



ANNUAL MAGAZINE OF NSS SRCC, 2022-23



PRERNA

11th EDITION

RHYTHMIC REALITIES
VOICING THROUGH MUSIC



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FROM THE PRINCIPAL

**‘The best way to find yourself is to lose yourself in the service of others.’
-Mahatma Gandhi**

The above-stated quote aptly describes the spirit and motivation behind the working of the Team National Service Scheme (NSS), Shri Ram College of Commerce. The College has always upheld values of humanity and benevolence along with its academic rigour. It is an honour to witness the sheer determination and devotion of our students working tirelessly towards the upliftment of society. Throughout the year, Team NSS through its several laudable activities promotes the ingrained motto of ‘Selfless Seva’. The diligence and courage to initiate positive, social, and cultural transformation are reflected in their noble deeds, awareness-spreading campaigns, and wing activities.



Prof. Simrit Kaur

Their selfless approach not only inspires our stakeholders but the entire society to step forward for humanity. The team led under the able guidance and support of Convenor, Dr. Kuljeet Kaur has worked diligently in inspiring our students and making them socially responsible citizens. I wholeheartedly congratulate the team for the release of the eleventh edition of ‘PRERNA’- the annual magazine of the Society. This year’s theme circumventing “Rhythmic Realities: Voicing Through Music” is pertinent during this time of societal transformation.

Hope that the insights reflected in the magazine will add value to the readers.

I wish them all the best in their future endeavours!

FROM THE PROGRAMME OFFICER



Dr. Kuljeet Kaur

Education alone is not a good measure of a person's stature if it is focussed merely on individual success rather than developing a sense of social welfare and community development. Sadly, with increase in competitiveness and professionalism, individual success is generally put above social welfare.

The National Service Scheme is a platform where we try to develop a sense of social service among young minds through engagement in social welfare activities. We believe our students have the capability and potential to become key decision-makers in policy formulation for the country and the various community engagement programs undertaken by NSS help them understand the various problems in the society and eventually find their probable solutions at the grassroot level.

It is my privilege to be associated with the NSS unit of Shri Ram College of Commerce. Teaching and guiding the best minds of our country is certainly a great feeling. I am proud enough to say that our volunteers are admirably adhering to the NSS Motto of “**NOT ME BUT YOU**” and trying their best to bring positive changes around them through their work. The NSS unit of the college is the most active student unit in and outside the campus; which starts from the first day of admissions and goes on till the last working day of the session; and their zeal to continue working, despite the limitations that came with the shift to digital platforms, and again to physical mode was particularly admirable. Today I can confidently say that the contribution of our NSS volunteers is not limited to some specific celebrations, instead, it has now become a daily affair. Their work reaches different horizons of society with a number of wings and projects working on a diverse range of social issues.

The office-bearers and volunteers have played a very crucial role in ensuring the elevation of social contributions of NSS SRCC and I express my sincere gratitude to them for enabling the objectives of NSS to become ground realities. In the end, I would also like to congratulate the editorial team for bringing this new issue of PRERNA to the readers. We hope it will help you get a new perspective and inspire you in many respects.

I wish all the volunteers the very best for their future!

FROM THE EDITOR

When I arrived at SRCC, I was clear about my goals and getting into NSS was one of them. Since the lockdown restrictions were still in place, the recruitment procedure for NSS took place on a 30-minute zoom call. Having gone through the frazzle of multiple recruitment rounds of other societies, I was completely drained, absolutely exhausted and utterly insecure, and so, wasn't expecting much in my NSS interview. Still, the type-A persona ingrained deep in me since school days meant that I didn't do anything short of perfection. Cue the extensive research about NSS, SRCC by scurrying across loads of website pages, Instagram posts and following it on all social media handles; I was confident in declaring myself a know-it-all about the inside and out of the society. The witnesses of my 3 hour rote learning were my interview panellists, Shruti Di and Rohit Bhaiya, who questioned me on my knowledge about NSS.



Priya Tyagi

It was like turning the key of the human version of a parrot. I recited an extremely long monologue about almost every tiny detail I could recall, peeking a few glances from the cheat notes I had prepared, and ending just short of breath, managing to fit in that I would be thrilled to join as a Project Sanskar Volunteer. I remember mentioning my view on the activities conducted by NSS, which left a lasting impression on them (as I'd hoped it would). I could see that my efforts were noted duly- the ghost of a smile playing on Rohit Bhaiya's face and a sparkle in Shruti Di's eyes- all giving me the green flag that I most desperately needed to keep going. The interview was simply splendid. Shruti Di even commented how it was so cute seeing someone smile throughout.

Scene I: The Toil. My time at Project Sanskar was immensely fulfilling. The 3 students under my mentorship were bright minds, full of drive and ambition. Witnessing their contagious enthusiasm bubble forth in an endless yearning for knowledge made me work harder by arranging handmade notes, extra questions and 'Word for the Day' initiative tailor-made just for them.

The meaningful bond I created with them over the span of 6 months has remained tight as ever, with them sending customised well-wishes on every occasion. I will forever hold those 3 cute beans close to my heart.

Scene II: Donning the Role. The Junior Cabinet Recruitment concluded in a hasty flurry to bag a place in NSS, concluding with me as the 'Research & Editorial Head'. Unbeknownst to me, the role was daunting to say the least. But I trusted the judgement of my seniors and wholeheartedly accepted their decision. My co-head, Rohan (aka Ginger) proved to be the perfect match. For when I stumbled any time, be it succumbing to the jitters of the new role or planning for upcoming initiatives, he stepped up to the occasion, zeroing in on the issue and delivering the right pitch at the right time. With his uncanny ability of untying the tight knot of unnecessary complexities and me handling the intricacies, we were able to propel the wing forward. The Senior Cabinet consisting of Shivansh Bhaiya, Rushi Bhaiya and Shruti Di were quintessential lodestars to guide us.

Scene III: Long Live All The Magic We Made! A legacy, featuring a Pride March, 'Content Development Internship' starring 3 famed personalities, countless impactful drives, donations and awareness sessions, a dynamic celebration of 53rd NSS Day, initiation of a full-fledged fundraiser for the benefit of our furry friends on campus, a special mention in the national times and a grandiose Samarpan'23 to top it all off with a sprinkle of electrifying competitions, fancy sponsorships and fruitful collaborations—are some of the spirited activities undertaken by NSS during the tenure of 2022-23. I will forever cherish those times with fondness in my heart.

To end our tenure without the release of the annual magazine of NSS would be absurd. And so, 'Prerna' 2022-23 is an enthralling odyssey to everything you wished could improve in society, with individualised and crisp takes on current happenings. In addition, the magazine casts a highlight on Project Ankush and Environment Wing for the tremendous efforts and monumental changes they've achieved during the tenure.

This year, the theme revolves around 'Rhythmic Realities: Voicing Through Music'. The magazine is brimming with relatable instances that highlight the dictum of '*Music is the universal language of mankind*'. It aims to inspire positive change through the mammoth power of the community. We all imagine our life with some background beats to it with the rhythm reverberating in every fibre of our being. There's something primitively soothing about this force, for on one hand, it can make us feel ten-foot tall and on the other, it invigorates society with renewed strength to face challenges head-on. It has been said, "Every day you have the power to choose a better history- by opening your hearts and minds, by speaking up for what you know is right". Suffice to say, 'Prerna' dovetails this philosophy aptly.

I've been incredibly lucky to have had the support and enthusiasm of some truly wonderful people in the making of this magazine. The Technical and Marketing Team proved to be indispensable with their tech-savvy and cooperating nature. The input of the previous editors, namely Harshi Kumar and Rinkle Saxena, who were generous with their time and thoughts and the team of R&E Volunteers who helped shape and underpin the entire magazine with their creative ideas; it's been a marvellous experience for me.

I wish to call for a special shout out to the senior cabinet who always urged us to fill our bucket with positive energy, to lead by example and with hope. They created a comforting environment to let us know that we mattered, that we belonged.

During my journey as a volunteer at Project Sanskar and then as the Research & Editorial Head, I was driven by a relentless desire to be judged for something worthwhile I did. For as Michele Obama once said, “*Success isn’t about how much money you make; it’s about the difference you make in life*”. It wouldn’t be too self-assuming to say that this motley group of students working at NSS proudly own up to the saying of ‘Not Me, But You’ because we, at NSS, hold the banner of ‘Empowerment Through Diversity’ loud and proud.

The future depends on our ability to create a vision that is as empathetic as it is inspired. One that recognises that societies, and not only individuals, must be resilient. This will take passion and grit and I can think of no better starting point than to ardently go through this magazine to look for a substantive purpose.

Hope my fellow readers find 'Prerna' to be a mesmerising and inspiring read!

With love and cheer

Priya Tyagi

Research & Editorial Head

2022-23

FROM THE EDITOR

Dear Readers,

It is with immense pleasure and a sense of profound gratitude that we present to you the latest edition of 'Prerna', the annual magazine of NSS SRCC. As we embark on this journey of exploration and introspection, we are reminded of the remarkable path that has led us here, and the integral role that each and every one of you plays in shaping the narrative of social service.

It gives me great joy to share with you the story of my own journey with NSS, which has brought me to this cherished role as the Editor of 'Prerna'. From the early days as a volunteer, where I experienced the sheer joy of engaging with communities and creating positive change, to assuming the responsibility of Research and Editorial Head, the path has been filled with invaluable experiences and transformative growth.

Throughout my tenure of two years with NSS, I have witnessed the incredible power of collective action and the transformative impact that can be achieved when individuals come together for a common cause. The journey has been an enriching one, as I have had the privilege of working alongside passionate individuals dedicated to making a difference in the world around us. It is with a deep appreciation for their unwavering commitment that I assume the role of Editor, knowing that this magazine stands as a testament to their efforts and the collective spirit of the NSS family.

'Prerna' holds a special place in my heart, as it embodies the spirit of social service and encapsulates the diverse stories of resilience, compassion, and transformation that we have encountered along the way. Within its pages, you will find narratives that illuminate the profound impact of our initiatives, both on the lives of those we serve and on our own personal growth. From stories of empowerment and education to reflections on environmental sustainability and community development, 'Prerna' offers a glimpse into the tapestry of experiences that define our shared journey.



Rohan Kumar

As we navigate the challenges and opportunities that lie ahead, we are reminded of the importance of staying connected, compassionate, and committed to creating positive change. 'Prerna' serves as a reminder that each act of service, no matter how small, has the power to ignite a ripple of transformation that can reach far beyond what we can imagine.

I extend my deepest gratitude to the entire NSS SRCC family, including the volunteers, co-heads, faculty advisors, and contributors, who have made this edition of 'Prerna' possible. Your unwavering support and dedication have shaped this magazine into a platform that amplifies the voices of the unheard and celebrates the collective spirit of service.

In closing, I invite you, our esteemed readers, to immerse yourselves in the stories, insights, and reflections within the pages of 'Prerna'. May they inspire and ignite the flame of service within you, reminding us all that together, we can create a world that is more just, compassionate, and inclusive.

With heartfelt appreciation,

Rohan Kumar,
Research & Editorial Head
2022-23

FROM THE PRESIDENT

When I look back to 2020, remembering my time in NSS as a volunteer, then as the Social Empowerment head and now as the President, one thing that I find common is the endless beating of my heart for service. All thanks to this beautiful society of SRCC, which does selfless seva for others, where your happiness lies in others' smiles.

My journey in NSS has been one of the most challenging ones; I have seen NSS SRCC in completely online mode, then in hybrid mode and then finally in complete offline mode, that to be at the core position, where even I was perplexed, bombarded by a barrage of questions: "Will I be able to get back the glory of NSS as it was a few years ago? Will I be able to accelerate social work? Am I capable enough? Do I have that in me?" I don't know if I was actually able to do any of it but what I do know is that the intentions with which I did anything for NSS were always pure. Here, you don't do it for yourself, you do it for others, you do it for the ones who don't have even 1% of what you possess. There were hindrances and obstacles, but where there is a heart for service nothing can come in your way.

With the dedicated efforts of the entire team of NSS, we were able to conduct smooth offline classes for Project Sanskar for the entire year, re-established Project Vishwas and Project Ankush, Project Kali added new initiatives in the slum we have adopted, social empowerment, social health and social support conducted maximum, drives, visits, online campaigns, camps altogether. The Environmental Wing bravely started the animal support drive this year. Research & Editorial and Finance & Outreach had their first self-led community social work initiatives apart from their regular work, Creative & Organising Wing added sparkling colours to Samarpan'23 after 3 years, and the Technical & Marketing Wing beautifully became the face of NSS, and finally made our dear 'Prerna'.



Shivansh Raj

What I mentioned are the outcomes, but what mattered the most were the efforts put by the team, who worked day and night, selflessly, with some of them missing out on the meals of day, some compromising with their sleep, some even missing out their academics, just to add more feathers to the cap of NSS SRCC. I bow down in front of my team for their valuable efforts, you will always be respected and remembered for continuing the legacy of 'Not Me, But You'

I have seen 5 entire generations of NSS SRCC, from the ones who have graduated 2 years back and to the ones who will graduate after 2 years, and it's an honour to witness that. To see that humanity still exists and is flourishing day by day, gives me a better reason to live happily. All of them have taught me how important it is to care for others, to be affectionate and be compassionate towards the underprivileged ones. I don't think any of this is taught by any unit other than NSS. As my position in the society levelled up every year, it also levelled up the opportunities, ideologies, mission and vision to have social impact.

I'm graduating from SRCC, and especially from NSS SRCC, but NSS, SRCC will never graduate from me. It's in my blood, and I feel my blood is purified eternally. This is the power of social work, it changes you from within. It changes and makes new perspectives, it builds the moral and ethical foundation in you and lastly it gives you the power of empowering others.

To the coming torch bearers of NSS, remember that the heart for service was and will be always in your heart, NSS just helps you to bring it out and take an action on it. You are more enthusiastic than the previous ones and more experienced than the coming ones, so use it in the best spirit of NSS.

Hence, my tenure here has ended, and I believe that every good thing has an end and every end is a new beginning. Miles to go for NSS SRCC!

Signing off
President 2022-23

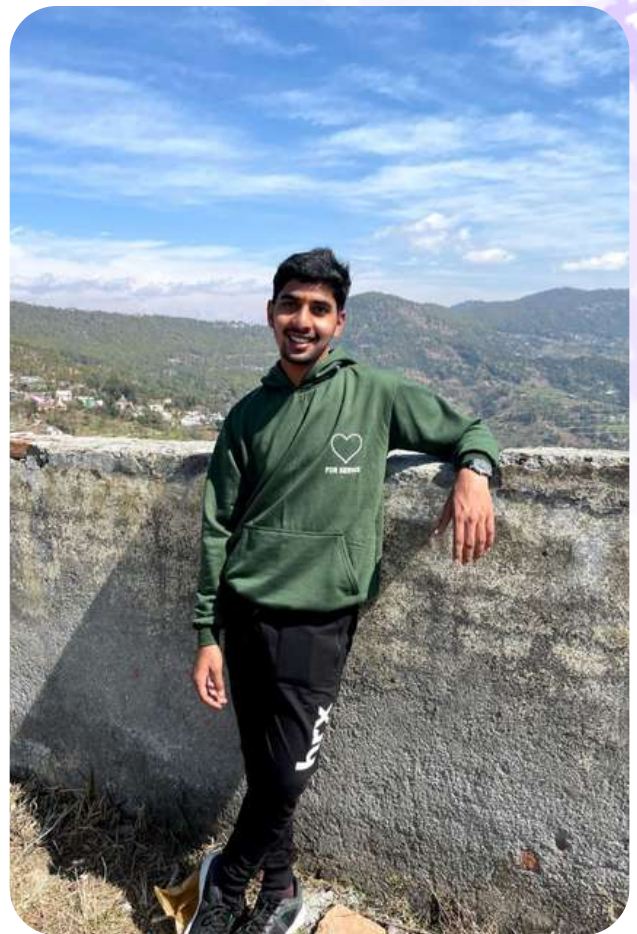
FROM THE VICE PRESIDENT

Hello Dear Reader,

I'm very glad to address you as Vice President of NSS,SRCC.

Every story has a beginning and my story also has one. When I joined SRCC back in 2020 during COVID pandemic, sitting at home and thinking back about online college, NSS came into my life as a guiding light. Just like many of us, even I was confused about what I could do? Who I was? Was I worth something on this planet? NSS helped me explore myself. Working in NSS was never working for me, rather it was an exploration of the world of service.

A transition from Online to Hybrid to Offline, from Volunteer to Junior cabinet to Senior cabinet member, I have explored a plethora of things. I was a part of NSS for all 3 years of my under graduation and from now on NSS will be part of me forever. Over the past 3 years it was a really great experience being a part of many new initiatives and I'm extremely glad I'm a part of a team that aims to create a great impact in the society. There were many ups and downs in the journey but still, we as a team, never forgot the reason we were here.



Rushi Keshwar Reddy

I always believed that “YOU WILL FEEL HAPPY WHEN YOU GET SOMETHING YOU LIKE, BUT YOU WILL BE MORE HAPPY IF YOU GIVE OTHERS WHAT THEY WANT”. I feel NSS is the perfect place for the youth of this nation who agrees with me. Everything starts with “one”. Be the one who starts the change, be the one who wants the change. Always remember, “Every single person's contribution to change is important if you really wish to see the change.”

As we approach to the end of this year, I would like to take this opportunity to thank each and every member of the NSS team for their hard work and dedication, and for being a shining example of what can be accomplished when we come together for a common cause, And I wish the next team all the very best for their future.

To all the NSS volunteers, “ONCE A PART OF NSS, NSS IS ALWAYS A PART OF YOU.” Continue the spirit of giving back and bringing the change alongside motivating others for the change.

There is no need to be a part of NSS to give back to society, it's the heart that matters.

On this note a never ending story of mine comes to an end, and every end will lead you to a new and better beginning.

Always spread love and happiness.

Happy reading!

RUSHI KESHWAR REDDY

Vice President 2022-2023

Signing off

FROM THE SECRETARY

NSS SRCC.

Can I call NSS my home?

NOT ME BUT YOU. YES! This is what NSS SRCC believes in. We believe that together we have the power to bring a change and spread smiles to the faces of people.

3 years ago, my journey in NSS started with a zoom screen and a whatsapp group with a bunch of unknown people who had been put together for a common purpose i.e., selfless seva. Back then, I didn't know NSS would be the most important part of my college life. This 3 years journey from being the volunteer to the Social Empowerment head and then the Secretary of NSS has been a different journey altogether which can't be explained.

When I was given the position of Secretary, I was scared. I felt like, will I be able to justify the position and meet the expectations of my seniors? But again, my entire team along with my co-senior cabinet members made me realise that together we can.

This wouldn't have been possible without Shivansh and Rushi. We were called the unbeatable trio and indeed we were. They were the ones who kept me going throughout no matter what.

This year has been a really great year for NSS. We were successful in giving Project Vishwas a new start with "DAASTAAN". Along with this, we also restarted the food distribution under Project Ankush which was disrupted because of Covid and have successfully distributed food to 800+ people this year. Animal care initiative has been launched under the Environment Wing which was also the key highlight of SAMARPAN'23. Offline events and initiatives like Masti ki Paathshala, Jashn-e-Pyaar, Purple day, Blood donation camp, Book & Pad donation drives have been held. This is just a glimpse of the countless initiatives and selfless work that has been done by the team throughout this year.



Shruti Agrawal

“Together we can” and NSS is the best example of the power of unity and teamwork that I have ever seen in my life. Working together the entire day in the scorching heat, working tirelessly and still showing up with a bright smile on their face, and ready to serve the society, this is the dedication that the whole team worked with. I have seen each and every individual giving their 10000% to whatever they had been doing.

It will not be wrong if I say that the journey has not been easy. It had its own shares of ups and downs. But the spirit that we all had for working selflessly and helping as many people as we could, always kept us going. I could feel that enthusiasm and zeal in all of us that we would face any obstacle that would come in our way and work with all our heart and soul. This motivation, this positivity is something that I will carry with me wherever I go in my life.

My days in SR would not have been the same if I was not a part of NSS and I would not be what I am today if NSS would not have been there to shape me. I believe that working with diverse people for diverse causes has changed me as an individual and the way I think. I remember being a scared girl who thought that she did not fit in with the people at SRCC, who called her head and asked her why she was selected in NSS? She got a reply that just believe in yourself and your heart for service and after that whenever i felt like i am losing hope I remember why I started.

The memories that I have made, the people that I have met, the experiences that I have shared and the lessons that I have learnt are something that I am very grateful for. I believe that NSS is my home away from home and all the members in NSS are my family members. I would like to thank each and every one of you who have been a part of my journey and would like to tell you all that I am very proud of you all.

Once a part of NSS, always a part of NSS. Though I will no longer be a part of NSS but I am leaving a part of me with NSS which will always be there no matter what I do or where I go.

“Log ek k baare mai sochte hai, do k baare mai sochte hai par hum sab k baare mai sochne ki kosis karte hai aur samaj ki taraf khud ko samarpit karte hai”

Secretary 2022-23
Shruti Agrawal
Signing off

Cabinet



2022-23



RHYTHMIC VOICING THROUGH

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How Developing a Rhythmic Ear Can Help You
Succeed in College

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From Teening to Transitioning

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REALITIES: MUSIC



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"Tuning Your Mind: How Developing a Rhythmic Ear Can Help You Succeed in College"

By-Pulkit Chaudhary

The Campus Crunch: Learning to Prioritise and Excel in College

"I'll have to stay up till 3 in the morning to ideate upon this new project" "Can't even take a 15 min break, he'll start breathing down my neck to get the work done" "Movies? Sorry can't come, high workload at the moment! Next time for sure!"

Contrary to what you all must be thinking, these statements are not of a typical corporate sector employee. Instead, these are the statements of an average college student!

Upturned sleep schedule? Hectic lives? Travelling hours in the metro exceeding time spent on the college campus? Missing deadlines for assignments? Minimal attendance in class? Barely managing co-curriculars? Unable to allocate sufficient time to studies? Wishing society seniors were a bit more lenient? Can't even hangout with friends owing to workload?

If you are a college student, most of you would answer the above questions in affirmative. College life is not always the blithe, pleasant and bright campus life portrayed in Karan Johar's movies! The only aspect of his movies that resonates with the actual experiences of young people is the formation of close friendships and the creation of lasting memories with them. Beyond that, there is little similarity.

The transition from school life to college life is most definitely an enriching experience but it brings about a plethora of problems as well for students. In addition to focusing on academics, university culture and environment requires students to pay due attention to extracurriculars as well.



Insufficient time management and prioritisation skills present a significant challenge for college students. They struggle with determining how to allocate their time to different tasks and discerning which activities should take precedence due to a lack of mental clarity and focus.

Thus, it is crucial to seek out novel approaches to enhance productivity, concentration, and mental clarity in order to excel in all aspects of college life, including extracurricular activities, academics, and the essential component of college experience - having a great time. One of the highly effective methods for enhancing focus and mental clarity during college is through developing RHYTHMIC EAR - a technique that uses the universal harmony of MUSIC.

Now, for all of you wondering what exactly is a "rhythmic ear", it typically refers to a person's ability to perceive and reproduce rhythms accurately. A person with a rhythmic ear is able to distinguish between different rhythms, such as recognizing the beat in a piece of music and being able to clap or tap along with it. They may also have an innate sense of timing and be able to synchronise their movements to the rhythm of the music.

The Beat Within: Uncovering the Neuroscience of Rhythm

Rhythm and the brain have a complex and interconnected relationship, which has been studied extensively by scientists in the fields of neuroscience and psychology. When we perceive and process rhythm, various regions of the brain become activated, including areas involved in auditory processing, motor control, and emotion regulation. Research has shown that rhythmic stimuli, such as music, can entrain or synchronise neural activity in the brain, particularly in regions involved in motor control and auditory processing. This synchronisation is thought to enhance communication between neurons and may facilitate the processing of sensory information.

Now let us understand how this neurological jargon applies to and benefits a student in his college life.

Tune into Success: How a Rhythmic Mindset Can Help You Achieve Your Goals

Studies have shown that musical techniques can have a positive impact on cognitive function, including memory, attention, and learning.

→ Improved academic performance: Research has shown that music education, including training in rhythm and beat perception, can lead to improved academic performance, particularly in areas such as maths and language. This may be because rhythmic training can enhance cognitive abilities such as attention, memory, and processing speed. A study published in the *Journal of Music Therapy* found that listening to music helped to improve attention and reduce distractibility in children with ADHD, suggesting that music can regulate brain function and enhance cognitive performance.

→ Enhanced physical coordination: Developing a rhythmic ear can also lead to improved physical coordination and timing. This can be beneficial for college students participating in sports or dance activities, as well as for those who engage in physical exercise or performance. A study published in the *Journal of Experimental Psychology* in 2009 found that training in rhythmical skills could improve motor coordination. The study involved training non-musicians in rhythmical skills using a drumming task, and the results showed that after the training, the participants had improved coordination and timing skills.



Rhythm Mastery: Effective Tips for Developing Your Rhythmic Perception

→ Improved communication and social skills:

Rhythm is a fundamental element of human communication and interaction, and developing a rhythmic ear can enhance social skills such as empathy, cooperation, and collaboration. This can be particularly beneficial for college students who need to work in groups, engage in team-based projects, or participate in extracurricular activities. A review article published in the

Journal Frontiers in Psychology found that musical training can have positive effects on various aspects of social functioning, including communication, empathy, and social cognition. The article reviewed a number of studies that support the idea that musical training can improve social skills.

→ Reduced stress and anxiety: Listening to rhythmic music has been shown to reduce stress and anxiety levels, which can be particularly beneficial for college students who may experience high levels of stress due to academic and social pressures. The *International Journal of Nursing Practice* reported that music therapy significantly reduced anxiety levels in patients undergoing surgical procedures, while the *Journal of Behavioural Medicine* found that listening to music reduced cortisol levels in college students. Furthermore, the *Journal of Positive Psychology* reported that listening to upbeat music can improve mood and increase happiness levels, suggesting that music has the ability to activate the reward centres in the brain and promote positive emotions.

Didn't you know earlier that your favourite pastime, listening to the pleasing melodies of music, has so many benefits, if only done with a little more precision in a specific way? Neither did I ;)

Now it becomes imperative to know how we can integrate rhythm in our lives, and reap the immense benefits of our recreational pursuit - The art of sound.

One effective way to develop a rhythmic ear is through practice and exposure to a diverse range of musical styles. Simple exercises such as clapping along to music or tapping rhythms with your fingers or feet can help you develop a stronger sense of rhythm. Additionally, listening to a variety of music styles can help expand your rhythmic vocabulary and expose you to different rhythms and time signatures.

Experimenting with rhythm instruments such as drums or percussion can also help you develop a better understanding of rhythm and timing. Another useful technique is to practise rhythm-based movement or dance, which can help you develop a more intuitive sense of rhythm and improve your ability to sync with music.

Finally, incorporating music into your daily routine, such as listening to music while exercising or commuting, can help you maintain a regular rhythm practice and improve your overall musicality. By incorporating these practical tips into your routine, you can develop a stronger sense of rhythm and improve your mental clarity and focus.

Incorporating rhythm into study habits can also help improve focus and productivity. Using rhythmic study aids or music can help create a consistent tempo and focus your attention. Setting a study schedule to a specific rhythm can also help maintain focus and create a sense of structure. Additionally, incorporating movement breaks, such as taking a short dance or stretch break between study sessions, can help improve circulation and refresh your mind.

Music: A reflection of the listener

By incorporating these techniques into your study habits, you can improve your mental clarity and focus, making it easier to retain information and perform better on academic tasks.

Remember, developing a rhythmic ear takes time and practice. Don't get discouraged if you don't see immediate results. Keep practising and listening to music, and you'll gradually improve your rhythmic abilities.

Many of you might be feeling deceived or misled. You might be expecting a ready-made solution for the lack of time everyone experiences in college. Some of you might be pondering why we need to allot our most precious asset - 'time', to this activity of improving our rhythmic mindsets, when we can allocate this time to much more productive work.

It is important to acknowledge the fact that effective time management is a skill that requires consistent effort and personalised strategies. While there may not be a one-size-fits-all solution, investing in developing your time management skills can have significant long-term benefits in college and beyond.

Further, all of us are music enthusiasts one way or the other, as the preferred styles of music may vary from individual to individual. Shouldn't the predilect way of honing and polishing your skills be through the involvement of activities that you're fond of, that you can call your cherished leisure pursuit, instead of taking up cumbersome courses and monotonous activities for time management and better mental clarity?

Investing a little time and effort into developing a rhythmic mindset might seem like a modestly gainful pursuit in the short run, yet in the long run, it comes out to be immensely beneficial and worthwhile.

Musical harmonies, in addition to being a universal language, are subjective and resonate differently with different individuals. Various types of melodies may have varied effects on individuals. Alternative individuals may find diverse genres of music to be revitalising and stimulating, with one person finding pop music refreshing while another person finding devotional music to have the same effect.

Some people may get their writing inspiration only while listening to "Un Poco Loco" (Un poco loco blaring in the background) whereas some others might have to listen to Anuv Jain every night to be able to sleep (not me HAHA).

Yet rhythmic mindset, in no way, is affected by your preferred genre of music. It provides you with the same benefits regardless of you being an Eminem fan or an Arijit Singh enthusiast.

Conclusion: The Tempo Goes On

In conclusion, In the hectic throes of college life, having a rhythmic ear and mindset can provide you an edge over the rest, as regularly engaging with rhythm and music can improve cognitive function, enhance memory, and reduce stress levels, leading to higher efficiency and productivity. Further, having a rhythmic ear and mindset is not limited to college life, but it can also yield significant advantages in one's future endeavours as well.

So what are y'all waiting for?

Take out your earphones mi amors and discover the beat and tempo you most resonate to, before campus life makes you 'Un Poco Loco'. (^-^)

ADULTING: FROM TEENING TO TRANSITION

By-Anushka Singh

As a kid, apart from badly wanting to find out “Why is the sun following me?”, I always wanted to be an adult, like I wanted to be the one having control and be responsible like grown-ups in the family.

I was fascinated by the idea that Yes!, I get to decide my dress, my food and of course my TV time and of others too. (Evil Laugh).

Now, I think my wish to be an adult is coming true, as of others around my age.

DO WE WANT THIS NOW? NO.

CAN WE SKIP THIS PHASE ALTOGETHER?

MAYBE, SCIENCE GUYS NEED TO WORK HARDER

BUT FOR NOW, LET'S JUST FACE IT TILL FURTHER INVENTIONS

So, let's step by step understand how to be an Adult in a world full of Adults.

1stly, Take responsibility for your own life, which means being accountable for your actions, making your own decisions, and accepting the consequences that come with them. It may sound scary, but it's the only way to truly become independent and self-reliant.

The next step is to develop good habits and routines. This includes things like getting enough sleep, eating healthy, exercising regularly, and managing your time effectively. By taking care of yourself, you'll have the energy and focus you need to tackle the challenges of adulting.

Another important aspect of adulting is developing strong relationships. This includes relationships with family, friends, and peers. Learning how to communicate effectively, resolve conflicts, and build trust is essential for success in both personal and professional settings.

Finally, it's important to stay flexible and adaptable. The world is constantly changing, and the skills and knowledge that were valuable yesterday may not be relevant tomorrow. By staying curious, open-minded, and willing to learn, you'll be better equipped to navigate the challenges and opportunities that come your way.

Most importantly, it is important to realise that adulting is not a one-size-fits-all process. Everyone's journey is different, and there is no right or wrong way to go about it. Some people may find it helpful to seek out mentors or role models who can provide guidance and support along the way, while others may prefer to rely on their instincts and intuition. Ultimately, the key is to be true to yourself and to take ownership of your journey, whatever that may look like.

And No, these steps are not meant to transform you into the relative that you hate or make you boring but to help your transition be less painful.

Of course, we will surely miss our “teen tag” in the suffix of our ages but maybe this quality of ephemeral-ness makes it more beautiful.

Adulthood may seem like a harsh word for the basic transition which happens to be part of a life cycle but also keep in mind that this is just a man-made word and we can always be cool adults.

And if sometimes Adulthood seems hard, we can always tune in to good music and vibe to our favourite song.



*“Kabhi kabhi to lage zindagi mein rahi naa khushi aur naa
maza,
Kabhi kabhi to lage har din mushkil aur har pal ek saza,
Aise mein koi kaise muskuraye, kaise hass de khush hoke?
Aur kaise koi soch le everything gonna be ok?”*





Soundscapes Of The Mind

By- Girish Surendra Kumar

The First Melody

Right from the moment we are born, we are exposed to the cling-clang, beep, and chirp sounds of hospital equipment. These are the noises of the hospital's neonatal intensive care unit (NICU), which cannot be eliminated from the environment. While these sounds are not desirable, some other sounds may improve the overall health of a newborn. This sound is, of course, a lullaby. Studies suggest that singing a lullaby to a baby leads to an increase in the amount of time the baby is quiet. The moment we enter this world, it is a soothing lullaby that calms us.

The Musical Medicine

After analysing 400 studies, psychologist Levitin and his research fellow Chanda discovered that music has a positive effect on the immune system and can alleviate stress. Moreover, they found that listening to music is more effective than prescription drugs in reducing anxiety before a surgical procedure.

Then there is also a type of therapy - music therapy - which is a type of treatment that uses music to help patients reach their personal goals. It's based on scientific evidence and involves techniques such as listening to, creating, and talking about music with a trained therapist. The music therapist works with the patient to customise the treatment to their needs and preferences.

Music moulds the mind

Studies have shown that musicians tend to have certain areas of their brains that are larger than those of non-musicians, especially if they started playing music at an early age. This suggests that playing music can even change the structure of the brain.



The Mozart Effect

The Mozart Effect is perhaps the most popularly known effect of music on the mind. Many people might have heard that listening to songs composed by Mozart "makes you smarter." However, this belief is based on a misinterpretation of a study in the 1990s. Listening to Mozart only temporarily increases spatial-temporal reasoning, and this increase is just a mere 2.1 IQ points.

There is a fascinating episode related to the popularisation of this study. Alex Ross, a music columnist for The New York Times, referenced the research suggesting that listening to Mozart's songs can increase intelligence and joked that it meant Mozart had surpassed Beethoven as the world's greatest composer.

Music is a form of communication through sound, conveying emotions that are difficult to describe in words. Although listening to music does not make you smarter, it can raise your level of enjoyment and decrease feelings of stress, leading to improved focus and test scores.

Music leads to weight loss

Now, this is something that Alex Ross would declare. Although there is an interesting correlation between music and weight loss.

Listening to calm music and dimming the lights while eating might help with weight loss, according to a study. Participants who ate in low-lit restaurants with soft music consumed 18% less food than those who ate in brightly-lit environments.

The researchers believe that a relaxed atmosphere helped participants eat more slowly and recognize when they felt full.



The classical remedy for insomnia

A study found that listening to relaxing classical music at bedtime for three weeks can improve sleep quality. College students who listened to classical music had better sleep quality than those who listened to an audiobook or had no intervention.

The study also showed that listening to music decreased depressive symptoms. This safe, effective, and affordable method can be used to treat insomnia.



Rhythmic Recovery

Music can also be used to help people who have experienced trauma, but there are different opinions on how best to do this. Some people think that specific rhythms in music can help the brain recover from trauma, but others believe that the most important thing is creating a safe and supportive environment.

A study found that listening to music can help reduce pain and anxiety after surgery, even when patients are asleep under anaesthesia. Music can also decrease the need for anti-anxiety medication after surgery. The study was published in a medical journal called *The Lancet* in 2015. Another study discovered that fibromyalgia patients who listened to music for an hour a day experienced a reduction in pain and depression.

Music moves and motivates


Research shows that listening to fast-paced music can motivate people to work out harder. In one study, participants cycled while listening to music that was subtly changed in speed. When the music was sped up by 10%, they covered more distance, pedalled faster, and exerted more power. Music can also improve endurance and motivation during exercise, especially for low to moderate-intensity workouts. This is because music diverts attention away from physical exertion, making it feel like less effort.

Ageless Melodies

Not only does music play an important role during our youth, but it also helps those with age-related mental illnesses. Research suggests that music can aid with movement and emotional symptoms of Parkinson's disease. Listening and playing music can improve the connection between movement and rhythm, leading to enhanced coordination, balance, and posture.

Additionally, music can have a positive impact and can provide a medium for expression, uplifting the moods of individuals with Parkinson's disease.

A study conducted by Gómez Gallego and Gómez Garcia found that music therapy helped improve memory, mood, and behaviour in people with mild and moderate Alzheimer's disease. Even after just four sessions, there was a noticeable improvement in cognitive abilities.



The ancient Greek philosophers knew it all along!

Plato

Plato believed that music has a powerful effect on our emotions and can change negative feelings into positive ones. He used the example of a mother singing a lullaby to calm a crying baby. However, he thought that some types of music could have a negative influence on our character. He believed that music can have a strong impact on our mental state and we should be careful about the kind of music we listen to.

Aristotle

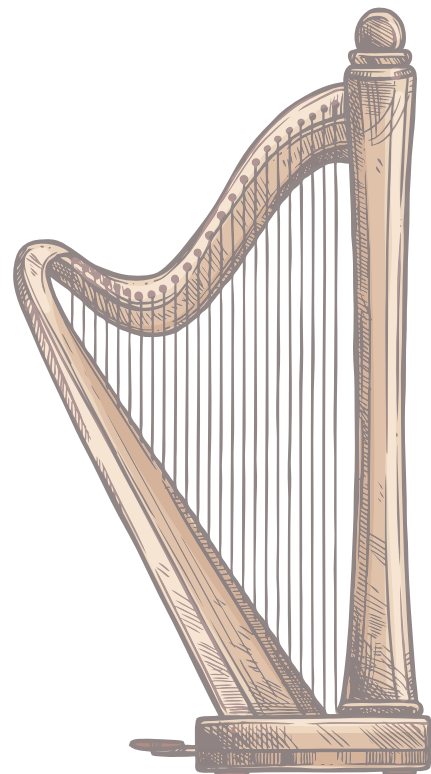
Aristotle had a different view on music than Plato. While Plato believed that only regulated and positive music should be listened to, Aristotle thought that some sad or frenzied music could help relieve negative emotions through catharsis. Additionally, Aristotle believed that music could be used for relaxation after a long day of work and that it was important to allow for diversity in musical styles because people have different preferences.

Malignant Melodies

Music is an art form that can evoke powerful emotions and trigger strong memories.

However, for some people, exposure to certain types of music or specific pieces can cause distress. This could be due to a personal experience or association with the music that brings up negative emotions. For example, someone who has experienced a traumatic event while listening to a particular song may feel anxiety or fear when hearing that song again.

While music can be a powerful tool for emotional expression, it's important to recognize and address the potential risks and take steps to ensure safety and well-being.



TIME TO PLUG & UNPLUG YOURSELF

By– Marisha Gandhi

A quick and Sweet reminder to the soul reading this:

Remember! You can't be defined by the chapter of your life you are in!

Consider, you are working on your computer for hours and now your computer has stopped working all of a sudden! If I talk about myself, not being that tech-savvy; I would unplug and plug it again and in most situations, it starts again, functioning even more efficiently than before. I believe that this mechanism of unplugging and plugging again could even work with human beings. However, this whole mechanism is referred to as “self-care” or “self-love” in the paradigm of humans.

When it comes to the psychological literature, there is no specific definition of ‘Self-Care’ which could be broadly accepted. Self-care undoubtedly is highly subjective but at the same time, it is something that can't be ignored and missed out. Talking about the status quo, where depression, anxiety, and imposter syndrome is holding back every person's soul every now and then, self-care seems to be the only escape so that one doesn't experience the absence of self.



Self-Care in its simplest form is like soothing music that makes you forget all your stress, and dilemmas and makes you grin even if that's shameless. It can be referred to as the gradual practice of acknowledging one's own presence in the crowd and taking steps to make your soul happy, improving and preserving your own health.

The main problem with self-care is that people fail to acknowledge its importance and need, even though it is an indispensable part of our lives. It will not be even wrong to say that self-care is the essence of our lives. It has limitless benefits accrued to it. Speaking about professional life, there exists intense competition which in turn drives people to push themselves beyond their limits and achieve the best in the best possible ways. When a person pushes himself/herself beyond his/her limits he might reach the pinnacle of glory but at the same time, it sometimes drives one into a rat race where one takes unbearable pains and tends to get trapped in the cage of anxiety, stress, ethical dilemmas and mental distress baited by some materialistic gains. This stress could get so intense that it could lead to a downfall in your graph which indeed you wish to shoot upward steeply. This is where self-care could come to the rescue. Having a soft corner for self-care in this harsh and never-ending competition can help in reducing mental distress and boosts energy to the upshot. Mental distress not only hampers one's mental health but sometimes it could cause severe physical illnesses like headaches, hypertension, insomnia, etc. Self-care helps in combating such physical illnesses alongside medications. Not only professionally but in personal life as well, self-care leads to better relationships because it's only when you have a healthy relationship with yourself, you could reciprocate it to others. It boosts self-esteem and overall helps to become a better version of oneself.

Self-care and self-love don't at all mean being selfish. There exists a thread-like seamless difference between the two. Self-care is thinking for yourself and taking adequate steps to nurture your mental peace whereas being selfish is just thinking of yourself even at the stake of others.

Although deciphering self-care and understanding it is not a piece of cake, but actually caring for self is not easy either, especially when it comes to making it a custom. If one is unable to imbibe self-care as a routine practice, its fruitfulness fades. However, there are certain easy steps that one can undertake in the pursuit of self-care. The first and foremost could be appreciating yourself even on your smallest achievement. Even if you don't achieve anything, just appreciate yourself for how long you have come despite going through so much! Other than this, another essence of self-care is to face your emotions and understand that all your emotions are completely valid. Fixing your sleep schedule, having regular meals, exercising, following hair and skin routines, and following your interests are all seamless yet significant ways of self-care. Sometimes, we don't actually know that intentionally or unintentionally some of our random routine acts are nothing but self-care, life taking out time to watch your favourite show, eating an ice cream (for me) or your comfort food whenever the time is bleak or you are in a bad mood or listening to your favourite music, hanging out with your buddies or family and what not! Always remember, it's never too late. If at any point you feel like your thoughts are becoming way too overwhelming and nothing is working out, there's no shame at all to share it with some psychologist or counsellor as it too counts towards self-care.

Thus, it's high time that you take a break, not a permanent one obviously, and start doing anything that soothes you, rejuvenates you, and energises you to give it a shot again! It's high time to fix your glitches and it's really high time to unplug and plug yourself in again!



THE UNACKNOWLEDGED RESILIENCE

By- Pulkit Bansal

What's it like to face unprecedented challenges, to face so many unexpected hurdles, ones that can lead someone towards a mental breakdown, and yet stand tall and be resilient in the face of every adversity? And despite all this, there seems to be no one to acknowledge your efforts and resolve.

That's what the current batch of students who got admission in the session of 2022-23, aka *the experimental batch* have faced. Firstly, this batch was asked to give two board examinations (CBSE) of 40 marks each. The decision to conduct two board exams was made due to the pandemic situation, where students were unable to take their exams in the traditional format. The CBSE board exams were conducted in two parts, with the first part taking place in November-December 2022, and the second part scheduled for April-May 2023. This meant that students had to prepare for two sets of exams, which required a significant amount of time and effort.

Now, this one aspect can be considered to have some positive side as well like the first board examination was a completely MCQ-based examination, and the syllabus was also divided into two parts.

So for each board examination, students had to prepare only half of the syllabus, which might have been a rather beneficial factor. But when you factor in the mental pressure of giving board examinations not once but twice and the sudden change in the predetermined pattern of some subject examinations on the very day of the exam, it might not seem like a beneficial thing after all.

But the authorities thought the suffering shouldn't end there. Along with this, the Central Universities Entrance Test (CUET) was also introduced as a new requirement this year for getting admission to the top universities across the country. The board examination score was given zero weightage in the admission process, implying the admissions will be based solely on the CUET score. This implied that the board examinations, for which the students put in all their efforts so that they can secure admission to their dream college, were rendered as useful as your nursery school results. Along with this, the CUET was scheduled to take place in July-August 2022 with the second phase of the board examination taking place in April-May 2022, implying that students had to simultaneously prepare for both of them. And the fiasco doesn't end here.

The structure and pattern of this exam were so complex that one had to attend the various seminars or press conferences conducted by NTA to get a basic understanding of such a complex exam. Even the syllabus for CUET included all those topics that were deleted by CBSE in their annual syllabus. So along with the simultaneous preparation, students also had to prepare extra portions of the syllabus.

The pressure to perform well in these exams, coupled with the uncertainty surrounding the examination format and evaluation criteria, has caused immense stress and anxiety for the students. And if even that wasn't enough, the mismanagement in the initial dates of CUET where students faced so many technical glitches and problems, just added to their misery. A pretty fair way to play with the academic future of the students?

And the cherry on the cake was the implementation of a new NEP in the college curriculum, where the number of subjects per semester increased from four to seven for the first two semesters.

To go along with this was the change in the pattern of the DU examination just a fortnight before the exams. Who knows what experiments are still left on the authorities' To-do list before any sort of stability creeps in for this batch?

But, at the end of the day, there might be some silver lining. The lab rats have to suffer so that the population at large doesn't, right?

Maybe the authorities treated this batch as lab rats. But the thing we might be turning a blind eye to is that CUET is a well-thought-out examination that aims to do away with the disparities of different state boards' evaluation patterns and puts all the students from different boards on the same platform. Some batch had to be the first one that gave this examination, just as someone does face difficulties when a positive change is enacted upon. It was this batch's misfortune that it was they who had to give this exam in such an uncertain environment where you had to begin your day by just wishing that NTA or CBSE doesn't announce any changes now. But this suffering might have laid out a better path for the succeeding batches, who would be in a better place than us while sitting for CUET. And the NEP is also designed in such a manner that the students get a more holistic experience to go with the core studies (although the implementation is still ...).

The resilience of this batch might have been unacknowledged, but it will definitely not be unfruitful.

MELANCHOLY MUSIC AND ROMANTICISM: A CULTURAL EXPLORATION

By- Soham Khare

MUSIC AND ROMANTICISM: AN INTRODUCTION

Throughout the centuries, music has always been a reflection of the culture and society in which it was created. In the late eighteenth century, a revolutionary movement in music emerged - Romanticism. Romanticism was an artistic, intellectual, and cultural movement that celebrated emotion, individualism, and nature. Romanticism was characterised by the presence of melancholy music. In this article, we shall explore the essence of melancholy music through movements of romanticism throughout history.

The Melancholic Nature of Romanticism

Melancholy was a prominent feature of Romanticism. The Romantics believed that melancholy was an essential aspect of humanity. Melancholy music, in particular, was seen as a way to express the profound sadness that is inherent in the human condition. Melancholic music often has a slower tempo and a minor key, using chromaticism to develop a sense of yearning.

Melancholy Music in Early Romanticism

In the Early Romantic Era, composers such as Ludwig van Beethoven and Franz Schubert were exploring new forms of expression that allowed them to delve into the depths of human emotions.

Beethoven's "Moonlight Sonata" and Schubert's "Winterreise" are examples of early Romantic music that explore the theme of melancholy. These works are distinguished by their reflective moods, which capture the melancholy ethos of the Romantic Era.

Melancholy Music in High Romanticism

In the High Romantic Era, composers such as Frederic Chopin and Robert Schumann took the exploration of melancholy to new heights. Chopin's piano compositions, such as the "Funeral March" and the "Prelude in C minor" are prime examples of the melancholic ambiance that was prevalent in the music of this era. Schumann's song cycles, such as "Dichterliebe" and "Frauenliebe und Leben," are also noteworthy for their examination of the theme of melancholy. These works are characterised by their introspective and reflective moods, which capture the melancholic spirit of the Romantic Era.

Cultural Influence on Melancholy Music

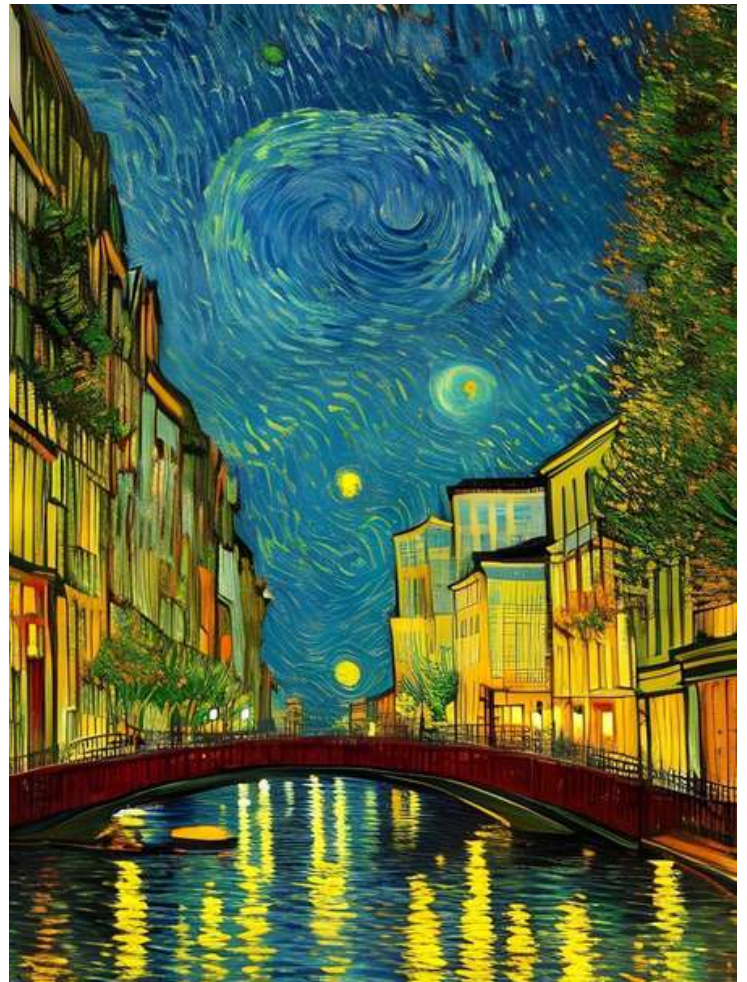
Melancholy music was not just a reflection of Romanticism, it was the product shaped by the cultural setting in which it was created. Europe had undergone significant political and social transformations, such as the French Revolution and the Napoleonic Wars, whilst the ideals of Romanticism evolved. For instance, in Germany, melancholy music was often associated with the idea of "Weltschmerz" literally translating to "World Pain", meaning a state of melancholy and world-weariness.



This concept reflected the disillusionment and sense of loss that many Germans felt after the defeat of Napoleon. Even today the word Weltschmerz is used by Germans in times of despair, showing the extent of the influence of romanticism in the modern age.

Final Reflections

Ultimately, melancholy music has been a recurring motif throughout the history of western music, particularly during the Romantic Era. Exploration of melancholy in music was a reflection of the Romanticism Era's emphasis on emotions, imagination, and individualism. Through their compositions, artists like Beethoven, Schubert, Chopin, and Schumann were able to convey the depths of human emotions, and their works are still treasured today. The period of Romanticism was a period of significant cultural change, and its influence can still be felt in literature, art, and music today.



MANAGING LIFE: BOTH SIDES OF COIN ASPECT

By- Mahir Saluja

Have you ever felt like life is spinning out of control? Like you're running in circles, constantly juggling work, family, and personal responsibilities, and feeling like you're not doing any of them justice? If so, you're not alone. Managing life can be a challenge, and it's something that affects all living creatures in the universe.

For many people, managing life means balancing multiple priorities—work, family, relationships, personal growth, and more. For working women, this might mean managing the demands of a career while also running a household and caring for their families.

Why is it so important to manage life? Simply put, because time is our most precious resource. It's something we can't get back once it's gone. Whether you're a human, a bird, or a plant, time is finite. And that means that we have to make the most of every moment we have.

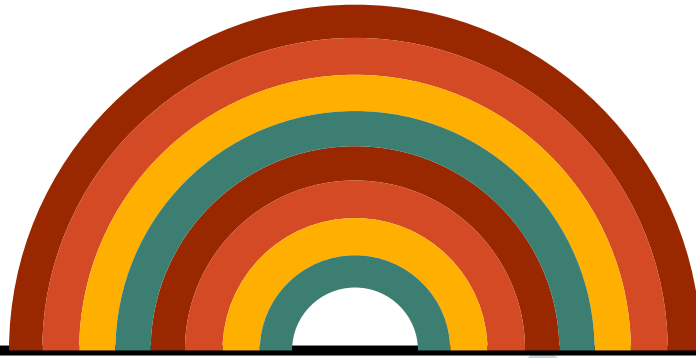


Unfortunately, many people struggle with managing their lives effectively. They may feel like they're constantly busy, but they're not really accomplishing anything. Or they may find themselves overwhelmed by their responsibilities and feeling like they're constantly playing catch-up.

So why do people fail at managing life? There are many reasons, but one of the biggest is a lack of focus. Without clear priorities and goals, it's easy to get distracted by the many demands on our time. Another common issue is procrastination.

When we put things off until the last minute, we're more likely to feel stressed and rushed, which can make it harder to stay on top of everything.

Of course, managing life is easier said than done. It takes effort, commitment, and a willingness to make changes. But the good news is that it's possible. Here are some steps you can take to manage your life more effectively:



Set clear goals and priorities. What do you want to achieve in your life? What's most important to you? By setting clear goals and priorities, you can focus your time and energy on the things that matter most.

Create a schedule. Once you know what you want to achieve, create a schedule that allows you to work towards those goals. Be sure to leave plenty of time for rest, relaxation, and self-care, too.

Avoid procrastination. Instead of putting things off, tackle them head-on. Break big tasks into smaller, more manageable chunks, and focus on making progress every day.

Stay organised. Keeping your space and your schedule organised can help you stay focused and productive. Make use of tools like calendars, to-do lists, and apps to help you stay on track.

Be flexible. Life is unpredictable, and sometimes things don't go according to plan. Be willing to adjust your schedule and goals as needed, and don't beat yourself up if things don't go perfectly.

The benefits of managing life effectively can be tremendous. Not only will you feel less stressed and more in control, but you'll also be more productive, more creative, and more fulfilled. And the good news is that you don't have to take my word for it; there are countless examples of people who have used effective life management strategies to achieve amazing things.

Take Elon Musk, for example. The CEO of SpaceX and Tesla is known for his incredible work ethic and intense focus on his goals. Despite running two major companies, he manages to find time for hobbies like reading and playing video games. And it's clear that his dedication and focus have paid off; his companies are at the forefront of technological innovation.

Or consider Maya Angelou, the acclaimed poet and author. Despite facing numerous challenges and setbacks in her life, she remained committed to her writing and her activism. Her perseverance and resilience are an inspiration to us all.

Of course, managing life is a journey, not an end point. There will be ups and downs, successes and failures. But by taking steps to manage your life more effectively, you can set yourself up for a more fulfilling and meaningful life. So don't wait; start today. Use the strategies outlined here and stay committed to your goals and priorities. With time and effort, you can become the master of your own life and achieve amazing things that you never would have thought possible.

ACKNOWLEDGING THE SILVER LINING

By- Gaurangi Agarwal



Music has always been a universal language that transcends boundaries and connects people from all walks of life. It is a reflection of the realities of the world, both good and bad. In the face of global challenges such as pandemics, economic crises, and social unrest, music has played a vital role in uplifting spirits and bringing people together. In this article, we will explore the realities around the world through the coloured lens of happy beats and highlight the silver lining in the current global climate.

In recent years, the popularity of happy beats in music has been on the rise. From the upbeat rhythms of Afrobeat and Reggaeton to the catchy melodies of pop and EDM, happy beats have become a staple in mainstream music. These types of music bring a sense of joy and positivity to listeners, making them a perfect escape from the stresses of everyday life. In a world that is constantly bombarded by negative news, happy beats provide a much-needed respite.

Despite the challenges that the world is currently facing, there is a silver lining. For example, the COVID-19 pandemic has forced people to slow down and reevaluate their priorities. The lockdowns and social distancing measures have led to a resurgence of creativity, with many musicians using this time to produce new music. The rise of virtual concerts and live streaming has also allowed artists to connect with their fans in new ways, creating a sense of unity and togetherness despite physical distance.

Another reality of the world today is the growing divide between different cultures and communities. Xenophobia, racism, and prejudice are unfortunately still prevalent in many parts of the world. However, music has the power to bring people together, regardless of their background or beliefs. The global success of K-Pop, for example, has brought Korean culture to the forefront of the music industry and has helped to bridge the gap between East and West. In addition to this, happy beats in music have also served as a means of expression and celebration for marginalised communities. Genres such as Afrobeats and Reggaeton have roots in African and Latin American cultures, respectively, and have been embraced by people around the world. Through their music, these artists have been able to celebrate their cultural heritage and bring attention to social issues affecting their communities.

Furthermore, the rise of happy beats in music has led to a greater appreciation for diversity and inclusivity. In conclusion, music has the power to transcend boundaries, bring people together, and offer hope in difficult times. Even though the world is facing many challenges today, music continues to provide a silver lining through its happy beats.

“

A HALT IN THE RACE



By- Bamang Shanti

”

“

**You better lose yourself in the music~
The moment You own it~
You better never let it go~**

-Eminem

”

Have you ever been to a yellow line metro station and felt the rushing of people? Each individual is on their path with bags, tiffin, water bottle, some lethargic eyes and some with eyes of Owl. Not a minute to spare to admire the artworks. I sat down at the bench with earphones, 'Clair de lune' twirling somewhere creating questions. What does he do? I see the Ministry of Defence ID, wow! It must be so cool but then I see his eyes. Shirts ironed, the straight line in pants, polished shiny shoes but why this face, leaves me to my thoughts. Then I did start to wonder, will I be like him? I don't want to look like that. A feeling creeps in, will I be able to take the right decisions and be able to make certain sacrifices in life? The reel of introspection plays in this young and dumb mind. The journey in a glimpse appears before my eyes. Questions, questions and questions in my head. Am I doing it right? How are my loved ones? Am I a good person?

“

**Cause there were pages turned with
the bridges burned~
Everything you lose is a step you
take~
So make the friendship bracelets~
Take the moment and taste it~**

- Taylor Swift

”

The rat race is a term used nowadays to warn youngsters. What is a rat race and how did the most intelligent species on earth come to this state? Isn't it said that every individual is bestowed with certain gifts and is meant to do great things on Earth? The answer to this question is an easy one. An early human will be shocked to see the advancements of this world, walls everywhere instead of bridges. People are willing to make the walls filled with the best elements but hesitant to make bare bridges. Are we meant to be this? Afraid to share, afraid to care and afraid to take a stand. We have become like dead fishes just flowing with the current, gradually our ideas, dreams and beliefs washed out. At last, they find themselves in a huge whirlpool filled with people of the same mindset. 'Why are you here?', asked the man and the other replied, ' I am here because it was easy, I fell for the shortcuts and let myself be pursued without thinking. And it had been easier without actually putting in one's effort, to give up things and just go with the flow'. This is the rat race we have been talking about.



*Come gather 'round people~
Wherever you roam~
And admit that the waters~
Around you have grown~
And accept it soon~*

-Bob Dylan

I still do wonder how a man could lead the whole of the country towards its independence with the spirit of non-violence. Every time I think about it, a theory arises in me that maybe on a hay day, Mahatma Gandhi has been analysing the negative impact of wars and slowly the brightness of non-violence must have emerged. In my opinion, whenever he decided to move forward he must have looked back and forth around him. The most famous talisman of his speaks for introspection at the very core. Every turn in history was caused by men who had paused for a minute, thought, processed, analysed and decided. In this rush of our dreams, of checking all the boxes, we at many times forget to take a moment of a deep breath and take a look around. As we see in Greek mythology, would the Greeks have won the Trojan war if they had not taken a moment, fighting for 10 years thus here we see again how a halt is necessary. Policies, bills and actions are taken in this world of ours every day. The work does not end at this. Pausing for a moment and seeing if this is working out or not is a very important step to take. A reader halts in between to take a deep breath taking the moment to submerge the words with themselves. Music is something that is filled with a message calling people to halt for a moment and listen to the melody. It welcomes believers and non-believers to lose themselves in the midst of it. Surging emotions unknown to the person, with a healer's hand and the power to clear one's mind.

*Slow down, you crazy child~
You're so ambitious for a
juvenile ~*

-Billy Joel

These have been the thoughts of a young and dumb-minded girl; a girl who still has thousands of books to read and thousands of melodies to hear. She belongs to mother nature and learns a lot from it. Nature takes a moment to shed its leaves to grow livid green leaves. Sinead O'Connor in her song 'all babies' sing; 'she hears their calls, she is the mother and father'. When the parts of our body belong to the one who herself takes a halt, who we are to be ignorant of it. So, next time when you find yourself in a race, plug in your earphones and select a song.

Close your eyes and let the music play its part. Let the symphony go through and through your body. Take a look around and ponder on the decisions you have made. Someone dear to me said, 'You may ask all the questions in the world but never forget to ask these two questions. First, 'Are you happy? Truly?' and the second, 'Is your decision in the process of helping someone'. Ending with my favourites lines of a song,

*God grant me the serenity to accept the
things I cannot change~*

Courage to change the things I can~

And the wisdom to know the difference~

-Sinéad O'Connor

STRENGTHS OVER COMPARISONS: EMBRACE YOUR UNIQUENESS

By- Manish Rathore

Throughout evolutionary history, humans have relied on comparisons to make crucial decisions that ultimately contributed to their survival, such as assessing which animals posed a greater threat or determining the safety of a particular environment. In essence, comparison involves analysing the similarities and differences between two or more entities to form a conclusion or estimation. While comparison has served as an essential tool for human beings, the implications of its excessive use in contemporary times have become increasingly detrimental to our mental and physical health.

In today's world, the tendency to constantly compare ourselves to others has led to significant negative outcomes, both psychologically and physically. The constant need to evaluate ourselves in comparison to others creates a culture of competition and comparison, often leading to feelings of inadequacy, low self-esteem, and even depression. Furthermore, the adverse effects of excessive comparison extend beyond the realm of mental health, contributing to physical problems such as high levels of stress, anxiety, and related disorders.

The practice of comparison has been known to elicit negative emotions in individuals, particularly when comparing oneself to others.



It is common for individuals to feel envious or dissatisfied with their own lives when making comparisons to others, leading to a focus on perceived shortcomings and deficits in their own lives. This preoccupation with what is lacking can result in a loss of perspective and appreciation for the positive aspects of one's own life. When observing the lives of others from an external standpoint, it is easy to overlook the nuances and complexities of their experiences, leading to an inaccurate and potentially harmful comparison to one's own life.

Also, the act of comparing ourselves to others is often an unfair practice. This is because we do not have access to the complete picture, and individuals often present their best selves on social media, which can be misleading. Unfortunately, in today's world, teenagers and young people often use this method to define their own worth rather than looking inward and discovering their true value.

The prevalence of social media has exacerbated this issue, leading to a mental health crisis. Comparing oneself to others on social media can result in increased anxiety, depressive symptoms, negative body image, sleep difficulties, and cyberbullying. It is critical to acknowledge that comparing ourselves to others in this manner is an unhealthy behaviour that can negatively impact our mental well-being.

In addition to impacting our mental and psychological health, constant comparison with others can result in a lack of self-confidence. The act of comparing oneself to others can engender self-doubt and a pessimistic mindset, whereby one fixates on personal inadequacies in contrast to the strengths of others. Such a thought pattern is detrimental, as it hinders the recognition and appreciation of one's own distinctive abilities and achievements. It is imperative, therefore, to acknowledge and esteem one's own inherent strengths rather than continually juxtaposing oneself against others.

Frequently engaging in comparisons with others is an unhealthy practice, particularly when it's based solely on their strengths. It is important to recognise that we may not excel in every area as others do, but we have our own unique talents and abilities that make us valuable. Focusing on our strengths and what we can offer instead of constantly comparing ourselves to others can improve our self-confidence and self-worth.

As previously discussed, each individual possesses a unique set of strengths and weaknesses. The introduction of Taylor's principle of standardisation resulted in significant cost reductions, and the standardisation of products played a crucial role in the success of industrialization. However, it is imperative to acknowledge that the application of this concept to human beings is an ill-advised notion.

Humans are not meant to be confined by a limited set of features, benefits, and limitations. Each person possesses their own distinct strengths and weaknesses, and comparisons between individuals can be detrimental as they divert attention away from one's own unique strengths and weaknesses. Therefore, it is crucial to avoid comparing ourselves to others and instead focus on our own strengths and capabilities.

It is true that in the event of one's passing, a manager may easily find a replacement for them. However, it is the individuals who have formed meaningful and deep relationships with the deceased who may struggle to replace their presence in their lives. It is through such relationships that one's life is enriched and given meaning. Therefore, it is important to recognise that monetary success and figures should not be the sole focus of one's life.

Engaging in constant comparisons with others can breed an unhealthy and competitive environment, which can ultimately hinder personal growth and damage relationships. Thus, prioritising the cultivation of positive relationships is crucial to leading a fulfilling and gratifying life.

The tendency to compare oneself with others can be a significant drain on one's time and energy. It entails a constant evaluation of one's position in the world relative to others, as well as one's rate of growth and worth compared to those of others. This is an unproductive exercise that yields no tangible benefits. Rather than engaging in such comparisons, it would be more advantageous to invest the time and energy spent in self-improvement, thereby becoming a better version of oneself.

It is imperative to acknowledge the negative consequences of excessive comparison and instead adopt a balanced and healthy approach to self-evaluation and personal growth. Engaging in comparisons of individuals' lives proves futile as it overlooks the fact that each person's unique history and context shape their current circumstances. It is essential to recognise that every individual's journey is valuable and worthy of respect, and that comparisons solely contribute to feelings of inadequacy and unfulfillment. By acknowledging the intrinsic worth of each individual's experiences, we can cultivate a culture of empathy and mutual understanding and celebrate the diversity and vitality of human existence.

The solution to the issue of constant self-comparison lies in embracing a positive outlook. By focusing on our own strengths and accomplishments and acknowledging the unique strengths of others, we can foster a sense of self-worth and appreciation for the varied talents and abilities of those around us. When we celebrate our individual journeys and recognise the value of diverse experiences, we can create a supportive and inclusive environment that encourages personal growth and fulfilment. Ultimately, by embracing a more positive perspective and refraining from comparisons, we can unlock our true potential and live a more fulfilling life.



Artwork By Shraddha,
Creative & Organising Wing

PROJECT ANKUSH



**We all dream of a perfect world, a world where our near & dear ones are happy and healthy,
A world where everyone has access to nutritious food, regardless of their circumstances;
It may seem like a distant dream or too good a thought,
But for the volunteers of Project Ankush at NSS SRCC, it's a dream worth fighting for!**

About PROJECT ANKUSH

In a world where hunger and malnutrition run rampant, NSS SRCC's Project Ankush is a glimmer of hope and compassion. Project Ankush's volunteers have worked tenaciously to make a difference in the lives of individuals in need, and their efforts have yielded significant results!

Project Ankush's innumerable 'Food Distribution Drives' have been a resounding success, providing the nourishment of wholesome meals to those who need it most. With their tireless dedication and boundless compassion, the volunteers of Project Ankush have made a real difference in the lives of countless rickshaw pullers, children, and women in need.

MONUMENTAL IMPACT, MAJOR ACHIEVEMENTS

From the bustling streets of Kamla Nagar to the lively communities of Malka Ganj, from the vibrant and flashy Hudson Road to Shani Mandar in Vijay Nagar, the volunteers of Project Ankush have been on a mission to spread hope and compassion to every corner of the

community. Over the course of about two months, Project Ankush has successfully served approximately 680+ nutritious meals to those in the greatest need, consisting of dal, vegetables, curry, and chapatis. Their consistency and unwavering commitment to the cause meant they served meals for 4-5 days a week without fail

BEHIND THE SCENES

With their can-do attitude, the volunteers embarked on a quest to collect food for the donation drive. They conducted extensive market research to seek out potential leads that would help them establish the "cloud kitchen" project. The volunteers visited each PG separately and collected food on plates, gathering enough food to serve the needy. With a meticulously crafted Plan of Action, the volunteers were well-equipped for the task ahead.

EDUCATING FOR EMPATHY

Along with feeding the needy, Project Ankush also conducted a session in a Girls' Government Secondary School on the topic of food security and food wastage to sensitise the young girls about the issue at hand.



Through this noble initiative, Project Ankush not only provided nourishment but also created a sense of belongingness. The drive certainly inspired many to join the cause of social service.

COLLECTIVE ACTION FOR POSITIVE CHANGE

The success and influence of the food donation drive organised under Project Ankush are evidence of the utilitarian nature of collective action in bringing about positive change. Project Ankush has not only made a concrete difference in the lives of individuals in need, but it has also proved the power of community-driven efforts to address social challenges.

VOLUNTEER EXPERIENCE

MITALI

Adding to this, I would like to say that our cabinet is the epitome of success. It is very supportive. The whole NSS team feels like a complete family to me now. I started Project Ankush in January. Honestly, I applied to all the service societies, be it CRY, NSS, etc. But I had a special edge for NSS, mainly because it was a government regulated social society. I learned many things from Project Ankush. First, we, as individuals, waste a lot of food. We are so privileged to get food. There are so many people who don't get sufficient food and starve to death. When we used to go on food drives, people used to surround us. That's when I realised the importance of food.

Second, I understood time management. It was any time of the hour, when I would get a call regarding a food drive, and we had to go.

AMAR

It was an enriching experience for me. This whole experience made me feel content and I had an inner satisfaction that I was doing great work. Working here made me open up to people and enriched my communication skills.





PROJECT ANKUSH



NSS SRCC



ENVIRONMENT WING

"Where flowers bloom, so does hope"

Mother Nature has always bestowed us with various gifts all around our environment, and the Environment Wing is an expression of gratitude towards it.

ABOUT THE WING

The Environment Wing of NSS SRCC is a dedicated team of individuals who have come together to work towards the betterment of our environment. The Environment Wing conducts various activities throughout the year, including awareness sessions, clean-up drives, and goal-driven campaigns which focus on dispelling myths and spreading accurate information about climate change, pollution, and other environmental issues. These sessions are designed to inspire people to take action and make a positive impact on the environment.

Upholding the firm faith that small actions can make a big difference, all activities are centred around the sole objective of conserving and resurrecting the environment- something worth fighting for.

By embodying itself as a committed and passionate team that is dedicated to creating a positive impact on the environment, this Wing's efforts towards spreading awareness and educating the masses are commendable and inspire everyone to do their part in protecting our planet.



MONUMENTAL CHANGES, MAJOR ACHIEVEMENTS

LESSON 101: A BEGINNER'S GUIDE ON HOW TO SOW THE SEEDS OF NATION'S WEALTH

The Environment Wing conducted a week-long Plantation Drive to make a mark on the auspicious day of 'Van Mahotsav 2022'. They say 'Each One, Plant One'-- this wing took it one step further as each individual associated with the drive planted 4 saplings each, thus multiplying the results exponentially. The enthusiastic participation of volunteers along with social media appreciation for the initiative are testimonies of the successful impact created by the wing.

PAWLOVE

By taking up the mammoth task of initiating and executing a full fledged 'Animal Support Drive' in collaboration with Milap.org, Environment Wing once again proved its mettle in impacting even the voiceless living beings at the grassroot level of nature's pyramid. The drive, planned specifically for Lucy, a tumour ailing dog, along with fulfilling the basic needs of other furry friends on college campus, was an absolute success. The wing managed to raise enough funds for the timely treatment of the mentioned dog and also improve the living standards of other pawsome friends by regularly carrying out vaccination, sterilization and deworming drives.



FEEDING A STRAY

In the chilly month of December, the Environment Wing descended as Heaven's Angel and brought a pawpositive change in the woofers' lives by nourishing their souls. Taking up the responsibility as their sole guardian, the wing organised for the successful treatment and medication of a puppy in college who suffered from a fracture. Funds were raised for its treatment, and with God's grace, it was a triumph. Regular check-ups and medications were conducted for the campus dogs. Their sparkly eyes and wagging tails were enough to inspire the wing to walk an extra mile each day!

STRAY CARE FOR THE WIN

Believing that 'Every Life Matters', the Environment Wing walked the talk of being compassionate by conducting a session in collaboration with 'THE PET STORY' on the topic of "Stray Care" Awareness on February 6th, 2023. It was a remarkable achievement, bringing together a diverse group of individuals who shared the common goal of promoting compassion and understanding towards stray animals.

The session provided participants with a comprehensive understanding of the challenges faced by stray animals and the importance of their care. Through interactive discussions and informative presentations, it emphasised the significance of animal welfare and how it was interconnected with environmental conservation.

STRENGTHENING THE LINK BETWEEN MAN AND NATURE

Believing in the colossal power of collective action, Environment Wing conducted an enlightening session in collaboration with Project Kali and Social Health Wing at Shadipur Community. The session, dated July 20th, 2022, was an effort to gain an overview of the surrounding environment. A back-to-back session on 'Self and Surrounding Hygiene' was also organised to magnify the impact. The session covered a plethora of topics ranging from proper waste disposal to disseminating information about common diseases in monsoons.



SHEDDING NEW LIGHT ON AN OLD PROBLEM: POPULATION

'TICK, TICK...BOOM!' The age-old global issue of overpopulation nudged the Environment Wing to decide that it was time to start pondering as the 8 billion mark presses on limited natural resources.

The wing conducted a session on 'World Population Day' on July 11th, 2022, in G.G.S.S School, Okhla, Delhi in collaboration with Social Health Wing and Project Ankush. The key focus of the workshop was emphasising the dire consequences of population explosion that included (but was not restricted to) food & water shortage, war & social conflict and depletion of natural resources. The school teachers along with the students greatly appreciated the efforts as the session managed to leave a mark on their understanding of sustainable growth.

VOLUNTEER EXPERIENCE

ADITI JAISWAL

Being a part of the Environment Wing has been an incredibly meaningful and transformative experience for me. Deepika, our amazing wing head, has been a true inspiration - she's both professional and kind, and working with her has been an absolute joy.

Throughout my time as a volunteer, I've learned so much about animals - from making sure they're getting the right food and medication to figuring out how to contact nearby vets for help, but more than that, I've learned about the incredible impact that volunteers can have on the world around them. I have collected a lot of experiences that are close to my heart like saving a puppy whose hopes of surviving were none but not losing hope in that moment.

The National Service Scheme (NSS) has not only taught me social service from the heart but also managerial skills. I am indeed proud to be part of the environment wing.

It has been an honour!

REESHIKA KUSHWAHA

The Environment wing is like a family of friends. It is always fun to be around them, but it's more than just having fun. Being a part of this group has taught me valuable lessons about patience and dealing with difficult situations.

One of the things that we do as a group is helping dogs in need. It's incredibly rewarding to know that we're making a difference in the lives of these animals.

Helping the voiceless, whether it's dogs or any other animal, is a new kind of satisfaction for me. These cute little puppies add one more reason to come to college and it fills me with excitement.



NATIONAL SERVICE SCHEME
SHRI RAM COLLEGE OF COMMERCE

Panel Discussion

Pawni Singhal
Founder Let The Paw Roar

Sudipta Maity
Founder of Edna's Foundation

6TH FEB | Time: 12:45 Pm
STRAY CARE
Venue: Seminar Room

in collaboration with

WINGREENS WORLD.COM
Snacking Partner



ENVIROMENT WING



PRO POET OPINIO

01

Maybe!

02

Envy For Death

03

A Sound Anthology

04

Rhythm Of Life

05

The Rhythm of Life: A
Symphony Of Sound

SE, RY AND NS

06

Musings of the Music

07

Upbeat Music- New
Beginnings

08

The Voiceless Angels

09

The Price of Pride



MAYBE!

"Maybe"
Is tons of probability
It is a thrill
The edge of the cliff
A peek to
Adventure that awaits
Maybe is hope!
Maybe is a magical moment in time,
that seems
It holds the lives & everything
Only to find the contrary
Maybe also means maybe not,
A reminder
Hinting at the possibility
Of a different journey
Maybe is a poetic state of mind,
expressing the complexity,
Maybe is truth
And it's beautiful !

- Anushka Singh



ENVY FOR DEATH

People mourn for death ones
Whereas I envy them;

For how nice it must be! Reaching an end to the road,
Stupid, boring and cruel place.

People mourn for death ones Whereas I envy them;
For they must have found peace!
Free from the barter system,
Evil, ugly and selfish place.

-Bamang Shanti



**A SOUND
ANTHOLOGY**

Teach
Teach, preach or reach,
But don't screech.
As melodies are for a millenia,
But noise fades in a second.

Abyss
Late night symphonies,
leave my life to cease,
I wake up for relief,
Only to go back to sleep.

Thunderstorms surrounding me,
my heart is on a panic spree.
I watch the world passing by,
but I just stand there and sigh.

The Purana Quila

The silence of what remains is deafening.
The Forbidden Gate is threatening.
An unsettling aura that envelopes everything.

Ruins built on ruins, poetic.
Rocks, marble, sand and stone, eclectic.
Vivid visions of the past from a mere stroll, dramatic.

Far from the city, yet so near.
Why is calm what people fear?
Why do the forts just disappear?

The lush and vast lawns of green,
Invite one into a world of serene,
To enjoy life away from the screen.

With my hurting and tired feet,
I look one last time at the visual treat,
I have finally found my retreat.

-Girish Surendra Kumar





RHYTHM OF LIFE

In the rhythm of life, we dance and sway
To the beat of the world, day by day
Each moment a note in the symphony of time
Our hearts and souls, in perfect rhyme
The waves crash in a steady cadence
As the wind sings its melodic sequence
The leaves rustle, the birds sing
Nature's song, a beautiful thing
The tick-tock of the clock, a metronome
Guiding us through our journey home
The thump-thump of our hearts, a drum
Echoing the beat of our life's hum
In the dance of love, we find our step
Moving together, our hearts kept
In perfect harmony, our bodies sway
To the rhythm of our love's display
In the rhythm of life, we find our way
Guided by the music of each new day
Our hearts open, our souls alight
The beauty of rhythmic realities is bright.

-Gaurangi Agarwal



THE RHYTHM OF LIFE: A SYMPHONY OF SOUND

In the rhythm of life, we find our song,
Our voices lifted, our hearts beating strong.
Each note a reflection of who we are,
A symphony of sound, a shining star.

Through music, we voice our inner truths,
The joys, the fears, the myths,
The beat of the drum, the strum of the guitar,
The melodies, the moon, the harmonies, the star,

With every chord, I find a piece of me,
A moment of magic, a story to tell, and tons to see,
From the rock to the jazz, that create a mood,
Music is the language that makes us groove...

So let us sing, let us shout, let us be heard,
Let us find our voice, let it soar like a bird.
For in the rhythm of life, we find our way,
And through music, our voices will forever stay

-Mahir Saluja



MUSINGS OF THE MUSIC

Music in itself is highly dynamic. The way people decipher it and seek to use it as a remedy might make it feel loved. We always listen to music but it too listens to us. Here's what it feels like:

The more time with me, you spend,
the more with your mood needs, I seek to blend!

Whether ecstatic, melancholic, or depressed
My tunes of wonder won't let your voice suppress.

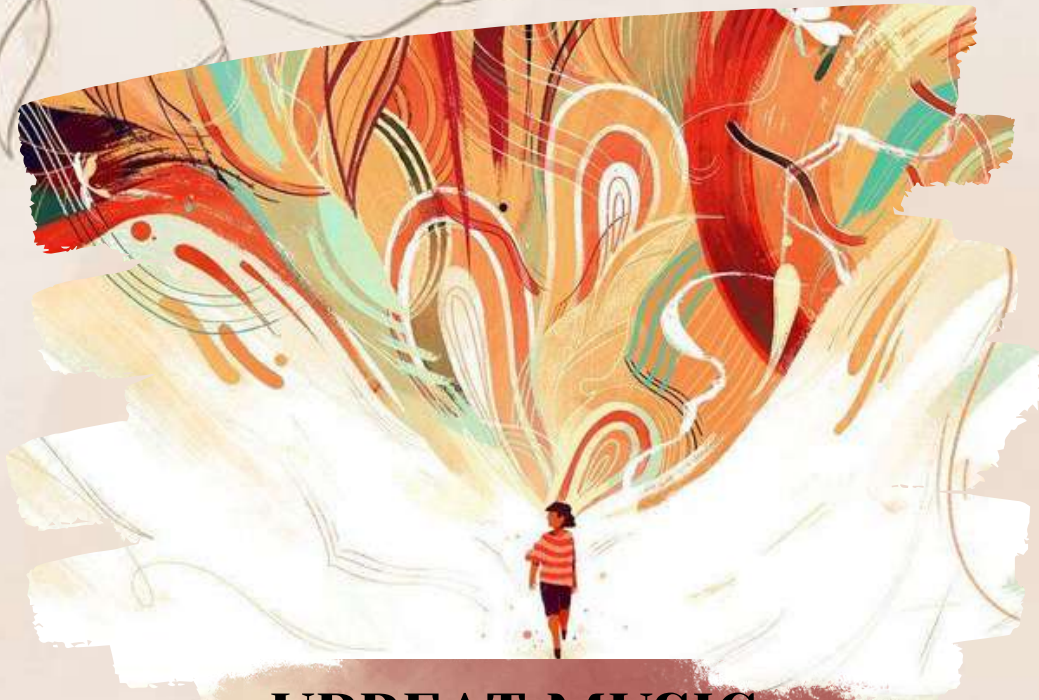
I have the artistry to solemnise, soothe and empower,
not only them who concoct me but ones who drench in my symphonious
shower!

I crave to quench your thirst for revival and upbeat
With my soulful euphonies, even without your plead.

I invite you to clasp my bosom,
to secure an abode with my melodies which are wholesome,

to swivel and twirl with me along,
and to build a bond so tranquillising and prolong!

-Marisha Gandhi



UPBEAT MUSIC- NEW BEGINNINGS

Come gather 'round and listen close,
For a tale of hope and fresh starts,
Of the joys that come with new
beginnings,
And the love that fills our hearts.

When life seems lost and all is bleak,
And darkness clouds our way,
It's hard to see a glimmer of hope,
For a brighter, better day.

But in the depths of our despair,
A spark can start to shine,
A light that grows and grows until,
It fills our hearts and minds.

For every end is but a start,
And every fall a chance to rise,
To dust ourselves off, stand up tall,
And reach for the skies.

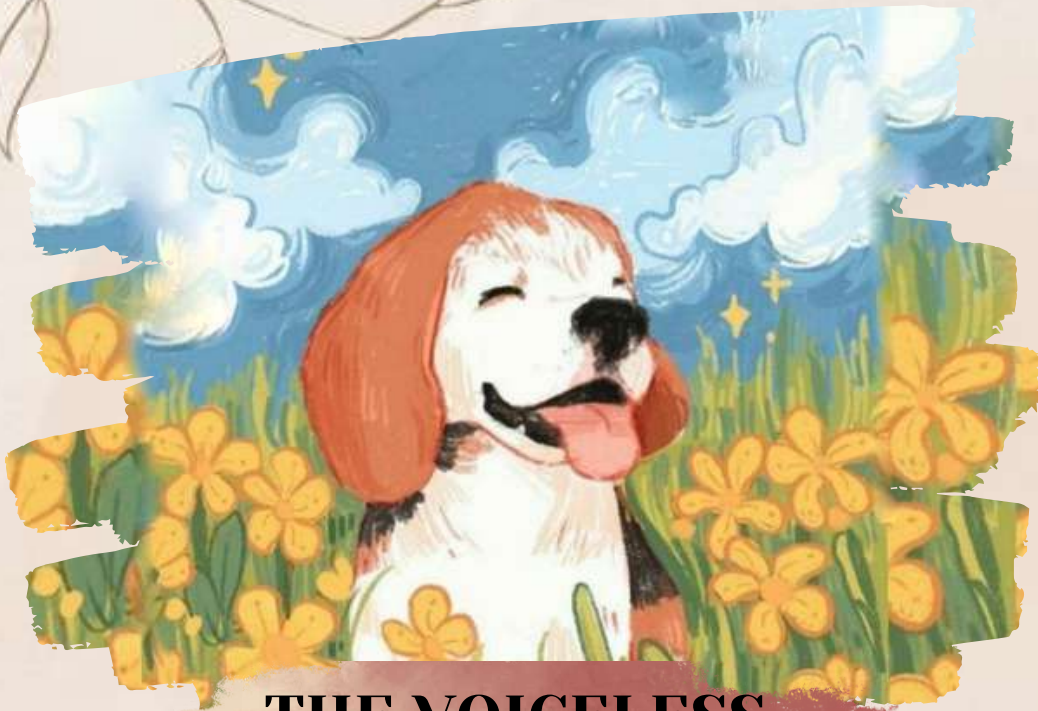
So let us take this brand new day,
And make it ours to own,
To fill it with our hopes and dreams,
And make our future known.

For every journey starts
somewhere,
And every heart needs a spark,
To light the fire of passion within,
And guide us through the dark.

And so we leave the past behind,
And step into the light,
With courage, hope, and strength of
heart,
Our future is shining bright.

Let's embrace this new beginning,
And hold it close and dear,
For in its promise lies the key,
To all that we hold near.

-Manish Rathore



THE VOICELESS ANGELS

Like an ocean wave, that crashes to the shore
 An eternal flame of love, for these innocent eyes,
 A pounding of the heart, excruciating to ignore.
 To aid the voiceless angels, pureness in disguise.

Tails wagging, hearts thumping, appear the angelic fiends.
 Tap-tap-tap, miniature paws clobber Gaia's dominion.
 Like leaves shaken by a gust, a flurry of activity,
 Tongues lolling, eyes clutching stars in billions!

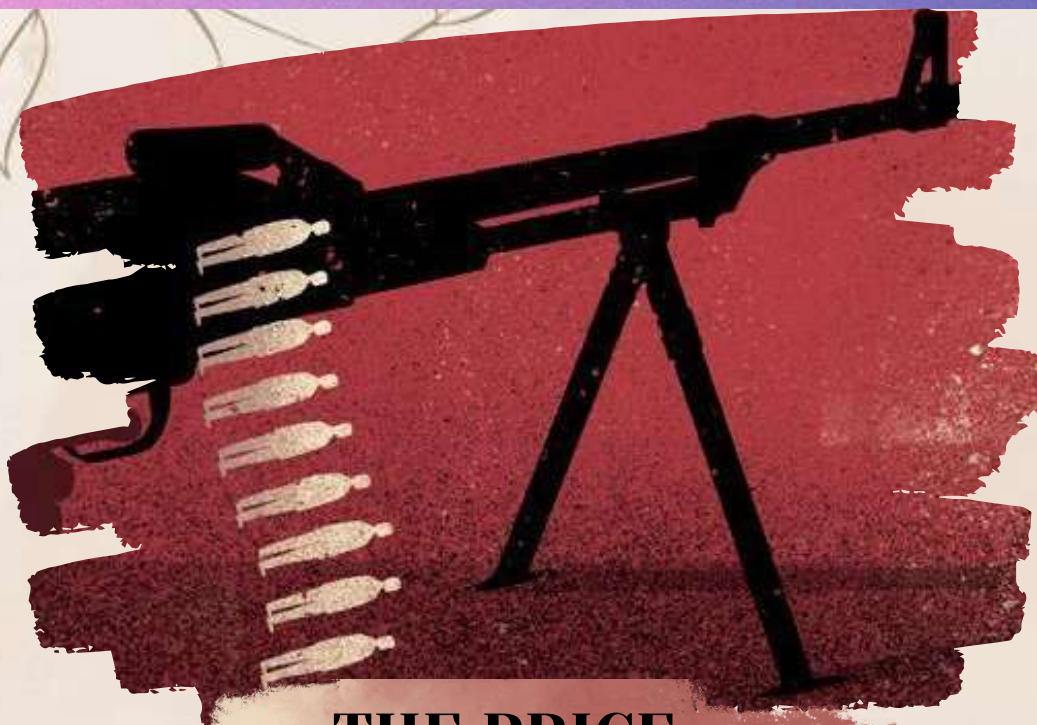
Silken heads - golden, brown and white,
 Bobbing up and down
 Under the blazing eyes of the summer sun,
 Vying for attention, for a heavenly scratch and pat
 From the warm and comforting hooman hand.

A balm to the soul, is their merry mischief,
 Their playful antics, a wondrous sight,
 As they frolic and bounce and stray,
 imbues sensation of relief,
 Their happy barks, the usher of delight.

The canine companions, always by our side.
 Unwavering loyalty is what they signify.
 Yet they're abandoned, and left outside,
 Such acts of hoomans, sure do mystify.

Let the blossoms of love bloom,
 And let inherent kindness and compassion come alive,
 To remove the pall of gloom,
 From a voiceless one's precious life.

-Pulkit Chaudhary



THE PRICE OF PRIDE

In the name of wars, we march forth to
fight,
Our armies vast and our ambitions bright,
But in the wake of battles, we see the
plight,
Of losses and sorrows, no one's memories.

Alexander the Great, they called him then,
His empire vast and his victories ten,
But in the war against Porus, we see,
The costs of conquest that never cease to
be.

From the Mughal reign to the British rule,
The wars they waged, the battles they'd
duel,
But in the end, what did they achieve,
But devastation and losses we still grieve.

Napoleonic wars, with cannons loud,
The battles fought, the victories proud,
But in the end, what did they bring,
But pain and loss, that we can't sing.

Came then World War I, with its
deadly force,
And millions died, without remorse,
The Great War, they called it then,
But what was great, in such an end?

World War II, with bombs and hate,
The horrors of Holocaust, we can't
negate,
And in the end, what did they
achieve,
But devastation and losses we still
grieve.

Let's recall the past, with lessons
learned,
From battles fought and lives
burned,
No victory won, no glory earned,
Just the cost of conquest, forever
unturned.

-Soham Khare

PEN'S PALETTE

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A Thing Of Beauty

By-Jhanvi Gupta

Beauty is like water that will fit differently in everyone's storage based on their perception, for someone beauty might be boldness but for someone else, it might be a gym-trained body. Human beings are social and learn from observation rather than depending entirely on instinct or logic, their perception doesn't depend on what they believe but is dependent on languages, modes of dress, gender roles and avoided taboos that are all agreed upon at a group level and form the basis of one's culture.

"That always seemed so ridiculous to me, that people want to be around someone because they're pretty. It's like picking your breakfast cereals based on colour instead of taste."- John Green. John Green perfectly explained how beauty is legitimately about people not treating each other as human beings but as things of beauty.

OVER THE TIME

Humans all over the world have very different concepts about beauty and our world history is the perfect example to explain how "Beauty is in the eye of the beholder".

.In Ancient Egypt, women were encouraged in their independence and beauty. Ancient Egyptian society promoted a sex-positive environment where premarital sex was entirely acceptable and women could divorce their husbands without shame, but, in Ancient Greece worshiped the male form, going so far as to proclaim that women's bodies were 'disfigured' versions of men's.

During the Italian Renaissance, it was the wife's duty to reflect her husband's status, both in behaviour and outward appearance. A full body, light hair, and light skin all were thought of as the superior indications of beauty. The era of the corset. In this period, women cinched their waists with tight-fitting undergarments to give the perception of the desirable hourglass figure.

At present, women are expected to be skinny, but not too skinny, with large breasts and a big butt, all while maintaining a flat stomach. Women increasingly are seeking plastic surgery 'fixes' to achieve this look.

This all might sound very uncanny but beauty standards are like that calendar that changes every period into something that no one wants to question and follow blindly.

BOOKS

Books are a reader's ideal world but beauty means different things for different genders. In books, it is very evident that mostly female authors tend to portray the male protagonist with a charming personality and a good heart but male authors tend to define beauty by a woman's bodily features. For example, Colleen Hoover's book 'It Ends with us' has a character 'Atlas' who is loved by most of the readers for his kindness and caring personality but Haruki Murakami, a well-known and loved Japanese author is called out time and again for his portrayal of women. This affects the female readers a lot because they don't get the representation that they deserve and that leads to a lot of emotions that are unexplained and complicated, even in the real world, beauty shouldn't be about bodily features but how every human is pretty like how every butterfly is different and still the most beautiful creature to look at.

MOVIES

Movies are the most common source for defining beauty for society and it is a very interesting concept if we look into it more carefully, let's take a very common example, the movie 'Main Hoon Naa' where the character Sanjana was considered 'Pretty' only when she looked like the 'ideal woman' according to her crush because at that time if you wear traditional, makeup and jewellery then you are beautiful but if that same girl



wants to be herself by going for what she finds comfortable which includes wearing western clothes then she is defined and I quote," not my type".

In 'Kabhi Khushi Kabhi Gham', the character Rohan is found charming by Pooja only when he lost weight and looked like the 'ideal' male of those times. This promoted the idea in males that they could look attractive as long as they were in good trim.

Even in recent times, the most beloved movie 'Yeh Jawani Hai Dewani' tried to explain how Naina became attractive only after she took off her specs and how every other eye-catching feature that she had was blurred out for others because of her specs, ironical, isn't it?

These kinds of illogical beauty standards enter our society and hinder an individual's perception of their beauty. If we ever try to notice that beauty is actually in every human being, we just have to remove our shades of societal standards and notice how each individual is just as attractive as any other.



LGBTQIA+

It is an unsaid thing that how most of us grew up with stereotypes about this community, they were and are still defined by some very unusual standards, for example, masculinity is a very puzzling concept because, for example, if a male wears makeup or he freely expresses his emotions, which, as a human being it is his birth right, he is defined as 'Gay' by the conservatives, when in reality masculinity has nothing to do with how a male dresses up like or if he is practising his fundamental human feature. These kinds of stereotypes affect a lot of males in terms of their mental health. Transgenders also face a lot of problems because of the beauty standards and are often not given the appropriate representation that they deserve.

In conclusion, beauty is just a thing that has been given forms in different ways to get their versions of aesthetic, for someone a chandelier is pretty but for others, a bulb that glows because of the light inside is the real beauty. It is just a perception and therefore, shouldn't be a reason to hinder anyone's idea about themselves.



Acceptance Is The Key

By-Riddhi Sharma



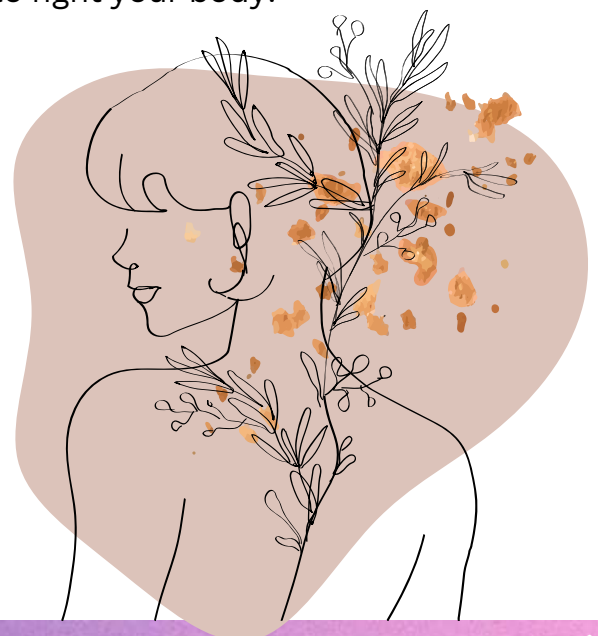
To quote Bobbi Brown -

“Feeling confident, being comfortable in your skin — that’s what makes you beautiful”

One of the approaches toward loving your body is Body Positivity which refers to having a positive opinion of your physical body, regardless of its size, shape, or other appearance-related characteristics, moreover, it entails accepting your body as it is, regardless of whether it meets society's expectations of "perfection".

Despite its potential for good, body positivity has some drawbacks, it fails to achieve its purpose of inclusivity, reinforces the emphasis on looks, and might even encourage some unhealthy habits. Some even believe that the current body positivity movement promotes toxic positivity, where we are expected to always be optimistic and to stifle our own and others' negative emotions. The current movement places a lot of emphasis on encouraging individuals to love and always be confident in their bodies. The result is that those who fail to achieve body confidence end up feeling like they have failed themselves.

To peacefully inhabit your body means accepting it. This calls for raising the white flag and giving in to the impulses that push you to fight your body.



Holding the belief that your body is precisely how it should be right now, at this very second, is what it means to accept your body, having said that the concept of body neutrality holds that we can still take care of our bodies even if we don't regard them positively. You are not required to like your physique. Even if you don't love your body, you can realise that it's the only one you have and that you should take good care of it. As with body positivity, Body neutrality aims to reduce the sheer immensity that our culture is giving to physical attractiveness. It goes beyond body positivity in that it challenges all facets of society that continue to elevate beauty as a necessary, consequential, and ultimate accomplishment, and that view a person's outward appearance as a reliable indicator of their value.

You can't have a truly healthy relationship with your body if you're trying to maintain a certain size or shape if you're pursuing intentional weight loss, or if you use exercise as a means to modify the appearance of your body or achieve a certain aesthetic. For so many people, fitness has been polluted by our culture's flimsy ideals. At worst, it instilled hatred or dread of it. And it has caused us to doubt or fear eating. We can connect with the body and live in tune with it - rather than battling it - when there are no expectations about how it "should" be done (how or how often or for what). The exercise was never intended to be used as a kind of atonement or punishment, nor was it ever intended to be something we "need" to do to "make up" for eating or achieve the "ideal" body type.

We will never be able to truly follow our inner wisdom if we continue to compete for the body that meets society's norms.

Our inner wisdom cares more that we take care of ourselves than it does about how much weight we are. Often we see body acceptance as a place we will arrive at and then we'll finally be satisfied. But body acceptance is a journey and not a destination. Waiting to "arrive" will mean waiting forever. Body acceptance is learning how to change how we relate to our bodies. Instead of seeing body acceptance as a place to get TO, see it as a place to come FROM. People frequently equate Body neutrality with disconnection from your being. That's not the case, though; instead, you need to have a deeper connection with your body than ever before while letting go of attachment to your physical appearance. For a clearer understanding, think of your relationship with your body as being akin to that of a close friend or relative, you don't have to like them every day, but you should make an effort to love and respect them every day. Body acceptance is not "giving up" on yourself. It's shifting the focus from "changing" the body to "caring" for your body.



Artwork by Shruti, Creative & Organising Wing Volunteer

THE INDISPENSABLE WATERMARK

By-Lucky Bhagat Singh



We as humans have a habit of inhabiting things, be it from the roots we are from or from the people with whom we were close while growing up. As long as we live in space, we inhabit its candour, we attach it to our personality, And it stays with us forever, as a watermark. Something which can't be altered, but you know what's the best part of it? It is you, yes 'YOU!'. Do you get to choose where this space is? Generally, it's somewhere you feel comfortable with, which you look up to when wanting gentle warmth than to be provided with a list of solutions and so you as an individual get the opportunity to choose it for yourself. This place could be your school space, your college, a lush green park nearby, or even your headspace.

When I look back, I was in my teens. I had always associated people with a specific place. Be it school folks, colony folks, or tuition buddies, I have associated them so much with these spaces that whenever I look back a tracker plays "memories".

I guess, from the time I entered high school, my room became my escape. I still remember, from the times I have had a bad day I just used to lock myself in the room and just cry my way through it. I still remember that day when I cried hysterically just because I didn't perform my best in grade 10. Genuinely it was a bit hurtful.

Once you put in all you expect, life will give it to you. But at the same time, life has another cluster of things to be thrown at your face. I for once will never be able to forget this incident in my life. But it did change me as an individual, and I don't crib about life anymore. It is you, that makes YOU. It does not matter whether you are a social animal or someone who prefers books over people, what matters is that you feel comfortable in your space. That's what matters.

Albert Einstein // "A human being is a part of the whole, called by us 'Universe'... He experiences himself, his thoughts, and his feelings as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature... Nobody is able to achieve this completely, but striving for such achievement is, in itself, a part of liberation and a foundation for inner security."

Sometimes I guess it's not about the destination, but about the journey. My constant will to constant entropy and growth keeps on entailing. Wish life bestows all its grace and magic!



THE LABYRINTH OF SAUDADE



By-Anushree Rathi



"No matter who or what you're dealing with, people build up meaning between themselves and the things around them. The important thing is whether this comes about naturally or not. Being bright has nothing to do with it. What matters is that you see things with your own eyes."

- Haruki Murakami

The German word 'Sonder' talks about the realisation that everyone you see, everyone who passes you by has their own complex life and journey. Each random person is living a life as vivid and complex as yours. Every time I come across a new artist, I am often left amazed by how different people's lives are.

There is so much to learn, so many different music genres to explore, and so many lives to live. I read a random piece of writing on Tumblr and I wonder what I would do if we swap our lives for a day. I have these insane inner self-loathing monologues going on to question my beliefs and competencies, whether I am ambitious enough, am I artistic enough?

Let's acknowledge the truth: a setback is a setback; while others were out there working over their goals with significant growth, you were wandering in your brain among the damages with no grace, sorting out the puzzled plans that went completely wrong, yearning if you could feel a little less but then would you be the person you are today if you felt any less? Certainly not.

I put down my feelings on paper sometimes, and sometimes I type them, yet there are days when the past resurfaces back, times when I hurt myself, times when I feel nothing, sometimes the pain of your losses is way too deep and vast, everything starts to look smaller in front of it. How can one be normal with a wound so deep that even grieving waits for its time and lets the pain settle?

Loss is permanent, your feelings are permanent. There will be days when you're able to cope and there will be days when you will not. I guess we are who we are for a lot of reasons and maybe we'll never know most of them. But even if we don't have the power to choose where we come from we still can choose where we go from there. We can still do things and we can try to feel okay about them.

I am curious in my sadness and I am curious in my joy. I am ever-seeking, ever-feeling. I feel really alive when I want something more than basic survival needs, whether it's intimacy with another person or a new pair of shoes, it is kind of beautiful. I like that we have those ever-renewing desires, maybe it's just a sense of entitlement. With time you accept that it's okay to want things as long as you don't get pissed off if you don't get them. Life is hard, it's supposed to be, if we didn't suffer we wouldn't learn a thing.

Every person that crossed my path has helped me tremendously to become better at living and understanding the life that pulsates within me. Heartbreaks of all sorts have been firm feedback from life itself. Heartbreaks are accidents of the soul, whoever is involved in it gets hurt, some get away with a few bruises, and some are left broken. Once we are able to see things as they truly are, we learn to walk in our lane and appreciate everyone's pace and journeys around. I feel you don't have to be a doctor to see a person in pain, you simply have to be in your mindful state of being. Nothing in this world is more important than understanding your soul, even though it's a never-ending process. A pain, so deep and profound that it bends one to look within and to understand oneself, once and for all. You're a human and your pain is relevant.

Uncertainty is the only thing we humans are gifted or cursed with. The idea is we don't know what the idea is, when you enter a surreal world in which all your control patterns, all your plans, the whole way in which you have configured your own behaviour, begins to fall to pieces when you find yourself against a force that does not lend itself to the way you perceive the world. You don't give up, you don't lie down and die. What you do is struggle against this with all of your equipment, with whatever you have, as a human that's the most and the least we can do.

I fall in love in every way imaginable, the layers of admiration and adoration neatly stacked on top of one another. I feel its warmth, its harsh coldness, and its complex anxieties. They follow me everywhere I go and enhance every time I look around. My love for non-conventional beauty is permanent although it changes. Maybe that's what we are meant to do in life-wandering, wondering, and telling ourselves and others about it, it's like a memento mori.

"Poetry works this way too. Languages organised mellifluously, delivered earnestly, can thin the partitions between worlds, whether or not we have a perfect denotative understanding of what is being spoken. Poets have invested themselves in this promise for millennia."

TOXICITY OF FRIENDS



By-Akshaya Singh

Health is wealth, rightly said. A vital aspect of human life is good health. Good health is a boon to your body. One should always prioritise their health. It benefits you both physically and mentally. We can maintain our health by exercising and eating healthy foods. Healthy eating is not only important for our diet, but it's also important as part of our personal well-being. Eating healthy can boost our physical fitness, make us feel better about ourselves, and improve our overall health. It can be maintained by a well-balanced diet. And eating proper meals at the proper times is imperative for a balanced diet. A balanced diet suggests that we eat nutritious foods high in proteins and vitamins. It will aid in body growth, provide energy, and strengthen our immune system. Healthy eating habits aid in the prevention of a variety of illnesses. Consuming organic or fibre-rich foods aids in the cleansing of the internal organs. Fruits and pulses vegetables should be consumed on a daily basis to maintain a healthy body.

It is essential to eat proper meals at the appropriate time. Most people often make mistakes by skipping meals in order to lose weight. Eating medications, a cup of soup, or only one meal per day. This led to the emergence of diet culture.



Diet culture has many definitions and facets but, in a nutshell, it is an entire belief system that associates food with morality and thinness with goodness, and it's rooted in the (very colonial) belief that every individual has full control and responsibility over their health. People get influenced by the diet culture and don't eat throughout the day which ultimately results in slowing down their metabolism and leading them to gain more weight, which makes them feel tired and stressed most of the time throughout the day.



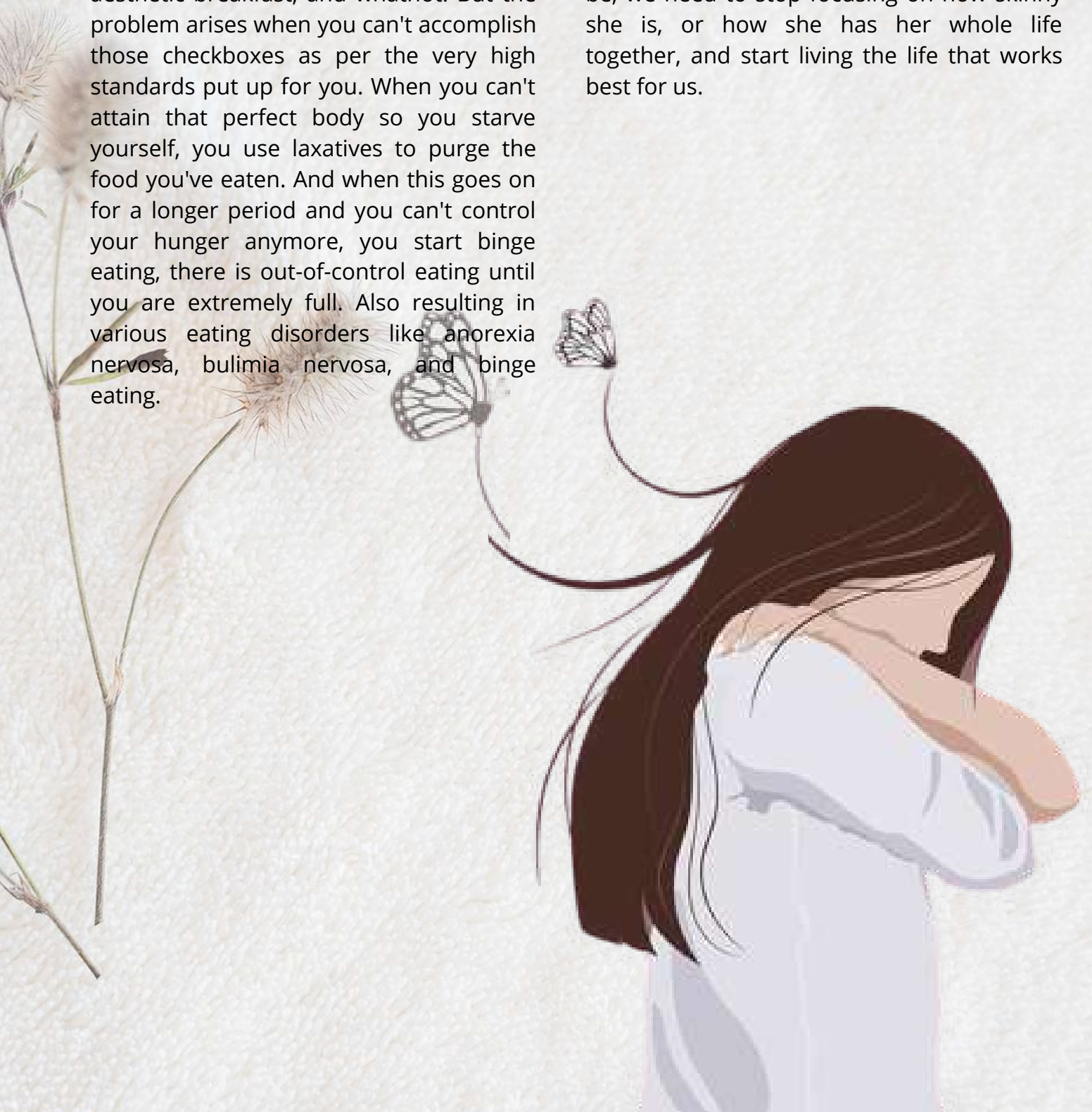
Diet culture has been portrayed and seen in many ways, but its harsh reality is that it is a ubiquitous environment in which food restriction is both normalised and celebrated. For many, diet culture brings the sentiments of anti-fatness and the fear of being or becoming fat. Many of these thoughts also come from the views of society. As our society views fatness as a problem and diet culture as the solution. In diet culture, there is a conferred status to people who are thinner, and it assumes that eating in a certain way will result in the right body size – the 'correct' body size – and good health.

Now, if you're on any social media platform like Instagram, or Pinterest, you might have noticed what some people like to call a new version of diet culture- "THAT GIRL". If you're new to the trend, your views might be the same as most people thinking that, "that girl" is someone who prioritises themselves in a good way! Spending time on themselves, eating foods that make them feel good, being productive, and striving for improvement. That is who "that girl" is. Becoming "that girl" resembles wellness, making positive changes in your life, and constantly pushing yourself to be a better person.

"That Girl" is all about physical and mental well-being. You can become that girl by making Healthy Habits, setting Realistic Goals, putting fuel into your body, moving your body, etc

But, what is not talked about is the urge of perfecting yourself, following a specific routine, and try to work so hard on checking those boxes, how it can all slowly and gradually lead to toxicity. You get so invested in the idea of perfectionism that you can't seem to get yourself out of. You strive to achieve that perfect body, that perfect morning routine, that perfect and aesthetic breakfast, and whatnot. But the problem arises when you can't accomplish those checkboxes as per the very high standards put up for you. When you can't attain that perfect body so you starve yourself, you use laxatives to purge the food you've eaten. And when this goes on for a longer period and you can't control your hunger anymore, you start binge eating, there is out-of-control eating until you are extremely full. Also resulting in various eating disorders like anorexia nervosa, bulimia nervosa, and binge eating.

Essentially, the "That girl" trend essentially overly promotes wellness as an aesthetic. The "That girl" trend romanticises girls needing to have their lives together. When that might not always be the case. It's quite impossible to always have your life together. It sets unrealistic standards. Being productive and being your best self looks different for everyone. As aesthetically tempting as it may be, we need to stop focusing on how skinny she is, or how she has her whole life together, and start living the life that works best for us.



KEEP CALM AND VAPE ON?

- Shreyashi Mandal

*Smoking is injurious to health
In the last stages, life turns wretched despite all your wealth
It's an addiction, also expensive
And it often stinks;
Vaping is still better they said yesterday
But I learnt it also kills, today:
So listen sir, oh listen please, will you?
Enough is enough, please draw the line, will you?*

Electronic cigarettes (e-cigarettes) allow the user to inhale nicotine in a vapour rather than smoke. This is known as vaping. Teenagers who are neither current nor past smokers are growing more and more accustomed to using e-cigarettes. Young individuals who use electronic cigarettes, frequently utilise small, disposable devices that have the maximum permitted nicotine concentration. The bright colours common to e-cigarettes, and a range of flavours including "cotton candy" and "lemon tart", appeal to young people.

Nicotine-containing e-cigarettes cannot be sold to those under the age of 18. Nevertheless, commentators have drawn attention to cases of minors using e-cigarettes. These high-tech gadgets, marketed as a healthier alternative to traditional cigarettes are being offered in stores that haven't previously sold tobacco or alcohol, and staff members aren't necessarily aware of the rules for age verification, according to trading standards officers.

As per the reports, e-cigarettes are also sold online by retailers like Amazon and eBay, where they are occasionally mislabelled as items that do not require age verification. Also with the ease of availability of e-cigarettes with a mere cost ₹150-300 and the urge to 'fit in' the peer groups are driving teens towards these unhealthy habits. High school and college students would bring these to show off and outside campuses would pool in their money to go to hookah parlours to blow up their life into clouds of smoke.

E-cigarette use has exploded in recent years, rising from less than 2 percent of high school and middle school students in 2011 to more than 27 percent in 2018. It has become the **most commonly used tobacco product among teens**, according to the Centres for Disease Control (CDC).

Nico-teen brain

The US Food and Drug Administration (FDA) refused Juul Labs' request for marketing permission for all JUUL products that are sold in the USA on June 23, 2022. Healthcare experts and others who are worried about people developing a nicotine addiction and using ENDS as a gateway to smoking have turned to JUUL as a target for public health campaigns since it has a higher nicotine concentration than many other devices. The US Food and Drug Administration (FDA) refused Juul Labs' request for marketing permission for all JUUL products that are sold in the USA on June 23, 2022.

Healthcare experts and others who are worried about people developing a nicotine addiction and using ENDS as a gateway to smoking have turned to JUUL as a target for public health campaigns since it has a higher nicotine concentration than many other devices. According to the US Centers for Disease Control and Prevention (CDC), around two-thirds of JUUL users between the ages of 15 and 24 are unaware that the products include nicotine, which can damage adolescent brain development and last into early adulthood. In comparison to non-ENDS users, those who use e-cigarettes are also more likely to begin smoking regular cigarettes.

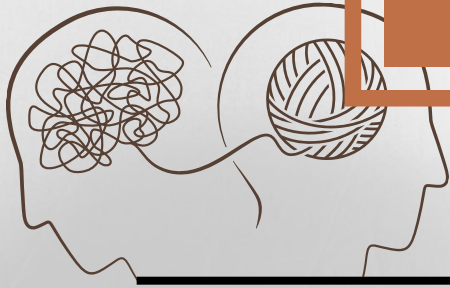
The teenage brain is no place for nicotine. Till about age 25, the prefrontal cortex, the region of the brain in charge of emotions and impulse control, is still growing. After inhalation, nicotine can enter the brain in about seven seconds. The medicine then functions like a key, opening up unique receptor molecules that trigger nerve cells in the prefrontal cortex and other regions of the brain to release neurotransmitters into the synapse, where nerve cells communicate, such as dopamine and serotonin. Users get a feel-good high. But over time, nicotine exposure can alter the brain in ways that make it harder for the body to naturally generate hormones that make us feel good. Additionally, to deal with the influx of nicotine, teen brains will develop additional receptors. Teenagers need more nicotine to achieve the same high as there are more receptors in their bodies. Because of this, nicotine addicts keep going for hits. According to the study, youth may experience behavioural repercussions such as focus problems, depressive and anxious episodes, and impaired behaviour. While some of nicotine's harmful effects on a developing brain can subside over time if exposure is cut off, others might not.

Smoking is harmful to one's health and is challenging to stop at any age. The effects of nicotine addiction are strong and manifest immediately. Preventing tobacco usage from the beginning is easier than trying to stop later. Encourage parents to discuss the dangers of tobacco use with their children and to keep them away from secondhand smoke exposure. Hence concluding,



**PLEASE DO NOT VAPE
MY FRIENDS, DO NOT RAPE
YOUR PRECIOUS LUNGS**

SURVIVAL OF THE FITTEST



By-Arya Mall Visen

Everyone says “High school is the best four years of your life”, but really, is it? School life is better described as a roller coaster journey. It’s the most educational journey of course, but throughout those years it teaches many more things. But majorly it taught us that “we will make it through high school, as life is better after school”. For many teens, high school has become something to be “survived” rather than “experienced”.

While the institution of school stands to symbolise the beauty of the world, the beauty of having friends by your side, an opportunity to explore and discover yourself, and learn more than just books; it actually taught them that friends can be mean beyond reason, they found themselves having trust issues, they realised they are not good enough, and that they can’t be themselves in front of people. In all that, many students lost themselves instead of discovering them.

While school offers many benefits to adolescents, such as connecting with peers, overscheduling and academic pressure can be a significant source of stress, contributing to mental health issues including teen depression.



In 2017, over 13% of teenagers had at least one severe depressive episode, with teen females being up to three times as likely to report a depressed episode than boys. An estimated 3.2 percent of children aged 3 to 17 suffer depression, amounting to around 1.9 million people. Depression is characterised by a sense that nothing matters, which can be so powerful that it impairs one's capacity to function in society. Getting out of bed in the morning might feel like climbing Mt. Everest. It's upsetting that many times it's the school life that causes this.

Loneliness is also a feature of modern school life. Students have "people with whom they converse," but not "friends." According to research, one out of every four pupils feels isolated and out of place. Even though they are continuously surrounded by other students, both extroverts and introverts, they are unable to properly express themselves since they are constantly scrutinised. This is also the time of puberty for most children, and emotions and desires can distort priorities and values. Jealousy, desire, and other emotions influence how they choose school courses and how committed they are to those courses.

Another reason high school is challenging is that social standing becomes more visible. Not only does popularity become crucial, but you also discover that maintaining and developing such a reputation follows peculiar principles that don't always make sense. There is no discernible logic behind how there are some "cool" kids and some are "outcasts".

In short, High school can foster individualism and socialisation, but it can also lead to mental health problems, poor self-esteem, and bullying.

High school pupils are grasping for freedom with one hand while clutching onto their parents/guardians with the other. This difficult balancing act can lead to feelings of inadequacy and tension. Trying to find out where they fit in while managing academics and navigating peer pressure may lead to a lot of uncertainty and anxiety, which can contribute to melancholy and anxiety in high school adolescents. Am I good enough?"

"Am I smart enough?"

"Am I pretty enough?"

"Am I happy?"

Schools are intended to assist youngsters prepare for the world and all of the challenges that await them.

Schools teach a wide range of subjects. When it comes to mental health, however, there is a divide. Without adequate education, kids will be unable to:

- Recognize the difficulty they are having
 - Open up about it, and get treatment
 - Assist other peers who are facing similar or other mental health issues
- This chasm must be bridged, and children must be given the opportunity to cope with mental health issues in the same way that they would deal with any other difficulty.

Suicide is one of the main causes of mortality among people aged 10 to 25 worldwide. Furthermore, the majority of those who have committed suicide had a mental disease. To reduce the rising suicide rate and save young people from taking their own lives, we must boost mental health awareness in our schools.

To summarise, unless high schools take efficient steps towards creating a better social environment for students, more and more children will keep on getting trapped in anxiety and depression and only the fittest pupils will survive.

ANALYSING THE PROGRESS OF SUSTAINABLE DEVELOPMENT GOALS 2030

By-Arya Mall Visen



The Sustainable Development Goals are a group of 17 goals that intend to be the blueprint to achieve a better and more sustainable future for the generations to come. They were introduced in 2015 by the United Nations General Assembly (UNGA) with an aim to be achieved by 2030. Sustainable development per se refers to an approach to develop or grow by using resources in a way that allows for them to renew or continue to exist for the future, in other words, the development that meets the needs of the present generations without compromising the needs of the future ones. At present times, the SDGs are needed more than ever for the global community is at a critical point.

The SDGs Vs the MDGs

These SDGs, primarily, have been built upon the Millennium Development Goals (MDGs), which were in effect from 2000 to 2015 and are destined to fulfil the goals that they could not. The Organization of Economic Cooperation and Development (OECD) articulated a set of 'international development goals' in 1996, which, thereby formed the basis of the MDGs that were never openly debated. The SDGs, on the other hand, happen to go beyond targeting issues like poverty or symptoms of poverty, which was the primary focus of the MDGs. The concerns such as improving access to justice, reducing corruption and bribery, increasing participatory and representative decision-making, and strengthening the participation of developing countries in the institutions of global governance were conveniently overlooked by the MDGs. However, such provisions do find themselves a place in the SDGs 2030 (Goal 16- Peace, Justice, and strong institutions).

Analysing the progress

Considering more than half a decade has passed since the implementation of these goals, considerable progress has been made in these sectors. However, a few of them still demand immediate attention which should be catered to immediately. For instance, the first goal of SDG 2030 aims to eradicate poverty in all its forms. But people fail to understand that large family sizes and poverty go hand in hand. People often feel the need to have many children so they can be provided for at a later stage not realising that it makes them unable to invest enough in each child. With driving into the third year of the pandemic, health and well-being issues seem to have taken the front seat. Innumerable lives have been lost due to inadequate medical supplies. Since then, most countries have been working on developing their healthcare sector and have made huge investments in this arena. Investing in quality health care for all, including easy access to family planning, helps slow population growth and improves lives. Another goal of the SDGs that form the basis of future development is providing quality education to all.

Due to gender inequality, girls are disproportionately affected by the lack of access to education. Reports show that despite many efforts still one in four girls are not able to attend secondary school, whereas, in sub-Saharan Africa, the number of girls that drop out of secondary school has also increased considerably in number. This gender inequality also seems to be an obstacle in the path of sustainable development. Not even a single country has yet achieved gender equality in its true sense, and the worst gender-based injustices and crimes continue to take place in most countries.

India and the SDGs

In India, the NITI Aayog's SDG Index measures the progress of the country at the national and state level in the country's journey towards meeting these global goals and targets. This index was created after intensive deliberations and consultations by UN agencies, state governments, and other ministries. The first such report was launched after three years of implementation of SDGs, i.e., 2018, and is now released every year. However, with every coming year, the report tends to become more inclusive and extensive, inculcating an increasing number of goals, targets, and indicators.

The progress of India regarding sustainable development has been considerably good but not uniform across the country. Over the years, Kerala has been the top performer followed by Himachal Pradesh. These two states have witnessed an overall development level higher than the average of the entire country. On the other hand, Bihar has been the worst performer in this regard. Though there has been a minor improvement in the score of this state, there is no substantial change in the rankings. According to the 2021 report, India got 66 points as opposed to 60 points from the previous year's report.

Though most of the SDGs had a downward-sloping graph due to the pandemic, hopefully, things will get better in the coming years. With less than a decade left to achieve these goals, there still are milestones that are yet to be crossed. It is imperative for the global community to foster the recognition of these goals, take measures that bring us closer to achieving them, such as working on population control, gender equality, etc and provide empowering solutions so that we are able to live in the world as developed as we have imagined.

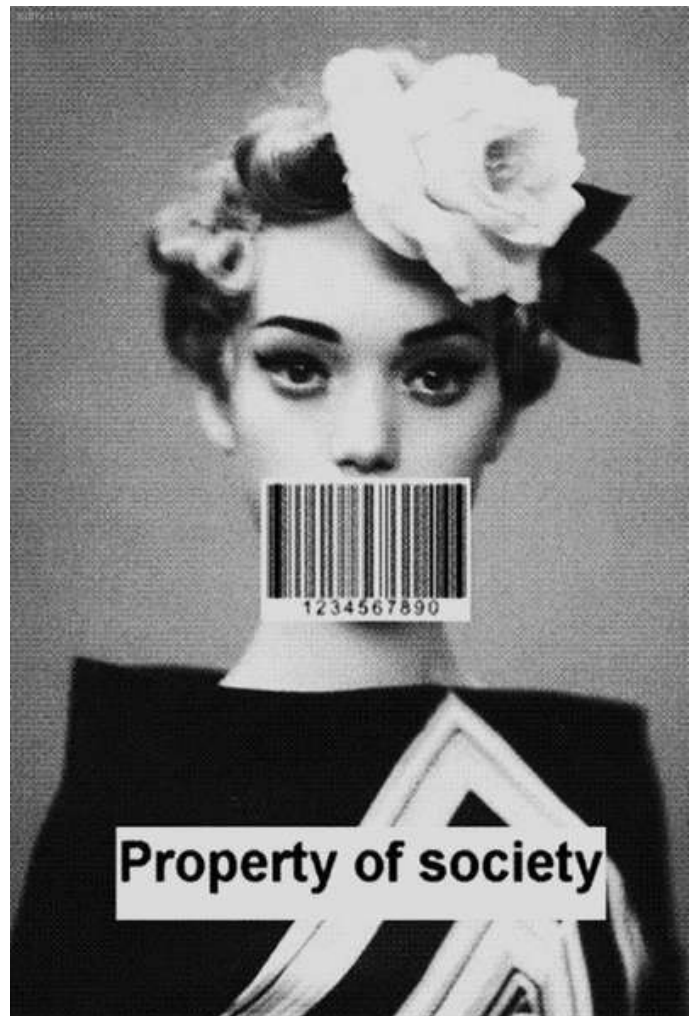
PATRIARCHY: A CYCLONE ONLY FEMINISM CAN STOP

-Abhisha Gulati

”
**Peace in patriarchy is war
against women**
— Maria Mies

It is undoubtedly true that making peace with patriarchy and internalising its propositions is a threat to not only women but the entire humankind. Patriarchy is not an innate human quality that one is born with, but it is something that has been created and formed by several societal elements, ideologies, forces, and events throughout the windows of time. It is a system that is formulated by human beings and thus, it has a finite life as a concept. The ideas that patriarchy brings with itself, and the ideas of feminism that opposes it, both have been often misunderstood and misinterpreted by laypersons, making their understanding furthermore important.

As a tradition, patriarchy dates back to sometime between approximately 3100 B.C and 600 B.C, according to Gerda Lerner, a feminist and historian. Patriarchy was initially a system created by tribal and agricultural societies to control their biological heirs who will later own their cultivated lands.



Nevertheless, this system which was supposed to benefit men and help them in the acquisition of property soon led to the subordination of women and other genders.

The word patriarchy originates from the Greek word, 'patriarhia' meaning "male chief or head of a family," suggesting that the early signs of patriarchy were first observed in the familial setting wherein the father was seen as the unanimous head of the family who had the power to make decisions for the entire family. From the familial setting, patriarchy soon spread like fire to almost every domain of life, ranging from our everyday conversations with our friends where we call them "bro" to cases of domestic violence and abuse against women that stood unreported in regions all over the world.

According to Sylvia Walby (1990), "Patriarchy is a system of interrelated social structures which allow men to exploit women". This suggests that patriarchy as a system is manifested in political, spiritual, social, emotional, global, economic, and almost every other sphere of life. According to Alda Facio (2013), "Patriarchy is a form of mental, social, spiritual, economic and political organisation/structuring of society produced by the gradual institutionalisation of sex-based political relations created, maintained and reinforced by different institutions linked closely together to achieve consensus on the lesser value of women and their roles". In other words, patriarchy is a social system that enforces certain gender roles that indicate male dominance and the subordination of all other genders, especially women. The gradual institutionalisation, as proposed by Facio suggests how patriarchy has gradually spread itself from its roots in history to every aspect of one's life. The above definitions break the glasshouse of reality that patriarchy is like a cyclone that not only gradually affects us all but also damages us psychologically.

With the integration of patriarchy in every corner of one's life, it is important to realise how problematic and dangerous this structure is, not only for women but for all genders.

Patriarchy not only questions the ability to think of women but also questions transgenders when they dream of a life of their own. With this comes a need, and a rather urgent one, of feminism.

Just like patriarchy, feminism has also often been misunderstood. Some layperson views on feminism are that feminists are "man-haters," "gay" or simply "irrational women." These interpretations are not only incorrect but also derogatory. Feminism is a concept and a social movement that started as opposed to patriarchy but soon became a movement to establish a system of equality for not only women but all genders. There is no single definition of feminism and Gerda Lerner famously quotes that "There are as many feminisms as there are feminists." However, all versions of feminism unite on one ground i.e. gender equality. Whether it be radical feminism or liberal, black feminism or Dalit feminism, all they advocate is equality i.e. equality in terms of access to education, and opportunities, in terms of making their own choices and exercising their rights to freedom and free will. It is high time we realise that gender is a beautiful spectrum that deserves equal respect and regard, and not what they are already going through. Thus, it is only feminist which can end this cyclone of patriarchy now.



DEATH PENALTY- 'IS IT A STATE COMMITTED CRIME OR NOT?'

- Aadya Singh

Is the phrase eye for an eye just in each and every case? Is any crime so big that the state will take the decision of anybody's life?

“

*Capital punishment is the
most
premeditated of murders.*

-Albert Camus

”

Capital punishment, also known as the death penalty, is a state-sanctioned practice of killing a person as a punishment for a crime. The sentence ordering that an offender is to be punished in such a manner is known as a death sentence, and the act of carrying out the sentence is known as an execution. A prisoner who has been sentenced to death and awaits execution is condemned and is commonly referred to as being "on death row". Death Penalty has existed since the start of civilization in some or the other form.

But now it raises the bigger question: should it still be practised given that it is still legal in 58 countries? In a world that focuses on human rights and has prevalent rules and regulations in regard to the lives of people, is it just to take someone's life?

The rates of crimes are alarming specifically in the 21st century, day by day the tally of heinous crimes like rape, and murder being committed are increasing.

Most of the suspects are caught but not punished properly or either they walk out of the jail. But still, there are instances of the death Penalty speaking specifically in the frame of India. The death penalty is nothing more than the state committing a crime that is legally backed. Then what is the difference between those individuals who commit crimes and the state?

When we read newspapers, and see different articles and news channels, daily hearing about the crimes sometimes agitates us to a level where we feel that these individuals should be subjected to the death Penalty. Of course, killing someone or raping someone is no less than an inhumane act, which evokes our consciousness and we want to take the act of justice into our hands.



"Human life is the biggest given virtue." The compromise with this doesn't seem well suited. The reasons for such odious crimes are ranging from poverty, unemployment, social discrimination, disturbed mental growth etcetera. The individuals committing such crimes are mostly involved in this because of their extreme conditions.

The state is a representative of the people, and the judiciary is there to establish justice, but justice can't be established by taking away someone's life and no absolutely no single authority in the country can take someone's life, they have to act as facilitators and mediators instead of supreme power displayers. Everyone has the right to live their lives. The state and judiciary should now start not just making prevalent laws but also actually implementing it, one of the biggest reasons for any crime is poverty, and it is high time now that the world leaders and peoples representatives start taking some action in this regard instead of just buttering off the creamy layer.

Because situations of unemployment, disturbed mental growth and poverty make individuals hopeless. And a hopeless person can go to any extent to fulfil their desires. So instead of taking the decision about who to let live and whose life should be taken, we have to work together as a society to improve its conditions.

Once Martin Luther King quotes ***"Returning violence for violence multiplies the violence, adding deeper darkness to a night already devoid of stars"***.

THE UNDEFEATED POWER OF NOT CONTROLLING ANYTHING AND LETTING LIFE BE

By- Gurleen Sohal

Is it more torturous to not give the meat to a wildly hungry tiger or to snatch it right away from him when he's on the brink of eating it? I would say none because nothing is good or bad until you decide to label it so. Birth and death are the two inevitable destinations, and between these two is what we call life.

Life encompasses everything, happiness and sadness, the ups and the downs, and the good and the bad. But what most people fail to realise is that they are not really living, but merely existing and navigating their way through, to death.

When being born and being dead are both purely out of our hands, then how come anything that happens between these could possibly be in our control? We all have a false sense of understanding about life. Some like to believe that they are in power, and yes they are, but not by controlling what happens to them, but by taking a step back and letting things unfold the way they are supposed to.

The more you control, the less power you have over situations. In a research paper published by renowned psychologist Albert Ellis, he emphasises three key factors that contribute to our upsetness in life:

- Our dogmatic commands (things should go as I would like them to)
- Catastrophizing things beyond their actual intensity (It is awful, horrible to not have things go how I want them to)
- Low frustration tolerance (It's so bad that I just can't stand it)

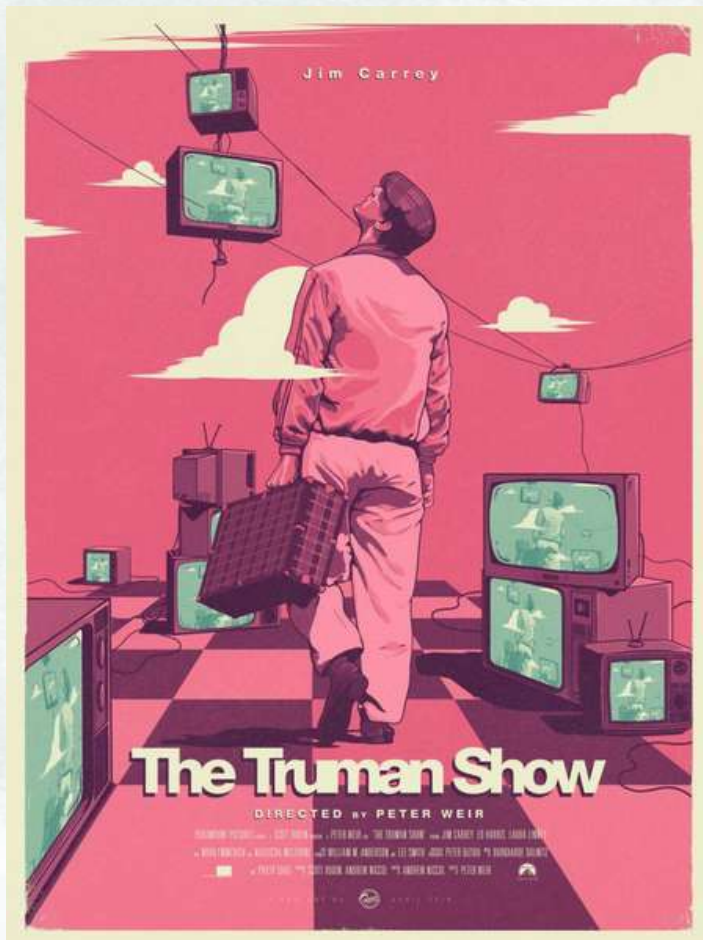


He expresses in the paper how these three things make us miserable about things that are far from being miserable. He shows us how life is how you perceive it, and that controlling life is the most unrealistic thing one should delve into.

Hence we conclude that life is what we make it and that life is what happens to us when we aren't controlling it, just like a butterfly comes and sits silently on our shoulders when we aren't chasing it. It's high time we understand that when we can't control life, then why to let it control us either?

UNDERSTANDING ART: THE TRUMAN SHOW

By- Naman Singh Rawat



Imagine living a blissful life with your parents and friends until one fine day while walking down the street someone tells you it was all a lie. That you were part of a parallel world that saw people playing a given character as part of an act. They were never really as they presented them. The moments you had with them had no significance in their lives as they don't care about you, nor do they love you, and all the things they said, good or bad, were all fake. It's hard to imagine right? Well, it's a bizarre thing to even think about but not to the makers of "The Truman Show", a Hollywood classic featuring the eccentric extraordinaire Jim Carrey. A movie about anything and everything dealing with sensitive

topics like Parenting, Privacy, Adolescence, and Moral to name a few. This movie is a true exposition of significant philosophical topics being handled with subtlety and grace, with a performance that was timeliness, a pinnacle of filmmaking but also an intervention for individuals to deal with reality.

Let's start by giving a quick synopsis of the story. In the narrative, Truman Burbank (Jim Carrey) grows up in a very sizable television studio that has been created to look like the real world. Truman actually doesn't realise he is in a studio as he grows up because the space is so big and well-designed. He merely thinks that his small town of SeaHaven belongs to the actual world just like any other. The delusion lasts for the entirety of Truman's existence, from the moment he is born until the moment we first meet him at the age of twenty-nine. It is not only a passing illusion.

In addition to the realistic studio, a number of other factors contribute to and maintain the illusion. First of all, everyone in Truman's immediate circle, including his "mother," "wife," and "best friend," are actors who have agreed to work together against Truman to support the notion that nothing out of the ordinary is going on in his life. Second, Sea Haven is shaped like an island so Truman must cross a body of water to leave his community. Truman, however, is prevented from leaving his village by a neurotic dread of water that he developed as a result of a carefully orchestrated incident during his infancy. Last but not least, Sea Haven has a sophisticated network of 5000 concealed TV cameras that allow a team to keep an eye on Truman at all times.

Perhaps this is sufficient plot information to understand the movie's treatment of the scepticism problem, which is its first philosophically significant aspect. The subject of scepticism has philosophical roots that go back to the Greeks, like so many other philosophical problems. Nevertheless, it was Descartes who utilised this issue as a stumbling block in his attempt to offer a solid basis for scientific knowledge, which was only just beginning to blossom in his time, and who thus placed it at the very centre of contemporary philosophy. Descartes challenged the notion that there is a good genius by introducing the concept of an evil genius, an omnipotent but malevolent person whose primary goal is to fool us in all of our perceptual experiences and beliefs. One might wonder how such a big number of players could ever plan to fool someone else on such a massive scale. What's more, how could the general populace, the audience, ever remain silent while tolerating such a flagrant disdain for one man's privacy and autonomy?

The first philosophically significant aspect of *The Truman Show* is that it offers a fascinating illustration of how someone's worldview could be seriously misguided. That any of us are currently going through or will ever go through the kind of deception that Truman did. But even if we never fall victim to such trickery, it is still important to consider how we can be so sure. How can you be sure that you are not the inadvertent star of a television show that everyone else is amusing themselves by watching? In more general terms, how can you be sure that those around you are not planning to deceive you?

In 2015 alone, there were roughly 750+ reality shows on television. Those of us without an official series are essentially starring in and producing our own reality shows, via constant Twitter updates, Instagram Stories, Snapchat, Facebook videos, and YouTube videos. As an audience, we didn't just blow past *The Truman Show's* cautionary subtext.



WHAT DOES THE PREVALENCE OF DISCRIMINATION IMPLY FOR HEALTH?

BY- DRISHTI JAIN

“Despite society's delusion that prejudice is a thing of the past, it permeates the whole world.”

The world's congested and densely populated cities offer insights into the unfairness that individuals must endure. We live in a society that is rife with blatant inequity to such an extent that even an Ivy League degree won't totally shield you from the repercussions of bigotry if it's a part of your daily routine. According to statistics from 31 countries spanning the period 2014-2019, one in every five persons reported having directly encountered discrimination on at least one of the grounds forbidden by international human rights legislation.

Discrimination, regardless of the reason, is connected with higher reported stress and lower reported health. The term "discrimination" frequently conjures up past instances of denying voting rights, hate crimes, or discriminatory housing and criminal justice procedures. Discrimination, however, is not always intentional, deliberate, or personal. It's frequently incorporated into institutional policies and practices like mortgage lending, zoning, or school funding practices, all of which have an impact on things like where you live, the quality of the education you receive, your access to public transportation, and your ability to find a good job. These factors are all related to health. Discrimination is a public health concern. According to the 2015 Stress in America Survey, persons who claim they have suffered discrimination have greater stress levels on average than those who say they have not.



All racial and ethnic groupings may agree on that. Discrimination has a lot of negative repercussions on one's physical and mental health, such as increased stress, depression, high blood pressure, cardiovascular disease, breast cancer, and death. Numerous other physical and mental health issues might develop as a result of chronic stress. In fact, anxiety, sadness, obesity, high blood pressure, and drug addiction have all been associated with perceived prejudice.

Numerous studies in psychology have demonstrated that discrimination may make stress worse. Additionally, even in young children, stress brought on by prejudice has been linked to mental health problems including anxiety and sadness.

According to a new study by researchers at the University of California, Los Angeles, young individuals who have encountered prejudice are more susceptible to the risk of mental and behavioural disorders in both the short and long term. Prejudice has a cumulative effect, increasing the likelihood of mental and behavioural issues in people who experience it more frequently.

Inequalities in the treatment of mental health issues and institutional discrimination in general health care are also strongly correlated with the impacts of discrimination on young people.

Even if you haven't been the target of overt bias, discrimination can still be harmful. Regardless of your own experiences, belonging to a group that encounters frequent discrimination, such as racial minorities or those who identify as homosexual, gay, bisexual, or transgender (LGBT) can be unpleasant.

Discrimination's threat induces chronic stress all on its own. People may even avoid situations where they anticipate receiving unfavourable treatment, thus losing out on educational and employment chances.

Even while stress is a natural part of life when it becomes a constant, everyday occurrence, it outpaces our capacity to handle it, and the physiological mechanisms set up to deal with its malfunction. This bodily reaction causes an increase in the incidence of diabetes, hypertension, or other health problems.

It's crucial to learn effective coping mechanisms for prejudice for both physical and emotional well-being.

Focusing on strengths. People can be inspired to achieve this by focusing on their basic values,

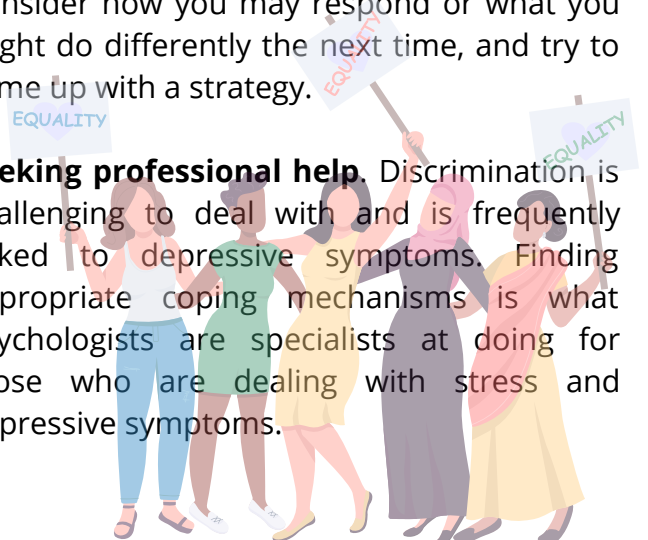
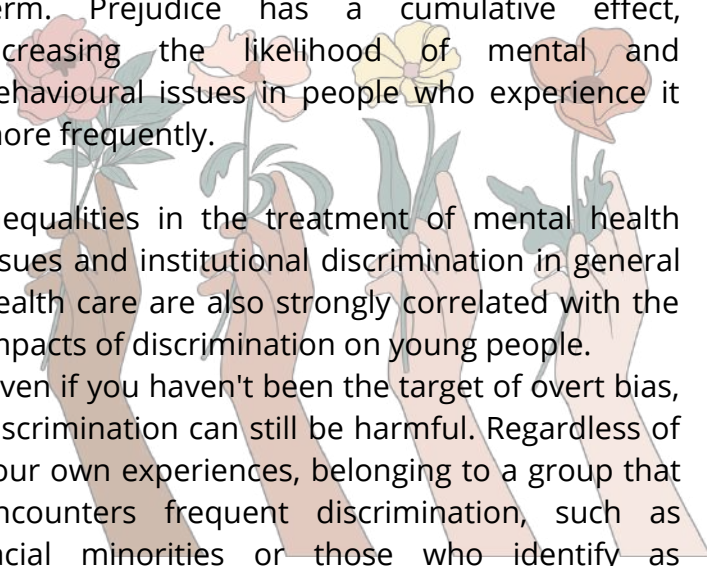
beliefs, and perceived strengths, which may even mitigate the harmful impacts of bias.

Seeking support systems. People might absorb others' unfavourable opinions, even when they are untrue, which is one issue with prejudice. You can begin to think that you're not good enough. However, family and friends, though, can reassure you of your value and assist you in reshaping those false perceptions.

Getting involved. People outside of your family or friends can also offer support. You may join groups and organisations that share your interests, either locally or online. Knowing there are others who have gone through similar things as you might be comforting. Additionally, forming connections with those individuals could inspire new ideas on how to handle circumstances and react to discrimination.

Don't dwell. When you've been the victim of prejudice, it may be quite difficult to move on. Because they are unsure of how to deal with these events, people frequently become fixated on instances of prejudice. As a result, you find yourself ruminating or repeatedly thinking about what you ought to have done. Rumination, however, has a negative impact. It could be beneficial to discuss coping mechanisms for such occurrences in the future when you're more composed. Consider how you may respond or what you might do differently the next time, and try to come up with a strategy.

Seeking professional help. Discrimination is challenging to deal with and is frequently linked to depressive symptoms. Finding appropriate coping mechanisms is what psychologists are specialists at doing for those who are dealing with stress and depressive symptoms.



WHAT COLOUR ARE YOUR THOUGHTS?

By-Yahvi Sharma

Do you feel anxious in a yellow room? Does the colour blue make you feel calm and relaxed? Artists and interior designers have long believed that colour can dramatically affect moods, feelings, and emotions. "Colours, like features, follow the changes of the emotions," the artist Pablo Picasso once remarked. Colour is a powerful communication tool and can be used to signal action, influence mood, and even influence physiological reactions. Certain colours have been associated with increased blood pressure, increased metabolism, and eyestrain. So how exactly does colour work?

The Psychological Effect of Colours:

Colour Psychology as Therapy:

Several ancient cultures, including the Egyptians and Chinese, practised chromotherapy, or the use of colours to heal. Chromotherapy is sometimes referred to as light therapy or colourology. In colour therapy, it is believed that different colours are able to impact the body differently.



Red is used to energise or invigorate a person who might be feeling tired or down. However, red may also trigger people who might already be tense.



Chromatherapists use **blue** to try and influence depression and pain. Darker shades of blue are also thought to have sedative properties and may be tried for people who experience insomnia or other sleeping disorders.



Green is the colour of nature, and according to chroma therapists, it can help relieve stress and relax a person.



Yellow can be used to improve your mood and make you more happy and more optimistic.



Orange, much like yellow, can be used to elicit happy emotions from people. The bright warm colour is also thought to be able to stimulate appetite and mental activity.

Red is also considered a taboo colour in American weddings, whereas South Asian brides are expected to wear red. Red is a nod to Hinduism where it symbolises luck, prosperity, and fertility.

Most of the time, Buddhists wear **white** colour dresses when going to temples to show simplicity and purity.

The colour **blue** represents infinity and in meditation, and is considered to calm the mind and help to achieve wisdom.

Colour-Emotion Connections often cross transcend borders and cultures too!

"Your thoughts are the architects of
your destiny"

-Davido McKay



LYNCHINGS: THE SCOURGE OF NEW INDIA

By- Drishti Jain

The Rig Veda, the world's oldest and greatest literature, establishes that: 'O men! Go in unison, communicate with one another, and comprehend one another's viewpoints.

It is inexcusable that the country to which these great books belong engages in the heinous crime of mob lynching and uses religion, among other things, as a justification for it.

What is Mob- Lynching?

It is a violent act in which a group of individuals targets and unlawfully murder a person. They are referred to as "**Horrendous acts of Mobocracy**" by the Supreme Court of India.

The Indian Constitution's Article 21 definition of a person's right to life is also under threat. This is the most recent infraction to be added to the list.

The term "lynch" refers to a self-made court that executes a person without allowing them the opportunity to defend themselves; such actions are motivated by religious prejudice or rumours, and the root of the problem is a conflict of ideas between various communities.

People enforcing legal authority without any legal grounds are the ones who commit lynching. Here, a group of people kills a person, accusing him of committing an offence that is frequently motivated by religious prejudice or amusement.

Mob assaults against police officers have a long history in India; the **Chauri Chaura event**, which occurred in 1922, wherein the violent mob set afire the police station in Chauri Chaura, a town in Gorakhpur, UP. The Indians killed Indians, damaging both the independence cause and Mahatma Gandhi's nonviolent strategy for leading mass rallies. It is a latent threat that is looming over people's heads. The majority fears the minority, and the minority fears the majority, creating a vicious cycle of fear that leads to the crime of mob lynching.

Mob lynching has been denounced in India as a violation of human rights and, more importantly, of the traditions of the Sanatan Dharma. Mob Lynching threatens the fundamental foundations of the law, which is a sine qua non for civilization.

Mob Lynching that Shook India

It has been observed that the bulk of instances includes people from marginalised groups as the end victims.

Bhiwandi Mob Lynching - 2006

Two police officers from the Bhiwandi area of Maharashtra's Thane district were lynched and killed by a crowd that was predominately Muslim. It was perceived as payback for two Muslim men being killed by police. The murder of Muslim men inflamed the crowd's anger to kill both constables by stabbing them.

Dadri Mob Lynching- 2015

On suspicion of butchering a cow, people of the village assaulted a 52-year-old man with knives and bricks. Due to the injuries sustained during this violent act, he finally succumbed to his injuries. His twenty-year-old son also suffered serious injuries.

When the case was placed before the court, the flesh was assured to be cow meat in the forensic lab. Because the beef in question was unfit for human consumption, the court in this instance declared the man not guilty. Political responses were made in response to the lynching around the nation. The family consequently got financial compensation.

Jharkhand Mob Lynching – 2016

In 2016, two Muslim cattle dealers from Jharkhand were hanged from a tree after a mob accused them of killing animals. The people claimed that the issue at hand was that there was some local hostility about the eating of beef. There are significant issues with humanity raised by this tragedy.

Palghar Mob Lynching - 2020

Two Juna Akhara Hindu sadhus and their driver were attacked in Maharashtra's Palghar district after being mistakenly identified as kidnappers as a result of WhatsApp rumours about many criminals prowling the area. When the police stepped in and attempted to stop them from taking the law into their own hands, they too were attacked by the crowd. As a result, the Maharashtra government faced considerable criticism and outrage.

Jharkhand Mob Lynching - 2022

On the grounds of cutting down trees for the purpose of collecting wood, a group of people allegedly lynched a 30-year-old man and set his body ablaze at a hamlet in the Simdega district of Jharkhand.

The incident took place only a few days after the Jharkhand Assembly enacted the Prevention of Mob Violence and Mob Lynching Bill, 2021, which aims to "effectively defend" constitutional rights and stop mob violence in the State.

Reasons for Mob Lynching

- The Indian Penal Code and Criminal Procedure Code do not have enough provisions to address this serious issue.
- As a result of people's mounting rage, intolerance for a certain group is increasing day by day, and false information is proliferating.
- As the unemployment rate rises, young people are more susceptible to being duped by political and religious influences.
- The fact that there is prejudice towards a certain class is another reason why these mob lynching incidents are reported.
- Personal hostility between different social groupings.
- The low conviction rate is one of the things that pushes individuals to select this method of administering justice.

Social media is a major source of fake news, which encourages the general public. People who are ostracised are forced into an endless circle of injustice because social tensions including class, caste, and religious strife are strongly ingrained in Indian residents' thinking.

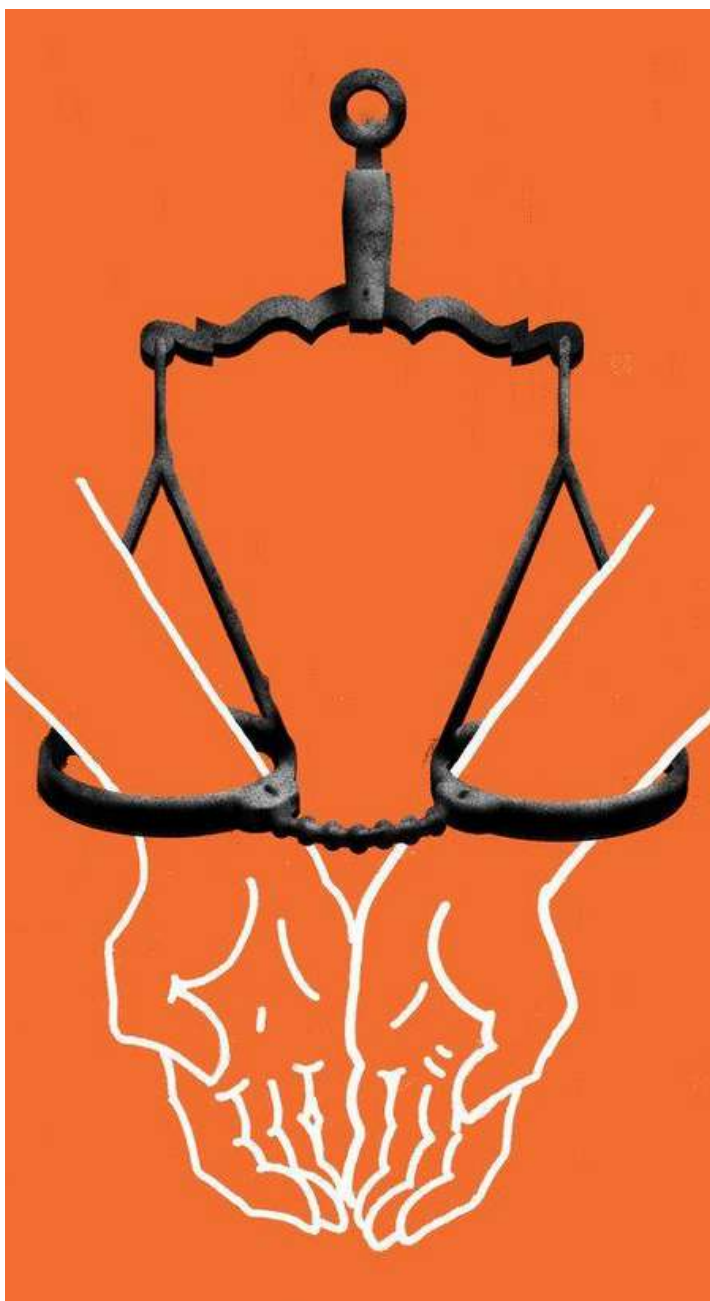
We are also well aware of how the media manipulates stories based on the religion of the accusers and victims or the location of the occurrence. A recent example of media bias was a report that characterized a mob lynching as "mob justice" only because the incident occurred in Kerala, where the media's blue-eyed boys Communists are in power.

When you just Google "lynching in India," Hindus aren't even included in the first seven pages of results. The media has worked to associate lynching with Hindu cow vigilantes. The reality is that Hindus have been victims of hate crimes and savage lynchings, but such events seldom make the news; rather, the media intentionally chooses to ignore cases in which Hindus are victims.

The media, like the political elite, makes an effort to create a narrative of minority victimhood. The media purposely ignores any incident in which Hindus are victims in order to keep up this narrative. Cow vigilantism, a favourite of the Bharatiya media, is only mentioned when the victim is a Muslim.

A Hindu guy being lynched by a mob in a predominantly Muslim neighborhood is never interesting to the Lutyens' media.

Those who shed copious tears over Islamist murders committed overseas don't even think about people like Kamlesh Tiwari, much alone try to report the news objectively. Their agenda ultimately determines what news is covered by the media and how it is covered. According to Bharatiya media, mob lynching is mob lynching in Uttar Pradesh, Madhya Pradesh, or Karnataka but changes to "mob justice" in Kerala or even Bengal because they need to develop a story about how Hindu majoritarianism is destroying the "concept of India."

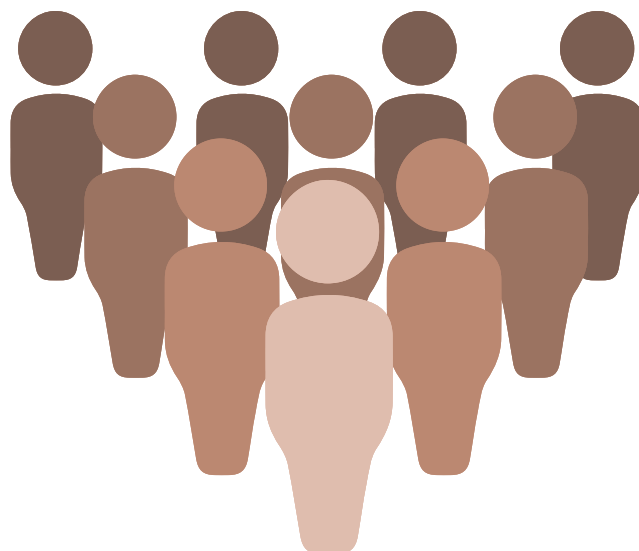


Impact of Mob-Lynching on the Society

It might be claimed that any lynching committed for racial or ethnic reasons violates Articles 14 and 15 of the Indian Constitution by discriminating against the whole community. Minority populations in the nation have also been seriously threatened by such actions, thus appropriate steps must be taken to stop and discourage such crimes.

The Rule of Law and Natural Judicial ideas are in grave danger as a result of individuals taking the law into their own hands since they don't understand how the justice system works. To prevent such instances, those in charge of upholding the law must be made aware that they are impermissibly abusing others' rights owing to a lack of understanding of justice. As a result of such a case, the Indians have learned to endure justice with an overpowering sense of foreboding, akin to a lurking, nameless, unstated terror.

The level of mob violence in the country today is appalling, and specific legislation is needed to protect mob violence victims as well as to enforce strict procedures to prevent assaults and punish offenders who engage in mob violence.





ABYSSAL
BALLADS



Artwork by Amisha, Creative
& Organising Wing Volunteer

Candles and wine,
In the warmth of your arms
The snowflakes fell.

The clap of thunder,
Ambrosial greensward,
Why do the nymphs still?

The beautiful kite
Flying so high in the sky
bound by thread

I asked whom she loves
She mentioned everyone
she could
Forgot to name self

I whim to abscond,
From this night and bus of strangers,
To feel a moment of zen





Artwork by Shraddha,
Creative & Organising Wing
Volunteer

An evening mellow,
A table was set for thoughts.
Talk happened, bonds grew.

Under blooming pall
Lived a happy pal
Who whooped into earth

Winter Snowflakes kissing
your rosy cheeks
An angel pushing through
earth's icy shawl
Snuggling through white
blossom flower beds

Soft pour on the ground
Slowly revives the mundane nature around
That was lurid a while ago

Last summer I turned pretty
As the sunlight illuminated every part of my body
But couldn't lit my dull self

PEN-INSTINCT

The Psychology of Art

by Jhanvi Gupta

D.E.A.D - Drugs End All Dreams

by Yavhi Sharma

Black Lives Matter

by Naman S. Rawat

REPORT ON:

Psychology of Art

-JHANVI GUPTA

WHAT IS ART?

IT IS NOT PAINTING OR SKETCHING YOUR INTERPRETATION OF SOMETHING BUT COMMUNICATING YOUR THOUGHTS AND FEELINGS WHICH THEN PEOPLE INTERPRET FROM THEIR OWN PERSPECTIVES; IT EXPLAINS HOW THE REALITY OF LIFE WORKS. IT IS ONE OF THE GREATEST INVENTION THAT HUMANS DISCOVERED.

BUT HOW IS PSYCHOLOGY AND ART RELATED?

"ART WASHES AWAY THE DUST OF EVERYDAY FROM YOUR LIFE."

GESTALT THEORY TALKS OF HOW HUMANS INTERPRET SOMETHING WHOLE RATHER THAN FOCUSING ON ITS PARTS and that's also how art works when a viewer watches it for the first time; everything just paces together.

Art therapists claim that when a person is engaged in art then they are presenting their reflective state of mind basically projecting even those things that they are not aware of.

THE GREAT PAINTERS

2 The *Starry Night* could be a depiction of how Van Gogh's condition stabilized when he was at the asylum. Harris wrote: "The cloudlike images in the center of the sky assume the archetypal form of a mandala, a symmetrical form that frequently emerges as psychological conflicts come into balance."

1 Vincent Van Gogh's massive collection of over 800 letters was attributed to a condition called *Hypergraphia*, a disorder linked to mania and epilepsy, where a person needlessly writes continuously

4 "Anxiety" by Edvard Munch The painting is known to be a reflection of Munch's mental state at the time. Painting was Munch's way of expressing himself, and he found it to be very therapeutic. He suffered greatly from anxiety and depression, which were also the factors behind his decision to paint *The Scream*.

3 THE SEVERITY OF HIS ILLNESS AND THE POSSIBLE LEAD POISONING COULD HAVE CAUSED FRANCISCO DE GOYA TO DEVELOP MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION, MOOD SWINGS, AND HALLUCINATIONS. HIS ART WAS A WAY TO COPE WITH HIS SUFFERING AND GOYA WROTE IN A LETTER THAT THE CREATION OF PAINTINGS LIKE *YARD WITH LUNATICS*

6 Kahlo's emotionally intense marriage to Diego Rivera led her to develop depression and even to attempt suicide. Despite, or maybe because of, her various sufferings, Kahlo was very strong-minded. Kahlo's *Self-Portrait with Cropped Hair*, 1940 is an exemplary depiction of her individuality, her pain, and her simultaneous strength. Kahlo portrays herself wearing a masculine suit, with scissors in her hand, and her hair cut off.

HOW DOES ART THERAPY HELP?

- BOOSTS SELF ESTEEM AND SENSE OF ACOMPLISHMENT
- RELIEVES STRESS
- INCREASES EMPATHY, TOLERANCE AND FEELING OF LOVE
- ART IMPROVES QUALITY OF LIFE FOR DEMENTIA PATIENTS
- INCREASES CONNECTIVITY AND PASTICITY
- HELPS THERAPISTS UNDERSTAND UNCONSCIOUS CONFLICTS



THE ASYLUM-VINCENT VAN GOGH



STARRY NIGHT-VINCENT VAN GOGH



SELF-SELF POTRAIT WITH CROPPED HAIR BY FRIDA KOHLA



MELANCHOLY BY EDVARD MUNCH



¡Qual la descomon!

Francisco de Goya

D.E.A.D. - DRUGS END ALL DREAMS

Everyone's NOT AWARE!

Drug abuse is a disorder characterised by excessive use of the habit-forming drugs and misuse of over the counter medicine. The illegal use of drugs which in turn leads to severe addiction and dependence with countless negative conclusions.

The General Backstory:

One manifestation of the long history of drug use is that humans have used mind-altering plants since prehistoric times. "Early humans discovered that eating some plants gave a feeling of relaxation, happiness, drowsiness, or peace," one scholar wrote. Some give a feeling of increased energy, alertness, and stamina. And some caused strange sensations, terrifying visions, or a profoundly different awareness.

The Strategical Advantage:

India is strategically situated in two of the most important drug trafficking routes.

1. More than half the illegal heroin used throughout the world comes from the Golden Triangle where the borders of Burma, Laos, and Thailand meet.
2. The other important international narcotics smuggling route, the Golden Crescent, covers Iran, Afghanistan, and Pakistan. Heroin is also brought to India through the land route from the Golden Crescent and then smuggled to other countries. Narcotics transit via air routes through such major cities as Bombay, Calcutta, Delhi, and Madras.

"Millions of Indians are dependent on alcohol, cannabis, and opiates, and drug misuse is a pervasive phenomenon in Indian society."

- UN Office on Drugs, Crime and India's Ministry of Social Justice

Indian Teens and their obsession with drugs.

For as long as anybody can remember, using drugs has sounded as a very sturdy and brownly idea. Adolescence can be a time of making irrational, impulsive decisions.

It can be a time of living in the now, without consideration for the consequences that may follow. As a result, it is a time in which many teens try drugs and alcohol for the first-time. The average age of substance use initiation is between 16 and 18 years old, before one even stands legally as an adult.

To dive deeper, we can classify this phenomenon into various stages:

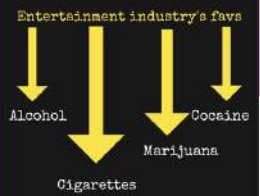
1. **The Experimentation Phase** - Experimenting may occur once or several times as a way to "have fun" or even to help the individual cope with a problem. For many, experimentation can occur without any desire to continue using the drug. For others, it can start to become a problem when it moves into the next stage of addiction: regular use.
2. **The Regular Use Phase:** The problem with regular use is that the risk for substance abuse greatly increases during this stage. It also increases risky behaviours such as driving under the influence, unexplained violence, and symptoms of depression and anxiety.
3. **The Risky Use** ; Defined as continued use of drugs in spite of severe social and legal consequences. What might have begun as a temporary form of escape can quickly lead to more serious problems. This is the stage where the warning signs of addiction will begin to appear: craving, preoccupation with the drug, and symptoms of depression, irritability and fatigue if the drug is not used.
4. **Drug Addiction and Dependency** - Physical dependence on a drug is often intertwined with addiction. Characteristics of dependence and drug addiction include withdrawal symptoms and compulsive use of the drug despite severe negative consequences to his or her relationships, physical and mental health, personal finances, job security and criminal record.

Music industry fantasising drugs:

1. Beyoncé - Drunk in love
2. G Unit - Bring my Bottles
3. Leau - Drugs and the internet
4. Eric Clapton - Cocaine
5. Velvet Underground - Heroin
6. 'Chaska se yaara nu, Daru vi chadi rakhn di' (Loose Translation : I like to be drunk all the time.)
7. Enna vi na dope shope maareya karo, Loosely translated as: Don't do so much drugs.

Movies too!

1. Master
2. Kabir Singh
3. Cherry
4. Thirteen
5. American Gangster



Prevention

PRINCIPLE 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

PRINCIPLE 2 - Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs, the use of illegal drugs and the inappropriate use of legally obtained substances.

PRINCIPLE 3 - Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors and address specific population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness.

The Family Programme:

Family bonding is the bedrock of the relationship between parents and children. Bonding can be strengthened through skills training on parent supportiveness of children.

1. Parental monitoring and supervision are critical for drug abuse prevention. These skills can be enhanced with training on rule-setting, techniques for monitoring activities, praise for appropriate behaviour.
2. Brief, family-focused interventions for the general population can positively change specific parenting behavior that can reduce later risks of drug abuse.

The School Programme:

Prevention programs can be designed to intervene as early as preschool to address risk factors for drug abuse, such as aggressive behaviour, poor social skills, and academic difficulties.

- Education should focus on the following skills:
- self-control;
 - emotional awareness;
 - communication;
 - social problem-solving; and
 - academic support, especially in reading;

The Community Programmes:

- Prevention programs are most effective when they employ interactive techniques, such as peer discussion groups and parent role-playing, that allow for active involvement in learning about drug abuse and reinforcing skills.
- Community prevention programs reaching populations in multiple settings—for example, schools, clubs, faith-based organisations, and the media—are most effective when they present consistent, community-wide messages in each setting.

Drugs gave me wings to fly,
But look how they took away my blue sky.

Report By :
Yahvi Sharma

Black Lives Matter



On a cold evening of Feb 2012, Trayvon Martin (17) was walking down the road when he was shot by a community member, George Zimmerman.

The events that followed were ;

- Police were informed by the neighbours.
- Zimmerman accepted his crime but wasn't charged.
- He was arrested, after 44 days
- A year later, he was released as not guilty by a jury of 6, of which 5 were white.



The arrest was a result of widespread media criticism and an open statement given by the then President Barack Obama.

This very act ignited the people around the globe, leading to the establishment of Black Lives Matter

The voice of the sufferers

"Why did you shoot me?"
Kendrec McDade
(April 2012)

"Please don't let me die."
Kimani Gray
(March 2012)

"I can't breathe"
Eric Garner
(Feb 2013)

"I didn't do anything"
Natasha McKenna
(Feb 2015)

"I don't have gun. Dont shoot me."
Micheal August
(2014)

Chapter 1. The Origin

- Black Lives Matter was first started on social media.
- American Activist Alicia Garza first coined the term Black Lives Matter.
- Patrisse Cullors added a # to the phrase.
- Thus on 7th March 2013 BLM was born on Twitter as

#BlackLivesMatter



Crowds were filling on the streets as a sign of mass protest

- The originators of the hashtag and call to action, Alicia Garza, Patrisse Cullors, and Opal Tometi, expanded their project into a national network of over 30 local chapters between 2014 and 2016.
- BLM also voiced support for causes beyond police brutality, including LGBTQ activism, feminism etc.

Chapter 2. Notable Events



- Black Lives Matter was first started on social media and gained popularity on the platform quickly.
- The movement was majorly revolved around protests and the same happened in major countries like Australia, United Kingdom, Canada, Brazil and Japan.
- The BLM movement expanded in 2014 after the police killings of two men Eric Garner and Michael Brown.

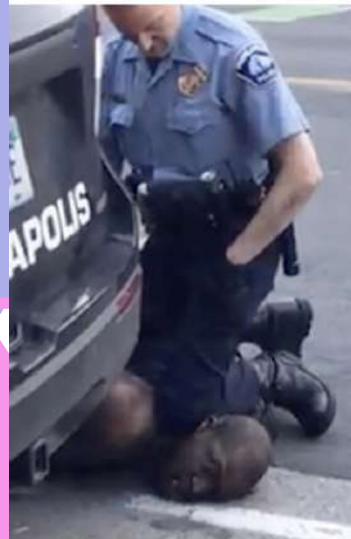


- These events swayed American public opinion in favour of the Black Lives Matter movement while drawing wide attention to the problem of entrenched racism in American society.
- Thereafter BLM played a prominent role in demonstrations against police brutality and racism
- The popularity of Black Lives Matter has shifted over time. Whereas public opinion was net negative in 2018, it grew increasingly through 2019 and 2020.

Chapter 3. The Resurgence

- BLM gained widespread popularity once again when a 46 year old Minneapolis citizen George Floyd was found guilty of forging a 20\$ bill outside a store.
- The police found out and arrested him, which was the right thing to do. But police officer Derek Chauvin overboard with his violence and put his knee on George's neck for 9 minute straight.

- Two other police officers, J. Alexander Kueng and Thomas Lane, assisted Chauvin in restraining Floyd
- Prior to the incident George was complaining of clausterphobia. He was unable to breathe.
- Chauvin ignored his pleas and kept with the act until it killed him.
- 4 police officers were charged of murder.



- Videos were circulated around social media immediately after the incident, sparking millions of people online.
- Angry mob got on streets and started protesting in heavy numbers.
- The mob included everyone from small children to elderly people, putting a significance on how grave the matter was to them.
- The police were heavily criticized for their actions and the news became international very fast.

Chapter 4. Mourning and Reactions

Poeple were enraged for a good cause once again and the world was watching it live. As word spread out poeple from all fields were showcasing concern over the issue. Marches were taken out in support of his family and other such cases became more prominent



On March 12, 2021, Minneapolis agreed to pay \$27 million to settle a wrongful death lawsuit brought by Floyd's family. On April 20, Chauvin was convicted of unintentional second-degree murder, third-degree murder, and second-degree manslaughter and sentenced to 22.5 years in prison on June 25.



Chapter 5. The AfterMath

Minneapolis Police fired all the officers involved. Protest followed in the subsequent days.



Protest started heavily in other cities like New York, Atlanta, LA, Memphis etc. Government vehicles were mobbed and taken hostage by the crowd



Tear Gas is used by the police to stop the mob from causing any physical damage to them



One thing didn't change " PEOPLE KEPT DYING"



Chapter 6. The Endline

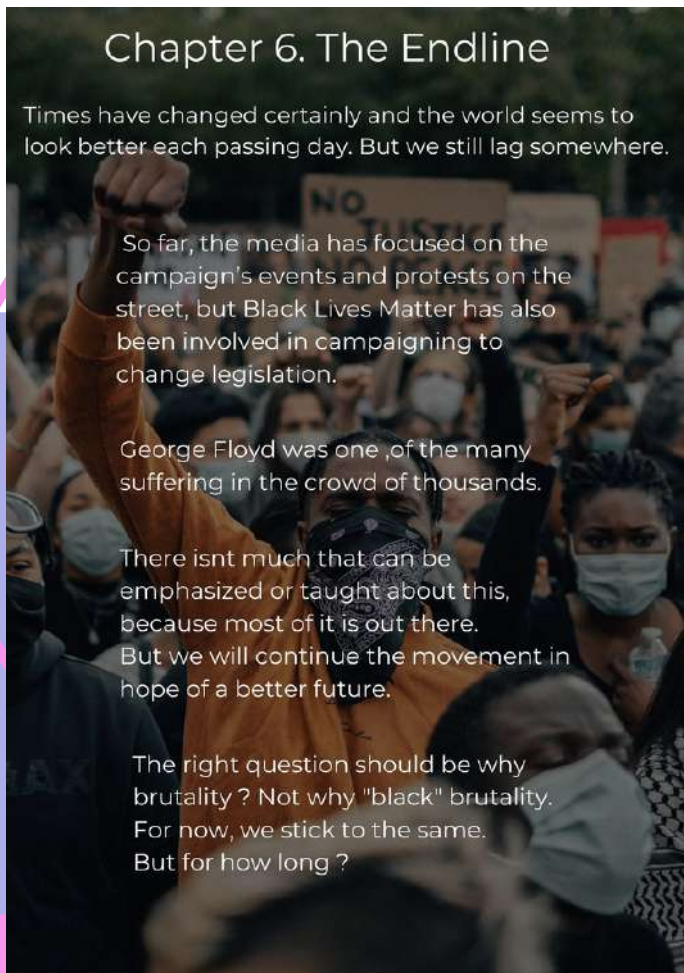
Times have changed certainly and the world seems to look better each passing day. But we still lag somewhere.

So far, the media has focused on the campaign's events and protests on the street, but Black Lives Matter has also been involved in campaigning to change legislation.

George Floyd was one of the many suffering in the crowd of thousands.

There isn't much that can be emphasized or taught about this, because most of it is out there. But we will continue the movement in hope of a better future.

The right question should be why brutality? Not why "black" brutality. For now, we stick to the same. But for how long?



SHOUTOUTS

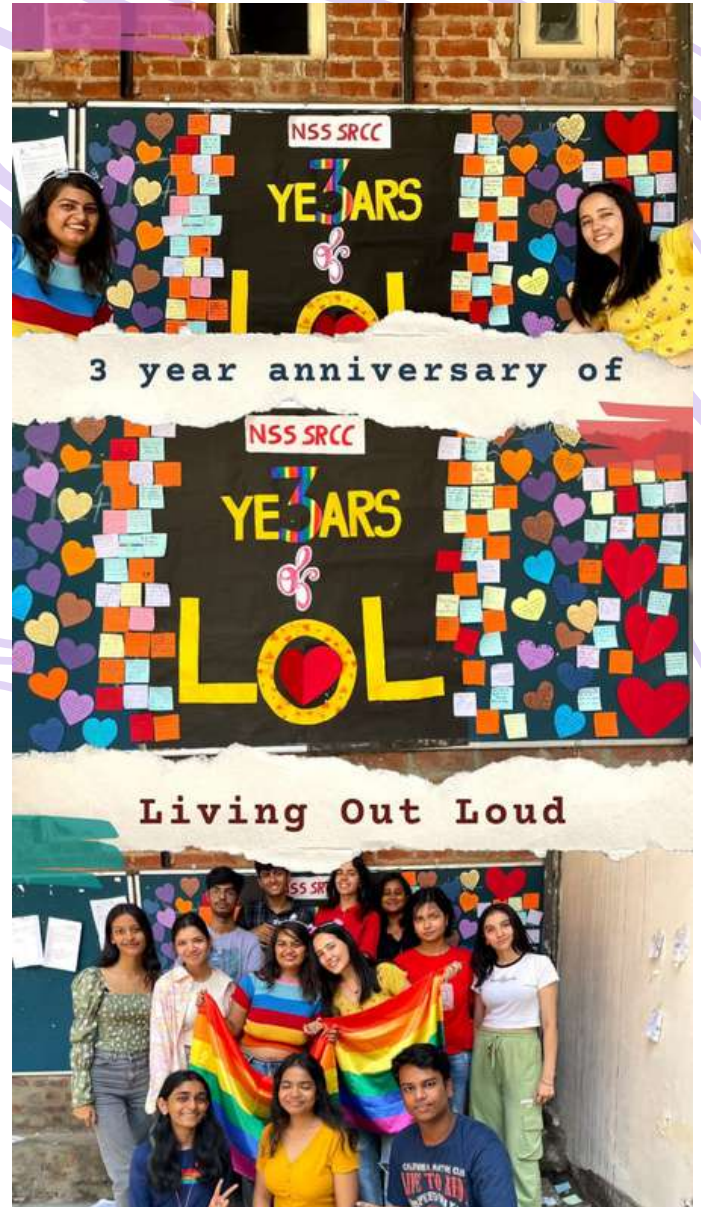
 **SOCIAL EMPOWERMENT WING**

 **PROJECT SANSKAR**

SOCIAL EMPOWERMENT WING

With golden threads of inspiration, the Social Empowerment Wing has stitched together an extraordinary tapestry of accomplishments. As the magazine's pages turn, a special mention is bestowed for not one, but two magnificent achievements.

The first is a dazzling celebration of over 100 "Living out Loud" stories, an initiative that has become a vibrant beacon of hope for the LGBTQIA+ community. At the Jashn-e-Pyaar event, held on 6th September, 2022, the previous year's editor, Rinkle Saxena, resonated with heartfelt emotion, breathing life into the 100th story.



In addition to this, the wing joyously commemorates three years of "Living out Loud," providing a safe haven for voices that were once silenced, shining a spotlight on their struggles and unyielding spirit through the prism of NSS, SRCC's social media handles.

These milestones symbolise the Social Empowerment Wing's unwavering commitment to weaving a society where every voice matters and every story is cherished.

PROJECT SANSKAR

NSS SRCC's outstanding initiative, Project Sanskar, received well-deserved acclaim from Hindustan Times, one of India's leading newspapers, on the occasion of International Literacy Day (8th September 2022). Their admirable efforts to educate underprivileged youngsters have drawn positive attention and have motivated the whole NSS SRCC unit.

Project Sanskar volunteers have relentlessly committed themselves to enhancing young minds in the face of difficulty. Even during the challenging pandemic and lockdown, they kept going, offering online sessions and providing necessary materials to help ensure ongoing study.

The results speak for themselves, with Sanskar students achieving impressive academic milestones. Tamanna secured the first position in Grade IX, while Tushar cleared JEE-Mains 2023, only with the guidance from Project Sanskar Volunteers.



NEW DELHI
THURSDAY
SEPTEMBER 08, 2022

HT City

IMPARTING KNOWLEDGE, ONE GEN AT A TIME

On International Literacy Day, young volunteers speak about their mission to educate, enrich and empower



Karan Sethi

With an aim to empower those who might not be as privileged, some city-based youngsters have been going the extra mile to contribute towards a literate and informed society. They feel it's their responsibility to educate the next generation, and this dedication and selflessness is nothing short of inspiring. On International Literacy Day, they share what keeps them going. "I used to help my house-hold's daughter with her studies over the weekends, and that's where I formed a passion for it. So, I connected with several NGOs to teach basic math, alphabets and grammar to kids aged 5-11 years. These children have no murky aspirations. When I listen to them talk, I'm inspired with positivity," says Nitika Sehra, a BBA (Hons) graduate from Rajbhans College. For some others, what started as an act of kindness, has inspired them to do a lot

more. Take for instance, Karish Kaushal, a BA (Hons) graduate from Rajbhans College, who says, "I don't just teach them from books, but I also try to impart social and moral values to them. Kaushal believes that as an educator, one must "cover all the bases", which is why she advocates underprivileged girls about menstrual hygiene as well.

The world is a better place when I'm around my cute little friends. It's just so warm and wholesome.

NITIKA SEHRA, former student of Ramjan College

Many volunteers, in fact, ensured that these kids continued to receive their education even during the pandemic-induced lockdowns. One of them is Shruvash Raj, a final year student of BA (Hons) Economics at Sri Ram College of Commerce. As president of his college's National Service Scheme (NSS) team, he feels that education should be a right and not a privilege. With this belief in mind, his team has impacted the lives of more than 500 students through their Project Sanskar. He says, "Even during the lockdown, we conducted online classes and provided them with internet and other resources."

If I have got quality education, these children deserve it too.

PALLAVI SAINI, Student of Shaheed Sukhdev College of Business Studies

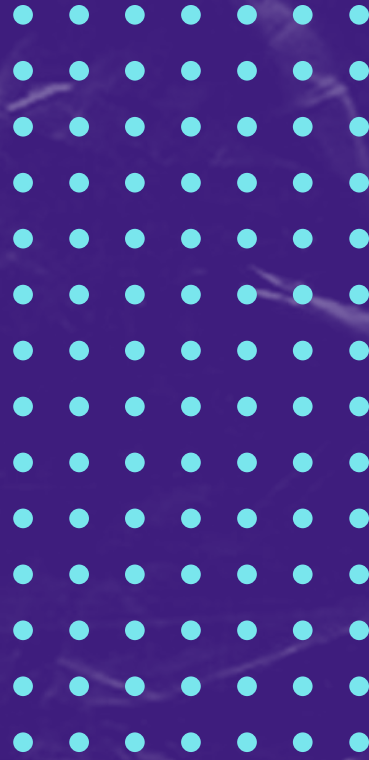




SAM RI

THE ANNUAL FEST





SRPAN'23

EST OF NSS SRCC

SAM RPAN'23

"The best portion of a good man's life:
His little, nameless, unremembered acts
Of kindness and love."

-WILLIAM WORDSWORTH

To celebrate the spirit of service and love, NSS SRCC organised Samarpan'23 in collaboration with a prominent NGO- "Umeed for Animals Foundation".

Samarpan'23 was a two-day extravaganza that brought together volunteers from all over India to showcase their talent and engage in social service. The fest was held on April 5th and 6th, 2023, and aimed to provide a platform for students to come together and make a positive impact on society.



The event kicked off with the Aagaman: The Opening Ceremony, which was graced by two distinguished judges: Dr Kamal Kumar Kar, Regional Director of NSS in Gujarat and Ambassador Virendra Gupta, a retired diplomat, who added to the event's prestige and importance.

Samarpan'23 offered a multitude of opportunities for volunteers to get involved, including Convergence, Socio-Bee, Fitoor, Seize the Stereotype, and Kiddo Fest.

The impact of Samarpan'23 was significant, as it provided a platform for volunteers to come together and make a positive impact on society. The fest aimed to encourage young people to get involved in social service and make a difference in their communities. It provided an opportunity for participants to showcase their skills and talents while also making a positive impact on society.

Samarpan'23 was a huge success, offering a dive into adventure and wonder and connecting volunteers from all over India through a variety of events that aimed to make a positive impact on society. The fest was an excellent opportunity for students to come together, learn from each other, and work towards a common goal of making a difference in society.

The theme of this year's event, "**Helping the Voiceless**," was launched with great enthusiasm and a commitment to work towards animal welfare.

One of its highlights was the collaboration with the **NGO Umeed For Animals Foundation**, which aimed to raise awareness about animal welfare and promote the Animal Support Drive.

Through the collaboration, NSS and Umeed for Animals Foundation aimed to take all "PAWS-ible" actions to save the furry mates out there. The Animal Support Drive provided an opportunity for volunteers to contribute their bit towards the betterment of animal lives. By supporting this drive, participants showed their commitment to promoting animal welfare and making a positive impact on society.

The collaboration between NSS and Umeed for Animals Foundation was a testament to the power of partnerships in promoting social causes. It helped raise awareness about the importance of animal welfare and brought together volunteers from all over India to work towards a common goal. The Animal Support Drive was a huge success, with many volunteers actively participating and contributing to the cause.



AAGMAN- THE OPENING CEREMONY of the fest was a grand affair, which featured a panel discussion by eminent personalities in the domain of social service. The discussion focused on various topics related to social service, including the challenges faced by volunteers, the importance of community service, and ways to inspire more people to get involved in social service.



SEIZE THE STEREOTYPE

Seize the Stereotype 3.0 was a photography and videography competition held under SAMARPAN'23. The theme was 'Societal Stereotypes'. The competition gave the opportunity for participants to come together and showcase their photography and videography skills and their creativity while bringing awareness to the stereotypes people face in everyday life.



SOCIO BEE 9.0

Samarpan'23 played host to an awe-inspiring event, Socio Bee 9.0, a **social business plan competition** that left a lasting impression on all who participated. With a focus on sustainable business practices, the competition attracted some of the most innovative and socially conscious young entrepreneurs, eager to tackle the pressing issues facing our society today. The event provided a platform for these budding entrepreneurs to showcase their business acumen, with each team pitching their B-plans to a panel of esteemed judges, followed by a riveting group discussion round.

The competition was judged by eminent personalities in the domain of social service. Our esteemed panel of judges included some eminent personalities like Mrs Meghna Joshi, Mrs Cherukuri Indira Dasgupta and Anoushka Jolly to whom we extend our heartfelt gratitude for gracing the event with their presence and providing teams with their invaluable inputs and suggestions.

Mrs Meghna Joshi is a certified life coach and social entrepreneur with a decade of experience working in the start-up environment. Mrs Cherukuri Indira Dasgupta is the Honorary Executive Director of PIDT (People's Institute for Development and Training), an organisation that promotes entrepreneurship among the marginalised sections of society for their upliftment. Anoushka Jolly is a 14-year-old youth icon who received the "Pradhan Mantri Rashtriya Bal Puraskar 2023" for her social entrepreneurship initiative, Kavach, which also featured on Shark Tank India and received funding for this anti-bullying initiative.



The energy in the room was palpable as the teams delved into the heart of the matter, presenting their ideas with passion and conviction. The competition was a true test of the participants' all-round skills, from quick thinking to sharp observation, to the ability to counter arguments with confidence and finesse. The atmosphere was electric as the teams battled it out, each determined to come out on top.

At the heart of Socio Bee 9.0 was the belief that every challenge presents an opportunity. The participants embraced this motto with zeal, bringing to the table a diverse range of business ideas that aimed to solve some of the most pressing social issues of our time. From sustainable environmental practices to innovative solutions for poverty alleviation, the competing teams proved that they were ready to take on the world and make a difference.

The competition was an amazing experience, with competitors thoroughly enjoying every moment of it. The sheer diversity of ideas and the passion with which they were presented left a lasting impression on all who were present. Socio Bee 9.0 truly embodied the tagline, 'Buzz For A Cause', with its vibrant energy and its unwavering focus on creating a better tomorrow for all!

CONVERGENCE 7.0

"Convergence is the path to innovation, and innovation is the path to progress."

- Vivek Wadhwa

Convergence 7.0 brought together various National Service Scheme (NSS) units and created an exciting atmosphere for them to display their exceptional accomplishments and services to society. The NSS volunteers who had committed their time and energy to numerous social welfare activities like community service, awareness campaigns, and fundraising projects also had a magnificent platform to showcase their combined achievements.

Participants were required to deliver a presentation outlining their recent significant projects and the positive impacts they had made. There were two sub-rounds in the competition's second round. The first step was presenting presentations that they had previously submitted. The second sub-round was a surprise event, the information of which was made public following the first round.

The surprise event was that the NSS units of two different colleges had to collaborate and then present how their collaboration would work by using each other's resources. The participants were evaluated based on their collaboration skills and their ability to work together as a team.

Overall, Convergence 7.0 was a great success, and it provided an excellent opportunity for NSS volunteers to showcase their achievements and work together towards a greater future.



We were privileged to have a distinguished panel of judges, each of whom brought a wealth of experience and expertise to the table.

One of our esteemed judges was Mr. Bhupendra Renjen, a social entrepreneur and investor who has made a significant impact in the business world. He also received the visionary leader of the year 2022 award by the Integrated Chamber of Commerce and Industry.



Another notable judge for the event was Mr. Manu Rao, founder and director of Pledge a Smile Foundation. His dedication to social causes and his innovative ideas make him an invaluable asset to any panel of judges.

Our third esteemed judge was Mrs. Leena Jain, founder of the Sanjeevan Foundation NGO, Delhi. Her organisation works tirelessly to share the joy of giving, helping kids, old age homes, hospital trusts, and various blood camps.

All in all, we were elated to have such eminent judges for our event. Their proficiency and discernment aided our participants, and their feedback presented valuable learning prospects for all involved. We express our sincere appreciation to Mr. Renjen, Mr. Rao, and Mrs. Jain for their commitment, enthusiasm, and devotion towards creating a constructive influence on society.

The winners of the competition were
1st Position-NSS Hansraj
2nd Position - NSS Hindu
3rd Position - NSS Miranda House



KIDDO FEST

"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow" - Jawaharlal Nehru

Kiddo Fest was one of the main highlights of SAMARPAN'23 wherein, NSS, SRCC tried to celebrate its legacy with a bunch of cute little folks. It envisaged to bring adorable smiles on adorable faces, which indeed happened.

Kiddo Fest spanned for two days with a plethora of events organised for the children. The event gave an opportunity to all the volunteers and cabinet members to make a wholesome and blissful dive into their own childhoods.

On the first day, a magic show was organised for which one of the greatest illusionists in the town was invited-Mr. Sachin Pal, who graced the stage with his aura and magic artistry. All the kids and adults there were amazed by his magic tricks and travelled with him in his magical world. The magic show was wholesome and enriching for all the kids.

The first day ended up with a fun-filled relay race and lots of spree where the children enjoyed a lot.



On the second day, a very charismatic dance competition was held which was judged by two esteemed personalities-Mansi Aggarwal who is a philanthropist and runs an NGO 'Donate A Meal' and Manvi Gupta, a dancer and choreographer.

All the kids, whether they won or not, and the judges had a wholesome experience and appreciated the proper organisation of the fest.



FITTOOR

- A CULTURAL EXTRAVAGANZA!

The fest ended on a high note with Fitoor, a cultural blast that featured music, poetry, dance, and more



The highlight of the evening was the presence of Kirti Mehra, a popular YouTube vlogger and influencer, who joined the festivities and made it even more exciting. Her fans were thrilled to see her in person. She interacted with the audience, shared her experiences, and also performed on stage. Her presence added a new level of energy and enthusiasm to the already exciting event, and the audience was completely mesmerised by her charm.



The showstopper of the evening was Mr Mukul Sharma, an Indian content creator and social media influencer with a massive fan base, who joined the fest to make Fitoor an unforgettable experience.



SAM RPAN'23





MEET THE TEAM



PROJECT SANSKAR

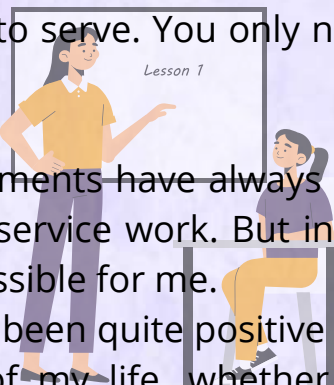


Srishti Wadhwa

“Everybody can be great. Because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and your verb agree to serve. You don’t have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love”

Martin Luther King Jr.'s comments have always been an enormous source of motivation for my social service work. But in practice, NSS, SRCC is the one which has made this possible for me.

My time with NSS has so far been quite positive and full of memories that I will treasure for the rest of my life, whether it is working with young children, giving food to the needy, caring for animals, or planning events and campaigns.



Teaching and connecting with those adorable little munchkins has always been a stress reliever for me, and that is where it all began for me as a volunteer with Project Sanskar. I wasn't sure at first if I would be able to bear this responsibility because it would directly

affect a child's future or quality of life. But once I got going, I have to admit that it was a really positive experience. I was allotted a Grade-XI student who was one of Sanskar's brightest students, and while teaching him maths in an online setting was challenging for me, he always encouraged me, shared significant details from his life with me, and sent me well wishes. He gave me the impression that I have a younger brother, and I didn't realise how time passed and my tenure as a volunteer came to an end.

I wasn't initially sure if I would be able to do honour to the job of Project Sanskar Head when I applied for a cabinet seat. But my wonderful co-heads and all the Project Sanskar kids supported me and made my journey great.

I gained a lot of knowledge and had the chance to improve the quality of people's lives while serving as a cabinet member of NSS. Working as Project Head wasn't simple; there was a lot of pressure to manage work, have lengthy meetings, plan events, organise drives, and so forth. However, all of these things offered me incredible life experiences that I will carry with me for the rest of my life.

I am very appreciative of NSS for having such a positive influence on my life and mine. And with a PURE HEART FOR SERVICE, I only want to make the commitment that I would do everything within my power to improve this society for everyone. As NSS has attempted to put a smile on many people's faces (including mine) with its ideology of NOT ME BUT YOU, I will continue to attempt to do the same always!



Akriti Komal

From one student to a whole family - the journey, undoubtedly, has been special.

Project Sanskar will always be close to my heart. It allowed me to connect with so many children, so many lives and made me learn so much. There were days when I would feel really down, but as soon as I would meet the Sanskar kids and start talking with them, all my troubles would vanish. Throughout the year, I have spent so much time with these kids - from having chats about their daily lives to playing with them till late evenings. I got to relive my childhood with them and now they literally feel like my own. I will always remember each of their faces, their "namaste didi", their mischievousness, their stubbornness to play and most importantly, their smile.

I vividly remember this one evening when the Sanskar classes had ended but the kids couldn't go home since it was raining heavily outside. So I sat with them as we waited for the rain to stop, and the kids told me so many stories during that time. They told me about their past good memories with Project Sanskar, such as travelling on educational trips and competing in dance competitions, all of which were halted owing to the pandemic. That same evening, I had made a mental note to myself that we would give our all to revive all of those memories once again and bring back the essence of the project.

Now that the term ends, I'm not sure of how much we were able to do for them, but I hope that we did enough to leave an impact on them and hopefully they will always remember us.

And that in future, they will also tell stories to the next heads about their experience with us just like they told us about previous ones. After all, the project is dedicated to them in every fibre of its being.

NSS provided me with several opportunities to serve others, which I will treasure for the rest of my life. Being in this society for more than a year, serving others became the new normal for us that sometimes, I forgot how much these acts of kindness that we did almost every day meant to the other person or being. I feel immensely proud of what all we have achieved, and I am thankful that I got to contribute to all such wonderful initiatives. My term at NSS surely ends here, but the NSS in me - the willingness to serve, will always stay.



Tanya Wardhan

If I have to sum up my college life in a single word, it would be NSS. I remember when I applied for the cabinet, I was so nervous. In fact, I hated the entire recruitment procedure. But all of that stress and nervousness was completely worth it. NSS has brought me the happiest memories that I will definitely cherish forever.

This journey was a complete roller coaster of emotions. There were so many ups and downs but every single moment was worth it. It made me realise my true capabilities and the love that I have for social service.

Project Sanskar- it's something that completely changed my life. It will definitely remain in my heart forever. It all started with teaching a single student and I never thought that one day I will be heading the entire project. There were a lot of times when I couldn't handle the pressure and was completely drained but honestly, those smiles of sanskar kids were enough to fill me with an incredible amount of energy and start again. The bond that I share with all the Sanskar kids, the time I have spent with them, the smiles that I have seen on their faces, the respect I got from them and (*excited squeal*) I can't even list what I have experienced with them but one thing I can say for sure is that it gave me immense happiness and satisfaction to serve them.

Not just project sanskar but from going on visits to feeding the dogs in the campus, from having late night meets to coming early in the morning for events, from laughing with each other to being angry with each other for something trivial, I loved every single thing.

NSS is the best thing that ever happened to me. I made a lot of mistakes during my tenure but the best part is that I came out as a much better person. When we say that NSS is a home away from home, we truly mean it.



PROJECT KALI



GURSHITA KAUR

I was unaware of Project Kali working at first because I was a volunteer for Project Vishwas, but as a Project Kali head, I learned new things, met new people, their inspiring survival stories, ups and downs of life in the rural area.

I am extremely pleased to have been a part of NSS, from participating in distribution drives to dog feeding initiatives to flash mobs to organising a full fledged event. Everything I have done with the people around me has been wonderful.

My favourite moment was when the entire cabinet attended our first health and hygiene session. They were overjoyed to see the baby we helped, Shiv, and we all participated in a wholesome recitation of a poem on hand washing for the children. Wherever I go, NSS will always have my heart.



PROJECT KALI & VISHWAS



HONEY DEVAL

As a member of NSS at SRCC, I had the opportunity to lead two impactful social service projects.

One of the most significant learning opportunities within NSS was the chance to work alongside a diverse group of people. NSS brought together members from different backgrounds and disciplines, allowing me to learn from their experiences and perspectives. Through collaboration and teamwork, we were able to tackle complex social issues and develop innovative solutions.

I learned to effectively communicate my ideas and opinions, work collaboratively with others, and manage my time efficiently. These skills have been invaluable in both my personal and professional life. Both of the projects taught me the importance of making a positive impact on my community. They also helped me develop my leadership and organisational skills, as I had to coordinate with volunteers, manage finances, and oversee the day-to-day operations of the projects.

Overall, my experience with NSS SRCC was incredibly enriching and provided me with numerous opportunities for personal and professional growth. I am proud of the impact we were able to make through our projects, and I am grateful for the skills and knowledge I gained during my time with NSS.



PROJECT VISHWAS



Shashank Agarwal

NSS was never part of the plan for me when I freshly started navigating through the mayhem of college life. I was, too, a part of the quintessential roadmap that a substantial proportion of DU students build for themselves, i.e., applying to as many college societies as possible and vehemently hoping to get in the same.

However, as it turns out, my plans for life and life's plan for me did not align. I got rejected not from one but all the so-said top tier societies that I was frantic to get into. And then, NSS happened to me.

Amidst a gazillion doses of lessons, life, laughter and love here - I could put one thing into perspective. It is cool to write research papers, do internships, raise sponsorship for your club and participate in case competitions - but what's cooler is the boldness and willingness to selflessly serve others whilst escaping the bounding matrix called rat race.

I have met people here that I call my home now, people who guide me and love me and people that I am going to cherish forever. They say they wish to know if they are living in the 'good old days'. I say that with them, I just know I am. May God bless us and continue to bless NSS SRCC!



PROJECT ANKUSH



Shashank Agrawal

When the journey started , my vision was learning and self growth while serving others but with the course it convergence is the most beautiful part of my college life. The work I did here, the colleagues I met here (with time they became friends), the people I served last year, from hungry kids , to rickshaw pullers to homeless but not hopeless oldies has changed my perspective of society. We talk about parity, rights to all but when you go to the grassroot level , you see the real face of our country - that's the real India! This is what I learnt as part of NSS, to bringing a change in the society. I am extremely grateful for getting the opportunity to serve as volunteer and later head of the Project Ankush.

NSS taught me to stand firm in the toughest times, manage multiple things at one time, being a leader and team worker and above all a kind human being. The most beautiful part of this journey was when our volunteers came and joined us in this fulfilling journey. Motivating and directing them to serve the hungry twice everyday, sometimes joining them at midnight drives, it was challenging but definitely worth it. I truly consider myself very fortunate and thankful to God for bringing the best version of me out through the NSS family!

Words won't suffice my emotions for this family so I would just say a big thanks to NSS for making me a part of it and being a part of me !

Swag se seva :)





Dev Palor

Not just a society to me, but surely a family. NSS will undoubtedly hold a particularly fond place in my memories of college whenever I do something in the future. My perspective on life has altered during the past two years as a volunteer and as a project head in the NSS.

I initially joined it as simply another regular society, but as time went on, things changed, and I can now firmly assert that NSS is something that completes me. It's a quest towards changing the globe while being willing to help the neighbourhood! The sense of accomplishment and enough comfort that we as people get after taking every required measure to address the harmful problems the society is experiencing. For me, this journey was unique and close to my heart!



SOCIAL EMPOWERMENT WING



Tanzin Donsal

It's been almost two years since I joined SRCC and I can undoubtedly say that NSS has always been my safe space. As my fellow mates would have also experienced, yes i also got caught up in the so called toxic rat race that we have in our college. But NSS was there to save me from the toxicity and help me take care of my mental health.

Talking about my volunteer journey, working under the Social Empowerment wing and working towards the LGBTQIA+ community, it was one fine ride.

From collecting Living Out Loud stories to making a video related to mental health, from having “not so formal but formal” wing meetings to playing scribble online, I definitely had an amazing time here. Even My wing heads at that time, Shruti Di and Shivansh bhaiyaa, were the people who helped me alot during the rough time that I was facing in my first year.

Then came the rigorous junior cabinet recruitment process and finally the day when I became the Social Empowerment Head with my lovely cohead Miss Khushi Jaiswal. The whole journey of being a JC cannot be described at all. I had some amazing moments where I could not control my happiness but it also consisted of some moments where I just wanted to sit, cry and do nothing. But looking back even in those moments, the thing that got me going was NSS for sure.

I, with this message just want to say-

Thank You to our strong and powerful SC who were our guiding light throughout the year.

Mad respect to my fellow JC members for completing this amazing tenure and being there for each other all the time.

Lots and lots of love to my Co-head Khushi and our cutest Soc Emp volunteers.

NSS FOR THE WIN<3





Khushi Jaiswal

When college started, I was extremely scared of how I will make friends or fit in or excel in the rat race of SRCC. That is when NSS found me and took me in. Ever since that day, I have found my family, friends and some of the sweetest and most empathetic juniors in NSS.

Most of the people I know right now are people I know through NSS or people I know through the people I know through NSS. This clearly shows the importance that NSS has in my life. From sitting on 6 hour long online meets during online college to sitting all day long doing decor work for Samarpan in offline mode, these two years sipped away like a bottle of fine wine.

They say that it's not about the place but always about the people, and the speciality of NSS is most definitely the people you find here who are always so empathetic and understanding and kind no matter which year they are in.

The people I share all my gossip with in real time, the ones I run to everytime a minor inconvenience takes place in my life, the ones who have seen me cry and made me laugh, and the ones who always stood by me through thick and thin. If I had to give an insider info, it would be that the people here actually care about and love each other and that is something you can't find easily in a college like SRCC where everyone's running behind CVs and Internships and Case Coms.

What we have here and what we call our family is just a bunch of people with a heart for service genuinely dedicated towards bringing a change in the society and making a difference one step at a time. Just a bunch of college students breaking barriers and bringing change. Real change.

NSS, in short, is a family of the most beautiful people, inside and out. <3



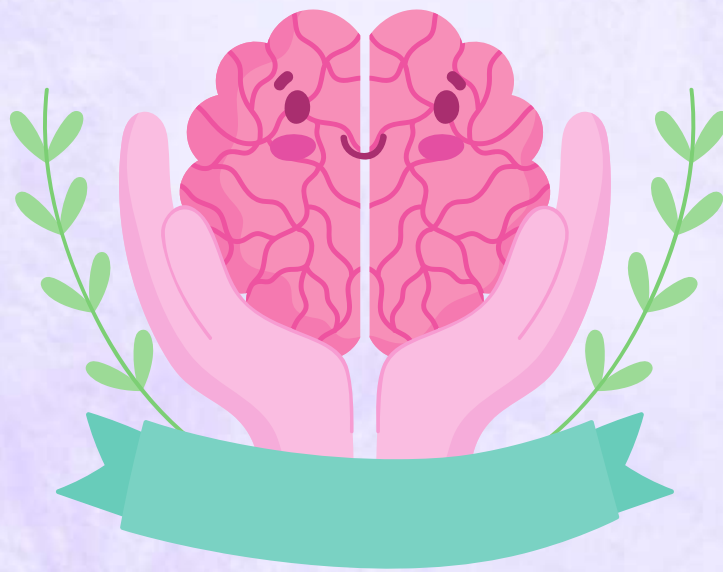
SOCIAL HEALTH WING



Khushi Kaul

Being a member of the NSS changed my life. It wasn't just about community service, but about the people I met, the challenges I faced, and the lessons I learned along the way. I recall the meetings, the sense of mission as we set out to serve others, and the pride we felt when we made an impact. But what made the experience truly special were the people. I came across generous, compassionate people committed to improving the world. We connected via our mutual passion to assist others as well as our personal hardships and victories. I learned that true fulfilment comes not from personal achievement, but from the impact we have on others.

In the end, things that mattered weren't just the projects or initiatives, the relationships we built, the memories of the people we assisted, and our own personal development were what gave the experience its true value. Being a part of NSS taught me that service is not just a responsibility, but a privilege that can transform both the giver and the receiver.



SOCIAL SUPPORT WING



Sahil Lohia

NSS!

It's not just a society, but an emotion for me!

If I imagine myself, down the lane, when I was very new to this college debacle, the only thing that sparked a fire in me was NSS!

Who thought that my heart for service and my persistent efforts that binds me with all would make me a part of this family? Certainly not me, but it's something I've come to accept wholeheartedly.

NSS is one thing that makes me complete! It's the journey of transforming the world with willingness to serve the community! It made me think about how important it is to give back to society.

NSS is that calmness which keeps me alive in this chaotic SRCC world! When we serve the nation, we enjoy the process. The sense of satisfaction and the ample amount of comfort that we as individuals receive after taking all the necessary steps to combat what detrimental issues the society is facing.

The fun fact is our observations, how we in the process of working together not just as a team but like a family realised that NSS is about working not just as individuals but creating an impact as one single unit! What sums up the story is that, more than me being a part of NSS, NSS is a part of me, one that's inseparable and the one that's closest to my heart!

This heart will forever beat for service <3



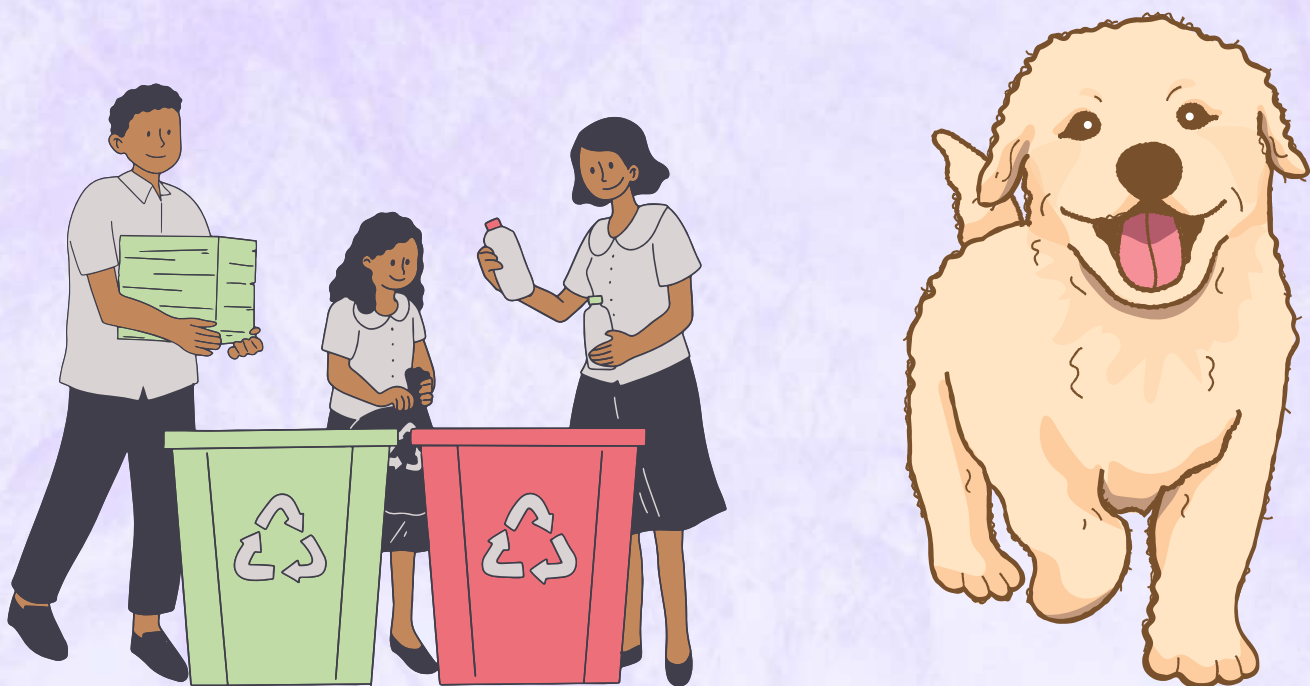
ENVIRONMENT WING



Deepika Meena

OKAY SOOO!! I need to put my feelings into words. This is a difficult task. The only thing I can think about right now is where to begin. From being nervous during my volunteer interview to being strict as an interviewer. It has been a long journey of about 16 months. I remember when the society recruitment process began; I only applied for one or two societies, and my first ever interview was with NSS; I was scared, but the people there made me feel comfortable, and when we met offline for the first time, I was like, "Okay, maybe I've got some friends here". How can I forget our wonderful trip to Lodhi Garden? As a volunteer, I didn't have enough time to devote to NSS. So God said, "Don't worry, here's another year." Being chosen as the Head of the ENVIRONMENT WING is one of the best things that has ever happened to me.

When I first joined the junior cabinet, I was scared of how I would get along with everyone, despite the fact that I am an extrovert, but for some reason, I became an introvert. But, once again, the wonderful people of NSS made me feel so comfortable that I was able to revert to my former self. I had learned so much throughout my Junior Cabinet term, and I will never forget the memories I made. There are so many things I would remember, whether it was working from 8:00 to 10:00 in college or rising up early for events, participating in flash mobs, running in heels and sarees, dancing my soul out. But the most important thing that I have now is NSS, which is my home away from home. I have got so much love from here. Thank you NSS for making my college life memorable.



TECHNICAL & MARKETING WING



Faizal Majeed

As humans, we are constantly learning and growing, but sometimes we don't have the opportunity to fully explore our potential until we step outside of our comfort zone. For many individuals, joining an organisation like NSS can provide a life-changing experience that helps them learn valuable skills and build relationships with others.

I joined NSS and found a family of happiness there. Despite initially feeling afraid to mingle with everyone, I soon realised that there was nothing to fear among fellow volunteers. Instead, we were able to learn many things that we had not been exposed to before, and were given a door to happiness that we never knew existed.

Through NSS, I was able to develop new skills, form meaningful relationships, and gain a sense of purpose that they had been searching for.

NSS provided me with a supportive environment where I could be myself and pursue my passions without judgement or fear. For anyone who is considering joining an organisation like NSS, my experience is a testament to the many benefits that can be gained from doing so. From learning new skills to building relationships with others, there are countless opportunities to grow and thrive. And for those who are afraid to take that first step, NSS can provide the support and encouragement needed to overcome any fears and discover a whole new world of happiness and fulfilment.



Hiba Kader

Half of my college life is about NSS. It was a whole package of love, laughter, cry, and so much more. I believe it's all about the people, they were different from the common crowd. Because we all have a motive for Seva. From being a volunteer in Social empowerment to being a head of Technical and Marketing wing, I'll cherish each and every moment of being with these people. It's good when humans help each other, that's what makes living worthwhile. And I'm proud to say that I've been with people who were there for each other. Even though I am a person with a heart for service, I couldn't get an opportunity to work for the one in need. But with NSS I got this golden opportunity. I am happy that I was a part of NSS SRCC for 2 years. What NSS taught me in these two years is to be human, because that's all that matters at the end of the day!

CREATIVE & ORGANISING WING



Khushboo Bansal

When I first entered college, joining societies was not part of my plan. They seemed like a chaotic, time-consuming endeavour with a daunting recruitment process. But as they say, life has its own way of leading us to unexpected paths.

And so, I found myself here, in NSS. From attending my volunteer interview with a high fever and a flushed face to sitting here, emotionally reflecting on my experience, it has been an incredible journey. NSS has introduced me to some of the most genuine people I have ever met - peers, juniors, and seniors alike. Together, we ideated and reideated things, worked tirelessly day and night, and ultimately hosted successful endeavours that made a real impact in the world and changed the society we live in for the better. Together, we did something truly inspiring.

While it is intellectually stimulating to write research papers and participate in case competitions, it is nowhere near as fulfilling as making a tangible difference in people's lives. The people I worked with poured their hearts into service, and it was an honour and a privilege to be a part of that effort. They are the ones I can call at any time, day or night, without hesitation; the ones I can work with for 10 hours or cry with for 10 hours, just to end up laughing for 20 and making memories that I'll carry with me for a lifetime.

To me, the people in NSS are not just acquaintances or colleagues - they are my home, my family. Our bonds have been forged through thick and thin, and our love and respect for each other have only grown stronger over time. I will always cherish the memories we made together, and the love we share is something I will carry with me for the rest of my life <3



Sheetal Koul

NSS was a full on roller coaster ride. It had more downs than ups being very honest, but the highs were honestly worth it. The thrill and satisfaction that I've felt here made everything worth it!

When this journey started I was very excited and passionate about everything. I honestly wanted to give it my all, but after some time maybe I got tired. To be honest I still don't know what happened but I slowly started to lose the passion and wanted everything to just pass by.

Then came the most awaited samarpan and I gathered all my energy and passion from the people around me, especially my juniors.

This journey was hard for me. I felt a lot of things the whole time but I was feeling very satisfied towards the end and I saw changes in me, good ones! I'll always cherish the memories that I'm taking with me!

FINANCE & OUTREACH WING



Arjav Jain

My journey in NSS has been nothing short of transformational. Starting as a volunteer in the Finance and Outreach Wing, I was tasked with tapping sponsors for the organisation. Over time, I developed my skills and grew to become the head of the wing, mentoring other volunteers in the process.

But NSS became more than just a society to me - it became a family. The relationship formed with fellow teammates and seniors taught me the importance of empathy and teamwork, while also developing my skills in leadership, communication, and perseverance.

I will always cherish the memories made as a part of NSS. The lessons learned will continue to guide me towards my goals and aspirations. NSS has truly been a life-changing experience for me, and I am grateful for the opportunities it has provided me to grow, both personally and professionally.



DEEPALI AGARWAL

If we say NSS=SRCC then we mean it.

NSS was a bridge which linked me to SRCC. It is a place where I found my second home and my family away from home

I remember how badly I wanted to be a part of any social wing or project in NSS but getting selected in the FnO wing(Sponsorship wing) was scary for me. From hating the wing and doubting my decision, to actually heading that wing and treating it as one of my parts. The person who was once hell scared of interviews and recruitment procedure was now herself recruiting her volunteers. I grew as a person: addressing 40+ volunteers, organising events, decision making, management, confidence etc.

As a volunteer I used to go to my wing head and say “di sponsors nhi mil rahe sab try kar liya” to my volunteers coming to me and saying “di sponsor nhi aa rahe”, it was a long journey. The initiatives we took under NSS, all are very special to me from feeding our campus dogs to taking classes of sanskar students, from kali visit to cloth donation drive and playing /dancing with those kids, from organising Jashn-e-Pyaar to organising ‘Masti ki Paathshala’, ahhhh the list goes on!

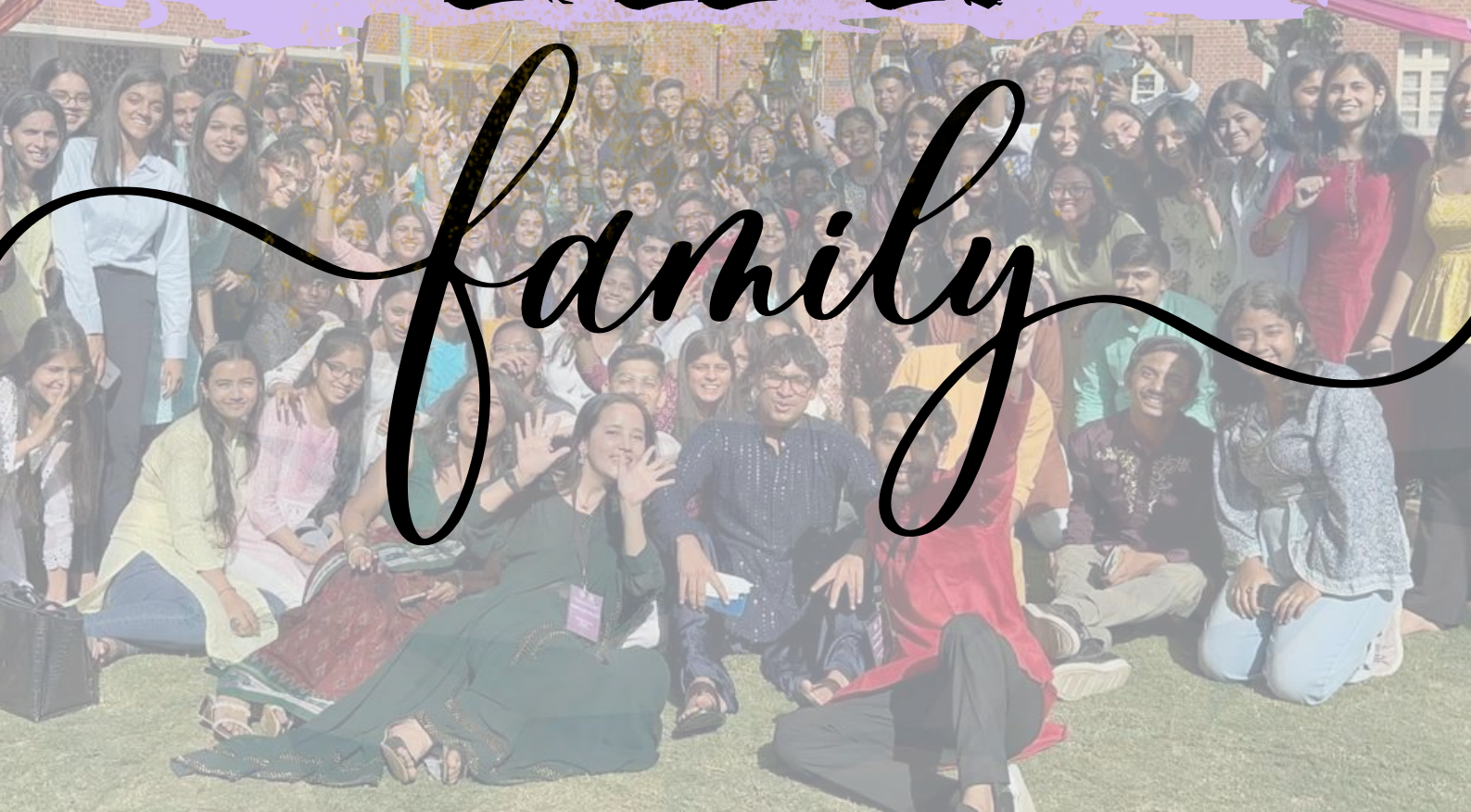
NSS provided me with the safe space that I wasn't able to find in SRCC. It surely helped me to find my people, people to whom I can go and cry, people to whom I can rant about my college life, people who I can go and hug whenever I feel low. It was always about the people with whom I was in NSS and this will remain the best memory of my college life. I don't know what is waiting for me after NSS but I am sure about one thing: I am going to miss NSS with all my heart.



NSS SRCC

2022-23

family







EXECUTIVE

EDITORS



ROHAN KUMAR



PRIYA TYAGI

JUNIOR

EDITORS



MARISHA GANDHI



MANISH RATHORE



ANUSHKA SINGH



PULKIT CHAUDHARY



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DESIGNERS



FAIZAL MAJEED



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