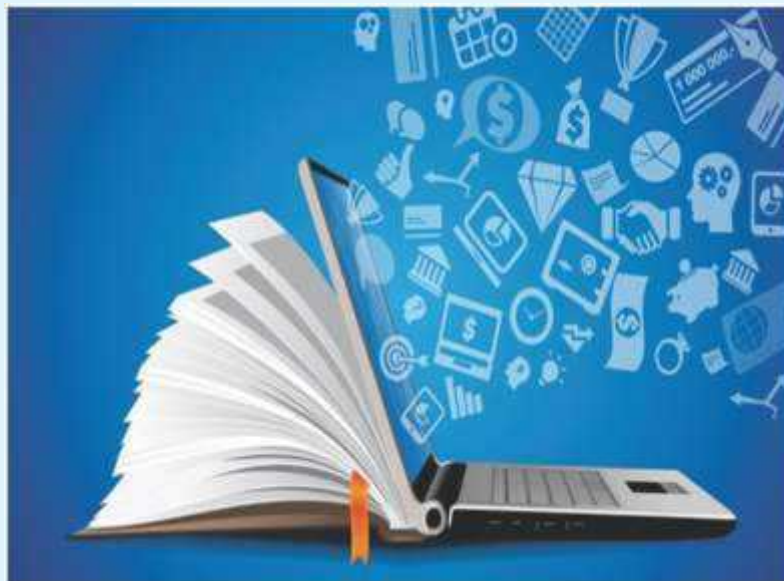
B.Sc. II (Med)

Pandemic Crisis: E-Learning

As we all know, we are living through a pandemic nowadays, i.e. COVID-19. This has created a big mess in everybody's life. The novel COVID-19 disease was identified in Wuhan city, China, in December 2019. COVID-19 has affected day to day life and is slowing down the global economy. Thus, the pandemic has affected thousands of people, causing sickness and taking lives as the disease spreads. It has also affected everyone's business and disrupted world trade and movements. Due to this, universities, colleges and schools worldwide have suspended classroom teaching and have switched to online teaching. Data has shown that COVID-19 pandemic lockdown has affected the academic performance of most participants with varying degrees.

Online education acts as a catalyst for reforming higher education. However, in order to have access to these online classes, everyone needs to have smartphones, laptops and Wi-Fi connections. Online learning has positive as well as negative effects. Considering the positives, it helps students continue their studies. The lockdown continued past March 22, 2020 in India, people have had more free time, and many have had no work load. A couple of months later and everybody is still confused about how they are to continue their studies and work. Work online acts as a catalyst for everyone to continue their work from home. It improves technical skills. We realize the actual purpose of the internet here via e-learning. We communicate easily with family and friends through video calls and messages.

Considering the negative effect, this increases the time spent on phones. Reduction of students' progress and success has been reported to be associated with taking online college courses,



instead of the traditional in- person ones. A current study showed that the most popular device that students use to access online materials is the smartphone, followed by laptops, while the least used tool is the personal computer. This result is in accordance with the results reporting that students use smart phones and laptops at the most, followed by iPads/tablets and then PC to access online mathematic lessons and also social media. The studying hours spent for online learning ranged from <1 h/day to 12 h/day. Other than live streaming, students can access the material online at any hour of the day, whenever convenient for them. This flexibility has helped some students better invest their time and efforts while it is considered a challenge to other students who cannot manage their own time. Our data showed that Zoom had the highest preference followed by Google classroom, while Microsoft Teams, Edmodo, Skype, and Google Meet were moderately used for learning online.

Sakshi Bharti
B.Sc. II (Non-Med)

What is LGBTQ?

LGBTQ is an acronym for lesbian, gay, bisexual, transgender, and queer. These terms are used to represent a person's sexuality or gender identity. A lesbian is a woman whose sexual interests lie in another woman, gay is someone whose sexual attraction is towards the person of the same sex, a bisexual is a person whose capability of forming a relationship lies with either the same sex or the opposite sex, transgender people have a different gender identity from the one they were born with and queer includes people whose sexual orientation is not entirely heterosexual. However, the Q in the acronym can also sometimes be defined as 'questioning', in which a person is still questioning their sexual orientation. A 2016 Gallup Poll estimated that 10 million of the US population identify themselves in the LGBTQ category and, according to coloradoan.com, more than 600 LGBTQ people have been killed in the US in the past two decades.

Over many years, People of LGBTQ community have been treated as a pariah and have been considered wrongdoers. They have been facing violence, discrimination, unequal healthcare, and injustice. There is a long list of violence that the LGBTQ have faced. In December 2019, a drop-in office of Sisters PGH- a transgender resource center led by "black" and transgender people were burned by an arsonist. In May 2020, a black transgender male, Tony McDade was shot and killed by Tallahassee Police. These are just 2 incidents in the long list of hateful crimes being done every day. Thus, it is safe to say that the LGBTQ community is still not completely accepted by the world and there is still a long fight we have to win for them.

Countries where homosexuality is illegal:

According to the International Lesbian, Gay, Bisexual, Trans and Intersex Association, the following are the various countries among the world where homosexuality is still illegal.

In North America and South America: -Antigua and Barbuda, Barbados, Dominica, Grenada (male only), Guyana (male only), Jamaica (male only), St Kitts and Nevis (male only), St Lucia, St Vincent and the Grenadines

In Oceania: -Cook Islands (male only), Tonga (male only), Tuvalu (male only), Solomon Islands, Samoa (male only), Kiribati (male only) and Papua New Guinea (male only)

In Africa: -Algeria, Burundi, Cameroon, Chad, Comoros, Egypt, Eritrea, Ethiopia, The Gambia, Ghana, Guinea, Kenya (male only), Liberia, Libya, Malawi, Mauritania, Mauritius (male only), Morocco, Namibia, Nigeria, Senegal, Sierra Leone (male only), Somalia, South Sudan, Sudan, Swaziland (male only), Tanzania, Togo (male only), Tunisia, Uganda, Zambia and Zimbabwe (male only)

In Asia: -Afghanistan, Bangladesh, Bhutan, Brunei, Indonesia, Iran, Iraq, Kuwait, Lebanon, Malaysia, Maldives, Myanmar, Oman, Pakistan, Qatar, Saudi Arabia, Singapore, Sri Lanka, Syria, Turkmenistan, UAE, Uzbekistan and Yemen

Has LGBTQ gained real acceptance?

Reading the above statistics, we can say that the LGBTQ battle is far from over, it is clear that the LGBTQ community has not gained real acceptance. Even in the countries where homosexuality is legal, the people in these categories are scared to come out. The reason is obvious; they are treated unequal, face humiliation, and fear the negative response from others around them. Love should never mean having to live in fear. People should be free to choose and have whatever lifestyle they want. According to an online survey done by Samaritans, Ireland; most LGBTQ people don't attempt suicide or self-harm and don't struggle with a substance abuse problem. However, continuous discrimination and harassment may cause stress

LGBTQ is an acronym for lesbian, gay, bisexual, transgender, and queer. These terms are used to represent a person's sexuality or gender identity. A lesbian is a woman whose sexual interests lie in another woman, gay is someone whose sexual attraction is towards the

person of the same sex, a bisexual is a person whose capability of forming a relationship lies with either the same sex or the opposite sex, transgender people have a different gender identity from the one they were born with and queer includes people whose sexual orientation is not entirely heterosexual.

Plastic Waste

Presently we all know that plastic waste is one of the biggest problems in the world. However, in India, Rajagopalan Vasudevan, who is also known as the “Plastic Man of India”, has introduced the concept of plastic roads. His plan is to build roads using plastic waste. Up until now, about 33,700 kilometers of plastic roadways have been made in India. For every kilometer, about 1 million plastic bags are used. Some advantages of plastic roads are the lower cost of construction, the longevity, and durability against elements like water.

In 2015, Adidas partnered with 'Parley for the Oceans' to turn marine pollution into sportswear. Adidas uses recycled plastic bottles as a replacement for virgin polyester. In 2019, Adidas made 11 million pairs of shoes with ocean plastic.

Despite these initiatives, the amount of plastic in water bodies still causes a loss of aquatic life. The animals eat plastic waste as if it was their food and after a while, they die.



In a survey, it has been found that micro plastics have penetrated tap water in countries across the world, with the study showing that 82% of the samples surveyed in New Delhi are contaminated with particles smaller than 5 millimeters.

So I urge you to avoid using single use plastics, or at least reduce how much of them you use.

Isha Chandel

B.Sc. II (Non-Med)

Interesting Facts

1) The hottest chilli pepper in the world is so hot it could kill you.

The weapons grade 'Dragon's Breath' chilli pepper is so hot it's downright deadly. If you ate one, it could potentially cause a type of anaphylactic shock, burning the airways and closing them up.

2) Mount Everest is now officially a little higher.

After years of debate, China and Nepal

finally agreed on a precise elevation for the highest mountain in the world, Mount Everest. The new agreed height of 8,848.86 meters (29,031.69 feet) was announced at a virtual ceremony. This is 86 centimetres higher than the measurement previously recognised by Nepal. It is more than four meters above China's official figure.

Gurjashanjot Singh

B.Sc. II (Non-Med)

Rape in India

In India, rape is the fourth most common crime. Now rape is not just a sexual intercourse with force, or with an individual who is incapable of giving legal consent, whether it's because they're a minor, because of a mental illness, mental deficiency, intoxication, unconsciousness or deception. In many jurisdictions, the crime of rape has been subsumed under that of sexual assault.

Rape was long considered to be caused by unbridled sexual desire. Although rape can occur within same-sex intercourse, it is most often committed by a male against a female. People have a sexual

intercourse in the name of love, but love will never force itself.

Forced sexual intercourse has been experienced by one in every five girls. Girls really need to be defended. There should be safety rules to save girls from this crime and people should teach their children, especially boys, that every girl should be respected as their mother, sister and/ or daughter.

Tanish Garg

B.Sc. II (Med)

Farm Bill

Farmers from Punjab, Haryana and some other parts are protesting against the new farming reforms. Opposition parties including Congress and BSP have opposed the agriculture sector reform bills, saying they were against the interests of small and marginal farmers.

The three laws are, the 'Farmer's Produce Trade and Commerce Act', the farmer's 'Agreement on Price Assurance and Farm services Act', and the 'Essential Commodities Act', which came into effect following the approval of President Ram Nath Kovind. Farmers from Punjab who are protesting against the new farm laws in Delhi are

suffering from deep economic stress and shrinking land holdings. The protest is against the new farm laws. They fear that they will lose income if the minimum support price for crops is withdrawn.

The government maintains that they will make it effortless for farmers to sell their produce directly to big buyers and the stated protests are based on misinformation. The Act provides for a farming agreement between a farmer and a buyer prior to the production or rearing of any farm produce.

Muskan Nagpal

B.Sc. II (Biochemistry)

Greatest Historical Mystery

How did people 4000 years ago build some of the largest, most iconic structures on Earth?

The oldest, the most famous and the largest pyramid is the Great Pyramid of Giza (146.5 meters) tall. It was constructed at the order of Pharaoh Khufu around 2560 B.C.E. Bit by bit, archeologists have been able to provide various mechanisms behind

the construction. It is believed that the journey across the desert was made easier by wetting the sand. However, the way stones were transported (lifted) and deposited into the shape of an enormous triangle is a mystery. Researchers believe that action would have involved a ramp of some sort, but that is a challenge because the ramp would've had to be very steep (an inclination of about 20 degrees) or

it would've posed a problem sustaining 2.5 ton of stone. At Hat nub, another rock, an Anglo French team found an unusual ramp that included advanced achievements. It was steep and flanked on both sides by staircases that are marked with recurring holes. It was noted that these holes

suggest a particular kind of rope and pulley system. Although, this ramp was cut into rock, so it couldn't have been used to build the Great Pyramid.

Shikha Sharma

B.Sc., II

The Advent of **Online Gaming**

“The Good, The Bad and the Ugly Side of Online gaming. What should Parents do?”

Online gaming or video games have undoubtedly become a typical pursuit of millennials. It has become a Global phenomenon that consists of different gadgets, video games, mobile platforms, and other services that supports its existence. In recent years, their popularity has exploded with the increased use of the internet.

Statistics reveal a sizable chunk of online gamers are adolescents, mostly below the age of 24. 59% of the gamers in India are below the age of 24.

Over the past few years, the digital world has witnessed a surge in the number of mobile gamers, and the expected figure is close to three billion by 2021. Easy access to online games makes it a swaying factor. Lockdown was a great example of something that encouraged the use of online games.

Online games are intrinsically addictive, their dynamic nature and ever-challenging environment irresistibly compel the player to engage in continuous loops until they accomplish a certain level. Anyone can play online games at their modern convenience, which further explains why these games are so addictive.

Millennials play more online games, thus exposing themselves to the grave repercussions that these games bear.

Being glued to their screens severely affects their eyesight. Several studies have convincingly demonstrated the negative relation between



depression, anxiety, and video games. Some online games are also competitive which increases the pressure on the child to outperform their peers and stresses them out if they get stuck on a level for too long, causing severe psychic-entropy.

Online games are synonymous with distractions and may pose a threat to life as was the case with the infamous game “Pokemon Go.” It became a global trend in 2016 when people went insane collecting “virtual eggs.” Its frenzy led to numerous accidents, and eventually, many countries banned it.

However, online games have adequately provided an ideal platform for players to make a profession out of gaming. They either compete against each other in dedicated tournaments to win cash prizes or live stream their games on platforms like YouTube and Twitch, thus building an audience. The platforms pay according to their view count or subscriber count. They are also open to donations. Establishing a significant following opens up a plethora of options for them to monetize their

gaming skills. Brands can sponsor their live streams or they can launch their clothing line (although that is a very broad domain).

Nevertheless, parents play a crucial role in supervising their children. Parents should be aware of the risk of online games. Transparency between the child and the parent is essential to prevent the child indulging in unethical or dangerous games. Parents should allot screen time for children to limit their use. Parents should also actively take part in discovering new activities for their child that better

intrigues them than online games.

All things considered, we can justly say that online games are sometimes a good group activity that should be played once in a while. However, getting into the habit of playing games online, or anything that may be addictive, is detrimental to optimal health.

Pratham Chawla

BBA I

**TYAGMURTI
JOURNALISM SECTION**

EDITOR'S MESSAGE



Dr. Priya Chadha
Staff Editor

Writing has always been an important part of communication. For centuries, we've used the written word to share information and communication. Writing is a skill that students will use throughout their lives. It has become more important now with people communicating via email, text and social media. Digital technology helps student writing, but also encourages shortcuts. Whether students use pencil and paper or type on a keyboard, writing skills remain an important skill to learn. The growth of digital infrastructure is further enabling Indians to fulfill the need for personal content consumption, across languages and genre. There is a large shift in consumer behavior from mass produced content to specific content defined to audience segments. The sector has opportunity to serve a billion screens in India and globally.

The Media and Entertainment sector has a significant opportunity for India's young demographics. The industry is looking for techno savvy, creative and socially sensitive professionals and we at SD aim to meet this ever growing requirement of the industry . The college magazine provides an opportunity to write across a wide range of topics, in a variety of tones. It promotes the basic elements of good writing a little more than classroom learning .

It gives us sense of pride that students have taken out time to pen down their thoughts and imagination which would give journalism grad a real advantage. I wish them all the best for their future endeavors.

Social Media and Hypocrisy

In times like this, the media plays an important role. It affects our lifestyle, mindset, and also what we chose to believe. In simple words, social media is a much bigger part of our lives than usual.

The meme trends today decide a lot on what is socially acceptable and what is not. Social media contains the power of dragging anyone's name into the mud or making anyone good in just a few minutes.

The social acceptability of things has become a major concern for people. In modern times, where people are supposed to work on the principle of 'do what makes you happy', it seems to be neglected more than ever.

Social media has become a platform with impulsive reactions to situations. I feel this is a generation that defines cool and fun as 'bullying and harassment'. Often celebrities become victims of meme trends; yes I used the word 'victim' because these trends decide if you are going to get the public's support.

I've come across several such incidents when a half-known story gets viral on the internet from the young audience and after some time the actual story comes out to be completely different.

I was moved to write this article due to a recent incident when a Bollywood actor Sushant Singh Rajput was believed to have committed suicide and the whole social media came together to talk about mental health issues and a few days later they were back on track with bullying people.

There is a fine line between being 'opinionated about current affairs' and 'defaming someone'.

People these days want to bring a change, but do not want to be the change.

Another example of this Hypocratic platform is; recently quite a few apps were banned by the Indian government to promote the self-sufficiency of the Indian IT Industry. There were a lot of heavily used apps among them. One of those apps was 'Tik Tok'. The users of these apps are not really approved by the memers these days. So this decision was highly appreciated by the youngsters. After some time, a few more apps were banned which included a very famous game 'PUBG'. This decision was highly criticized even though it was banned for the same reason.

I just want to sum up by saying that I have an opinion on this topic because I belong to the young audience who scrolls through memes quite often. They are funny and entertaining as long as they don't hurt someone's sentiments. I like how our generation stays up-to-date with the current ongoings of the world, but we must learn how to be compassionate towards each other.

In lieu of becoming sarcastic and funny, people forget to care about others' feelings. Let us not allow these memes to fool us and stop us from showcasing our talents or stop us from doing what we enjoy. The world is our oyster, let's embrace it.

Aastha Gupta

BA I

The art of killing objectivity

Media is an important and indispensable organ of every nation. It can be correctly regarded as one of the pillars on which a nation stands. But, what happens if this pillar starts getting rusty and weak? Well, that's what we'll discuss in this article.

One of the major duties of all the media houses is to provide relevant news to the citizens of their nation and the news should be in its purest form, which means that the news should be free from any sort of personal bias.

Have you ever seen a debate on any topic on a TV news channel? If yes, then you must have also seen the anchor who shouts more than the panel that's in the debate. The anchor sometimes stops the person on the panel who's speaking just because he does not like what the other person is saying.

Now, I refer to this sort of news presentation as toxic. Because this may lead a viewer to think that a panelist is against the truth and may also lead him to hate other panelists. If a journalist does so, then he is abusing the ethics of journalism, which are to provide news in an unbiased and objective form.

Now, let me explain the meaning of objectivity or something being objective. In simple terms, it means being open to interpretation. In reference to news, it means the information must be free from the personal interpretation of a journalist. Now one may also think that 'why is it necessary for news to be objective?' Indeed it is necessary so that the person who's on the receiving end does not form any sort of prejudice against something or someone.

Earlier journalism was about providing

authentic, relevant, pure facts. The journalists back then just delivered the facts and left them open for the viewer or reader to interpret. But almost all the journalists of recent times have adopted a new method of presenting the news in a spicy and sensational way so that the viewership increases and for this purpose; they present news in its most impure form. All they do is interpret the information according to their understanding and present it in that way. They do it to sell their news and stay ahead of their competitors, for which they are even ready to kill objectivity.

By the way, if you're confused, that's why I decided to call this article as 'the art of killing objectivity', let me tell you that there are just two reasons; first, it sounds good and interesting and secondly, it's obviously an art to confuse the audience and create a conflict between what they are fed and what they actually think about a particular topic, which leads them to follow such media houses for a clear understanding of what's happening.

In the end, I would like to conclude by saying that this trend needs to change and it's us as an audience who would have to take a step. I understand that the media houses have to generate revenue to survive but they should understand that it's their moral duty to work for the betterment of their nation by providing relevant and pure news. And as an audience, we should refuse to consume such news which is impure, so that the golden days of 'ethical journalism' return.

Arihant Singh Thakur

BA I

Add on Journalism (Certificate)

Self-Acceptance: A way to enhance positivity in life

'Accepting the way we are leads to a life which is filled with glory and happiness'.

What do we understand from the term 'self-acceptance?'

It simply denotes the acceptance of every nook and corner of your body and soul. It implies accepting yourself the way you are. No matter what other people think of you in society, positive or negative, their opinion shouldn't affect you in any way. However, getting appreciated by people in a positive way can boost the level of confidence but there are some people in society who will always try to belittle you or discourage you. This negativity should not affect you. One should always accept his/her incapacities and flaws and should work on them to strike away all the negative attributes.

It's the basic nature of humans to commit mistakes, but you should not let it hamper your self-esteem. Along with cherishing positive attributes, one should be able to accept his/her weaknesses and flaws and should work on improving them. Accepting mistakes might be a bit difficult, but if you are willing to improve yourself then the first thing, that you need to do, is to acknowledge your shortcomings. Self-acceptance is the first step towards self-love. Only then, you will be able to take all the criticism positively and it will make you immune to all the negative perspectives that society has regarding you. A person accepting his/her flaws graciously would be able to obtain something constructive from failure. Moreover, he/she will surely become mentally strong to work hard if failed.

For instance, millennials suffer from inferiority complexes and they tend to have multiple surgeries on their face and body, just to fit in the

beauty standards set by people. This despairs their mental as well as physical health. Instead of running after the beauty standards set up by the society, they should feel grateful and accept themselves for who they really are. More and more people are falling under the grasp of anxiety and depression. The primary reason is because they crush their true self under the expectations of society and criticism. It is frequently seen that people who are more bothered about others perspectives, face psychological issues like depression and anxiety. No matter how flawlessly you work, there will always be someone who will try to disparage you.

By imparting the perception of self-acceptance in yourself, you will be able to amplify your mental health. Better mental health directly leads to improvement in daily performance in every field. Moreover, it will boost your self-confidence and you will be least bothered by the negativity in your surroundings. So, instead of being disturbed by the opinions of every individual, you should trust yourselves and your abilities.

Self-acceptance is an excellent way to live life. We should feel proud of our abilities and learn to accept our flaws as well. Hence, we all should learn the aspects of self-acceptance, which will further advance the feeling of self-love and also teach us to live our lives at our own terms and conditions.

No human being is perfect. Everyone has some flaws and imperfections. But all we need to do is to accept these negative traits and overcome them as warriors.

Charve Sharma

BA I

Creativity: Embrace it Before it Dies

'The creative adult is the child that has survived.'

~Ursula K. Le Guin

As children from a very young age, we are taught about the different stages in our lives, i.e. childhood, adolescence, adulthood, etc. and we are able to picture these stages simply how they were explained to us, without really questioning what these stages will bring as they unfold in our lives.

Adolescence and its following years is one such stage that induces in our human bodies and minds, peculiar and if one shall say rather complex changes and phases. These phases might be; a sense of loneliness, increase in decision making, searching for the self, identifying one's identity, so on and so forth. If you think of this in a more profound and deep manner you would realize that almost every human on the planet has or will, at some point in the future, experience this stage of perplexing emotions, feelings and thoughts. This is the age when you feel the most. You are exposed to the world in ways that you will only experience in these few years of your life.

A study published in the 'Journal Of Neuroscience' stated that the wiring and development of the human brain continues way into their mid/late twenties, as opposed to stopping at adolescence as thought previously, which means that at this point the brain is not nearly fully baked and that changes are still taking place. In this young adult stage one's actions are based more on reactivity and emotions, and hence at this point we have this wide spectrum of sentiments, a dynamism and zealotry to experience, a feeling of liberty, a

hyperactive and distracted mind, though in its own beautiful way, and most importantly a surge of creativity running through us at all times.

What comes to your mind when you think of this word creativity? I am sure that you are using its meaning itself to think of an answer, well, I think it was rightly said by Robin Williams or Mr. Keating in Dead poets society, my favourite movie of all time, that 'The human race is filled with passion', which spawns us to the fact that human race is a creative species, so much so that we have seen it right from the start when the cave paintings were found from the earliest of humans or 'Homo habilis'.

Science has not yet been able to quite uncover why this is so, but what it does show is that creative people are complex and contradictory, and their creative processes tend to be chaotic and also draw on the entire brain rather than a specific part. Feelings play a great part in a creative process since it is something that cannot be dealt with in an all rational way, feelings prompt us to act differently than we would if we were to be thinking in a more deliberate or logical manner, which when fused with creativity will cause us to create something that cannot be reasoned for but only felt. Confusion in the mind can also affect such results.

The arts, poetry, painting, singing, dancing, music, photography and so on, have always aided the human heart in its times of fury and melancholy but also in times of chaos and ecstasy. Never has it failed to amaze, not just the one that admires, but also the one that fashion it out of a flurry emotions. The young mind as we talked about before is full of this

intricate network of emotions and UC Berkeley, a psychologist, says that creativity starts to fade as one ages, which means that this age of young adulthood is your best chance at expanding your creative mind and making the most of this ability.

'You are experiencing this stage of feeling more deeply and this is to be embraced rather than fled from. Let yourself feel everything, all the adrenaline, every joy and every sorrow. Channel it within yourself, let it all in and then let out whatever it invokes in you, through creativity'.

Try new creative practices, do not limit yourself

to what you know, try things you might feel you would make a disaster out of. You fear the outcome but have to realize that there is no way that you are not good enough to not even try. Create, whatever your heart wants, give it everything, break all the rules you have ever thought to be concrete, go after your desires like it is your only chance. Don't let your creativity die, expand it. Make your life a marvelous and an epic masterpiece of contradiction and expression, in every way known to man.

Chelsea Ahluwalia

BA I

Wonderings of a Writer

Time is such a rebel, it moves at its own pace no matter what. You sit there on a staircase of a huge building; people are working, moving continuously. Patience is a wild thing to achieve but all you can do is wait because what you want will take time. So you look around, call people, wonder things you never had the time to think about before, and then again, you wait.

You look at a white door, almost measuring it with your eyes. It isn't important in its actual sense to you but it's just where your life is paused at the moment, on that white door.

Time, oh it mocks you, with every squeaky sound you look up at the white door to see if it opened, but it didn't. And I'm too rebellious of a soul myself to let it tease me. So I walk outside the waiting room, sit on the staircase and situate myself in a way that I still see the white door and then,

I write about it.

Time wins.

By Chelsea Ahluwalia

BA I

The rise of Digital Media

With the Digital India Movement and availability of the internet in the remotest areas in the past few years, the idea and concept of content and its consumption has totally changed.

With almost 19% of youth in the nation, most of them have switched to digital platforms leading

to the downfall of commercial and mainstream media platforms, such as newspapers and TV.

For years, our idiot boxes have ruled our minds by showing us what the media wants us to see rather than what we wish to consume. We ourselves have lost the very existence of

creativity. Nowadays, when we tune into any TV news channel, all we see is frustrated people shouting at each other, including the anchor, and mostly ending their debates at an impractical or pointless note. Often, these big houses are aided by powerful people like businessmen and politicians and hence their authenticity cannot be trusted.

Unemployment in a way has managed to push people to start-up their own businesses, media being one of them. This has led to the emergence of independent media houses wherein one's thoughts are not regulated by another's money or status. People exercise their freedom of speech wholeheartedly and that is what attracts the young subscribers.

Some online platforms have successfully managed to portray the true role of media by being a watchdog instead of the judge. Some independent journalists have left a major mark

in the field. They provide information from all perspectives and let the reader decide what is wrong and what is right.

Be it YouTube, Facebook, Instagram, or Twitter, the news reaches these platforms as soon as the incident occurs. From fashion to cinema, politics to sports, we as users have the freedom to see what we want to see.

In a world where we are surrounded by fake news and yellow journalism, this new novel, and creative initiatives are taken up by these fresh minds are nothing less than a ray of sunshine for the new as well as the current generation who are not ready to let their minds be governed by anyone but themselves.

Thus the new necessities of the modern man are food, clothes, house and the internet.

Gauri Jalan

BA I

Media and Politics: A Selfish Relationship?

Free media is essential for a free society'. The media which was started with a notion of being a free, fair, and independent source of information is now drifting away from its purpose and becoming more market and agenda-driven.

The information that the media relays has a direct bearing on public opinion while being critical for a democracy to survive and dissent to thrive. Media is one of the potent tools to launch a robust political narrative in any society, but when the media itself has a conflict of interest, being directly or indirectly linked with various political parties and leaders as well as allowing money to dictate what is to be

printed or broadcast, who are the people left to trust?

Such an inter-dependent situation has set in, that the political parties are dependent on the media for promoting their propaganda and attract people's support towards them and on the other hand the media is dependent on them for the revenue. This dependency becomes highly problematic when media houses earn additional money through government advertisements which contribute to the spread of political agenda.

A transparent and independent coverage of content gets compromised a great deal of such

'soft pressure'. Easy money that politicians have brought into the game has completely distorted the market and is virtually driving all serious and neutral players out of it.

The main casualty has been democracy and the ability of the citizen to find out the objective truth. As different media outlets divide into camps on major issues, polarizing the reporting and their readerships. The political parties, for many years now, have been exercising direct control over media, which limits the scope of what can be reported, influenced through state funding such as for advertisement and covertly by the way of owning the media. The people with access to power have been successful in influencing the dissemination of information through media houses, by partially owning these outlets, and tangentially influencing the way news is presented. Ownership of the media significantly affects the perspectives presented in the reporting and bias becomes inevitable in such circumstances. Another way of media control is through cable operators.

The media industry in India has seen immense growth. But has this increase in the reach of media in general and news, contributed to the

plurality and diversity of opinions, or has it enabled the strengthening of one opinion and muzzling the divergent voices?

Would it be wrong to say that media channels are willing to play along to find a lucrative payday? The increasing control of the media by the government and the ruling party is a global phenomenon that has come in handy to have a hold on the public. Apart from stifling the discourse and limiting the freedom of opinion, it has also blinded the people from knowing their real interests. There is an essential need for regulatory safeguards against political control and to restrict political ownership in television or print media.

A glimmer of hope is still alive with the rise of several small, but fiercely independent, online portals, fact-checking websites, and investigating outlets in the country.

In the end, we can only wish for a breakthrough in the media industry to foster the country's democracy.

Geetanjali Bhatti

BA I

It's Okay not to be Okay

'A healthy body needs a healthy mind'. This phrase has always been around, something that doctors follow and something important, yet not given much heed. Mental health is essentially the state of psychological and emotional well-being, wherein an individual can function independently and respond well to the surroundings, with the ability to make decisions and perform cognitively. It has always been a taboo to touch this topic, at least in our

country. Mental health is equally as important as physical health, both need to be balanced on the weighing scale of our well-being.

Depression, anxiety disorders, and autism, among other mental disorders, have become household terms nowadays, highlighting the unabated problem. In India, the National Mental Health Survey 2015-16 reveals that nearly 15% of Indian adults need active intervention for one or more mental health

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Depression, anxiety disorders, and autism, among other mental disorders, have become household terms nowadays, highlighting the unabated problem. In India, the National Mental Health Survey 2015-16 reveals that nearly 15% of Indian adults need active intervention for one or more mental health issues and one in twenty Indians suffer from depression. Equating depression with sadness, a very common notion shows how insufficiently we know about this sensitive issue.

To understand these issues, we need to understand its origins. Mental health problems stem from faulty parental relationships, peer pressure, social relationships, stress, trauma, social disadvantage, and social isolation, the list is quite endless. A family history of mental disorders increases the susceptibility to such problems. A child with an alcoholic parent can easily fall prey to mental illness.

Drug addiction has emerged as one of the main causes of mental illness. A drug addict with no access to drugs is likely to emerge as a victim. Withdrawal symptoms cause trauma, insomnia, anxiety, and fatigue. Some parents usually don't react sensitively to such issues. For them, sweets can cure depression which perfectly shows a callous approach to mental health awareness.

It is time to wake up. The veil should be lifted and our focus should be on the mental well-being of an individual. Positive reinforcement plays a vital role in this regard. Sensitivity and empathy should be encouraged. We must be

A World of Protests: A Decade for Reforms?

This year can fairly be called a rough start and an eye-opener on how change is never too far away. Apart from the pandemic there has been a surge in protests that have hit almost every nation worldwide. Over the years protests have served as an outlet for marginalized groups to articulate their frustrations. But do they still hold the power for reforming our society and enacting change?

Change is possible, as long as there are people who raise their voices but those voices and

issues need to reach an audience and this is where the media comes into play. Even after a rise in the number of protests only a handful of them are known to the public.

Everyone is familiar with 'Black Lives Matter' protests. This led to an estimated 15 to 26 million people participating including renowned public figures. Although, the protests were still going on, the amount of attention it was receiving has started to decline slowly.

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On the day of writing this article, protests are taking place in Hong Kong, Cairo, Paris, Moscow and India. Each demonstration stems from vastly different issues but has many common threads, the most common being citizens wanting to express their discontent with their governments. In Hong Kong, thousands demonstrated against a new law that would extradite people accused of crimes to China to stand trials. The protests reached a new level of violence last year with the use of petrol bombs, acid and rocks by the protesters where the police retaliated by using live rounds. In an ongoing protest, Jakarta was also flooded by protesters against formation of a new criminal code prohibiting sex outside of

marriage and a six months jail sentence for unmarried couples living together, among other laws.

Haiti, a country already contending for food, oil and power shortages erupted into more violent protests in September, where protesters called for the resignation of President 'Jovenel Moïse' who has been facing corruption allegations since July 2018. Egypt saw a similar wave of protests for the resignation of authoritarian President 'Abdel Fattah El-Sisi', regarding economic grievances, where a third of the population of the country is under poverty.

Although, not all presentations have been violent such as the demonstrations in the beginning of Pride month globally celebrating LGBTQ+ community and reinforcing the need for inclusivity via parades and festivals. Such celebrations could be seen globally and also in India where people took them online showing the influence of social media at such large scale.

Our country faces a major economic crisis with the country's GDP contracting by 23.9%, the first contraction in 40 years. Farmers have started protesting in several states against three new bills which open up the agriculture sector to free-market forces.

In February 2020, the national capital Delhi was smeared with blood as riots broke out in different parts of the state in protests against the Citizenship Amendment Act passed last year. Furthermore, students protested against the government conducting the Joint Entrance Examinations and other entrance examinations amidst the pandemic.

One can understand how mass protests are no longer considered just demonstrations and actually have the power to bring change. This brings us to our first question; if protests have

Empowering women

'Breaking away from the norms of normalcy, I embark on a journey filled with hope, surfing with the high waves of life. With all the thorns embraced on my head like a crown, I start my life with full hope of more giving than taking.'

'A woman weaves her own wings to fly'.

Feminism is not man-hating. It is not about flipping gender roles where women are powerful and in-charge while men are submissive. It is about increasing the freedom to find roles that fits us the best.

The actual meaning of feminism is to empower women and make them of their rights. People often question, why do we need feminism?

Well, it's been centuries since a woman is considered as the 'homemaker' and a man is the 'bread-earner' of the house. It's time for the women to finally stand up and show what they are capable of and to discard the stereotype. Feminism does not mean that women want to surpass men; it's just that they want to stand equal to men in terms of opportunities and rights. Feminism is required to bring a social change in society and it should be accepted. Let her be something she wants to become. Let her follow her dreams and passion. Most women have no idea about their capabilities because of

the male dominance prevalent in society.

Feminism is the uplifting of women for a better future, for a better definition of equality. Even today, a woman is considered a liability on her parents. I have never heard a guy saying, 'I am a man and my sister is a big action movie fan' or 'I am a man and my wife is a better driver than I am'. Men are brought up in an environment where expressing emotions is perceived as feminine. Feminism seeks to retire all the gender biases and stereotypes which would eventually help everyone regardless of their sex.

Moreover, feminism is required because people don't listen to the problems and are totally oblivious of the suffering most women go through.

"People often say, 'well, you are helping women find their voice,' I fundamentally disagree with the statement because women have their own voices, what they need is to feel empowered to use them and people need to be encouraged to listen."~ Meghan Markle

Mannat Sangar
BA I

LOOK UP

I have 422 friends yet I am lonely
I speak to most of them everyday
Yet none of them really knows me.
The problem I have sits in the space in between
Looking into their eyes or at a name on the screen

All this technology we have is just an illusion
 Community, companionship with a sense of inclusion.
 When you step away from this device of delusion,
 You awaken to see a world full of confusion.

A world where we are slaves to the technology we have mastered,
 Where information gets sold by some rich, greedy bastards.
 A world of self interest, self image, self promotion,
 Where we all share our best bits but leave out the emotion.
 We are at our most happy with an experience we share,
 But is it the same when no one is there?
 We put our words into order till our lives are glistening,
 We don't even know if anyone is listening.

Being alone isn't the problem let me just emphasize,
 If you read a book, paint a picture, or do some exercise.
 You are being productive and present not reserved or recluse,
 Awake and attentive and putting your time to good use.

So when you are in public and you start to feel alone,
 Put your hands behind your head, step away from the phone.
 You don't need to stare at your menu or your contact list,
 Just to talk to one another, learn to co-exist.

We are surrounded by children who since they were born,
 Have watched us living like robots and think it is the norm.
 It is not very likely you will make world's greatest Dad,
 If you cannot entertain your child without using an iPad.

When I was a child, I'd never be at home,
 I would be out with my friends, on our bikes we would roam.
 Or build our own clubhouse high up in the trees,
 Now the park is so quiet, it gives me a chill
 Seeing no children outside and the swings hanging still.

There is no skipping, no hopscotch, no church and no steeple,
 We are a generation of idiots, smart phones and dumb people.
 So look up from your phone, shut down the display,
 Take in your surroundings, make the most of today.

Just one real connection is all it can take,
 To show you the difference that being there can make.
 Be there in the moment as she gives you the look,
 That time you remember forever as when love overtook.
 The time she first held your hand or kissed your lips,
 The time you first disagreed, but still loved her to bits.
 The time you don't have to tell hundreds of what you have just done,
 Because you wanted to share the moment with just this one.
 The time you sell your computer so you can buy a ring,
 For the girl of your dreams who is now the real thing.

The time you want to start a family and the moment when,
 You first hold your little girl and get to fall in love again.
 The time she keeps you up at nights and all you want is rest,
 And the time you wipe away the tears as your baby flees the nest.
 The time your baby girl returns with a boy for you to hold,
 And the time he calls you Granddad and makes you feel really old.

The time you take in all you have made when you are giving life attention,
 And how you are real glad you did not waste it by looking down at some invention.
 The time you hold your wife's hand, sit down beside her bed,
 You tell her that you love her, lay a kiss upon her forehead.
 She then whispers to you quietly as her heart gives a final beat,
 That she's lucky she got stopped by that lost boy in the street.
 But none of these times ever happened.
 You never had any of this.

When you are too busy looking down, you don't see the chances you miss.
 So look up from your phones, shut down those displays,
 We have a finite existence, a set number of days.

Do not waste your life getting caught in the net,
 Because when the end comes, nothing is worse than regret.
 I am guilty too of being part of this machine,
 In this digital world we are heard but not seen.
 Where we type as we talk and read as we chat,
 Where we spend hours together, without making eye contact.

So don't give in to a life where you follow the hype,
 Give people your love; don't give them your 'like'.
 Disconnect from the need to be heard and defined,
 Go out into the world, leave distractions behind.
 Look up from your phone, shut down the display,
 Stop watching those videos, live life the real way.

Mansha Sharma

BA I

UNLEASHING EMPATHY

'Watch your thoughts; they become words.
 Watch your words; they become actions.
 Watch your actions; they become habits.
 Watch your habits; they become character.
 Watch your character; it becomes your
 destiny'.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around. Empathy can be defined as vicariously perceiving or feeling the experiences and the emotions of another person. It incorporates feelings of caring, concern and consideration. 'Walk a mile in my shoes', this well-known expression describes a perspective on empathy. It signifies that you should try to

understand someone before criticizing them. In other words, an empathetic person tries to feel what another person is feeling.

There is a growing concern for the apparent decline of empathy in society today. People are very busy these days, caring about their careers and hobbies. There is no time left to be aware of other's trouble, to be sensitive to others unhappy feelings and to actually help others to solve their problems.

These days people seem to have a lot of things to care about. Kids care about which computer games they are going to play, which programs on TV they are going to see, and what grades they are going to get at school. College students care about how they are going to pass their

courses while still enjoying life, which style of jeans they are going to buy, and who they are going to sit in the cafeteria with. People usually care about big things, including their careers, their money and their hobbies.

You and I are in the same cycle as well. Have we ever had time to care about others feelings, when they are falling down after their broken marriages? Have we ever taken time to help disabled or poor people who are hungry and jobless? Have we ever had time to think of old people who were sent to nursing homes and are only remembered by their family once in a year? I do hope many of us will say 'yes', but I will not be surprised if many of us admit that we don't have time for this.

The empathy which is defined to be the action of understanding, being sensitive to others' feelings, thoughts and experiences, is very important not only for ourselves, but also for the society as a whole.

Too often we keep telling people, "We understand what you're going through," even if we have no idea about the other person's pain and loss. This is where the quality of being empathetic walks in. Empathy is the ability to come alongside someone, and not only see a person's point of view, but also experience the other person's pain. You go beyond feeling sorry for that person. You seek to understand that person's pain until you are able to feel the hurt, which in turn should move you to a comforting response.

We often confuse 'empathy' with 'awareness'.

The big difference between empathy and awareness is that the sympathy is incorporated into the meaning of the word 'empathy'. You may be aware that your friend is feeling lonely, that your colleague is getting a divorce, or that your classmate is struggling with mathematics. You simply keep those facts in rough forms as they are. You are too busy to spend an afternoon with your lonely friend, watching movies together. You have more important things to do than just to share a cup of coffee and listen to your colleague's endless and nonsense troubles in marriage. Who can say you lack awareness? No, you are very well-informed.

When we put ourselves in another person's shoes, we are often more sensitive to what that person is experiencing. These smallest acts of care and concern might prove to be very helpful for the person who is healing.

Empathy touches, empathy soothes, empathy heals, and empathy fills the void. Empathy is the super glue that pulls people together.

Let's be a little kinder, a little more understanding. Let's show a little more efforts.

LET'S HELP PEOPLE HEAL.

"Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth and your heart for love."

~Leo Buscaglia

Mansha Sharma

BA I

Autumn - The Mosaic of Seasons

Every 22nd September, it comes, clearing its way through the scorching June, July, and the drenching August. There's tenderness in the air, which brings along with it some uncertainty. It's neither too hot nor too cold, which makes it the comforting season that it is. Autumn as it is called by some and 'fall' by the others, marks the seasonal transition from summer to winter. There's crispness in the air, which makes it feel so warm yet brisk. The River Birch here, the Black Gum there, then the Sugar and the Japanese Maples somewhere, combined with the Beech and the Shagbark Hickory are what make this season so blissful. The beautiful transition of the prolific greens to the rich reds, yellows, oranges, and browns is winsomely attractive. As they fall, the rusty and susurrus leaves cover the grounds and wherever you look, you see the autumnal foliage.

There's so much more to these months other than their seasonal alteration. All over the world, so many festivals are celebrated during this time that it appears like the entire world is celebrating autumn together. The entire country lights up in joy as India celebrates Diwali, Moon cakes are cut to commemorate the Moon festival in China, to mark the Floating Lantern Festival in Thailand hundreds and thousands of lighted candles are set to float

across streams and rivers. The US celebrates its popular Halloween around this time, while France holds its Nuit Blanche in the same season. Except for the jubilation that these festivals bring along, one more thing that people love about autumn is the food, especially pumpkin dishes. Germany's world-famous pumpkin soup, Italy's fall special pumpkin risotto, Brazil's super delicious pumpkin coconut balls, and Greece's cheesy savory pumpkin pie are some of the specialties of the season. Some other famous dishes that you can't miss while talking about 'fall' are the South African Bobotie, the French Tarte Normande, the Pear Clafoutis, and the Russian Apple Cake. This season gives you so much to love and appreciate about your life and the world around you.

It's all a combination of sight, sound, and smells, when put together it stirs your soul in both, a delightful as well as a melancholic sense. The palette of the warm autumnal colors, the exuberant festivities, and everything about autumn make you fall in love with this time of the year. "I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it," said Lee Maynard once to describe how beautiful and special it is.

Mehtab Singh

BA I

Feminism

"Women don't need to 'find a voice' they have a voice. They just need to feel empowered to use it and people need to be encouraged to listen."
~Meghan Markle

I once read the words of Goethe, he said, "The

destiny of our nation at any given time depends on the opinions of its young men and women under twenty-five." Despite reading and keeping these words with me for a long time, I have always shied away from speaking on a

public platform, because once said, words can never be taken back and I would never want to be on the wrong side of history because the right to openly express my views is not something that many women around me have enjoyed.

In May, a girl started a debate on feminism with her posts on the social media platform – Instagram, stating that she was against feminism. Young men and women alike supported her and then many were against it. After listening to both sides, I concluded that the distaste for the concept of feminism among our youth comes from a lot of misinformation and I firmly believe that one shan't be distracted by the noise of it.

Feminism is defined in the dictionary as 'the belief that both men and women should have equal rights and opportunities.' It is a theory of political, economic, and social equality of all the sexes. Feminists advocate women's rights based on equality of sexes. The feminist movement is typically separated into three waves: first-wave of feminism, dealing with property rights and the right to vote; second-wave feminism, focusing on equality and anti-discrimination, and third-wave feminism that sought to question ideas about womanhood, gender, beauty, sexuality, masculinity, among other things. The history of feminism is as long, as it is fascinating.

Some people see feminism as man-hating or a movement that seeks to establish the superiority of women over men while this has nothing to do with belittling men. Feminism has never been against masculinity, it is in fact against toxic masculinity. Toxic masculinity teaches boys, young and old, to not express their emotions openly, to not cry, to be tough all the time and that anything other than that will

make them feminine or weak. As a counter-argument, I often hear people say that now women can enjoy rights that they never did before, they have a right to education, the desired job and so much more. People like you, me and so many others can say this because of the sheer privilege we enjoy – our parents didn't love us any less because we were born female. Our siblings and cousins didn't treat us as lesser siblings because we were girls, our mentors and teachers didn't assume us lesser learners because we might bear a child one day.

We might live in a brighter world, but there are women, men, and others who face darkness every day and can only hope for light at the end of the tunnel. Indian men earn 25% more than women for the same kind of work. In India, the female literacy rate is 65.64% as compared to the male literacy rate of 82.14%. We live in a country where more than half of the population worships various goddesses, yet our country reports thousands of cases of violence against women. Male sexual abuse remains ignored in India. Recently, our Solicitor General told the Delhi High Court that same-sex marriages are neither a part of our culture nor a part of the law. There is a hornet's nest of sexist culture that still lives on.

When feminist movements work hard to free women from prejudices, it also allows men to be vulnerable and not defined by patriarchal roles. The injustices faced by men and women should be treated as part of the same spectrum rather than two opposing ideals. We should not let the unjust actions of a few individuals and men and women ruin the struggle of countless others. Neither are all men rapists nor are all women abusers.

At last, I would like to leave you with these words from Gloria Steinem,

"Women are always saying, 'We can do anything that men can do.' But men should be saying, 'We can do anything that women can do.'"

Muskan Gupta
BA III

THE FUNERAL DAY!

My heart was being adorned before the day of funeral,
The tranquility shown was flowers to my coffin,
Lost fides over my own soul,
Travelled the graveyard of love, met them who once said we are 'us',
Truth to accept, I was one of them,
That one step under the moonlight, I was smashed,
Small crevices in that box let the light of hope to come across,
I wave them to come all along, on the way to shining dawn,

Fathomless thoughts were those felt in remorse,
Tired off from these meaningless words,
Now feel like the scars of a sword,
Everyone applauded aloud, there in front was standing crowd
ALAS!!! All I spoke was the ugliest truths of my life....

Naital Middha

Media Bias and its Effects

In social structure, the media has a distinct place to form an image of a significant political and social issue. It is the only source of information for the common people. Various studies have exposed that the public increases their knowledge base from the media. Therefore, it's very important to check up on the authenticity of media as it is the right of the people of the country that they should be provided with the right information.

It has been seen that millions of citizens watch their television to know what is happening in their surroundings. They form opinions on certain issues based on a news broadcast on TV or other news media. People trust them because this is the only reliable source of

information for them. So, they want the media to be unbiased. But the question is 'is the media really unbiased?'

According to me, the media is not completely unbiased. It gets biased on certain issues. They present the information as what they want to show to the audience and not the reality. The media is not always entirely honest and objective about their representation of certain issues. Certain issues are raised just to earn benefits.

According to 'Kenney', media bias is more news coverage and more favorable coverage of one candidate or party over the other candidate or party. They drag unnecessary topics to the extent that the people start pondering over

them leaving behind those issues on which serious concern is required.

This is actually a topic of growing concern that people of the country are being provided with the wrong information. The youth, which is the future of our country, is being led towards the wrong path.

Actually, the media, with allies avatars - print media, mass media, social media, etc. could prove to be very advantageous if used in an appropriate way. News media networks affect the public's interest by presenting what they want them to see. But rather than doing this if

they would provide the right content to the people out there, all the mishaps in the world could be stopped abruptly.

Therefore, it is important to scrutinize the injustice and misrepresentation of media coverage of serious issues. Hence, the right information is very important. The media, who have a lot of responsibilities, should handle their responsibilities carefully as they are the only reliable source of information.

Palak Bhatia

BA I

Et Tu, Truth?

What are we, but histories of a future yet unseen?

Who are we, if this history isn't as much of what we did as of what we believed in?

When were we, if not in the true moment of now?

Narratives are fickle things. Fickle things, with the power of toppling governments, challenging institutions, and changing countless lives, all while weaving and unweaving the lived realities of its patriots and villains. Our narratives eventually become our realities, shaping us, even as we shape it. The threads of our social fabric are constantly knitting into what our civilization is, creating something new from what was and what can be.

We are a dynamic culture and evolved society. A clockwork of multiple moving parts and gears, each as important as another. An anthology that is as good as any small story within. In the midst of this colossal scheme, sit those who document this ebb of events. Report

them now, but leave these reports for the future to record as history. Is it not treason, then, to not put down every story there is, as it is?

Every day, countless little stories go searching for a voice. Every day, in a room with marble floors, their chance of being written is snubbed as easily as a wire transfer is made. Every day, we fail one little part of this colossal epic. We hear of the stars aplenty, but never of the dark between the stars. We hear only of the one who rules and not of the one who is ruled. Of the one who captains the ship but not of the one who sweats at its oars. Of how the king is mightiest of all but not the farmer who remains a peasant in a hard-earned democracy.

A farmer tiling dry lands, or a lawyer fighting to be legitimate on the soil his forefathers were buried under, are both being antagonized while machines of war find glory, even when the one at the steering of the machine is ill-fed and overworked? When did the right to choose slip from our hand and fall into theirs? We are shown only what glitters and are robbed of the

entire truth. For this, I blame the historian of tomorrow and the journalist of today. Those who push agendas and not news, propaganda and not perspective, the blood of countless stories is on their hands.

This is the generation of information, of knowledge truly being power, perhaps the only power we can truly possess and call our own. As voting people, the information we consume, we trade-in, and the information we give importance to shapes our history. It separates our good from bad and better from worse. It decides who we venerate and whom we shun. Who runs the system and who is a criminal to the establishment?

We can afford perspectives to the fact, yes, but only when the perspective is of all stakeholders and not merely of the mightier. We give the mighty its power, we deserve to know how this power truly impacts us. What truths a society affords importance to, after all, is what gives it its character.

The first thing a doctor tends to do when diagnosing a patient is to look at their past medical records. What someone in the past has recorded, and goes on what the chart supplies. The catastrophe of this record is incorrect and can only be matched by the disaster of it being incomplete. One organ completely ignored, or worse, misreported given to bias. A few decades from now, when society decides to ponder on what made it how it is, when it revisits what we have put down in its charts, will we in fact show it all that there was?

Or will it see what establishments of various vested interests wanted us to see at the cost of what we should be seeing? A vision of the guardians of opinion and legacy failing an entire generation? History, they say, is written by the victors. If so, why are so many losing the battle when there is no war?

Priyanka Kanwar

Add on Journalism (Advanced Diploma)

WHO ARE WE?

Who are we?
Are we the slaves of god?
Making us work for free;
With the endless drops of sweat and blood.

Who are we?
Are we the kings of our own kingdom?
Sitting under a tree;
Listening to our own words of wisdom.

Who are we?
Are we the writers of our destiny?

On the verge of killing spree;
Keeping the same old legacy.

Who are we?
Are we the reason of our own death?
Spending life as it should be;
Counting every single breath.

Rajdeep Saha

BA I

The Fine Line

“A Feminist is anyone who recognizes the equality and full humanity of men and women.”

~Gloria Steinem

In today's society, there are so divergent definitions of Feminism that anyone would get confused with what it actually is. We all know that a 'Pseudo-Feminist' is someone who acts like a Feminist but misses the main point of it, i.e., equality.

The problem with society is that it's churning Pseudo-Feminists like a factory because people do not have the slightest idea about what Feminism is about. These people tend to blur the fine line between Feminism and Misandry. Even though it affects the society on a psychological level, much more than we can imagine, these people should not be put at fault, they only need to be corrected and educated, by the society itself.

'Feminism' is known as the theory of the political, economic, and social equality of the sexes or an organized activity on behalf of women's rights and interests (according to Merriam-Webster Dictionary). On the other hand, 'Misandry' is known to be hatred towards men (according to the Merriam-Webster Dictionary).

As it has been clearly stated, these two are not the same and should not even be perceived as the same. The idea of a working woman is not wrong but it is a matter of personal preferences. The society, in today's world, tends to overlook how preference plays an important role in declaring something as anti-

Feminist or Misandrist or a mere matter of personal choices.

There is a major contrast between Feminism and Misandry. A female can wear whatever pleases her and so can a man, but pointing out men for doing the same is typical of anti-Feminism.

'Give equal rights to females in this world' is Feminism. 'Give all the rights to females in this world' is Misandry.

'Men should be taught how to respect women and see them as their equal' is Feminism. 'All men are rapists; all men are dogs' is Misandry.

'I wish the streets were safer for women at night just like they are safe for men' is Feminism. 'I know I'll get raped and murdered if I go out on the streets at midnight' is Misandry.

These are some real-life examples of how society thinks of both these concepts, which are the exact same but they are not, and it is extremely harmful to society to perceive them as one.

Feminism is a beautiful concept of equality, of how men and women should be treated equally, of how women are triumphing as much as men in similar fields of work. Misandry is, simply put, hatred towards men and wanting men to fall down the patriarchal structure and wanting women to rule.

Feminists don't hate men. They hate the patriarchal structure that has been carried since the beginning, which perceives men as the working and earning part of the family and

women as the homemaker and no more than that. Feminists want to get rid of this web of institutions that systematically oppress women; they don't want to get rid of men.

This is the fine line between the two schools of thought and this line is the only difference

between a society that hates the opposite gender and a society that wants change and equality.

Rashmi

BA I

The Brain of a Bilingual

To a monolingual, speaking two languages might seem like a marvel but for bilinguals, it is a piece of cake. Learning and speaking two different languages affects our language acquisition and cognition in ways that we don't even realize. Many questions arise from this thought that we, as bilinguals, might not have even thought about. Firstly, how does an infant differentiate and acquire two languages together? Secondly, in what ways do the brains of an adult bilingual and a monolingual differ? There have been fascinating researches and insights into this topic that we will unfold in an orderly manner.

The increasing presence of bilinguals implies that learning a second language is not difficult for humans. Bilinguals are of various types as well. Some have learned two languages since birth, making them simultaneous bilinguals. Some might have learned it under formal settings like in schools or universities and for some, it might have been forced learning where they had to learn another language to score good grades. And certain people might have learned another language for employment opportunities, immigration, or because they might have found a certain language interesting. A lot of people have equal proficiency in both the languages that they speak but others can show clear dominance in one language over the other one.

Language acquisition varies on different factors, like age, exposure, motivation, learning capacity, and degree of similarity among the languages. The matter of talent arises too, some people might be more talented than the others and may have higher capabilities of language acquisition. When a bilingual is using two languages simultaneously, those two languages are active in parallel, in most contexts. Similar brain structures are involved when they use either of the languages that they know.

However, the pattern of development is not different among monolinguals and bilinguals but the bilingual input induces some specific learning adaptation.

Being bilingual is extraordinary in every sense but let's talk about its advantages and why should a person consider learning a new language:

1. Improves memory- The more the brain is used, the better its functions work. Learning a language requires you to know its vocabulary, rules of grammar, pronunciation, and to recall the language you are required to be in touch with it. Which requires a continuous practice of the language, this will help you learn things much easier as you are in the practice of learning.
2. Multi-tasking – Multi-tasking is stressful for those who are not used to it.

According to a study from Pennsylvania State University, people who are multi-lingual and proficient at slipping from one language to another are practiced at this very demanding work for the brain. It is easy for these people to switch from one task to another effortlessly, this, in turn, reduces stress levels in them.

3. Improves performance in other academic areas- Learning a language not just improves the functions of the brain, but also improves cognitive skills which are essential for preparing for any standardized examination. Language skills also improve your ability to do well in problem-solving tasks.
4. Increase networking skills- Learning a language doesn't just mean that you will be learning a new language but also that

you'll get to know about its culture. Being bilingual helps you make new friends and also helps you contact clients from other countries, and helps you in expanding your business.

5. Increased career opportunities- If you ever wanted to live or study in a foreign country but you already know the language that they use, it comes as a relief. Say, you suddenly get a job opportunity in Germany and you already know the language, it will make your life and work in Germany more comfortable. Knowing languages will always benefit you and help your career grow.

Rhythm

BA I

Another Feminism Story?

'I am so sick of running as fast as I can, wondering if I'd get there quicker if I were a man'

Do you wonder how we got the opportunity to stand here? We have come so far from the point where, at one point in history, our identity was burnt to ashes along with the death of our husbands? Could you imagine the struggle and countless sacrifices unidentified women must have made for us to go out and get education or work? Those who have got this far might wonder, here we go again with some feminists talking about how unfair the world is to one section of this world.

But, is it?

It is known well enough that it is easier for the dominant gender to achieve what they want and the other has to jump through various

hoops to get to the same place. Nonetheless, the avenue of equality keeps changing as the world progresses. It has developed tremendously over the past many decades and yet there are issues to be solved. At one time, feminism was only linked with one gender, i.e, female, it has now expanded to male and Transgender too. It not only talks about financial equality but also about emotional vulnerability and the mere existence of all genders. But today, I am not here to tell you what feminism is. Those who have mistaken it to be something other than what it is are termed to be 'feminazis', an expression used by so many that this movement is being taken lightly. I am here to set some things straight. Certain unsaid things can only be felt while sitting among our family.

How far can we blame society for defining certain restrictions and responsibilities based upon gender? Why does a girl have to prove to be the boy of the family? Why can't a guy cry and not be made fun of? We need to change how our surroundings, knowingly or unknowingly, inculcate things into our minds from the very beginning. If we tell our boys to work because they need to provide for a family, then girls need to be taught the same thing. We need breadwinning women as much as we need the other. In 2019, 40 percent of households were headed by women. In these same households mere 15% of women describe themselves as 'very happy' and nearly 46% have discussed separation at some point and have even gone through with it. Why? Because of some inferior complex? You decide. These numbers come from the United States of America. Our country has far less percentage for this as we are still in transition. Marriage should not be a safety net or a tool of blackmail for women. Men should

not be walking bank accounts for women.

Fighting stereotypes is the way to grow. Unlearning toxicity is how we break prevalent norms. Where we go wrong is when we tell our children how to behave according to the roles assigned to their gender by society. Men do extraordinarily well in the field of cooking even though it is the 'duty' of a woman. They can be remarkable homemakers. New Zealand's Female prime minister, through her wit and ability to delegate responsibilities accordingly, can say this loud and clear that her country is now almost Covid free. When we create boundaries, one might adhere to them for a certain amount of time, but sooner or later those boundaries turn into resentment. This is how we fight to break them. More than women, it is the men we need to turn into feminists. Teach them, talk about it, change it.

Riya Bishnoi

BA I

Prejudice and Discrimination in the Society Today

In your day to day life, you must have often come across news related to prejudice and discrimination, which is the ugly truth of today's world. People are being treated badly simply based on what their race, skin colour, gender, or sexual orientation is. Why do we fail to believe that everyone is different and these differences are what makes us beautiful? People are losing their true selves trying to match the beauty standards of today's world which is deeply saddening.

There are a few literature pieces that highlight this issue of discrimination and prejudice such as in 'Pride and Prejudice' by Jane Austen,

which deals with social class prejudices. Mr. Darcy, doesn't consider Elizabeth as a suitable wife because of her 'lower' social status. In that era, a wealthy gentleman didn't consider marrying a woman who grew up in a lower-income household. Another example is 'To Kill a Mockingbird' by Harper Lee. Tom Robinson becomes a scapegoat for a crime he did not commit simply because he was African American. Since Tom was black, the whole community assumed he possessed a greater propensity for crime. This book was written in the 1960s yet there are countless Tom Robinsons to be found in today's world.

Moving forward, bigotry and prejudice has caused a lot of disputes in our society, to the extent that our country was divided leaving pain and hatred. People who were considered Dalits and untouchables had to fight a long drawn battle to get recognition and respect for themselves. In spite of it, there are still so many stigmas attached and bias linked to the caste system.

'Rigveda', one of the four canonical sacred texts of Hinduism says 'Vikriti Evam Prakriti', which some scholars believe recognizes homosexual/transsexual dimensions of human life, like all forms of universal diversities. The ancient Indian text 'Kama Sutra', written by 'Vātsyāyana', dedicates a complete chapter on erotic homosexual behaviour. Homosexuality isn't discussed openly for that matter, sexuality is rarely discussed publicly. But still, there are people afraid to wear their tag proudly as they are scared the society will tarnish them. Nonetheless, they have every right to be who they are and be proud of it. It is vital for people to understand and have enough knowledge to support and respect the LGBTQ+ community regardless of their preferred identity or orientation.

When talking about prejudice, people often forget the inequity faced by women in society. Sexism can affect anyone, but it primarily affects women and girls. To this date, female foeticide is still in practice. It is affecting the

gender ratio adversely. Women tend to face occupational sexism which means getting lower wages than men, labelling of work as 'woman work' or 'man work', and not to forget the amount of sexual harassment faced by them.

Another significant topic is that of mental health. People have always been afraid of expressing their feelings. Most of the time, especially when the thoughts start burdening the person, it leads to depression and stress under which the individual might take some extreme step. The society has attached a stigma for mental illnesses to an extent where people rather choose to suffer than seek help. Mental health is just as important as physical health. Educating oneself on this and understanding how to interact with people suffering from mental issues and choosing wise words while doing so is necessary.

In all this chaos people are forgetting that in the end we all are human beings and we need to restore our faith in humanity since it is the only thing that is going to stop us from turning into monsters. Everyone has the right to live their life just the way they want. An easy way to spread happiness is through kindness. It will create a beautiful and positive place for us to live in.

Shriya Sharma

BA I

Nepotism and its Impact on Professionalism

Like increasing population, pollution, declining GDP and unemployment, 'nepotism' has always been one of the major problems of India.

Using your power or influence to provide unfair

advantage to your family members, relatives, friends etc., is what we call nepotism. Nepotism is responsible for many corrupt and unfair practices. Nepotism exists because people who are in power want their family members or

relatives to get employed. It is seen in almost every profession and every field like politics, entertainment, business, sports, private and government jobs, etc.

Nepotism is like a culture in India. And this culture is making our country unhappy, stressed and retarded in terms of growth. Irrespective of capability, qualifications, skills and knowledge, these known ones are getting a huge salary and enjoying the benefits. Whereas, the people who are actually deserving and competent for that profession, lose the opportunity and become the victims of unemployment, stress, poverty, lack of confidence, financial loss, self criticism, inferiority complex and suffer from many more problems.

A country is run and ruled by its government. What if the government is corrupt, dishonest and promotes nepotism? What if the government itself robs the country? What type of development and growth do you expect in the country?

Despite being a democratic country, nepotism has always existed in the politics of India. The most famous and well known example is the Gandhi family, which ruled the country for half a century.

Akhilesh Yadav, the son of Mulayam Singh Yadav of Samajwadi party became the chief minister of Uttar Pradesh after his father. Tejashwi Yadav and Tej Pratap Yadav, the sons of Lalu Prasad Yadav are in politics irrespective of their qualifications and leadership qualities.

Like politics, Bollywood is also a hub of Nepotism. Bollywood is run mostly by star kids. It is always seen that Bollywood is mainly dominated by some celebrities, like Kapoors,

Khans, Bachchans, etc. Rishi Kapoor, Randhir Kapoor, Kareena Kapoor, Karishma Kapoor, Ranbir Kapoor are the famous names from the same family.

Even if some of the star kids are not good actors, they are still preferred over the real talent. If we see, most of the famous leading actors and actresses are star kids or have connections with Bollywood.

The result is that the rich are becoming richer and the poor getting poorer. Politicians and actors who are the result of Nepotism are earning a huge amount of money which they don't deserve.

Nepotism doesn't give equal opportunities and creates economic and financial imbalance in the country. Nepotism also influences declining GDP (Gross Domestic Product), unemployment, social injustice and inequality. It also takes corruption to its peak point. Nepotism is one of the main factors that India ranks 144 out of 156 countries in the global happiness index which is a shame for citizens of India. It is an issue that needs to be strongly and immediately tackled.

Everyone has a right to stand a fair chance in all professional fields and it can only be possible when all the hurdles are recovered and only deserving and talented politicians are elected irrespective of their family background, who will take our country to new heights, let's take a step to make India free of Nepotism and corruption.

Shruti Pathak

BA I

The Social Media

Social Media is a computer-based technology for the sharing of ideas, thoughts, and information. It holds great importance in our lives. It's been said that information is power. Without a means of distributing information, people cannot harness the power. The longer the information is in circulation, the more discussion it generates and the greater is its impact through social media.

There are many pros to the social media, still, I cannot help but list out the cons associated with it and hence favor the restriction of using it. We are living in an era where capturing moments using our mobile phones is more important than actually living these moments with whoever is beside us.

“Social Media is not real life,” said Essena O'Neill, an Australian star who quit social media in November 2015. She was later accused of wanting fame and attention through her actions.

While the world would be a much slower place without social media, it has caused harm as well as good. The positive impact is astronomical and far surpasses the ills associated with sharing. The motivation that participants site for sharing information includes a desire to reveal valuable and entertaining content, to define themselves, and to outgrow and nourish relationships.

Most common social media platforms include applications such as Facebook, Instagram, and Pinterest. They act as potential influential forces.

Most teenagers nowadays are obsessing over the number of likes they receive on their

photographs. The fear of not looking beautiful leads to them being consumed by the need to fit in on social platforms and they further struggle to disrupt their habits.

Today we can say that content is fire, and social media is gasoline. As is rightly said by Jonah Berger, “Social Media isn't a utility. It is not like power or water where all people care about is whether it works or not. Young people care about using one platform or another says about them.”

Social Media negatively affects the self-confidence of youngsters leading to body dissatisfaction and eating disorders. Thousands of stories of cyber bullying victims bear testimony to the fact.

The question is, 'Are we at a point where the social media organizations and their activities should be regulated for the benefit of the customers?' But with each passing day, more such questions keep coming up, leaving us with no answers at all.

In today's world, intimacy is lost. The bond of face to face conversations has disappeared behind the curtains of DM'S (direct messages) and text messages. All I can say is that 'In a world where everyone shows and tells everything, learn to value discretion and privacy.'

I conclude with a quote by a famous American actor, Dave Willis—“Don't use social media to impress people, use it to impact people.”

Stuti Bansal

BA I

Fitness and Women

I have been going to the gym for the past three years and noticed a stark difference between the way men and women take their workout routines.

For men, the workout is fun and they make it a part of their routine and miss out on very few sessions but when it comes to females they just have a fitness blueprint which they want to achieve. As I started reading more about the difference, I realized how the mindset of females affects their fitness.

For men, working out is a sport and they do it because it is fun. But for women, fitness is a superficial issue. They do it to decrease the number on the weighing machine.

Motivation is also a major issue. Men like to sweat and involve weight training in their workout. For women, sweating is a big no.

Women get conscious and think everyone is looking at them so they are afraid to put on their workout clothes or get out there in public with their cellulite jiggling. Men, on the other hand, are not really bothered about how they look when they are working out.

The most important thing in one's life should be fitness. But here again, women tend to take a backseat because they are too busy taking care of others. Their dedication to their families creates a barrier. But they do not realize the fact that to take care of the family, they need to take care of themselves first.

I feel that all women should take out some time from their routine to do physical activities. Most of the women today face problems of depression and anxiety. They worry excessively about things and get annoyed easily. All this leads to a negative effect on their professional and personal life. To reduce this, they should start by making small changes in their routine, which might include any activity in their daily schedule, whether it is going to a dance or aerobics class, joining a gym, joining a yoga group. The fitness of our body is our responsibility so it's better to take care of ourselves, instead of visiting the doctor and popping up medicines every second day.

Tanisha Goyal

BA-I

(26) How to reinvent yourself!

Reinventing is the idea that can strike any living being at any point of his life irrespective of his age, societal norms, economic and geographical situation. Reinvention does not mean the rebirth of a person or unlearning the ways with which one has lived so far. This reinvention means looking at oneself from within, without any bias, and making oneself look at the world in the way one wants the world to be. As a proverb goes,

“Charity begins at home.” This phase, when you realize that you need to achieve your fullest potential, is the actual turning point of life. And it is never too late to begin.

This reinvention usually strikes when you face a big change, like, after retirement from a job, moving on from a relationship, shifting to a new city or country. Many people, who choose to leave their old unhappy lives, enable

themselves to pursue their passions, and find a renewed zest for living. Before embarking on a journey of self-reinvention, you need to make sure that you have everything that you need to make the trip bump-proof. These things include: 'Resilience' because obstacles are bound to be faced; 'Self-care', you will have to pull yourself out of your comfort zones, habits, roles, and self-perceptions. Once you're sure that you're equipped with all the tools in the self-reinvention checklist, you can begin your journey of learning how to reinvent yourself. The journey is going to be tough, it will take time, patience, and plenty of efforts to make the change you wish to see. But it will be all worth it. With determination in your heart, you will reach the pinnacle of your best self.

Here's a 'to do' list to reach that tip of the mountain:

- **Discover your strengths**
Try different things out, know what you are good at, take big steps towards your interests, acquire new skills, and polish your existing skills.
- **Look within**
As a sculptor looks at his piece of art, as a watcher with no emotional feelings attached to it, you must look at yourself without any emotions attached and identify your flaws and further try to get rid of them or accept the ones that cannot be changed.
- **Manage your finances well**
Know where to spend more and where to control the expenses. Prioritize your goals and make plans accordingly.
- **Constantly look in the mirror**

Look at your progress and ask tough questions like, Are you healing? Is the process leading you in the right direction? With such questions, you need to push yourself harder towards the bright end.

- **Surround yourself with good people**
Eliminate people who discourage you or try to push you back. Be with people who can become your strength and support you when the clouds over you are dark.
- **Muster up your courage**
Fears and self-doubt may arise; sometimes you will have to take a risk but do not set back, be confident, hold on, keep your spirits high, and keep going.
- **Remind yourself of the commitment**
Constantly remind yourself of your goal. Writing down your goals helps them stick.
- **Accept failure, learn, resume your journey**

Failing is not inevitable, especially when you are trying something new with life. Whenever you fail, don't get disappointed, simply recognize it, learn from it, and move on. Failure is the best door for new and better ideas to flourish. Take it positively.

Reinvention is an art

It is a process not an 'overnight solution'. It is an unstoppable practice, day in and day out, till you remember what the goal means to you.

Vandana Batra

BA I

Status of Women in the Indian Society

As mothers, sisters, daughters, colleagues, girlfriends and sisters we love them. Can you imagine a life without women?

It would be a universe full of messy, aggressive and egomaniacal males running around the world, trying to outdo each other for no particular reason. There would be body odour, socks on the floor, hairy razors and nothing to eat in the fridge. Kids would be neglected and turn into drug addicts or psychopaths by age of ten. Soon all male world leaders would lose their temper at the slightest provocation and bomb the guts out of each other's countries. In a nutshell, without women and their sanity, the world would perish.

We are all well acquainted with the fact, how women are treated in our so called Indian ethical society. Now if I take an account of

countless newspaper reports, magazines and articles, a common scenario in our society is to abort girls before they are even born, neglect their upbringing, torture them, molest them, sell them, or worse rape them. Where are we heading to? All those beliefs lay shattered considering women as our idols and worshipping goddess Lakshmi and Durga. It feels like as if worshipping and raping women are the two sides of the same coin. All this has to end, we cannot always go to the India gate for candle march whenever anything happens nor these countless slogans will make an impact unless one is ready to elevate the underrated image of an Indian woman. And the worst is, asking for all these basic necessities makes us a feminist!

Yashasvini

BA I

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