



ECHOES



Phoenix

Rising from The Ashes

2021-2022



In the still of the night, just before sunrise, a magnificent creature builds its nest. You stop and watch as it carefully puts each spice, clove, and branch that lay before it in place with meticulous detail. As you stand and watch, you are struck by the tiredness of the creature that is clearly evident – though in no way takes away from its beauty. The sun begins to rise and the bird begins to stretch. Its feathers are a beautiful hue of gold and red – the Phoenix. It cranes its head back as it sings a haunting melody that stops the sun itself in the sky. A spark falls from the heavens and ignites a great fire that consumes both bird and nest – but don't worry. In three days, the Phoenix will rise from the ashes – born again. This is symbolic of rebirth, hope, renewal, progress, end of oppression, and eternity. It is no wonder that the beautiful bird has inspired many tales, poems, and even legends.

Through these legends and literary representations, the phoenix has become a symbol of the renewal of time. In fact, it has generally become the symbol of any kind of renewal that, with it, brings a period of happiness and good fortune.

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from The Principal's Desk



St. Bede's College is a centre of learning that has a great heart and passion for serving the needs of aspiring students. It is good to see how much this academic fraternity has grown academically and socially over the years. Since its inception, the college has been rendering valuable service for the advancement of the society.

St. Bede's College is a minority Catholic educational institution, which shows its preferential love for young women who come to it from the multiple spectrum of caste, creed and gender. The college instils in them values for life and makes them fully conscious of their potential and commitment towards the society and the world.

Students are accepted and cherished as they are, and are helped to grow in their cultural, social and religious traditions in the midst of a hard and tough time. It demands from us to continue striving through constructive engagement for a bright future for our academic community in a world of growing challenges in higher education. I appreciate and extend my gratitude to all. I am sure that the efforts that we put in as a team will be appreciated in times to come. I wish you all the best and may God bless you.

Sr. Prof. Molly Abraham
Principal, St. Bede's College

The Editorial

"Our passions are the true phoenixes; when the old one is burnt out, a new one rises from its ashes."

Being on the Editorial Board of the college magazine has truly been an unparalleled honour and we are filled with gratitude for this opportunity. As this academic year comes to a close, we lay down our pen with eternal thanks. After the years that we have lost to the pandemic, we have now finally risen from what was and are now back on our toes better than before.

Talented. Brilliant. Incredible. Showstopping. These are few of the words to describe the brilliance of the students of St. Bede's College. We were thrilled to receive a high number of submissions from our students who were eager and equally excited for the new edition. We are indebted to our ingenious Core Team. Without their help, this magazine would not have been possible. Last but not the least, our heart full of appreciation and love goes out to Ma'am Gitanjali, our knight in shining armour. We extend our deepest and sincere thanks to Sr. Prof. Molly Abraham for bestowing us with this precious opportunity.

This year's magazine brings you the celebration of the undeterred hope and optimism that a man carries in the face of adversity. The challenging times have left a scar but nevertheless, made us stronger. Like the phoenix, we have risen from the ashes and we are ready to claim our space.

Once again, thank you everyone.

Rohita Gharu (Editor)

Tanushree Pandit (Co-editor)



MEET THE TEAM!

The Teardrops of Phoenix

A tear from the eye of a phoenix can heal any wound.



DR. GITANJALI MAHENDRA

"The Sensei"

Mantra: "Growing and learning everyday."

The Sensei, a master of the mystic arts, is a mentor to our team and all the ones that came before us. She is the fire behind the Phoenix, the gold behind the Kintsugi, and the strength behind each scroll of wisdom before and the times to come. Our boundless love and gratitude goes out to her.



ROHITA

"Persephone"

Mantra: "Calm in the streets, stressed in the spreadsheets."

The Empress, hailing from the mysterious lands of Psychology Honours Third Year goes by the name RoRo and Persephone on most occasions and is famous for being a box of paradoxes and the patron saint of orcas. She can be pacified with pomegranates and momos, however not at the same time. The Empress is deathly allergic to dogs but cannot resist petting them.



TANUSHREE PANDIT

"The Crystal Bandit"

Mantra: "I am the most unreliable narrator of my own life."

The infamous Crystal Bandit can usually be found in the meadows of Psychology Honours Second Year and is known for her expansive knowledge of the astrological tables and being immune to the charms of Christian Bale. The Crystal Bandit can only be defeated with a spirited offering of fresh strawberries and Danny DeVito.



ANGEL SHAN

"The Freudian Nightmare"

Mantra: "Your friendly neighbourhood babushka minus the people skills."

The aggressively normal-sized Angel can most commonly be found in the puzzling corners of Psychology Honours Third Year or at the nearest snack kiosk. A Jill of all trades, famous for her appetite for 'chai' and unholy amounts of spice, this babushka can only be defeated by luring her into a true crime related segue. She currently yearns for someone to bully her into writing more.





AANCHAL SHARMA

"The Mystical Wallflower"

Mantra: "Know thyself."

This mystical wallflower is known across the land of B.A. Passcourse Second Year for conjuring pieces of artistic brilliance out of thin air. Her charms extend to being an impeccable conversationalist with an eye for perfection. She can be found haunting the bustling alleys, eagerly looking for cheesecake.



NANDINI THAKUR

"The Eternal Spring"

Mantra: "<3333333"

The Hermit possesses a supernaturally top tier taste in fashion and choice of books. Hailing from the glamorous offices of English Honours Second Year and Vogue, The Hermit has a gift for words, and an unseemly Jimin-like inclination towards arriving merely 5 minutes past a deadline.



STUTI SOOD

"Geet and Lorelei's Love Child"

Mantra: "The Optimum Level of Perfection"

Stuti, hailing from the splendid moors of B.A. Passcourse, has a passion for the beauty hidden in written and spoken word. She possesses an uncanny ability to finish people's sentences. Passionate, ambitious, familial, worldly and romantic, she has it all.



ANOUSHKA MOSES

"The Ebony Raven"

Mantra: "I may be here physically, but spiritually I'm floating in the English Channel looking for a lost WWII pilot."

It's almost as if Moses has been pulled from an 18th Century painting. Make no mistake. She may hail from the modern halls of English Honours Second Year, but in reality she haunts old castles whispering historical facts into the ears of unsuspecting guests and occasionally treating us to impromptu band performances. She is also the proud human to our honorary Editor-in-Chief, Geraldine.



AISHNA RAHI

"Pip"

Mantra: "Trying to get a degree is not half as difficult as these extracurriculars."

Pip belongs to the magical lands of English Honours Second Year where procrastination and having absurd and random amounts of knowledge are witnessed every fortnight. With an arsenal of witty comebacks, this wonderful creature can only be defeated by the sure hand of a hard bound book.



RIYA SHARMA

"The Young Salvatore"

Mantra: "People say nothing is impossible, but I do nothing everyday."

This girl has "main character energy" written all over her. Loyal, hardworking, patient and wears her heart on her sleeve, what more could one ask for? Hailing from the ancient lands of B.B.A. Fourth Semester, this new addition to the Salvatore family is an immortal one.



STUDENT COUNCIL

2021-2022



Admiral
Anjali Kainthla



Vice-Admiral
Jolyn Pradhan

INS Chirag



Captain
Divya Rani



Vice-Captain
Sakina Malik

INS Himmat



Captain
Palak Chauhan



Vice-Captain
Uvika Singh

INS Vikas



Captain
Shruti Chauhan



Vice-Captain
Smriti Thakur

INS Vikrant



Captain
Jaisal Shekhawat



Vice-Captain
Ananya Verma

Community Outreach



Vice-President
Nitika Verma



Secretary
Vanshika Malhotra

Cultural Society



Vice-President
Kritika Sharma



Secretary
Chinmay Sharma

Disaster Management Cell



Vice-President
Bhawana Harnot



Secretary
Ruby Verma

Drama & Debates Society



Vice-President
Muskan Pal



Secretary
Gati Singh

Environment Awareness Cell



Vice-President
Shreya Dubey



Secretary
Ojashwini

NSO



Vice-President
Vanshika Bagga



Secretary
Nancy Beniwal

NSS



Vice-President
Sajal Kalta



Secretary
Sameera Batra

Women Cell



Vice-President
Nishtha Thakur



Secretary
Devyanshi Sharma

Media Cell



Vice-President
Akanksha Sharma



Secretary
Chandan

Red Ribbon Society



Vice-President
Anchal Singh



Secretary
Aastha Raizada

Placement Cell



Vice-President
Himanshi Koundal



Secretary
Riya Sharma

Health Club



Vice-President
Shreya Chauhan



Secretary
Srishti Chauhan

Heritage Club



Vice-President
Anchal Verma



Secretary
Sanya Sundan

Hostel Representative



Anshu Garg

BEDEIAN LOG

2021- 22

MARCH

- **March 26, 2021**

A parliamentary debate was organised by the Debates and Dramatics society on the topics 'Should the Policies Preserving the Dying Languages be Abandoned?' and 'Strategic Voting Should be Rejected'.

APRIL

- **April 6, 2021**

Eleven Cadets volunteered for the Himachal Day Parade Selection. Out of eleven Cadets, seven were selected to be a part of the final contingent on 15th April, 2021 for Himachal Day.

JUNE

- **June 5, 2021**

The NCC unit organised various competitions on account of World Environment Day. The theme of the day was 'Khaki and Prakriti'.

- **June 7, 2021**

An online MUN was organised in Shimla. The students participated in the United Nations Economic and Financial Affairs Council. The topic of discussion was 'Economic Recovery of War Torn Regions and the Need for Universal Financial Access'.

The NCC cadets registered and became a part of the Young Warrior Movement initiated by UNICEF in partnership with the Ministry of Health and Family Welfare and the Ministry of Youth affairs.

- **June 21, 2021**

The International Yoga Day was celebrated by the NSS to bring awareness about the health and benefits of Yoga.





WORLD ENVIRONMENT DAY
JUNE 5



KHAKHI & 'PRAKRITI'

VIRTUAL COMPETITION ORGANIZED BY

NCC UNIT (ARMY AND NAVY WING)

IN COLLABORATION WITH THE

ENVIRONMENT AWARENESS CELL

ST. BEDE'S COLLEGE, SHIMLA

* ACTIVITIES *

- 1). POSTER MAKING COMPETITION
- 2) POEM WRITING COMPETITION
- 3). AWARENESS VIDEO COMPETITION

We, the cadets, on this Environment Day pledge, to gift a sapling to every cadet, on their birthday.

LET US TOGETHER, REJUVENATE

OUR MOTHER EARTH



PHOENIX FOR ECHOES | 10

• June 30, 2021

The Department of Computer Science organised a webinar for the students on 'Digitization During Covid-19 Pandemic: Cyber security'.

JULY

• July 7, 2021

The naval cadets participated in a poster making competition. The theme was 'Say No To Plastic'.

• July 11, 2021

The Environment Awareness cell organised an event on World Population Day on the topic 'Impact of Increasing Population on Ecosystem and Humanity'.

• July 13, 2021

The NCC navy cadets prepared a virtual Nukkad Natak on the theme 'Say No to Single Use Plastic'.

• July 19, 2021

An online 'Ek Bharat Shreshtha Bharat' Phase - 8 camp was held. The host directorate was the Odisha Deputy. On behalf of the Shimla group, the cuisine and culture of Himachal was presented in the form of a video.

• July 25, 2021

A webinar was organised by the NCC unit on the occasion of the '22nd Kargil Vijay Diwas'. A virtual thought exchange programme was organised to pay homage to our brave warriors.

• July 26, 2021

A webinar was organised by the PHHP&C Directorate under the chairmanship of ADG Major General JS Sandhu.

• July 26, 2021

Staff members planted 210 tree saplings at The Sacred Grove near Government Middle School, Bagaghhat and Theog, Shimla.

AUGUST

• August 1- 15, 2021

The NSS observed 'Swachhta Pakhwada' from 1st to 15th August. They organised a cleanliness drive within the college campus as well as in the surrounding areas.

• August 4, 2021

The Ministry of Education and the Ministry of Youth Affairs & Sports organised a webinar on the topic 'Effects of NEP 2020 on Youth Empowerment and Sports Development'.

• August 6, 2021

An online poster making and slogan writing competition was held by Heritage Club on 'Hiroshima Day'.

• August 9, 2021

The NSS unit planted a total of about fifty saplings on the college campus.

• August 12, 2021

A poster making and fireless cooking competition was held by the Heritage Club on the eve of 'International Youth Day'. The theme was 'Healthy India, Healthy Planet'.

7HP (I) Coy NCC Shimla motivated the cadets to participate in the 'Fit India Campaign'. The cadets performed various asanas and pranayamas and they also displayed handmade greeting cards.

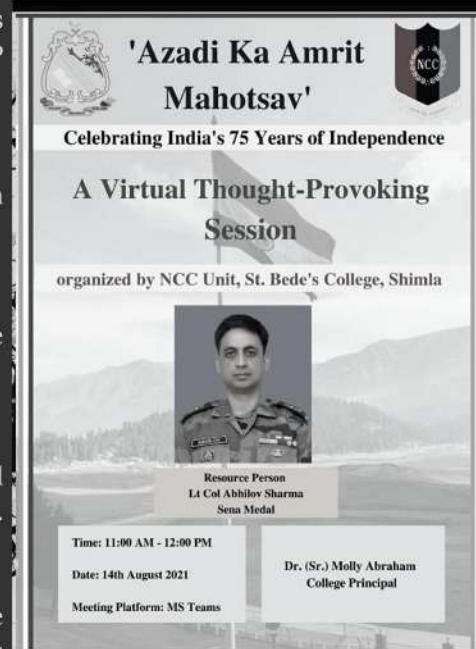
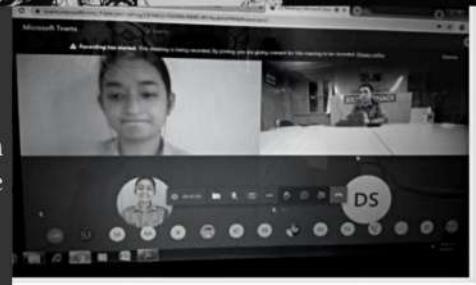
• August 13, 2021

The NCC cadets participated in a programme 'Rashtragan.in' launched by the Ministry of Culture on the occasion of India's 75th year of Independence.

• August 14, 2021

A thought provoking session on the theme 'Azaadi ka Amrit Mahotsav' was organised by the NCC and the NSS to celebrate 75 glorious years of India's Independence.

On World Pre-Diabetes Day, Economic Times, Roche Diabetes Care, Lal Path Labs and USV Pharma conducted a webinar on the theme - 'Prepare Now and Prevent Diabetes Tomorrow'.





• **August 15, 2021**

On the occasion of 75 years of India's Independence, a flag hoisting ceremony was held in the college. The flag was hoisted by the principal Dr. Sr. Molly Abraham. A poem recitation was organised by the NSS volunteers.

A tree plantation drive was also conducted in which the NSS volunteers planted tree saplings in the surrounding areas. A presentation was given by the students on 'Brave Martyrs' and a painting competition was also organised.



A few students of the Government Middle School, Bagaghat, Theog were encouraged by the Community Outreach cell to celebrate Independence Day. A virtual thought-provoking session on the theme 'The Unsung Heroes' was also organised.

• **August 18, 2021**

Poster making competitions were organised on the topics 'Awareness on Tuberculosis' and "Importance of Personal Hygiene During Covid Pandemic".



• **August 23, 2021**

The Debates and Dramatics society organised a poetry writing and a micro fiction challenge.

SEPTEMBER

• **September 7, 2021**

To commemorate 'Azadi ka Amrit Mahotsav', the Department of Botany organised activities like cleaning of Herbal Garden in the college campus and cataloguing of herbarium.

• **September 9, 2021**

The Department of English organised a webinar on 'The Great Healer: Literature in the Times of the Pandemic.'

• **September 16, 2021**

In the months of September and November, the DCATC camps for the selection and preparation of IGC: 2021-2022 and RDC 2022 were held.

• **September 18, 2021**

The NCC unit organised an essay writing competition on the theme 'Azadi ka Amrit Mahotsav'.

A webinar on 'Ban Use of Plastic' was organised by the naval cadets.

• **September 21, 2021**

The naval cadets conducted a webinar on 'Anti-Pollution' which was also attended by the army cadets.

• **September 24, 2021**

The college elections were held online due to Covid-19 on MS Teams.

• **September 25, 2021**

The NSS Unit conducted a yoga session in the college to spread awareness on health, nutrition and polycystic ovary syndrome (PCOS).

Several activities were conducted under 'Swachh Bharat Mission' and 'Water Conservation'.

OCTOBER

• **October 2, 2021**

Gandhi Jayanti was celebrated by NSS to commemorate the birth anniversary of Mahatma Gandhi wherein they observed the 'Swachhta Mission' from 4th to 28th October.

• **October 4, 2021**

A poster making and powerpoint presentation competition was organised by the Department of Computer Science.

• **October 7-14, 2021**

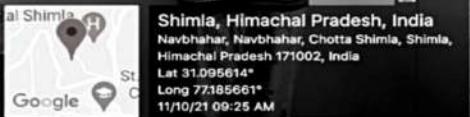
An annual training camp was organised by 1HP NU NCC Bilaspur at DAV Bilaspur. The cadets actively participated in various activities held in the camp like rowing and drill.





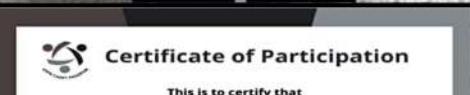
• **October 7, 2021**

An orientation programme on 'Activities and Benefits of Financial Labs cum Incubation at Campus' and 'Sustainability and Ethics: How Academic Curriculum has been Aligned to Meet Skills of the 21st Century' was organised.



• **October 9, 2021**

On the eve of World Mental Health Day, the Psychology Department observed 'Mental Health Week'. The department conducted a series of competitions along with a Nukkad Natak. An essay writing competition was also organised in collaboration with the Women Cell.



• **October 10, 2021**

The 'International Girl Child Day' was celebrated by the NCC cadets wherein a poem writing and a painting competition was also organised.

• **October 11, 2021**

The NCC unit under 7HP (I) Coy NCC, Shimla as well as the cadets from 1HP Naval Unit NCC, Bilaspur collaborated with the Women Cell to organise a series of competitions to support the cause of 'International Day of the Girl Child.'

• **October 13, 2021**

To celebrate the 'Disaster Reduction Day', the Disaster Management Cell organised a Nukkad Natak and a poster making competition on the theme 'Disaster Risk Governance'.

• **October 14, 2021**

The Environment Awareness Cell organised an internship essay writing and poem writing competition.

• **October 18, 2021**

An essay writing competition was organised by the Hindi Department under 'Azadi Ka Amrit Mahotsav'. The topic was 'Importance of Independence in the Eyes of a Student'.

An online seminar 'Ek Bharat Shreshtha Bharat' Phase 11 was held. The cuisine and culture of Himachal was presented in the form of a video to the host directorate of Karnataka and Goa.

• **October 21, 2021**

'Swarnim Vijay Varsh Mashal' was brought to St. Edward's School, Shimla and a function was organised for the same.

• **October 22, 2021**

Under the 'New India @75 campaign', the Red Ribbon Club organised an awareness programme wherein a seminar, an extempore speech on blood donation, a one minute video competition on Tuberculosis and a Nukkad Natak was held.

• **October 25, 2021**

The Women Cell organised a slogan writing competition on 'Women Safety'.

One week online workshop on 'Research Methodology and Data Analysis using JAMOVI Software' was organised by the Department of Commerce and Management.

The NCC cadets performed different activities under the 'Clean India Campaign' such as cleaning of statues, parks and surroundings, awareness drives and a poster making competition.

• **October 27, 2021**

The investiture ceremony for the Student Council was held.

Several students from all the academic streams were selected for the internship at BDO.

• **October 28, 2021**

A musical drama 'Unity in Diversity' was enacted. It was organised by the Cultural Society in collaboration with the Heritage Club.



PHOENIX FOR ECHOES | 15



• **October 29, 2021**

The English Department organised an event 'Voices of Himachal' under 'Azadi Ka Amrit Mahotsav' wherein they talked about renowned Himachali authors.



• **October 30, 2021**

The NSS volunteers visited an adopted village in Mashobra, Shimla.



• **October 31, 2021**

The NSS volunteers gathered in the auditorium to commemorate the 146th birth anniversary of the great leader Sardar Vallabhbhai Patel.

NOVEMBER



• **November 1, 2021**

The NCC Army wing conducted a rank promotion ceremony.



• **November 11, 2021**

A presentation was given by the NCC volunteers on the topic 'Freedom fighters of Himachal Pradesh' and a poster making competition was also organised.

• **November 12, 2021**

The members of the Community Outreach Programme went to Portmore School to interact with the students of 11th and 12th standard.

• **November 15-24, 2021**

The NCC cadets set off for their Compulsory Annual Training Camp (CATC-223) at Government Senior Secondary School, Shogi. The camp included various activities like shooting, sports, drill and cultural programmes.

• **November 17, 2021**

Three students from the Red Ribbon Club including the Nodal teacher, Mr. Ashish Kumar attended a one day training program at Deen Dayal Upadhyay Zonal Hospital, Shimla which focused on HIV related stigma towards PLHIV (People living with HIV).

The Editorial Board and the English Department organised a Creative Writing Workshop.

• **November 18-24, 2021**

The Vice President of NSS went for a seven day NIC camp in Kurukshetra University, Haryana.



• **November 18, 2021**

A 'Library Orientation Programme for Freshers' was held in the library from 19th October to 18th November, 2021.



• **November 19 - 25, 2021**

The Heritage Club observed the 'Heritage Week' wherein several competitions like poster making, rangoli making, folk singing and photography were held. The students also went on a heritage walk.



• **November 20, 2021**

A rally on drug abuse was initiated by the first year NCC students. The rally started from the college and ended at the Ridge, Shimla.

Departmental Club of Zoology- Zoo Quest celebrated 'World Fisheries Day 2022' by organising public awareness activities.



• **November 23, 2021**

The Women Cell organised a panel discussion on the topic Women- The Pillars of Life.

• **November 25, 2021**

The NSS organised a Blood Donation Camp in collaboration with Lions Club, Shimla. A total of 55 units of blood was donated.

• **November 26, 2021**

The Department of Biotechnology organised a lecture on 'Intellectual Property Rights'.

• **November 29, 2021**

The NCC Day was celebrated at the Shimla group headquarters wherein a guard of honour performed for the Group Commander, Brig Manoj Khandurie.



An Inter-ship Basketball Competition was organised by the NSO.

• **November 30, 2021**

The Debates & Dramatics Society and the Environment Awareness Cell organised an Inter College debate, declamation and quiz competition.



DECEMBER

• **December 1, 2021**

The Red Ribbon Club commemorated 'World AIDS Day' by conducting a special assembly. A poster making and slogan writing competition was also organised on the theme 'End inequalities, End AIDS'.

An inter-ship skit competition based on the theme 'Hamare Swatantrata Senani' was organised as a part of 'Azadi ka Amrit Mahotsav'.

• **December 2 - 21st December 2021**

A workshop on awareness and use of e-resources and e-catalogue (opac) for teachers and students was organised by the library staff.

• **December 2, 2021**

The NCC Day and Indian Navy Day were celebrated. A small talk session was organised on the theme 'Pollution: A Hazard' in lieu of National Pollution Prevention Day. A nukkad natak was also performed by the cadets.

• **December 3, 2021**

As a part of the 'Azadi Ka Amrit Mahotsav' the Department of Microbiology organised an exhibition on the theme 'Advancements in Microbiology'.

Workshop on 'Himachal Pradesh Initiative for Upskilling & Job Placement Drive for Students and Colleges' was organised.



• **December 10, 2021**

On the ill fated day of December 8, 2021, CDS Gen Bipin Rawat and 13 others lost their lives in a helicopter crash near Coonoor, Tamil Nadu. The NCC cadets paid tribute to the departed souls.



• **December 17, 2021**

The Women Cell organised 'Sheroes', a poetry, painting and essay writing competition.



December 21, 2021

Two students participated in an inter college shooting competition at Indira Gandhi Sports Complex.



• **December 22, 2021**

The NSS Unit celebrated Christmas at the adopted village Dhanan of Dhali Panchayat.

• An online session on 'Personality Development' was conducted by the Community Outreach Cell for the students of Portmore School.



• **December 23, 2021**

An Inter-College Basketball Championship was organised at MCM DAV College, Kangra. The NSO Cell presided over the competition.

• **December 24, 2021**

Several activities under the theme 'Anti Pollution Drive' were conducted by the NCC Army cadets.

• **December 27-31, 2021**

The Department of Political Science organised a series of activities to celebrate 'Azadi Ka Amrit Mahotsav'.

JANUARY

• January 1-5, 2022

An online faculty development program on 'Design and Development of MOOCs' was organised under the aegis of IQAC.

• January 11, 2022

Prime Minister Narendra Modi inaugurated the 25th 'National Youth Festival' under which various activities were organised for a period of 4 days including Yoga and cultural exchange.

• January 12, 2022

In lieu of the 25th National Youth Festival, different competitions such as essay writing and poster making were organised by the NSS on the theme 'Role of Youth in Nation Building'.

The NCC cadets participated in the youth summit and organised a webinar on 'Life and Teachings of Swami Vivekananda'.

• January 13, 2022

The NCC naval cadets participated in 'Phase 2- Mindful Mornings' to celebrate the National Youth Festival.

• January 14, 2022

The NCC naval cadets participated in Phase 3 to celebrate the 'National Youth Festival' by making posters, writing poems and presenting a powerpoint presentation.

• January 15, 2022

All the cadets participated in Phase 4 cultural celebrations by showcasing the traditional dance Nati under 'Ek Bharat Shreshtha Bharat'.

The NCC Army cadets put together an online show to spread their message on 'Indian Army Day' under 'Azadi ka Amrit Mahotsav.'

• **January 26, 2022**

Rutuja Kulkarni was a part of the Prime Minister's rally while Ayushi Panwar was a part of the contingent that marched on the Mall Road, Shimla on the Republic Day.



• **January 27, 2022**

PO cadet Arundhati Chandel was nominated for ADG'S commendation card for her outstanding work.

• **January 27-30, 2022**

A three days online workshop for the students of BCA, B.Sc, B.A. and B.COM was organised on Digital Marketing.



FEBRUARY

• **February 2, 2022**

To celebrate the 'International Day of Women and Girls in Science', a team of three visited the Himachal Doordarshan Studio to host a talk show titled 'Manzil'.



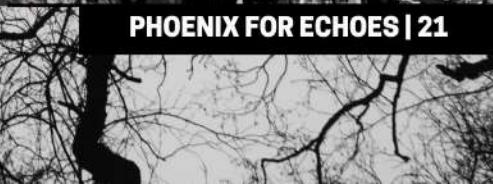
• **February 19, 2022**

The Departments of Physics and Mathematics jointly organised a video making competition as a part of 'Azadi ka Amrit Mahotsav' celebrations.



• **February 24, 2022**

A talk on 'Introduction of Skill Based Courses to be Offered in the College' was held.



• **February 25, 2022**

The NSS unit in collaboration with the Department of Physical Education organised a webinar.



- **February 28, 2022**

The National Science Day was celebrated as a part of 'Azadi Ka Amrit Mahotsav'. The theme for the event was 'Integrated Approach in Science and Technology for a Sustainable Future'. An inter- ship powerpoint presentation, science quiz competition and an exhibition was also organised.

MARCH

- **March 3, 2022**

The H.P. State Commission for Women in association with National Commission for Women organised a National Parliament for women at Government Senior Secondary School, Portmore, Shimla which was attended by our students.

The Department of Economics organised a photography competition as a part of 'Azadi Ka Amrit Mahotsav' celebration.

- **March 3- 9, 2022**

A seven day NSS Special Annual Camp was organised. The theme for the camp was 'Educated Youth and Self Reliant India'.

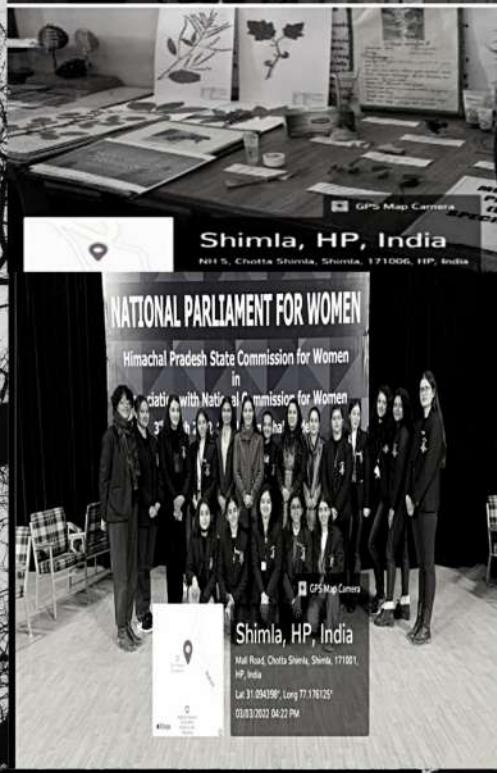
- **March 4- 7, 2022**

The 'Rectification of the Books' was performed by the NSS girls.

- **March 8, 2022**

The Women Cell organised a seminar on 'Gender Equality Today for a Sustainable Tomorrow' on the eve of International Women's Day.

The 1st and 2nd year NCC cadets were invited to perform a Nukkad Natak at Government Degree College, Kotshera under the title 'Blood donation- Do's and Don'ts' and were presented with a 'Memento of Honour for Stage Performance'.



A state level function was organised at Rajiv Gandhi, Government Degree College, Chaura Maidan (Kotshera) by the Department of Health and Family Welfare, Shimla. Students participated in rangoli competition, slogan writing, poster making competition and street play.

• **March 9, 2022**

A workshop on 'Crack the Interviews' was held. The Health Club in collaboration with the Home Science Department and Geography Department organised a competition on 'Traditional Food and its Health benefits'.

• **March 10, 2022**

A book talk was organised by the Editorial Board along with the Department of English.

The 2nd NCC Raising Day was celebrated by the NCC cadets.

• **March 11, 2022**

An online career counselling session was organised by the Community Outreach Cell for the students of Portmore School.

• **March 12, 2022**

The Hindi and Psychology Department organised a seminar on "The Psychological Aspect of Characters in Hindi Literature".

• **March 14, 2022**

The Psychology Department organised a seminar on "Psychology- The Indian Heritage" under 'Azaadi Ka Amrit Mahotsav'.

• **March 22, 2022**

The Economics Department organised an Inter College 'Economics Literary Fest' consisting of various events.

• **March 23, 2022**

The NSS celebrated the 'Shahidi Divas'.



• **March 24, 2022**

The 'Grads' Nite' was hosted to bid farewell to the third year students. It was organised by the first and second year students.

• **March 25, 2022**

The Annual Day was celebrated with vigour and enthusiasm. The principal, Dr. Sr. Molly Abraham presented the Annual report. The prizes were distributed to the meritorious students.

The laying down ceremony of the student council was also held.

• **March 26, 2022**

A meeting of the parents and teachers was held. The Parent Teacher Association elections were held for the new executive body.



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COUNCIL

SESSION 2021-2022

ADMIRAL



As I walked through the gates of St. Bede's College for the first time three years ago, little did I know the adventure that awaited me was not only fun-filled but would also teach me life values like gratitude and teamwork. Being a part of such a prestigious institute, I never could have thought that I would be presented with an opportunity to be the Admiral.

Stuck in a pandemic, this year was bound to be filled with challenges but working with the council we overcame and excelled in all the adversities. Organizing and overseeing various online as well as offline events helped me attain a wide array of life skills and experiences.

Looking back now, I am filled with gratitude towards all my fellow Bedeians who saw me as worthy of being Admiral and hope that I was able to live up to their expectations.

Dear Bedeians always keep this in your mind that you are braver than you think, more talented than you know and capable of more than you can imagine. Always believe in yourself.

Anjali Kainthla

VICE ADMIRAL

I am indebted to have been given the post of Vice-Admiral. I thank our Principal, Dr. Sr. Molly Abraham, for entrusting the college duties to me during my tenure. I can never thank the teachers enough for believing in me, my beloved friends who supported me and my juniors who stood up for me.

Being a leader isn't easy. It takes hard work, restless days and most importantly, building friendships with every single person you come across.

Our college has given us the opportunity to educate girls without any issues. St. Bede's College has always held its head high and may this continue with every leader in the coming generations.

I am very grateful to the teachers who helped me grow within these three years. I am thankful to my friends who cheered for me, my juniors for believing in me and indebted to the Student Council. I thank everyone who has stood with me to run the administration without any trouble.

Jolyn Pradhan



INS CHIRAG



The journey of being the Captain and Vice Captain has been stupendous.

INS Chirag possesses many talented and skilled girls who participated in each and every competition with their full potential.

Our achievements would not have been possible without the constant support of our ship mentors, Dr. Kanu Mehta and Ms. Madhubala.

We and other members of our ship send their heartiest gratitude.

INS VIKRANT



Our journey as the Captain and Vice Captain of INS Vikrant was a great experience.

*We've come a long long way together,
Through the hard times and the good,
We have to celebrate you,
We have to praise you like we should.*

To our Ship incharges Ma'am Devina and Ma'am Snigdha, who taught us a million things, entertained our demands, listened to our complaints and were friends more than anything, no combination of words can express our gratitude.

INS HIMMAT



Our journey of serving as the Captain and Vice-Captain of the INS Himmat was full of excitement and responsibilities.

We along with the other Student Council members took the oath to strive to the ideals of St. Bede's and fulfill all the duties entrusted to us under probably the most challenging and uncertainty of the pandemic. We feel enraptured to lead an amazing pool of talent and work with them to render service to our college.

INS VIKAS



It was a privilege to uphold the integral captainship of INS Vikas for the session of 2021-22.

This magical journey brought about many challenges and opportunities for us, but above all it came with an unforgettable experience. The journey embarked on several occasions, events and synchrony of activities where under our captainship INS Vikas performed remarkably well despite all the odds.

COMMUNITY OUTREACH CULTURAL SOCIETY



WOMENS' CELL



Since it's very inception, St. Bede's College, Shimla has been actively involved in community outreach activities and has sought ways to enhance its involvement.

Our College strives to provide a range of community outreach opportunities that allow students to expand their understanding. St. Bede's is resolute in ensuring that our students always consider their love, affection and feeling of compassion for those less fortunate and in need.

The bustle and bustle in the corridors of St. Bede's during the campaigning before elections was such an overwhelming experience for us!

The excitement for participating in the elections for the academic year 2021-2022 was at its peak and finally came the day, when the results were announced, we were joyful and grateful to be part of the esteemed council of this prestigious institution.

The journey was full of ups and downs with lots of challenges. Previous years were full of difficulties. But though the world is full of suffering, it is also full of overcoming it.

Almost a year or two of not being in college, attending and conducting things online was a rocky road. Being a part of the Council was an honour promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others.

DISASTER MANAGEMENT CELL MEDIA CELL DEBATES AND DRAMATICS



It was a wonderful and a prestigious experience being a part of the Disaster Management Cell.

Given the opportunity and the faith bestowed by the students as well as my teachers, not just helped me to overcome and handle all the situations and events actively and with a great command but also helped in the overall development of me as an individual.

Media cell is the committee in charge of covering each and every event that is organised in and by the college.

Being in the student council as a part of this cell was definitely memorable. Working with the council members and the faculty of the college in close proximity for the duration of this session proved to be a great learning experience.

On the whole it was like an exhilarating experience of a roller-coaster ride which was full of ups and downs, twists and turns but we came out with a box full of memories, experiences and personality development skills.

HERITAGE CLUB (MIRAASA)



This year was marvellous and full of enthusiasm for us.

We got the opportunity of conducting all the activities in the college premises where everyone was determined and took new tasks on board with enthusiasm. All year round the Heritage Club, Miraasa has been successful in organising all events and activities, both online and offline.

NATIONAL SERVICE SCHEME (N.S.S.)



"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

Rabindranath Tagore

"Not me, but you", the motto of NSS reflects the essence of democratic living and upholds the need for self-less service.

NSS fosters the students' development & appreciation for other people's point of view and also show consideration towards other living beings.

RED RIBBON CLUB



With the special focus on reaching people left behind, this is the call for all to reach the people who are currently not receiving the AIDS related services. It is our duty to make life of people living with HIV less challenging.

The very day reminds the public and the government that HIV has not gone away and there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

NATIONAL SPORTS ORGANISATION (N.S.O.)



The only person who can stop you from reaching your goals is you."

- Jackie Joyner Kersee

Games and Sports have been viewed as a way to stay healthy and fit. Sports help in overall development of a student. Sports teaches us lessons of life like teamwork, accountability, self-discipline, responsibility and self-confidence.

As a Vice President and Secretary, our journey was filled with many challenges but it was indeed a wonderful one. We would like to thank our President Dr. Vikrant Bhardwaj for motivating, supporting and trusting us in this journey. Dr. Vikrant Bhardwaj and the NSO team has put their efforts in making the events a success.

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CAPTURED



Farewell to our Favourite Psychonaut: Dr. Ravi Bhushan

Rohita: Alright sir, we'd like to start from the very beginning. So could you tell us a little about your educational qualifications?

Ravi Sir: For graduation, I found myself in GCM Sector 11, Chandigarh. I went there for Psychology Honours but upon enquiring I learnt that they did not have that subject. So I opted for English Honours. Technically I'm a graduate in English Honours with Psychology and Political Science as my minor subjects. And for Post-Graduation the natural progression for anyone is PU but with my father retiring and my mother left with her last two years of service, I decided to shift to Himachal Pradesh University in Shimla, my hometown. From then onwards, I pursued my M.A., M.Phil and PhD from Himachal Pradesh University.

Rohita: That sounds very intriguing sir. So while growing up what was your family life like? Who had more influence over you, your father or your mother?

Ravi Sir: Actually both. But my mother had the most significant role to play; she was a former principal and teacher. This could have somehow got me into the teaching career too. One does seek to please throughout life. However, my father too had a very strong influence. If you met him you would find him very ordinary but he was a veteran of the Second World War. He would share a lot of rich experiences. He was a wonderful person to engage with.

Tanushree: What made you want to join education? What particularly enticed you to become a teacher?

Ravi Sir: Initially you know, everyone who goes in for a research degree fancies himself or herself as a researcher. That I am going to contribute something so significant to the field, the world is going to recognise me as an extraordinary scholar. While serving my term as a research associate in ICAR New Delhi, Pusa campus, over the weekends I would be looking for, like any Shimla-ite, opportunities to run away from the heat, noise and the dust of the big city and to come to the cool and the calm environment of Shimla and stroll on the mall. So I ran into these two juniors at the university and they told me about an open vacancy at St. Bede's. Even though the application date was over, I applied and got selected. The challenge I faced throughout my career was being dissatisfied by the third month of the job but once I got into teaching, I moved forward and never looked back. I joined Bede's in 1992 and have stayed here for now over 30 years.

Scan here to listen
to Ravi Sir's Playlist:



Tanushree: Since you've been teaching in this college for thirty years, you must have met a lot of colleagues. Is there any colleague of yours that you share a special bond with?

Ravi Sir: Yes, yes...many of them have retired, but we are living in a world where we are always connected. You know, the wonderful thing about these times is that physically we move away, but we remain connected. So there was Prof. Chauhan. He was a Geography professor, an elderly gentleman who had shifted from a government college to St. Bede's. You know the wonderful thing about him? He used to be dressed dapper, always be in a tie or a coat, a cap and was an inspiring figure. I think when I was in college, he was among the eldest and being accepted by him meant a lot, so that's one person I remember.

Tanushree: In your academic career, who has been your guiding light?

Ravi Sir: Professor Shirali. She was a staunch feminist and provided me with a lot of space to explore my research interests and build them up the way that I would. Guidance from her was not structured and instructive; it was more like prodding you to think for yourself and plan for yourself. This, in a great way, pushed me in the right direction.

First March would be the first day after my retirement and I'd be meeting her at Sidhbhari to spend a day with her, conversing, seeking blessings and lessons for my future. It is always a transformational experience to meet her.

One instruction she gave me when I joined St. Bede's was that "If you can make a difference to just one human being's life, then your life will be counted as having been worthwhile." And in search of that human being, I've been talking to all kinds and manner of people and they've been enriching me.

Rohita: There have been so many teachers and colleagues that have inspired you. What are some words of wisdom you'd like to impart?

Ravi Sir: Do you think I'm qualified enough to give words of wisdom? Let's call it advice, wisdom only God can provide, only Buddha could provide. We are too small to be able to part with words of wisdom.

See, keep faith. No matter what happens, just keep your faith strong. If you have faith, and I tell you, if you pray earnestly, miracles can happen. We are so caught up in the methods and the procedures and the nitty-gritty of living. But in all that, there has to be faith and inspiration.

Rohita and Tanushree: Thank you so much sir, for taking time out for this interview. We're really going to miss you!

Dr. Ravi Bhushan's artwork by Vasundhara Sapehia



Get to know your professor!

Q. Favourite song?

1. *Rukjana Nani tu Kabin Har ke*
2. *I have a dream by Cliff Richards*
3. *I am an Eagle*
4. *"ABBA, as a teenager, I grew up with ABBA. ABBA is my all time favourite"*

Q. Who is your favourite author?

"Erich Fromm talks about our time. He was a psychologist belonging to the humanistic branch."

Q. Plans after retirement?

"A journey of discovery rather than fixed plans and achievement oriented things but yes immediately I will be travelling, travelling a lot."

"And maybe I could attempt some writing from a different perspective than a textbook would illustrate, so psychology from a different angle which could be for non-psychology student or for the laymen and everyone's self growth despite their disciplines."

Q. Dream destination?

Switzerland- Interlaken, Lucerne.



Farewell to our Nuclear Powerhouse: Mr. V.K. Sanoria

Rohita: Good Afternoon sir, first, we would like to thank you for taking time out for this interview. Through this interview, we wish to celebrate your journey as a professor of physics for thirty-seven years now. Sir, could you tell us something about your educational and family background?

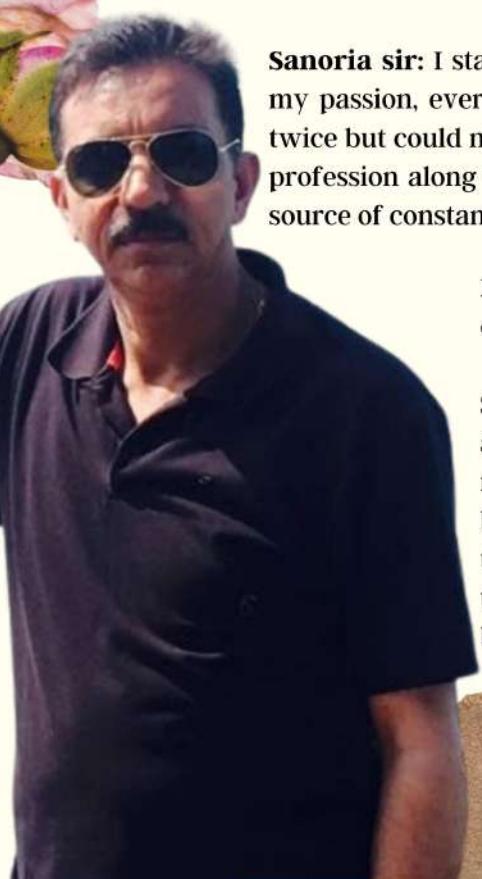
Sanoria sir: Thank you for having me here! Mandi is my hometown and I completed my graduation (B.Sc.) from P.G. College Rewalsar, it is a famous town in Mandi; later I went on to complete my post-graduation and M.Phil. in nuclear physics from Himachal Pradesh University. I am a father of two grown-ups now, my daughter is working as a junior scientist in Bengaluru and my son works in a startup firm, in Bengaluru.

Rohita: Was teaching your passion and first choice as a career?

Sanoria sir: I started teaching as a college student and teaching has been my passion, ever since. I also cracked my entrance exam for engineering twice but could not pursue it any further; my inclination towards this noble profession along with my chemistry professor, Mr. Ramesh Dutt, being my source of constant inspiration, made my journey a pleasant one.

Rohita: When did you join St. Bede's and what was the experience like?

Sanoria sir: I joined Bede's in 1987. I had heard good things about St. Bede's all over India and when I came here for my interview for the first time, I could see the difference between the glory that St. Bede's holds and the discipline that certainly makes the student as well as the faculty and the academics stand apart. Sister Rose was the principal back then.



Tanushree: What are the changes that you witnessed here, at St. Bede's since the time you joined and are they any good?

Sanoria sir: Yes, I consider myself tremendously lucky to have witnessed the change in the enthusiasm and the awareness amongst the youth in our classes, it is the social media that has helped them become so aware and have interactive discussions in the classes.

Tanushree: What are the best and the worst things about being a teacher?

Sanoria sir: There are no worst things about being a teacher, certainly. One of the best things about being a teacher for me is interacting with young minds and staying abreast of all the latest information whether in terms of knowledge or otherwise.

Tanushree : What is your greatest accomplishment?

Sanoria sir: The satisfaction of watching your students achieve greater success in life.

Tanushree: What are your plans after retirement?

Sanoria sir: I want to sit back and enjoy; travel and I would love to visit Europe – Switzerland and Rome.

Rohita and Tanushree: Thank you so much sir, for taking time out for this interview, it was wonderful and insightful talking to you.



Get to know your professor!

Hobby: singing

Favorite song: Ude jab jab zulfien tere

Favorite musician and singer: Muhammad Rafi

Favorite place: Malaysia and Singapore

Favorite sport: Table tennis

Favorite dish: Seppu Vadi

Subject of interest other than your own: Chemistry

Quote to live by:
"Always live in the present."

Word of advice:
"Never give up and always stay positive."

Scan here to listen to
Sanoria Sir's playlist:



An Undying Legacy...

Lieut. Dr. Rita Gangwani - Batch of 1984

"Do not make someone else's opinion your own reality."

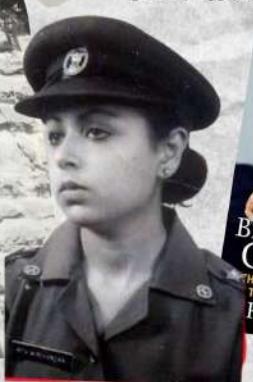
Keeping these revered words of her teacher, here at St. Bede's close to her heart, she went on to conquer the world!

With an emphasis on self-righteousness and self-love, Mrs. Rita Gangwani has been the torchbearer for skilled youth of our country. From battling her fears and being an under-confident child herself to becoming the first female army officer from Himachal in the Military Nursing Service, Mrs. Rita Gangwani has achieved it all. Through her fine skill set and impeccable confidence, she has embarked on achieving success in all fields of life. A TedX and Josh Talks Speaker; she is known in the industry as "The Queenmaker" as most people under her tutelage have gone on to win prestigious titles, including our first Miss India 2017 after twenty-one years, Miss Manushi Chhillar; India's first Miss Teen World, Miss Transgender India, Mr. India 2018 and many others. She is a President of India awardee and has also been honored by The World Book of Records as the most influential motivational speaker. She has recently authored a book entitled 'The Beauty Pageant's Greenroom' with a foreword by Sushmita Sen.

Her life and her works for the betterment of humanity along with the inner transformation are an awe-inspiring journey for all the young, thriving, passionately driven, "socially ousted" people in and everywhere around the world.

She talks boldly and fearlessly about dealing with bullies and overcoming sadness and depression by believing in oneself and always remembering, "you are only you for a reason." Although she is a passionate, strongly opinionated speaker, she remains humble in her approach towards helping others and advises the young aspiring girls from her Alma Mater to realize their imperfections, carve a personality and embrace all the positives in it. She emphasizes the aspect of being sincere and completely devoted to the core idea of the career that one chooses to embark on. "Discipline has made me what I am today and I am grateful to my teachers in St. Bede's for that."

- Anjel Shau
B.A. Psychology Honours IIInd Year
and
Stuti Sood
B.A. Passcourse IIInd Year



Mrs. Rashmi Oberoi - Batch of 1989

The story of Mrs. Rashmi Oberoi is one of resilience, strength, and passion that masterfully captures the spirit and power of womanhood. Born into an Army family, travel and moving through the length and breadth of the country was something of a happy job description. The glimmer of nostalgia, mischief, and joy shines in her eyes as she fondly recalls her life as a hosteler and an English Honours student at St. Bede's taking Eagle Mount's halls by storms, and in the joys of the Christmas Feast or the allure of the Midnight Mass.

She fondly remembers her mentors from this time, Sr. Rose, her closest confidant, Ma'am Bali of the Psychology department, Dr. Rana of the History Department and Ma'am Anjali Dewan and Dr. Nandini Pathavia. After graduating she went to Mumbai to pursue a degree in Travel and Tourism from Sofia Polytechnic where her dreams were cut short due to an accident that left her hospitalized for 8 months. Shortly after she was married, it put a full stop on her career which she was determined to turn into a semicolon with her ever-present passion for writing. After her marriage ended, she at 32, as a single mother of two, went back to studying. A feminist not just in spirit but in action, she raised her children with her own last name and celebrated their own identities while wearing many hats - freelance writer, columnist, author, teacher, corporate executive and the like.

She has authored three books and has written for a plethora of magazines and news outlets, Defence Watch, Salute, and Fauji, The Citizen, The Indians Express, Hindustan Times and The Tribune just to name a few with the focus of her writing being the strength of a woman. Breaking glass ceilings and stereotypes with each stroke of her pen, she encourages all young women and the Bedeians of today to make the best of what this prestigious institution has to offer and to always hold on to the love we have for each other and for the things we love because it's never too late to pursue your happiness and sense of agency.

- Angel Shan
B.A. Psychology Honours IIIrd Year
and
Stuti Sood
B.A. Passcourse IIInd Year

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Scan here to listen
to Mrs. Rashmi
Oberoi's interview





Purneet Kaur - Batch of 2018

With her fine skill set and a passionate flair for writing, Miss Purneet Kaur has established herself as a well-reputed author in the world of literature. Her first publication is an anthology of beautifully woven poems called "Poetic Affirmations."

Despite achieving illustrious heights in her field, she remains humble in her heart and ardently believes in the words of Rumi: "What you seek, is seeking you."

While reminiscing the good old college days, she recalls the wondrous words of our beloved Mrs. Deepti Patharia, which later became her pillars of strength in times of despair and rejection.

Apart from her literary achievements, she started a podcast to connect with people in need and reach out to them, especially the ones affected by the pandemic. Youth icons like Miss Purneet will always remain an inspiration and St. Bede's is proud to celebrate her achievements.

Scan here to buy
Ms. Purneet's book:



Purneet Kaur

Dr. Diksha Sharma

Dr. Diksha Sharma - Batch of 1998

Life in Bede's was a beautiful journey for me. Growing from a mere academics-oriented student to a vibrant and open person, every day in college was a pleasure as it brought new experiences and realizations along with it.

Today as an Assistant Professor, I clearly see the difference between a Bedeian and a person from any other college. The grooming of students in St. Bede's sets them apart.

The frequent functions, debating and drama competitions in the auditorium are some of the wonderful moments that I always cherish. Making friends from many states of the country and also from other countries was the icing on the cake. The moments of leisure and time spent in the library with Devi Ma'am are unforgettable. Something that St. Bede's taught me was to appreciate friends and celebrate life.



Dr. Meghna Middha - Batch of 2008

It is 3:30 am, the psychology lecture in Eastern Standard Time has just finished, and I am beginning to realize that I have a few more hours to sleep before the crack of dawn. A regular day in my life would thus start with waking my kids up for school and getting their breakfast ready.

As I pen down my journey of sixteen-something years, I don't even know where to begin. The fact is that the thought of writing about my journey someday in the future seemed unreal back then. And of course, what would one expect from an introvert raised in a conventional setting of a small town. Owing to my self-doubts, I harbored several inhibitions about putting forth my, as I would often laugh about, "poorly articulated" thoughts out loud in those days. However, in life at Bede's, the unceasing spirit and ready-to-take-that-plunge attitude of Bedeians fascinated, consumed, and inspired me. Furthermore, the trust and confidence that my mentors, Ms. Neelam Bali and Ms. Nandini Pathania, placed in me enabled me to discover a version of myself like never before for which I am and will always be indebted.

I was a trained classical dancer and the stage of St. Bede's felt home to me. The auditorium was packed with spectators with their eyes glued on the stage, the lights, costumes, the college fest and everything almost feels surreal when I think about it now. And I vividly remember dancing on that stage like no one was watching and expressing all those unspoken words buried in me through the form of art that was not plain art for me.

Today, I have come a long way. I am an English Literature doctorate, Master's Candidate in Educational Psychology at Harvard University Extension School, a mother by day, and a student/writer by night. I am all life and what it has taught me. Besides I have immense gratitude for the multitude of lives that touched mine with their wisdom or sometimes even unfiltered honest criticism leading me only to look forward. I got married at twenty-one but life never stopped right there. The support of my partner and my intrinsic motivation to learn kept me from fitting into the social stencil that definitely would have limited my ability to bloom. Therefore, I decided to carve my own niche and tread on it by believing in myself more than ever. I went on and researched the social structures and interviewed many who did not identify themselves with normative genders and sexualities, conducted theater for underprivileged children and advocated inclusivity, published and presented papers on non-normative identities and gender diversity. And I look forward to a life brimming with learning.

I think I was reborn at St. Bede's, my Alma Mater where I found mentors and teachers who placed their faith in me and ushered me to show the light that was within all this while.

Today, besides seeking a career in teaching my first love, literature, I am also accumulating tools of educational psychology from the Harvard program. I understand the urgent need to address students' mental health in the digital era for their well-being and academic success. I am assured that my vision to advocate inclusivity and classrooms diversity will soon reach its culmination. And in this process, I hope to ignite the same light in many that were once ignited in me.



The **Entrepreneurs**

"Wabi Sabi"

By Alisha Butail

Instagram: @wabisabi_byalisha

"Wabi-Sabi" means finding perfection in imperfections! This small business is run by someone who loves experimenting with natural ingredients and initially began as a small homemade lip scrub business called "lipscrub_by_Alisha".

"The response ever since has been overwhelming and has ignited in me the constant desire to keep moving and trying something new. Thus, I spread my wings to broader horizons and came up with a variety of products, such as lip balms, body scrubs, piñata soaps, scented candles and many more. Due to all the positive feedback on the new products, I changed my brand from 'lipscrub_byalisha' to something more inclusive, which is why I named it "Wabi-Sabi".



The concept of "wabi-sabi" inspires me to admire the imperfections and embrace them!

As someone who loves nature, I wanted to give people the essence of it, which is why my products are made with the goodness of all-natural ingredients, such as shea butter, beeswax, coconut oil, olive oil, castor oil, etc. Even the packaging (which contains some freebies with your orders, by the way) is environmentally friendly, which helps me contribute towards a safe environment."



"I would like to end by talking about my favourite parts of owning a small business: product photography, the constant task of packaging your trinkets and coming up with different packaging ideas to make your purchase worth every penny and provide you with a beautiful, seamless experience!"

Mystic Himalayan Arts by Toshiba Acharya

Instagram: @_mystic_himalyan_arts_

As a teenager, I was drawn towards art just as a butterfly is to a flower. It all started when an acquaintance introduced me to their own artwork. Among them was a tiny dreamcatcher which I liked so much that I wanted to have it. I knew that I could easily buy them from stores but I was curious to see if I would be able to make it with my own hands. And I did it! I was absolutely ecstatic and I realised there is something special about my love for art; it made me find myself.

These beautiful combinations of rings, threads, beads and feathers give them an aesthetically pleasing look, plus these are one of the best items to give as a gift.

Whenever I feel low or confused about life, I make these dreamcatchers and it relaxes my mind and gives me peace and tranquility and time to think about my problems. I wanted to expand my horizons and try different designs and colours and also spread the joy and charm of these things, so I opened an Instagram page called "Mystic Himalayan Arts".



I have seen many people who are fond of dreamcatchers but the only obstruction was that they either didn't have the time to make them or couldn't make them. I wanted to be the person to do it for them so I started making personalized dreamcatchers. I felt proud when I saw the look of joy on the faces of the people who received them.

There are some things I learnt whilst making and admiring dreamcatchers: No matter what we choose to do , there are difficulties in every path. If we consider those circular rings as the Earth, then we are the beautiful creations inside of it. The way there can be millions of designs of a web, in the same way God has created us: so vivid and different yet beautiful and charismatic.



TRAVEL

A TRIP TO NEW BEGINNINGS

After a year into the pandemic, the notification for on-campus classes felt like my life was calling for a fresh start, a threshold to new beginnings. Little did I know back then that what I was about to begin with, was not going to be just a journey to Shimla for a prolonged stay in the college but a trip that turned out to be the most mesmerising experience. On 20th February 2021, I boarded the train for Chandigarh from my hometown; the first segment of my journey with an avalanche of emotions and a crazy number of bags that made everyone turn their heads. Train journeys are always a golden opportunity to connect with what goes behind in making the distinctive characteristics of a state.



The Ganges and its silt-laden banks that transcend into farmlands and not far from sight, village industries of Uttar Pradesh, the industrial set-ups and glimmering metropolitan city lights of Delhi gives way to the lush fields of mustard, wheat, and paddy of Punjab. It was marvellous in every sense to witness the geographical diversity of three different regions through a train journey.

The second segment of my journey had to be embarked in a taxi from Chandigarh to the “Queen of Hills” and was by far the most beautiful part. The mountains, exactly how Imtiaz Ali portrays them in his movies, beckon you. It was truly enchanting.

Since I had not opted for boarding facilities, my quest for a PG began soon after I reached Shimla. This gave me a chance to get an insight into the lifestyle of the people of Shimla and the architecture of the city. I learnt that Tudor is the most prevalent style of architecture one can see in the houses and villas of the native Himachali folk. However, most of the public buildings and monuments follow the British era Tudorbethan and Neo-Gothic styles. The iconic Mall Road and the colossal grandeur it holds in terms of these is a testimony to the same. Despite all the natural and man-made abundance of beauty in Shimla, the most remarkable part remains its residents.



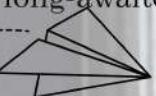
Going to college every day, I was able to live two stories, one which was outside the campus and the other inside. The story outside had characters who were strangers to me but shared 7 minutes of their lives while traveling along in the bus. All of us played our part in this play where we were originally strangers but eventually friends. This trip taught me about the idiosyncrasies of life that how some of the best things happen to you when you least expect them and make you fall in love with what comes unplanned. For the very first time, I let go of my fear and trepidations of uncertainties and embraced them. I evolved, I grew, and I changed.

Shree
B.A. Economics Honours
IIInd Year

Qatar: Way Back Home



In the past, Qatar has been described as "a place near Dubai" or just a layover stop for people on long flights to their destination. Let's just say these descriptions do not do justice to this magnificent country that will soon host the FIFA World Cup 2022 which will undoubtedly bring Qatar the long-awaited recognition it deserves.



Here are a few of the places I visited with my biased rose-tinted 'tourist' glasses:

Al Thuraya Planetarium- Katara:

This has to be one of the most riveting experiences of my life to date. Visitors, especially students, families, and astronomy aficionados will enjoy a unique experience that blends education and fun.

Walk into the Al Wakrah Souq made up of minimalistic low-rise sandstone buildings. The streets are a riot of colour with vivid apparel, spices, food, furniture, handcrafted sculptures, jewellery and even real falcons!





Angry Birds World- Doha festival city:

It's truly amazing how realistically this place has been designed; it feels like you've walked into the game and that experience alone is what every little kid dreams of. I can only imagine the joy this place would've brought me if I'd been here when I was younger but even though I'm a few years too old, nothing beats being placed in a catapult and sling-shotted exactly like in the Angry Birds game!



This trip has been nothing short of I-don't-want-to-leave requests. It makes me feel like a youngster being taken to an amusement park and being told by their mothers that it's time to return home.

In my initial assumption, I underestimated what Qatar had to offer. After all, it is a desert and I've only ever known greenery and cold.

Everything that Qatar lacks due to its geographical placement, it makes up for from the virtue of its wealth and resources.

The progress this country has made over the years is commendable and continues to surprise me. I can't wait to come back to my 'home-away-from-home.'



-Tanushree Pandit
B.A. Psychology Honours IIInd Year

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Art Section

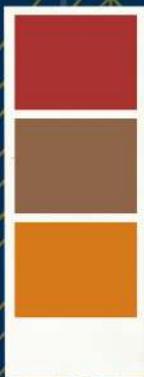
Rohita Gharu

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Tanushree Pandit

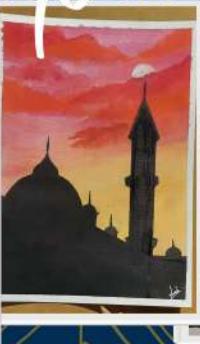
B.A, Psychology Honours

II Ind Year

Muskan Pal
B.A, Pass Course
IIIrd Year



Aanchal Sharma
B.A, Pass Course
II Ind Year



CAPTURED

TANUSHREE PANDIT
B.A. PSYCHOLOGY HONOURS
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B.A. ENGLISH HONOURS
IIIRD YEAR

SHREYA GUPTA
B.B.A.
IIND YEAR

AANCHAL SHARMA
B.A. IIND YEAR

ASTHA MEHTA
B.COM
1ST YEAR





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**International Film
Festival**



Walking down the same old road over the years, I have witnessed the beauty of this hill alter itself to accommodate the new world into the calm old-fashioned lifestyles and refresh the canvas with the colours of today. Visiting Shimla after many moons made me wander down the old memory lane and though the change was visible to the eyes, the essence of the old glory of the town still walked proudly beside me. Some legends might tell a tale that dates to the Ice-Age stating that the hill of Shimla was but a sea with icebergs floating about it, which melted and dropped the stones embedded in them; thus, the queen was born, stone by stone, bit by bit. My memory of Shimla bears a similar approach. Every walk down the hill would leave a lingering scent of my childhood, entrapped in the places and people I met and the stories that weaved a wonderland that Shimla is for me; a place among the clouds, and beyond the rainbow walkways. One such place that completes the feeling of finding your way back home is the quaint old shop down the corner of the mall road.

Walking through the small wooden doors with parchment paintings from medieval times and newsletters covering the glass window, the antiquarian bookshop still stands, breathing life into the memory of the old Shimla hills. The age-old crevices running through the walls of the shop narrate a story which like a classic begins with 'once upon a time', a man, with no penny in his pocket but a heart full of passion for books, crossed borders and found a home for himself among the deodars. A postgraduate and a professor of geography in Lahore, Lt. Mr. O.C. Sud shifted right in time before partition and decided to open a bookshop that earlier dealt with school and college books. Later in 1952, he converted the bookshop into an antiquarian store that insisted upon the idea of procuring, preserving, and making the first editions, rare publications, and precious antiquities available to the research students and scholars through a network of collectors like himself spread wide across the country. Maria brothers are not merely a bookstore but a collector's paradise; the store houses a number of travelogues on India, western Tibet, and the Himalayas and redundant law books, along with the books on America, Europe, France, Africa, and Russia dating back to the 1830s.

The store has a collection of books on Tibetan history and cultural traditions along with books on art; on the floor of the store, in the boxes there lie various maps, lithographs(1860s), old and modern art, and artefacts with books on Indian history, literature, geography, politics, and fresco. The oldest possession of the shop talks of India and is in the form of a snippet from an old archaic French that dates back to 1552, the other half of the book resides in some other part of the world. The store also is home to a variety of culturally rich paintings and portraits, abstract art forms, statues, classical musical instruments which are all a part of the personal collection of Mr. O.C. Sud and are not for sale.

Browsing through this rusty bookshop takes hours as every nook and corner narrates its own tale. At the back, there is a board that says, "Use what talents you possess; the woods would be silent if no birds sang there except those who sang the best." This thought truly justifies the old painting on the walls as they are all the works of the local artists striving amongst the masterpieces and talking proudly of the rich culture of the mountains.

Although the bookstore is a gem in itself for keeping the rich culture and history alive, it is still a dying business, especially in India. According to the owner of the shop, Mr. Rajiv Sud, the network of antiquarian booksellers across the country has reduced drastically because the resources are now expensive to procure, scarce to get and the clientele is also restricted to only a few people. The upkeep of the books is a task in itself in the seasons of dampness and the wear and tear of the books caused because of the mishandlings by the daily visitors and with no insurance money to securely pay for all the losses, the owner still insists on going ahead with the business without any financial support from the government. The wear and tear also harm the price of the books as the pristine condition of the book is destroyed and it often depends on the edition of the book, the condition, and how rare the find was. And one must not forget the sign on one of the shelves that reads, "the books may be antique, but the prices are up to date." But the business has been lowkey since the pandemic and even though the owner has hopes of getting the business back on track, he is also planning to shift it online and is in search of a good online librarian and so far, his search is still on.

Although he never plans on shutting down the shop, but to save the books from further damage and after the cataloguing, he is also thinking of donating them to the State Library in Shimla for the locals to learn and make use of the richness of our culture.

Being a local, Mr. Rajiv Sud, despite the slow progress in business did not think of shifting or expanding the business to the plains, he says, "the life here is quiet, calm and sedate" but he did talk of the noticeable shift in the culture of reading amongst the youth and how reading in early years of a child helps inculcate the fascination for books and knowledge.

Over the years, many eminent personalities have visited the shop ranging from respected politicians like Mrs. Benazir Bhutto, Maneka Gandhi to "The Man of the Everest", Edmund Hillary and not to forget the many intellectuals and writers like Imtiaz Ali. Mr. Rajiv Sud says that many introduce themselves and some don't but they all know what they are looking for. As opposed to the youth of today who may not understand the value and the idea that the shop entails. The youth may find themselves lost amongst the vastness of knowledge and riches of culture that every rusty book or artifact has to offer.

Making the last rounds after the interview in the shop made me understand the value of knowing what to look for and appreciate the work of heart fueled by passion. It is important for each one of us to take a stand in preserving such traditions and not letting them die in anonymity.

Stuti Sood

B.A. IIInd Year



From Corsets to Cardigans

For as long as we have gained sentience, human Garments with extensive embroidery and beings have been obsessed with covering their extremely detailed handiwork was a whole bodies with adornments. We saw kings and separate beast. Must've taken months? A year queens with their exquisite silks and brocades that perhaps? However, clothing for the general were painstakingly handwoven and embroidered. masses was quite simple as no one had the time or We saw common folk with their simple but resources to sew flamboyant pompous clothing, durable garments to work. Jesters and clowns seeing as lifespans were alarmingly short then, with their pompous looks and just about People had to work, perform physical labour, burn everything in between. Every culture in the world people at the stake and accuse each other of has its own unique way and style of dress, witchcraft, or watch their entire families die of the dressmaking and all the other niceties that come common cold. with the trade.

The history of fashion, however, is also Historians agree that the emergence of European unfortunately tied to imperialism, colonialism, "fashion" as we know it came forth in the 14th exploitation and capitalism. These aren't even century. From then on, fashion changed at a pace things of the past, which might be surprising to a quite unknown to previous civilizations. In the lot of people. If we specifically talk about fashion 14th century, the trend of loosely draped clothing trends in Europe throughout centuries, they have always been supported atop pillars of exploitation was being replaced by more form-fitting garments and colonisation. The kings and queens of olden times, with their empires spanning continents, buttons also began to appear. Renaissance and subjugated masses, were exploited to fulfill Europe saw the emergence of silk weaving and the whimsical fancies of the political elite. People was mostly worn by the wealthy as a status have been making garments since before the symbol. As prosperity grew in the 15th century, modern sewing machine was invented in 1830. the urban middle classes, including skilled Keeping that in mind, and then thinking about all workers began to wear more complex clothes that the extravagant clothing we saw on nobles, really followed, at a distance, the fashion set by the puts into perspective a lot of things.

Fashion: A Brief Timeline

The period from 1789-1820 in Europe was **The Regency Era** which was followed by the **Victorian age** when dresses were more layered and accessorised. Upper-class women usually did not work at all and so their clothes were made mostly for aesthetic rather than practical purposes and thus consisted of tight-laced corsets over a bodice and a many-layered skirt with many adornments like lace trims and embroidery over several petticoats.

The **Edwardian age** had less puffy skirts and they were more draped and pleated. The necks were high as compared to the the Victorian age, the sleeves were long too and the bodices usually had a lot of lace trims and embroidery, as did the hems of the skirts though not as much as the bodices. Puffy shoulders were quite in vogue as well.

The **First World War** brought some changes with it and it was more because of necessity rather than fashion. As the men went to war and more women joined the workforce, it called for more practical clothing. Darker colours became the norm. Women ditched the cumbersome layers and shortened the skirts and simplified the bodices.

The 1920s, or the "**Roaring twenties**" are probably the most iconic era. The new generation completely ditched the old styles and fashion became more laid back and informal, some might even call it rather risqué. The most famous look is perhaps, "The Flapper" The "short" knee-length skirts and bobbed hair were the most recognizable parts of this dress.

The onset of the **Second World War** in 1939 also affected the fashion of that time and skirts were often knee-length. The bodices were simple and elegant; sometimes embroidered. A coat would be worn atop with stiff, shapely shoulders and medium-sized lapels. There would be gloves and longer coats worn atop it all during cold days. Collared shirts among women were popular.

The **postwar period** brought with it a resurgence of fashion. Clothing became more colourful and pioneers of fashion were the Old Hollywood actresses. Perfectly showcasing the trends of that time in public appearances and in movies. Evening dresses were also popular, and usually had a fitted bodice and puffed skirt that often reached the ankles or slightly above.

By the **sixties**, women had begun wearing shorts and trousers, perhaps what could be called the precursors to modern-day jeans. There was a lot more colour and man-made fabrics were vibrant and bright. As the decade progressed, printed fabrics came to be, so did animal prints and fur-printed skirts and shirts were seen as the pinnacle of fashion.

By the **seventies**, fashion had become less restrictive in terms of self-expression. It was a decade of individuality and as cheap fabrics flooded the market there was an abundance of mini skirts, shirts, trousers, bell bottoms. Most known for its androgynous rock and disco styles, this decade had everything for everyone. And with that, the age of good fashion ended, as in the 80s it all went downhill, and has been going in that direction ever since.

- Anoushka Moses

B.A. English Honours, IIInd year
PHOENIX FOR ECHOES | 53

The Lost Treasure

Human history is full of stories and events that one can only believe to be a part of imagination. The Library of Alexandria is one such chapter shrouded in mystery, recalled with a romantic air of missed possibilities and knowledge forever lost to mankind. The Great Library has imbibed legendary qualities over the centuries since its creation and demise. The concept of a universal library, an institution containing all the known and unknown intellectual works of the world has enchanted scholars and fanatics of history alike. It created the image of Alexandria as the capital of knowledge and learning. While many people consider the library to be mythical, numerous dedicated and hopeful individuals such as myself believe that one day we can meet with discernible shreds of evidence regarding its existence.

Alexandria was founded in Egypt by Alexander the Great. His successor as Pharaoh, Ptolemy I Soter, founded the Museum (also called Museum of Alexandria, Greek Mouseion, Seat of the Muses) or Royal Library of Alexandria in 283 BC. The Museum was a place of study which included lecture areas, gardens, a zoo, and shrines for each of the nine muses as well as the library itself.

"If the Library of Alexandria was the emblem of our ambition of omniscience, the Web is the emblem of our ambition of omnipresence; the library that contained everything has become the library that contains anything." - Alberto Manguel

It has been estimated that at one time the library held over half a million documents from Assyria, Greece, Persia, Egypt, India, and many other nations. Over 100 scholars lived at the museum full time to conduct research, write, lecture, or translate and copy documents.

During my research, the most surprising fact I came across was how the materials were accumulated for the library. The Ptolemies added materials to their collection by theft, coercion, force, and outright plunder, and sometimes by actually buying them. Countless accounts illustrate episodes of the Ptolemies collection development, known as the "borrowing". Upon entering the Alexandrian harbor, ships were inspected, and any books or papyrus scrolls they carried were seized. A copy of the book was made and returned to the owner, however, the original was kept for the Great Library. Another story records how ambassadors from the Great Library coerced the sale of valuable original manuscripts owned by Athens in exchange for food during a famine.

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But how and why it disappeared is still a mystery. Although, the irony is that the mystery exists not from the lack of suspects, but an excess of them. Several attempts have been made by scholars and historians to lift the veil and to separate fact from fiction wherever possible and provide a coherent account of the events, controversies and impacts the library had. But the gigantic amount of stories with little or no truth in them create obstacles in their research. Any minor detail cannot be overlooked unless completely proven false.

While many people refer to the burning of the Library of Alexandria as a singular event, some have expressed knowledge that the destruction took place due to three separate events. While this may or may not be hyperbolic, the reality is a lot more complicated. But all researchers agree upon the fact that the library faced multiple disasters during its existence, several such stories have been accounted for, most without any genuine source behind them. The one figure popularly held responsible for the loss of this great treasure is Julius Caesar. By 49 BC, a civil war (called Caesar's Civil War) had struck. During the war, Julius Caesar was besieged at Alexandria. His soldiers set fire to some of the Egyptian ships docked at the Alexandrian port in an attempt to clear the wharves to block the fleet belonging to Cleopatra's brother Ptolemy XIV

This fire is believed to have spread to the parts of the city near the docks causing a great amount of devastation. However, scholars through their vicarious study have indicated that the fire did not actually destroy the entire library itself, but rather only a warehouse located near the docks where the library housed its scrolls. Thereon, very little is known about the Library of Alexandria during the period of the Roman principate.

Centuries have passed without any evidence of concrete remains of the library. However, scholars have not yet lost hope and have continued their research with the same amount of dedication they began with. The Great Library of Alexandria is truly a significant part of history and will be a wondrous achievement upon its rediscovery. I first learned about the library when I was skimming through the research section of my school library in 7th standard. Since then I've waited for the results of the same. Hopefully, one day, we all can learn and appreciate this part of the ancient world.

**-Aishna Rahi,
B.A. English Honours, IInd Year**

The Dark Side of Dark Academia

“Does such a thing as 'the fatal flaw,' that showy dark crack running down the middle of a life, exist outside literature?” This quote from “The Secret History”, the holy grail of dark academia books is the essence of the aesthetic subculture. Dark academia explores poetry, existentialism and death, and other concepts with ambiguous morality and often dionysian obsession.

Dark Academia is set in open school grounds, in secret hideouts, and in the existential philosophies that haunt us by day and plague us by night. Its literature explores intrigue, curiosity, morality in an inimitable morbid and picturesque way revolving around the pursuit of the self, classic literature, and a passion for learning. It creates an allure that represents academia as something mysterious, curious, and grandiose. It encourages romanticisation of the mundane and quotidian, imbuing everyday academia with such a spirit as is hardly seen in contemporary schooling and life.

Although it is inexplicably alluring, dark academia is rife with problematic mindsets and self-destructive behaviours. Romanticisation in dark academia doesn't stop at classical literature and the university experience but often extends to self-destructive behaviours such as alcoholism, drug abuse, and caffeine addictions, which are deeply harmful to the representation, and help is needed to combat these very real problems.

“I used to think it didn't. Now I think it does. And I think that mine is this: a morbid longing for the picturesque at all costs.”

It is also historically extremely exclusionary and eurocentric. Its portrayal of Europe and eurocentric culture as superior is extremely problematic and lends itself to racism within the community. Elitism is rampant in dark academia, the ideal dark academia protagonist is white and comes from old money with obscure knowledge of classical literature, music, and art. This excludes people of colour and those who do not either have access to these resources or do not have such a large compendium of obscure knowledge.

Dark academia is alluring surely, but can we overlook its inherent problems to immerse ourselves in an aesthetic that is based on class divides and anti-intellectualism? That in contemporary circles promotes the superficiality of academia instead of its heart and soul? There must be a way to explore classical literature, the philosophies of existentialism, and the dark academia aesthetic without agreeing to encompass all of it. And in this age of rapid social change and awareness, it may finally be time to rethink what dark academia can be.

- Nandini Thakur
B.A. English Honours, II nd Year

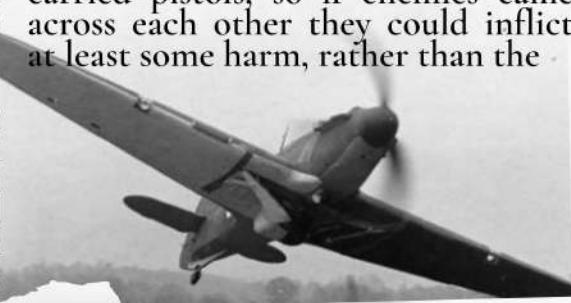
From Biplanes to Spaceships

In 1903 the first successful flight was carried out and now man has reached the fringes of our solar system.

Almost everyone has seen the famous photograph of the first-ever self-powered airplane which was built by the Wright brothers in 1903. This would spark the fastest and most important course of human history, almost like unlocking flight powers in a video game.

The 20th century was the fastest in terms of progress in technology. In merely a hundred years we went from being confined to living on the ground to going to the moon. A person born in 1900 would have experienced the first airplane, two major world wars, the Cold War, and then the internet up until the time they turned one hundred years of age. Now doesn't that put things into perspective!

aircraft equipped with cameras were sent to spy over enemies, and aircraft were sent over for reconnaissance. Machine guns could not be mounted on the planes so the pilots just carried pistols, so if enemies came across each other they could inflict at least some harm, rather than the



much more harmless alternative: angrily shaking their fists at each other.

It wasn't long before they began to go on offensive and defensive missions too. Then, the first-ever machine gun was attached to a plane which changed the course of aerial warfare forever. From then on, wars went from being fought on land and in the sea to the air.

BETWEEN THE WARS:

Though the war ended in 1918, research and development in the aviation field didn't, and for the next twenty years of peace, progress in the field continued at lightspeed. Scientists, physicists, engineers all worked on bettering the new technology of aviation to gain supremacy in the air.

Technology was rapidly advancing, and from biplanes, we came to monoplanes, which were faster, stronger, and could gain more altitude, go farther, and most importantly, were now fitted with in-built machine guns.

THE FIRST WORLD WAR:

The onset of the First World War in 1914 only escalated research and development in the aviation field. It was all humble beginnings, when biplanes and triplanes made of canvas and wood, took to the sky. As the First World War progressed, the urge to spy on and break through the enemy lines grew stronger,

THE SECOND WORLD WAR:

During the Second World War, aviation technology really took off (pun intended). Now every world power had its own models, and the combatants entered the battlefield, which was the cool blue sky above. The pioneers of airplane engines are perhaps no strangers to us – Rolls-Royce, Mercedes-Benz, Mitsubishi, BMW, and the like.

The Soviets, Germans, British, Italians, Americans, all worked to build the fastest, most efficient fighter. At the onset of World War II, these companies modified their engines for fighter planes, and as a result, became associated with the most iconic fighter aircraft of that time – the Hawker Hurricane and Supermarine Spitfire of England and Messerschmitt-109 and Junkers Stuka of Germany. They are still to this day, feats of modern engineering. Perhaps the most decisive battle of the Second World War was fought completely in the air – the Battle of Britain, which was fought by fighter pilots of both England and Germany.

During this time, apart from fast and agile fighters, were also numerous bomber planes that were just as important for the war effort. They too were used for reconnaissance, but also carried out bombing raids as well as propaganda leaflet drops. As opposed to fighters, where only one pilot would man the plane, bombers had crews. A pilot, a navigator, a gunner, a rear gunner, an engineer, and some extras. A bomber plane would usually be escorted by two to three fighter planes.



THE POST-WAR PERIOD AND THE PRESENT:

At the conclusion of the Second World War, commercial aviation was born, with ex-military airplanes now being used to transport people. The best aircrafts to use for that purpose were the large, bulky bombers.

By 1955, due to a heavy influence of the Cold War, supersonic surface-to-air missiles were made, which led to the inevitable invention of Intercontinental Ballistic Missiles; and when the Soviet Union launched Sputnik I, the space race began. The space race would ultimately lead to man landing on the moon, in the remarkable year of 1969. Ever since then, humanity has tried to venture farther into space, landing on Mercury and Mars, going so far as Jupiter, and even touching the sun.

- Anoushka Moses
B.A. English Honours IIInd Year

INTERNATIONAL FILM FESTIVAL OF SHIMLA

Film festivals have always been a great force in facilitating a healthy cine culture by patronizing good films and uplifting the taste of the audience. It gives us immense pleasure to share our overwhelming experience as delegates at the 7th International Film Festival Of Shimla. IFFS has provided an opportunity and platform to showcase world cinema in the beautiful environment of the queen of the hills, Shimla for the last septenary years. IFFS has been continuously shaping, nurturing, and promoting independent cinema and talented filmmakers.

It was a 3-day long festival starting from the 26th of November till the 28th of November, 2021. The screening of the international, national, and regional films was held at the Gaiety Theater, Mall Road, Shimla, in the presence of all the talented filmmakers brought together by the IFFS community. It was an encouraging experience for the audience and the to-be filmmakers. The festival began with the Inauguration Ceremony and continued with the introduction of filmmakers from Iran, Chile, the United States, Taiwan, Germany, Nepal, and India (Mumbai, Surat, Assam, Odisha, Himachal Pradesh, Kerala, and Chennai).

The day ended with the screening of the Inaugural Film "EVA" directed by Sohan Lal from Trivandrum, Kerala. Some of the other films were "Kani", "The Other", "Hatti, We Exist", "Breaking the Ice" and many more. "Hatti, We exist" by director Viveck Tewari was based on the tribal



"It is easier to keep track of changing trends and social behavior through films. Traveling from one decade to another, the language of romance is constantly reinventing itself and rebelling in new forms and faces."

- Sukanya Verma,
Indian Film Culture: Indian Cinema

communities that prevail in the district of Sirmour in the lower part of Himachal Pradesh. The film gives an insight into how important it is to preserve our age-old traditions and cultures. Later, an open forum was set up for the audience to interact with the consummate filmmakers. The thrill of the audience, which included school and college students, residents of Shimla, and tourists, enhanced the fest with joy.

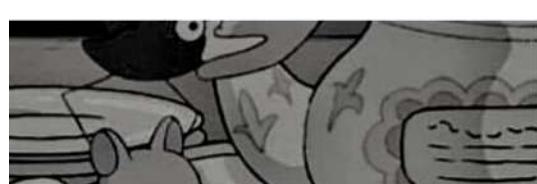
All the filmmakers gathered and celebrated the art of filmmaking with the chief guests and other higher officials. The day ended with the screening of the film "Khisa" directed by Raj More from Maharashtra, following the Award ceremony giving the famous IFFS trophy "Mohra" and a token of appreciation to the talented filmmakers, the judges, chief guests, and hard-working delegates.

Altogether, 57 films from 16 countries were being screened back to back.

We not only gained an excellent experience but learned so much about filmmaking and how cultures can be preserved and showcased to the world through films and documentaries. It was overall a fabulous event, and we got to meet such polished artists and their work.

-Akriti Khandelwal
Mansi Rastogi,
B.A. English Honours, IIIrd Year





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Tap Dancing With My Mortality

It is a truth universally acknowledged that a single man in possession of life, must one day die.

I was 12 years old when I learned about the concept of no longer existing the way I and the people around me did. It was also the day I learned about what the "afterlife" has in store for us for the work we have done - the "good" and the "bad" in our time here.

"You go to hell for killing other beings", my teacher told us and said nothing more. I learned it by heart and watched my every step to look out for ants on the road for my destination should be far far away from the place you go for killing other beings. I was happy and confident that as long as I was aware that no being was leaving this earth as a result of me, no harm would come my way. "What about the insects I had already killed when I didn't know?" It had become impossible to go get milk from the corner shop without also going to hell.

I made my way to my class the next day and told my best friend that it was best that she find someone else to go to heaven with because I wouldn't make it and I watched her cry for hours, and that's when I learned to assume that mortality hurts, especially when it isn't heaven where you're headed to. It was then that I cried for the first time knowing what I knew.

They teach you life-span development in school and they tell you what you'll feel when you're the age you are, but nothing ever taught me that I would feel this way. My dad told me that little knowledge is dangerous, but when and how does a child know what knowledge is little? But thanks to my virtue of education and the course of time, I had started to learn more than just the "little" I had known before.

Slowly and steadily, I have started breaking down my overly critical and self-destructive fable. It wasn't easy waking up every day only to think of when one day I wouldn't. It would be ideal if I knew a way out of this feeling, but I don't and I don't think that's the point here. It's important to know the fleeting nature of your being to truly appreciate all that you can and have to become. It's the constant fear that is the killer of our lives. No one truly knows the amount of time they have but that gives you more of a reason to get out there and embrace life in the various forms it comes in instead of death and the uncertainty of it all.

**Artwork and Prose by - Tanushree Pandit
B.A. Psychology Honours II Year**

HEALTHIFYME

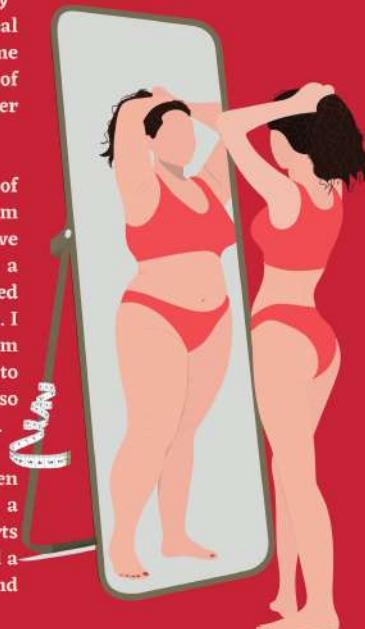
and the toxic culture of weight loss apps



About two years ago, I came across an advertisement on YouTube for this “revolutionary” weight loss app: HealthifyMe. It featured three people, who were supposedly real customers presenting their testimonials about how losing weight changed their life. Some spoke about recovering from terrible accidents through healthy habits, others spoke of recuperating from illnesses surely their weight loss. At the time, it seemed rather harmless, or for lack of better words the ‘status quo’ for fitness apps.

It wasn’t until the next week that I saw the ad again, but this time with a new cycle of testimonials. This time, people spoke of instances where their bullies have paid them compliments since their weight loss, equating beauty with being slim, where people have just seen a paradigm shift in their well-being just because a number has dropped on a scale. Some even claimed it cured their mental illness. This is when anger just surged through me and prompted me to report the ad as ‘inappropriate’. But the ads didn’t stop. I could see at least one for every video I watched; almost as if my scurrying to remove it from sight made it even more of an exciting cat and mouse game for the algorithm to send it to me. It was when I finally went over to my ad settings to discover why the ad was so incessantly shown to me, that I fell down a rabbit hole that I plan to take you along today.

The demographic for this particular advertisement was women who were either between 15 to 45 years of age and/or subscribed to beauty-related content. This doesn’t come as a surprise to any woman who has been in the world long enough, as this messaging starts very early in our lives. On this particular occasion, however, I made it my mission to find a chink in the armor of this app which prided itself on not promoting crash dieting and impersonal weight loss advice. And the closer I looked, the faster the façade crumbled.



While the app marketed itself as pioneering a new and healthier approach to weight loss, in reality, the primary focus continued to remain toxic, dangerous, and unscientific methodology. Calorie counting, lifestyle changes (which is the current buzzword for restrictive eating/dieting), and shaming of certain bodies over others are just a few to name. Soon after, the company hired Sara Ali Khan as the spokesperson for the app, who champions the app while modeling herself to be “the ideal reformed fat person” and speaking about approaching weight loss as a ‘foodie’.

This might be a good time to mention that weight loss by nature is a dangerous and false gimmick. It lives and breathes a very well-funded message of “to be successful and happy, you must look a certain way”; that there’s a light at the end of the tunnel where you will look like Beyoncé and feel like her too. But it’s an empty promise only designed to make money and ensure that like a hamster on a treadmill, the “goal” will always be freshly placed and just barely out of reach.

This is a culture. One that starts with “well-meaning” parents, relatives, friends and strangers commenting on a child’s weight, size or eating habits; or leading by example and either shaming their own bodies or those of others. It starts with seeing only one kind of ‘beautiful’ on-screen, with anyone failing to meet that cruel expectation being turned into the butt of jokes. It is a culture that shames the very thing that keeps us alive and strong. One which vilifies hunger, glorifies restriction, labeling it as sacrifice, restraint, and discipline and demonizes self-love or acceptance as “letting oneself go.”



A culture so vehemently against listening to one's own body that it gave birth to one of the most fatal illnesses known to us: eating disorders. Restricting food (that is, not listening to your body's needs) is the primary reason for diets failing and for bingeing.

We delude ourselves into thinking we're taking care of ourselves and making "healthy choices" while falling for a decades-old playbook. From sweat-belts, life-altering targeted workouts and every kind of diet known to man, we've tried it all; yet the weight loss industry still thrives. Have we ever asked why? It's because none of it works, at all. The goal of the weight loss industry isn't to help people lose weight for noble reasons but to create a culture of enough self-hate and insecurity that no one believes they're good enough. That, is how they will sell.

With a whole world tirelessly working to ensure we fail to love ourselves for who we are and what we look like, it can seem almost futile to try. Any attempt at supposed betterment that comes from a place of negative self-worth is doomed to fail. We put so much pressure on ourselves to either hate ourselves enough to change or love ourselves enough to not care that the world wants us to change for their selfish gain. What both messages fail to recognize is the complexity of our relationship with ourselves and how it ebbs and flows. We thus end up feeling worse for not being able to love ourselves at times and at others for not being "good enough."

So instead of body positivity, how about we practice body neutrality instead? Where we accept that some days we love our bodies, some days we don't, but on all days we respect our bodies. Where we give ourselves the space to feel love, pride, hate, jealousy, anxiety, and indifference; to be vulnerable with ourselves and others and acknowledge the stages we go through as people with only one constant: respect.

Angel Shan
B.A. Psychology Honours IIIrd Year



Ghibli Gastronomy

“Cooking is an art itself.”

Food has a symbolic meaning all around the world. Be it Taiyaki or a ramen bowl, sashimi, or onigiri, it is the mesmerizing preparation and process of cooking that fascinates all anime fans and the general public alike. Food appears like its best, exaggerated self in anime. The medium takes the most attractive and appetizing aspects of food and enhances its beauty. Every soft pudding has an irresistible luster and shine and each heaping bowl of noodles is wreathed in just the right amount of steam and soup.

Co-founded by Miyazaki in 1985, Studio Ghibli is recognized as one of the most influential animation studios in the world, a reputation built on the success of movies like *My Neighbour Totoro*, *Princess Mononoke*, and *Spirited Away*. All of the food scenes in Ghibli productions, particularly the most famous ones from Miyazaki's movies, are distinct from other anime because the narratives are slowed down to accommodate human eyes to the cooking, eating, and sharing of food. These scenes are many a time greatly intertwined with characters' storyline such as two parents transforming into pigs while gorging themselves at the beginning of *Spirited Away*. From the minute details of a cooking sequence, the focus on preparing and enjoying food, which is made with love and care, seems to make these animated worlds come to life for us. How the tomato is sliced, the green onions are chopped, the way the oil sizzles, satisfies the human eyes and pleases the heart.

The ramen bowl as shown in *Ponyo* is perfect in every way and the fact that we see the preparation and cooking of the ramen makes it even more special. Several attempts have been made to recreate this incredible dish in real life but none have managed to reach the level of this animated yet ambrosial ramen on screen. Ghibli manages to make eggs and bacon look even better than they normally do.

Of course, the most food-centric event in Ghibli movies must be when the bathhouse workers are falling over themselves to serve No-Face in *Spirited Away*. This far-reaching buffet table of food remains an enviable meal. Not only does the food look incredible, but the fancy setting of the food also makes it seem extensively special.

"Anime food is an escape for a lot of people. It has a very soothing effect," says Christina Song, who created a popular anime food fan Instagram account (@anime_food) in 2017. *"It's like a moment in time that is perfectly frozen."*

Toshio Suzuki, a film producer of anime and a long-time colleague of Miyazaki recently answered fan-asked questions on Twitter which included one on how Ghibli food always looks so good. Suzuki said that it's because Miyazaki has cooked those dishes on his own. What we saw was not just an animated approximation of something the characters were eating. We saw something the iconic director had prepared in his kitchen.

It seems to be the ultimate Ghibli ideology that food tastes better when made for and eaten with loved ones. Several social media accounts on a variety of platforms have been dedicated to anime food and cooking. This aesthetic is certainly growing fast and wide with a large fan base. Anime has the power to make a simple bento box seem like the most appetizing meal.

-Aishna Rahi
B.A. English Honours IInd Year



Shelf Indulgence

— BOOKS WE THINK YOU SHOULD LOOK INTO! —

Reading a book is a fairly simple task, objectively, if we were to disregard the imaginative components and other things for a while. Reading a book is easy, it's just one word in front of the other till the end and then congratulations! You've read a book.

But how do you start? How do you find yourself sitting down and opening the first page of a novel you bought some time ago in the hopes of a pleasant evening time romance or a night of swashbuckling rogues and unimaginable heists? You may be waiting for the perfect sunset to indulge in the heartwarming comfort of two people slowly falling in love through stolen glances and long walks on the beach or a perfect night with a pencil to yet again annotate your favourite book for the seventh time.

But what really is reading a book? Is it to do with the Pinterest perfect evening? Or a star-filled night that is bursting at its seams with imagination? Is it about our surroundings looking like a cottagecore Instagram post? Of course, these things make for an enchanting reading experience. It is really magical to sit down in a cafe with a beautiful coffee and the sounds of the city to annotate your favourite book or to lie down in an open field with the sun on your face and strawberries in your hand while you read, but should you feel compelled to do this every time? Is that the only thing that leads to a complete reading experience?

With the advent of 'bookstagram' and 'booktalk', it looks like every other person has the most beautiful surroundings to read in but that is just reel life. In reality, every shot takes an hour to set up, every reel even longer. Reading is a very personal experience but there is a universal thread that binds all lovers of literature together that has nothing to do with anything in your surroundings.

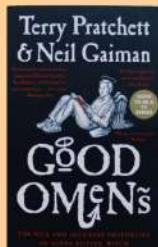
So the next time you sit down to read, remember it is okay to flip that first page even if you are in your bed and haven't gotten out of your blankets. You can, of course, seek for more wonder outside but the lack of it will in no way take away from anything because in the end, it is about you and the book and nothing else.

Good Omens by Neil Gaiman and Terry Pratchett

In this charmingly witty and scathingly satirical book, fussy angel Aziraphale teams up with loose living demon Crowley to form a most unlikely duo. Overly fond of life on earth, they team up to stop the upcoming Armageddon by trying to find an 11-year old boy, the antichrist who was unaware that his birth heralded the end of days.

Through the eyes of Aziraphale and Crowley, genre-defying authors Neil Gaiman and Sir Terry Pratchett explore questions of humanity, morality, and how the ideas of good and bad aren't always as black and white as they seem.

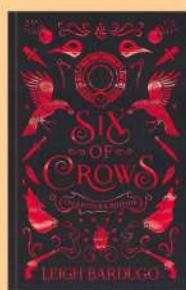
Nandini Thakur, IIInd Year, English Honours



Six of Crows by Leigh Bardugo

Kaz Brekker, criminal extraordinaire has just been offered a chance at unimaginable riches. But to do so, he has to accomplish the impossible, to breach the ice-court, an impenetrable military stronghold, and steal a hostage whose knowledge may change grisha magic forever. Doing it alone would be impossible so he bands up with five other outcasts, each with their own secrets and strengths and together they gear up for the deadliest heist of all time.

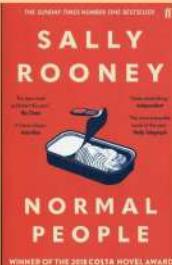
— Nandini Thakur, IIInd Year, English Honours



The Song of Achilles by Madeline Miller

Patroclus, son of king Menoetius is exiled to Phthia after inadvertently killing the eldest son of an elite family. There he meets Achilles, son of Peleus, and so begins a historical journey that takes them through the Iliad and finally to the battlefields at Troy. This modern retelling of the myth of Achilles and Patroclus captures all the allure of ancient Greece while giving us a heart-wrenching tale of love, loss, and sacrifice.

- Nandini Thakur, IIInd Year, English Honours



Normal People - by Sally Rooney

Rooney's impeccable capacity for writing believable, lived-in characters comes to life in this beautiful meditation on being a young college student, imposter syndrome, and lives so intertwined that they're pulled into each other in life-changing ways. Now adapted into a series on Hulu, Normal People is a future classic.

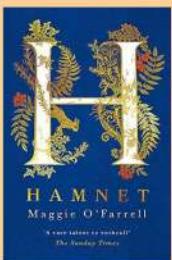
- Angel Shan, IIIrd Year, Psychology Honours

Prof. Yuval Noah Harari's Trilogy of Mankind (Sapiens: A Brief History of Humankind, Homo Deus: A Brief History of Tomorrow and 21 Lessons for the 21st Century)

Words fall short to describe the genius of Yuval Noah Harari. A historian, philosopher, and psychology aficionado, Harari presents us with an evocative history of tomorrow, with storytelling so masterful it might as well be a Netflix show of inevitable doom. You will be scared as you roll around in fits of laughter, hanging on to his every word as he weaves a thread of how we came to be, and where we might end up.



- Angel Shan, IIIrd Year, Psychology Honours



Hamnet - by Maggie O'Farrell

Winner of the 2020 Women's Prize, this book is a haunting meditation on the lives of the world's most famous playwright's (who shall not be named) family, and the loss of his very real son, Hamnet. A family, slowly breaking and rusting as they pale in the spotlight of the playwright, Hamnet is a feminist and empathetic look into the lives of the people history never mentioned in more than a footnote.

- Angel Shan, IIIrd Year, Psychology Honours

The Miracles of the Namiya General Store by Keigo Higashino

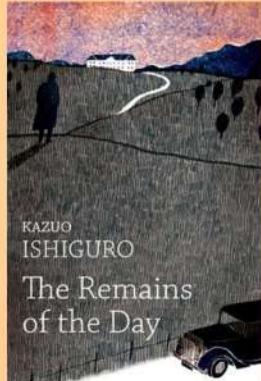
Three delinquents hide in an abandoned general store after their most recent robbery. To their surprise, a letter drops into the mail slot. By listening to the simple call for advice in this letter, they take on the role of the kind former shopkeeper of the general store who had dedicated his last years to counsel the correspondents of the store. This leads them through a heart-warming journey of human emotions and connection and by morning none of their lives are the same.

- Nandini Thakur, IIInd Year, English Honours



scan here to see what other books
your peers couldn't put down





The Remains of the Day by Kazuo Ishiguro

In this book, Kazuo Ishiguro, questions through the eyes of Stevens, a butler at an English estate, what it really means to live a fulfilled life. Stevens, a butler at Darlington Hall, takes a six-day motoring trip through the country and reflects upon a past steeped in fascism, two world wars, and an unrealized love with a housekeeper. The quiet and suppressed tone of the novel reflects the butler fascinatingly, a quiet mannered fellow who never forgets to cross every 't' and dot every 'i' but in the end, is that enough? Is the pursuit of perfection really what life is about?

This book heartrendingly explores such topics and leaves you with a sense of tragedy that is only visible between the lines.

- Nandini Thakur, IIInd Year, English Honours

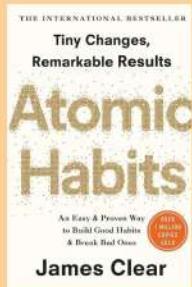
I'll Give You the Sun by Jandy Nelson

Jude and Noah were the inseparable twins. Noah is all splashed in colours, a budding artist whose mind spills out in a thousand colours constantly over every surface and falling for the charismatic boy-next-door. Jude is a daring and reckless beauty, cliff diving, leaving a trail of broken hearts and doing the talking for both of them.

Now they barely talk, a tragedy has pushed them apart until Jude meets a charming, mysterious boy in a church and a mysterious new mentor. The earlier years are Noah's to tell and the later Jude's but they both only have half the story. A radiant and heartwarming tale of family, friendship, and finding your way back to yourself.



- Nandini Thakur, IIInd Year, English Honours



Atomic Habits - by James Clear

The only productivity book you will ever need. Clear dives into the cutting edge and empathetic power of changing your life through the compound effect of minuscule changes. Gold Medalists, CEOs, and the notoriously famous serve as examples of the power of the least you can do.

This book is a fascinatingly fun read, which explains Psychology and neuroscience with an easy simplicity that makes you want to see the world in a whole new way.

- Angel Shan, IIIrd Year, Psychology Honours



Behind Her Eyes by Sarah Pinborough

A tense, suffocating, psychological thriller all about the complexities of relationships and obsessions.

- Vartika Pundir, IIInd Year, Psychology Honours



Funny Boy by Sham Selvadurai

This novel is divided into 6 chapters. The author writes sensitively about the emotional intensity of adolescence. It is an extraordinarily powerful and deeply moving novel.

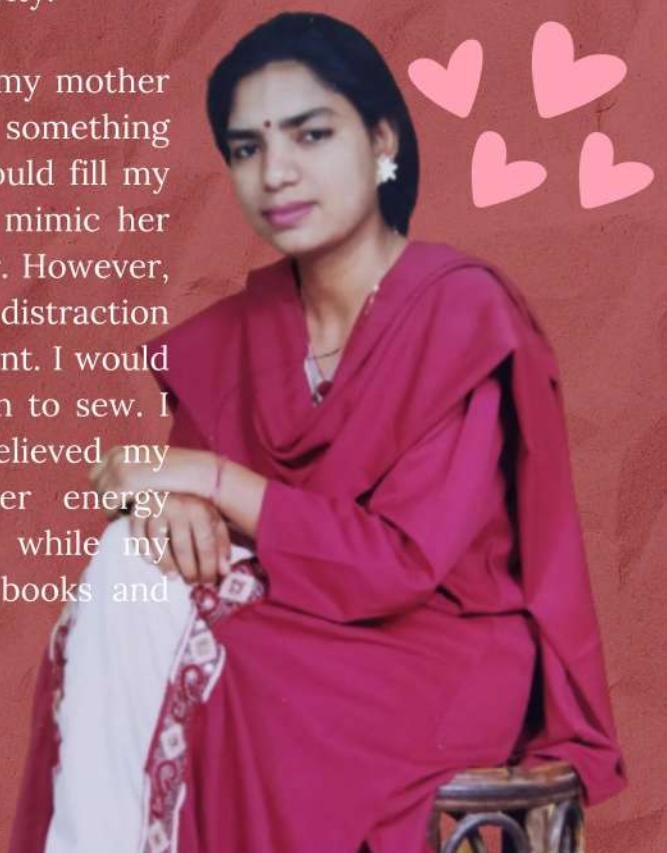
- Nishtha Thakur, IIIrd Year, English Honours

The Keeper Of Beautiful Things

In a multiverse of madness, perhaps, I will be clutching my mother's fingers and asking her to help me knit a shawl. My mother is undoubtedly one of the most creative, wise and supremely talented woman I know. I have seen her seam the end of my skirt, crochet a mitten to keep me warm and simmer a pot full of soup when I am sick. As I grew, I would introduce her as a celebrated "chef" and my father as an intelligent man.

My description of my mothers' superpowers and talents reduced her to mere four words. I failed to look behind the masterful veil she hid behind. When I grew, I was instructed to be perfect, not only in my studies but in my life as well. The alleged plan laid out for me barely included my chance to learn from my mother. Knitting, crocheting, painting, dancing, and singing were looked down upon as evils that will astray me from the path I was meant to follow, the so-called excellence I was destined to achieve. However, as fate would have it, I found myself gravitating toward art and creativity.

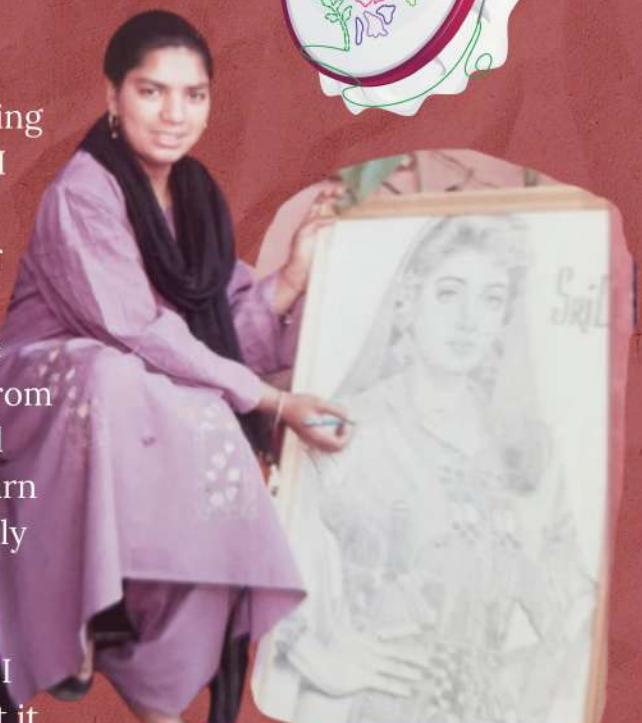
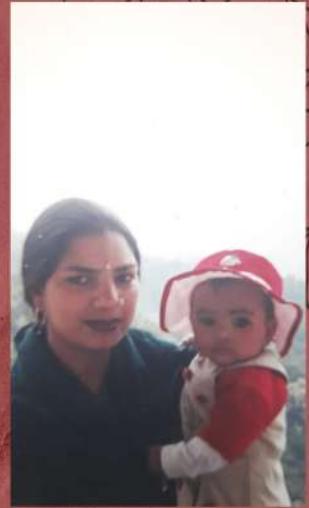
I would sit down and look intently at my mother when she weaved and created something magnificent from a single strand. It would fill my heart with awe and surprise. I would mimic her ways and try to create my own muffler. However, soon I identified arts and crafts as a distraction that was deemed unfit for an IAS aspirant. I would refuse to sit with my mother and learn to sew. I surrounded myself with books and believed my mother was a fool for wasting her energy crocheting new clothes for my dolls while my father strutted around with his new books and muttered unintelligibly about politics.



Ignorant of the severity of it, I was unable to recognize that the ill-intentioned hands of patriarchy and capitalism were choking my ambitions by creating a distorted reality of what my happiness and productivity looked like.

I knew I was unhappy but wasn't I working to build a world for myself? I believed that books will help me climb the ladder to success but unfortunately true happiness was at the bottom of my priority list. I would listen to my mother tell me stories of her art being wildly famous in her village and Punjabi diaspora settled abroad. To be honest, they seemed to be far-fetched. But then I would see her create spectacular work of art from a mere thread and I would fail to comprehend how she did it. She would show me her old paintings and work. She kept all the beautiful things and was proud of them.

Recently as I struggled with my mental health and tried to shed my toxic learning of what I perceived productivity to be, I found myself craving to be creative. I wanted to learn the art that my mother learned from her mom and she learned from hers. It was my turn to inherit the vast heritage she carried with herself from her maternal house. Every time I would talk to her and express my desire to learn something from her, she would excitedly bring out her designs and teach me everything step-by-step. I wish words could describe the joy I feel every time I wrap the wool around my finger and let it spin into something new.



Rohita Gharu

B.A. Psychology Honours IIIrd Year

LIL NAS X, TIKTOK, AND THE POWER OF COWBOY MEMES

HOW TO BE FAMOUS IN 16 MONTHS OR LESS



*"I'm gonna take my horse
To the old town road
I'm gonna ride till I can't no more"*

These lyrics took the internet by storm in 2019. You couldn't go through your day without hearing it somewhere at least once. With what seemed like overnight, Lil Nas X became a household name. The then 20-year-old, sleeping on his sister's couch, had only been making music for about 9 months at that time with an investment of merely 50 dollars. Fast forward 7 months, he became a viral sensation with 'Old Town Road' going platinum in multiple countries, posing for the cover of TIME magazine and staying on top of the Billboard Charts for 19 weeks holding back tracks from Billie Eilish, Taylor Swift, Ed Sheeran and Justin Bieber from reaching the top spot. He accomplished all this with the sheer force of will, memes and some genius marketing.

Montero Hill, or as we know him, Lil Nas X was born in 1999 into Gen Z, the generation that grew up with technology with a passion for music and memes. As someone who had a lived-in understanding of internet culture and trends, Montero released his song 'Old Town Road' on SoundCloud and iTunes masterfully placing it under the genre 'Country' subverting the competition he would've had in the 'hip-hop' world. He then used the cowboy imagery of the song for ingenious promotions through memes, hopping on the bandwagon of already trending phenomena such as the game Red Dead Redemption II and steaming controversy around allowing a gay black artist into the predominantly white country music scene.

As it turns out, Lil Nas X did have horses in the back, laden with social media marketing tools such as Search Engine Optimisation or SEO, understanding trends and what makes content go viral; concepts that elude even the most veteran internet users. This is most brilliantly seen in three spheres: Reddit, TikTok, and Remixes.



Montero anonymously posted on Reddit threads, asking what was the name of the song with the lyrics "I got the horses in the back" (his own song's lyrics) doing what is known as Search Engine Optimisation or SEO, that is, launching keywords and buzzwords into the internet space which will allow anyone else searching for his songs to be directed to his music faster. He also became one of the first artists to understand the power of TikTok, creating the 'Cowboy Challenge', where people dressed as cowboys and danced to the hook of the song which led to the song going viral almost instantaneously. This has now become a trend in the music industry where catchy hooks of songs are disseminated into the TikTok space, where they take off, leading to the music being discovered by new listeners constantly. Doja Cat, Gayle, Cardi B, Tessa Violet and many other artists have since adopted this highly effective marketing strategy.

Yet another testament to Montero's wit is his use of remixes. Since remixes contribute to a song's popularity on music charts, Lil Nas X consistently releases 'must hear' remixes of his music featuring artists such as Billy Ray Cyrus, Megan Thee Stallion and the like, including some spoofs which are loved by fans who are in on the joke by now. Thus, by employing what he knows of the internet culture he grew up in, Lil Nas X became a sensation that's here to stay.

As anyone just getting into the job market will tell you, skills related to social media marketing such as SEO, digital marketing and multimedia promotion are a part of every job description one can think of. While at first glance these skills may seem like second nature to our generation, getting started in an oversaturated internet space can be intimidating. Montero leads by example in showing us just how powerful your favorite meme can be and that even in the internet age there's no such thing as bad press. Or as he would put it, he rode his marketing horse...till he couldn't no more.



psst....scan and listen to this
playlist while you're reading

Angel Shan
B.A. Psychology Honours IIIrd Year

An Inconvenient Woman

I am sorry to be an inconvenience today,
I apologies for what I am going to say.
I see strong women in front of me,
Officers, scholars, writers with PhDs,
I see them chained in their own bodies,
Shackled by the chains of patriarchy.

This man of a great build barges into her room.
"Bossy, Loud, Crazy woman!"
But, but I am just asking for my due.
"Please keep your voice down,
Women should not be so loud".
She drinks her tears and regrets the last two years,
She spent working a 9 to 5,
Her ideas, hardwork, all in vain,
Because of her, His company thrived.
To everyone he is a genius.
And she, just a mere inconvenience.

Another woman I know carries a seed of grief.
"What a waste of a woman!"
She looks at them in disbelief.
"Tsk tsk tsk poor guy, it has been three years of marriage!"
Did you know it's the second time she miscarried?"
He looks at her and holds her close,
Let us count our blessings my dear, atleast we have one another.
But deep in her heart she already knows,
She is a mere inconvenience to the world.
other woman I know carries a seed of grief,
"What a waste of a woman!"
She looks at them in disbelief.
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Did you know it's the second time she miscarried?"
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But deep in her heart she already knows,
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The other day I met this force of a human,
A single, unmarried, working woman,
A scholarly scientist top of her field,
But what good is her life without a family in it?

No one sees what she has accomplished,
A budding researcher, a writer, a philanthropist.
Her research on subatomic particles is worthy of applaud,
But without a family picture on her mantel,
She is just a fraud.

"Oh dear what are you wearing?"
Boyfriend jeans and granny vest?
"What an awkward pairing!"
Maybe if you wore a dress and tied a belt,
Your husband might love you back.
"Are you crying? Don't be absurd!"
A little mascara and blush never hurts.
Flaunt your curves to keep your man,
But not enough that he calls you a slut,
Style your hair, groom yourself.
But not enough
Lest you be an inconvenience.

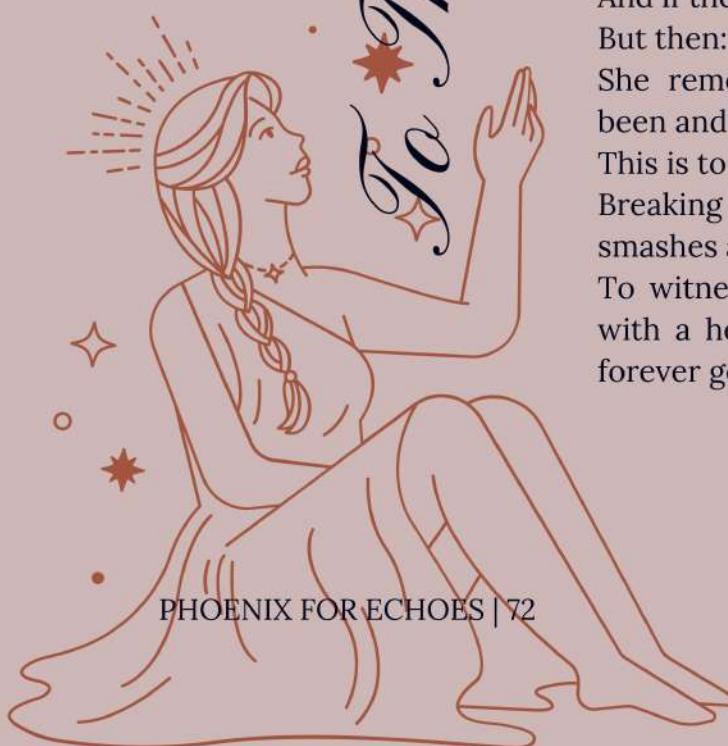
What was she doing enticing the men?
Roaming around after ten!
Her skirt was too short,
We know girls of that sort,
Walking with her boyfriend,
Provoking the men.
Now they will hold vigils,
And shout.
"Hang those imbeciles!"
There will be Chaka jam,
Such an inconvenience.

I am sorry if my opinions are loud,
But they won't hear me unless I shout!
I am more than my sleeveless top and painted nails,
Give me a break to exhale.
My hair is not just to be grabbed, my lips not just to quiver, my hands not just to cradle and my voice not to be lowered,
I am not just my father's daughter, my boyfriend's lover, my family's honour.
I am my own woman.
The pink streak in my hair is how I paint my rebellion,
I am not sorry if I am an inconvenience.

ROHITA
B.A. PSYCHOLOGY HONORS III YEAR

To The Distant Moon

People say that she romanticizes the moon and the stars so much
Probably she's just forgotten who he was;
But, deep down somewhere she knows
that the miles that keep them
Apart are cut short by the moon and the stars.
They, the people, don't quit well
understand the connect the two of them
share by the
Virtue of the sky;
A constant reminder of how they live
under the shadows
of the same sky, curtailing the distance;
just a look apart!
She looked into his eyes every night and
he acknowledged her presence with a
smile.
Listening through the whispers that the
blowing wind carried for the heavy
hearts.
She wondered if that bright star still rang
a bell in his heart.
And if the moon is really feminine or not?
But then:
She remembers what a hypocrite she's
been and how unfair
This is to him.
Breaking all the memories into pieces, she
smashes all her feeling hard enough
To witness the last breath leave, a sigh,
with a heavy goodbye and the façade is
forever gone.





UPGRADE YOUR RÉSUMÉ

INTERNSHIP OPPORTUNITIES

Young Mental Health Advocates

The Fortis Young Mental Health Advocacy Program is an annual, youth-driven, campaign to raise mental health awareness, primarily through social media. The program also provides the advocates the exposure to experts from varied fields through master classes with mentors which take place every month.

UNICEF Internship Programme

The UNICEF Internship Programme offers students and recent graduates the opportunity to gain direct practical experience with UNICEF's work. These internship opportunities are available worldwide. All eligible candidates can submit their applications through the website.

MEA Internship Policy 2022

As part of the *Azadi Ka Amrit Mabotsav* celebrations to commemorate 75 years of independence, the Ministry of External Affairs will be launching the first edition of the MEA Internships Programme. The MEA Internship Policy 2022 aims to take foreign policy closer to the people; bring in more focus on MEA; provide value to the interns; ensure better gender inclusivity and increase diversity in terms of qualifications, domicile and socio-economic status amongst the cohort of interns engaged by the ministry. Internships at MEA headquarters will be open to all Indian citizens with a minimum educational qualification of a graduate degree from a recognized university at the time of applying.

SCHOLARSHIPS

Sandvik Coromant Girls Scholarship Program

This scholarship program is designed for helping girl students who cannot afford quality education due to the high fees structure. Sandvik Coromant Girls scholarship program would encourage them to counter their financial constraints and pursue academic excellence and career opportunities.

Narotam Sekhsaria Foundation Scholarships

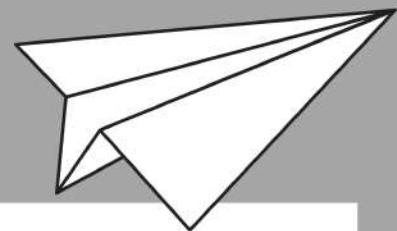
The Narotam Sekhsaria Foundation promotes academic excellence by enabling deserving students across the country to access quality higher education. The Foundation provides a wide array of scholarships to undergraduate and graduate students who have demonstrated academic excellence and all-around development. The Foundation also facilitates a mentoring program that aims to create a network of excellence that would be a catalyst in developing systems across spheres.

Tata Housing Scholarships for Meritorious Girl Students

Tata Housing Scholarship is provided to the girl students to help them pursue technical and professional education without any financial barriers. The students belonging to the Scheduled Caste and Scheduled Tribe will highly benefit from this scholarship opportunity presented by the Tata Housing Society.



ONLINE COURSES



Coursera

Coursera partners with more than 200 leading universities and companies to bring flexible, affordable, job-relevant online learning to individuals and organizations worldwide. They offer a range of learning opportunities from hands-on projects and courses to job-ready certificates and degree programs.

Udemy

Udemy is a massively open online course (M.O.O.C.) website where anyone is free to create and promote courses in the style of traditional post-secondary education. Users can also take courses to earn credit towards technical certification or just to acquire or enhance various job-related skills.

LinkedIn Learning

LinkedIn Learning is an American massive open online course provider. It offers a wide range of video courses taught by industry experts in software, creativity and business skills. It is a subsidiary of LinkedIn.



Bash On, Regardless!

It is with boundless measure of honour that I embark upon penning this to reflect on the rich and varied experiences as an NCC Cadet. The penchant to don the uniform was ubiquitous within me from my formative childhood days. I drew this inspiration from my father who is an Army Officer and a former NCC Cadet. As well as through my mother who proudly marched on Rajpath for the Republic Day Parade of 1994.

The opportunity first arrived when I was enrolled as a Junior Wing Cadet in 2014 through CJM, Chelsea Shimla. The vision I had always dreamt of seemed to have been accomplished by attending the prestigious Republic Day Camp of 2015. Till the present day, as a Senior Wing Cadet from St. Bede's College who again had the honour of being a part of the Republic Day Camp 2022; the journey has been of learning, growth, and pride.

The feeling of being a cut above the rest, dawn of foreseeable adventure, military training, interactions, and learning, all seemed to be unfolding incessantly in the last few years for me. To narrate the most impressionable moments albeit abridged is still stimulating owing to the plethora of events and moments which were all endearing in equal measure. As a Best Cadet, I grew stronger mentally, emotionally, and physically shuffling from parade to cultural activities to flag area briefing, to firing, to group discussion and interview, and then studying; managing it all with four hours of sleep can train anyone to follow the rules they set for themselves.

It is not an overnight growth, but an everlasting one. NCC is not just about armed forces, as it is perceived. It is a way of life. It doesn't teach you to operate a tank, but gives you the confidence to stand in front of a thousand people to express your thoughts. You don't become a leader overnight, but you learn how to lead. You learn to walk, to sit, to stand, to understand others, and live with them.

I still swell up with pride knowing that I have had the experiences many can only dream of. Attending a high tea and talking to the Army Chief, being a commentator for the Guard of Honour given to the Hon'ble Vice President, Briefing the Director General - NCC himself, marching with the contingent in high spirits for the PM's Rally, competing with the best cadets from all over the country to become All India Best Cadet, having friends from different cultures of India and across oceans too, being mentored by the senior officers of the Armed Forces; have all shaped me for good.

The camps that I attended on various occasions were undoubtedly a turning point in my life. The exposure obtained, the knowledge gained and the experiences shared were truly unmatched and extremely inspiring. The vast and varied cultural richness was absolutely fascinating and left me spellbound. The drill classes were exacting and tough, in fact, the bedrock of the training schedule, designed to inculcate habits of discipline and punctuality. The hard stamping of the boots, raising the rifle for salutation, maintaining an impeccable turnout, were all new horizons I got to explore.

At the firing range with the squeeze of a trigger, the clang of metal in bolt action, rumbling of the muzzle, rearward kick of the butt, pervading smell of cordite and precision hit on the Bulls-Eye was a moment worth living for. The confidence and conviction to be interviewed by the most decorated officers of the Armed Forces. Convincingly, it was a dream worth living for. The camps that I attended on various occasions were undoubtedly a turning point in my life. The exposure obtained, the knowledge gained and the experiences shared were truly unmatched and extremely inspiring. The vast and varied cultural richness was absolutely fascinating and left me spellbound. The drill classes were exacting and tough, in fact, the bedrock of the training schedule, designed to inculcate habits of discipline and punctuality. The hard stamping of the boots, raising the rifle for salutation, maintaining an impeccable turnout, were all new horizons I got to explore. At the firing range with the squeeze of a trigger, the clang of metal in bolt action, rumbling of the muzzle, rearward kick of the butt, pervading smell of cordite and precision hit on the Bulls-Eye was a moment worth living for. The confidence and conviction to be interviewed by the most decorated officers of the Armed Forces. Convincingly, it was a dream worth living for.

I learned the importance of small things and making the best out of everything. Most of all, the samosa which could be had almost anywhere at just ten bucks, has an important value in a Cadet's life. Looting over refreshments after a day of training is probably happiness we all share. Just as we share the waiting and standing in a queue to wash our utensils, and being okay with it because we have our buddy with us. I think it is through these experiences that we understand the joy of enjoying things that are considered ordinary. Things like enjoying a meal together; sharing secret laughter when the situation is serious, and knowing that being a 'makra' won't do you much good.

As a result, my overall personality including empowerment, self-confidence, self-pride, and self-esteem enhanced multi-fold in the gamut of NCC training which will stand me everlastingly in good stead in my career and life ahead. I'll always be grateful to the learnings and blessings received in a very conducive environment of education, the supportive teachers, and mentors. I got the opportunity to interact right from my school level.

The recognition I've earned will be used in a proper and responsible manner to bring in some positive changes in society, and carry forward the legacy of bringing laurels to St. Bede's College.

Rutuja Kulkarni
B.A. IIIrd Year

St. Bede's College Shimla
Annual Prize Distribution Function March 2021-22

B.Sc. I

Subject	Year	Position	Name of the Student
Botany	B.Sc. I	1 st	MANISHA RAWAT
	B.Sc. I	2 nd	AABHA THAKUR
Zoology	B.Sc. I	1 st	MANNAT PUHARTA
	B.Sc. I	2 nd	PRIKSHA DOGRA
Chemistry	B.Sc. I	1 st in Chemistry, Physics and Math	VIDHI SOOD
	B.Sc. I	2 nd Chemistry and Physics	MANYA SHARMA
Computer Science	B.Sc. I	1 st	NEHA PATIL ANANYA THAKUR
	B.Sc. I	2 nd	NAVYA THAKUR
Physics	B.Sc. I	1 st	-
	B.Sc. I	2 nd	-
Maths	B.Sc. I	1 st	-
	B.Sc. I	2 nd	NIVEDITA THAKUR
English	B.Sc. I	1 st	SANA CHAUHAN
	B.Sc. I	2 nd	KRITIKA SHARMA

B.Sc. II

Subject	Year	Position	Name of the Student
Botany	B.Sc. II	1 st Botany, Botany (SEC), Chemistry and 2 nd in Zoology	SHIVANI
	B.Sc. II	-	-
Botany (SEC)	B.Sc. II	1 st	-
	B.Sc. II	2 nd in Botany	OSHEEN
Zoology	B.Sc. II	1 st Zoology, Chemistry (SEC), Chemistry and 2 nd in Botany	SAKSHI VERMA
	B.Sc. II	-	-
Zoology (SEC)	B.Sc. II	1 st	AANCHAL
Chemistry	B.Sc. II	1 st	-
	B.Sc. II	1 st Math , Physics and 2 nd in Chemistry	-

Chemistry (SEC)	B.Sc. II	1st	
Computer Science	B.Sc. II	1st Computer Science and Computer Science SEC	TANVI KUMARI
	B.Sc. II	2nd	CHAVI TIWARI
Computer Science(SEC)	B.Sc. II	1st	-
Physics	B.Sc. II		---
	B.Sc. II	2nd	
Physics (SEC)	B.Sc. II	1st Physics, Physics SEC, and Maths	NITIKA SHARMA
Maths	B.Sc. II	1st	-
	B.Sc. II	2nd	AANCHAL THAKUR
Maths (SEC)	B.Sc. II	1st Maths SEC and 2nd Physics	SAJAL KALTA

B.Sc.III

Subject	Year	Position	Name of the Student
Botany	B.Sc. III	1st in Botany and Zoology SEC	DIVYA
	B.Sc. III	1st in Zoology SEC and 2nd in Botany, Zoology SEC	RIYA GUPTA
Botany (SEC)	B.Sc. III	1st	NEHA SOKTA
Zoology	B.Sc. III	1st in Zoology and Chemistry	PRERNA SHARMA
	B.Sc. III	2nd	-
Zoology (SEC)	B.Sc. III	1st	-
Chemistry	B.Sc. III	1st	-
	B.Sc. III	2nd	-
Chemistry (SEC)	B.Sc. III	1st in Chemistry SEC and 2nd in Chemistry	VANSHIKA BHARDWAJ
Computer Science	B.Sc. III	1st	KRITIKA BAKSHI
	B.Sc. III	2nd	PRACHI SHARMA
Physics	B.Sc. III	1st in Physics and Physics SEC	AASTHA THAKUR
	B.Sc. III	2nd	MISHIKA ATTRI
Physics (SEC)	B.Sc. III	1st	-
Maths	B.Sc. III	1st	NEHA KOUNDAL
	B.Sc. III	2nd	JIGYASA PANWAR & PRANITA JASWAL
Maths (SEC)	B.Sc. III	1st	NEHA KOUNDAL

DEPARTMENT OF BIOTECHNOLOGY

Subject	Year	Position	Name of the student
Biotechnology	B.Sc. (Hons.) Biotechnology 1 st year	1 st	NIVEDITA SHARMA
		2 nd	ARCHANA MULLICK
	B.Sc. (Hons.) Biotechnology 2 nd year	1 st	TANVI CHADHA
		2 nd	SANSKRITI SAUHT A
	B.Sc. (Hons.) Biotechnology 3 rd year	1 st	SUNIDHI SHARMA
		2 nd	ANOUSHKA CHAUHAN

DEPARTMENT OF MICROBIOLOGY

Subject	Year	Position	Name of the student
MICROBIOLOGY	B.Sc. (Hons.) Microbiology 1 st year	1 st	KAVITA THAKUR
		2 nd	AAKRITI SOOD
	B.Sc. (Hons.) Microbiology 2 nd year	1 st	SEHAJ MEHT A
		2 nd	MUSKAN GARG
	B.Sc. (Hons.) Microbiology 3 rd year	1 st	MEGHA PURI
		2 nd	SHREYA SHARMA

B.C.A.- RANK HOLDERS

Subject	Year	Position	Name of student
B.C.A.-1 semester	2021	1st	Priyanka Thakur
B.C.A.-1 semester	2021	2nd	Nitima Maju
B.C.A.-3 semester	2021	1st	Raveena Sharma
B.C.A.-3 semester	2021	2nd	Aashima Chauhan
B.C.A.-6semester	2021	1st	Shivalika Raj
B.C.A.-6 semester	2021	2nd	Anshula Chandel

Department of Botany

SUBJECT	YEAR	POSITION	NAME OF THE STUDENT
M.Sc Botany	1 st year	1 st	Ankita
		2 nd	Kamini Thakur
M.Sc Botany	2 nd year	1 st	Diksha Sharma
		2 nd	Nikita Sharma

M.Com

Year	Position	Name of student
3 rd Sem (2019-21)	Ist	Kumud Sharma
	2nd	Muskan Parihar
Ist Sem (2020-21)	Ist	Samridhi Chauhan
	2nd	Parul Chauhan

D. EL. ED

SR. NO.	POSITION	NAME OF THE STUDENT
1	1 ST	ANSHIKA VERMA
2	2 ND	NEHA SHARMA

Department of Commerce and Management**B. Com**

Year	Position	Name of the Student
Final Year (2018-21)	Ist	Sakshi
	IIInd	Simmi Sharma
IIInd Year (2019-21)	Ist	Gurmeet Kaur
	IIInd	Stuti
Ist Year (2020-21)	Ist	Akshita Bhatia
	IIInd	Reetika Sharma

B.B.A

Year	Position	Name of student
Final Year (2018-21)	1 st	Riya Sharma
	2 nd	Anchal Sharma
IIInd Year (2019-21)	1 st	Palak Chauhan
	2 nd	Sejal Negi
Ist Year (2020-21)	1 st	Riya Sharma
	2 nd	Shreya Gupta

B.A. I

Subject	Year	Position	Name of the Student
Nutrition	B.AI	1 st	SAPNA BHATIA
		2 nd	KHYATI SUNDLE
Geography (pass course)	B.AI	1 st	PRIYA SHARMA
		2 nd	ADITI CHAUHAN
History	B.AI	1 st in History and 2 nd in Pol Sci.	PRAGATI THAKUR ANJALI VERMA
		2 nd	RAVISHA VERMA
English AECC	B.AI	1 st	DEVYANSHI SHARMA

	B.AI	2 nd in Eng. and 2 nd Psychology	ASTHA ROHTA
English (compulsory)	B.AI	1 st Eng. and 1 st in Pol. Sci	HARSHITA SHARMA
	B.AI	2nd	RITISHA RAJ
Economics (Pass course)	B.AI	1st	MITALI MEHTA
		2nd	ABHINANDINI GUPTA
Hindi compulsory	B.AI	1 st in Hindi Compulsory and 1 st Pol. Sci. 1 st in Hindi Compulsory and 1 st Hindi	NIHASA SIRKACK KANIKA THAKUR
	B.AI	2nd	SANYA SUNDAN
Hindi	B.AI	1st	
		2nd	ARUSHI SHARMA
Political science	B.AI	1st	PRISHA SINGHAL
		2nd	----
Music instrumental	B.AI	1st	AYUSHI PUNDIR
		2nd	SHRADHA GUPTA
Psychology	B.AI	1st	SAMRITI GUPTA
		2nd	----

B.A. II

Subject	Year	Position	Name of the Student
Nutrition	B.A. II	1st	AASHIMA SINGH
		2nd	ZANNAT ZINTA
Geography (pass course)	B.A. II	1st	KIRAN
		2nd	ANJALI KAINTHLA
History	B.A. II	1st	AKSHITA THAKUR
		2nd	ANCHAL VERMA
English (compulsory)	B.A. II	1 st in Eng Compulsory and 1 st Economics	ASTHA SHARMA
		1 st Pol. Sci, 1 st Hindi Compulsory and 2 nd in Eng Compulsory	NEHA THAKUR
English (Pass course)	B.A. II	1st	AKSHITA CHANDEL
		2nd	TANVEET KAUR SETHI and GARIMA CHAUHAN
Economics (Pass course)	B.A. II	1st	---
		2nd	SHREYA THAKUR
Hindi compulsory	B.A. II	1st	

		1 st Instrumental, 1 st Psychology and 2 nd Hindi	MANNAT ZINTA
Hindi	B.A. II	1st	AVANTIKA GANGTA
		2nd	HIMANSHI SHARMA
Political science	B.A. II	1st	
		2 nd in Pol. Sci and 2 nd in Music instrumental	SHIVANGINI CHAUHAN
Music instrumental	B.A. II	1st	
		2nd	JANNAT ZINTA
Psychology	B.A. II	1st	
		2nd	ARUSHI SHAURYA

B.A. III

Subject	Year	Position	Name of the Student
Nutrition	B.A. III	1st	DISHA ARORA
		2nd	SHUBHANGI VERMA
Geography (pass course)	B.A. III	1st	MITALI SHARMA
		2nd	KIRTI
History	B.A. III	1st	ANKITA SHARMA
		2 nd History, 2 nd Hindi	MONICA BHENGRA
English (compulsory)	B.A. III	1st	RUPALI THAKUR
		2nd	ADITI CHAUHAN
Economics (Pass course)	B.A. III	1st	RAVITANAYA SHARMA
		2nd	URVIJA GUPTA
Hindi	B.A. III	1st	MADHU SHARMA
		2nd	
Political science	B.A. III	1st	JIGYASA NEGI
		2nd	SAVI SOOD
Music instrumental	B.A. III	1st	SAIJAL KIMTA
		2nd	ADITI

Psychology	B.A. III	1st	ISHITA PHILIP
		2nd	DIKSHA VASHIST

B.A. III Yr. (Honours)

SUBJECT	Year	POSITION	NAME
Economics (Honours)	3 rd Yr	1 st in Eco (Hons) and 2 nd rank in HPU	ANCHAL SHARMA
	3 rd Yr	2 nd in Eco (Hons) and 3 rd rank in HPU	GAURI SHARMA
Geography (Honours)	3 rd Yr	1 st in Geog (Hons) 2 nd in Geog (Hons)	KRITIKA SWAROOP ANKITA DEVI
Psychology (Honours)	3 rd Yr	1 st in Psychology (Hons) 2 nd in Psychology (Hons)	PURAMYA LAL RAKSHA KANWAR and DIKSHU SHARMA
English (Honours)	3 rd Yr	1 st in Eng (Hons)	AARUSHI

B.A. II Yr. (Honours)

SUBJECT	Year	POSITION	NAME
Economics (Honours)	2 nd Yr	1 st in Eco (Hons)	PRATISHTHA RAJ
		2 nd in Eco (Hons)	MUSKAN VERMA
Geography (Honours)	2 nd Yr	1 st in Geog (Hons) 2 nd in Geog (Hons)	SHREYA SHARMA MEGHNA VERMA
Psychology (Honours)	2 nd Yr	1 st in Psychology (Hons) 2 nd in Psychology (Hons)	ANGEL SHAN ROHITA GHARU
English (Honours)	2 nd Yr	1 st in Eng. (Hons) 2 nd in Eng. (Hons)	AAKANKSHA SHARMA AABHYA VERMA

SUBJECT	Year	POSITION	NAME
Economics (Honours)	1 st Yr	1 st in Eco (Hons)	RUMJHUM
	1 st Yr	2 nd in Eco (Hons)	SHREE
Geography (Honours)	1 st Yr	1 st Geog (Hons) 2 nd Geog (Hons)	PRIYANSHI JYOTI KUMARI
Psychology (Honours)	1 st Yr	1 st in Psychology (Hons) 2 nd in Psychology (Hons)	MAANIKA SETHI HIMANSHI SAHNI
English (Honours)	1 st Yr	1 st in Eng. (Hons) 2 nd in Eng. (Hons)	SWASTIKA CHANDAN BHARTI, PRAGYA SHARMA

B.A. Ist Yr. (Honours)

There are two special academic awards given to students for their excellence in various subjects in three years.

Dr. RANA NAYAR – RUNNING TROPHY FOR EXCELLENCE IN ENGLISH HONOURS)

1. This running trophy has been constituted by Professor Rana Nayyar from Punjab University, Chandigarh. This was awarded to Aakanksha Sharma & Vedanshi Sharma from B.A. English Honours, IIIrd year. They were given the trophies and cash prize of Rs. 1100/- each.
 2. Shivani and Shivani Rangta of B.Sc IIIrd Year were awarded a trophy and a cash prize of rupees 1100/- each for consistent performance in Botany over the years. This award has been constituted by Dr. Shramja Munjal, Associate Professor, Department of Botany, St. Bede's College, Shimla.

बी.ए. अंतिम वर्ष का परीक्षा परिणाम घोषित

टॉप-10 में मात्र एक लड़का



PRIZE DISTRIBUTION FUNCTION

A prize distribution function and an office-laying ceremony was held at St Bede's College here on Friday. Prof Molly Abraham, principal of the college, presented a presentation of the annual report highlighting the activities and achievements. The chief guest, Principal Secretary (Education) Rajneesh and the principal gave away prizes to students who excelled in academics and extra-curricular activities throughout the year. A cultural programme was performed by students on this occasion. In his address, the chief guest congratulated the prize winners and their parents.

THE TRIBUNE 26-3-22





ANNUAL PRIZE DISTRIBUTION AND OFFICE LAYING DOWN CEREMONY

25th MARCH 2022



PHOENIX FOR ECHOES | 85

Grads' Nite

On 24th March, St. Bede's College celebrated 'Grads' Nite', a farewell party where second year students bid farewell to the outgoing students with great enthusiasm and nostalgia. Girls who represent the noble values of "Non Nobis Solum" (service before self) are crowned with titles of Miss Bede's, First Runner up and Second Runner up. Various other attributes are also recognized and honoured. Farewell is another way of musical and happy interaction between seniors and juniors. It is the time when the institution bids adieu to the outgoing batch with best wishes for their future.

The illustrious and heart warming event was graced by the presence of our Chief Guest Major General Atul Kaushik who was felicitated by our principal Sr. Prof. Molly Abraham.

The judges for the event were also felicitated. This was followed by lighting of the lamp by Major General Atul Kaushik, Principal, Sr. Prof. Molly Abraham, Sr. Magdalene, Manager and Bursar, Mr. Vijay Sanoria, Associate Professor Department of Physics and Ms. Punam Chauhan, organizer of Grad's Nite. The day progressed with video presentation on outgoing students, lovely dance performances, a solo song and a special band performance. The Chief Guest addressed the gathering and spoke encouraging words of wisdom for the final year students. The highlight of the event was the "Miss Bede's Pageant" which was judged by Mrs. Anuja Sharma, Mrs. Shramja Munjal and Mr. Vijay Sanoria. The contest had three rounds namely ramp walk followed by the question cum the talent round and lastly the final question round by the principal. The titles were awarded to the students were:

Miss Beautiful Smile - Oshin Chauhan

Miss Talent - Lipakshi Dawar

Miss Ramp Walk - Archa Singh

Miss Elegant - Bhavya

Best Hairdo - Sarah Gupta

Finally, Miss Arundhati Chandel was crowned Miss Bede's 2022. while Sarah Gupta and Archa Singh were crowned the First and the Second Runner up respectively.

The event was brimming with the warmest feelings of appreciation, love, friendship and bonds that would last a lifetime.



until next time....

हिंदी विभाग



डॉ. देविना अक्षयवर



तन्वी अग्रवाल
शिखा शांडिल

संपादकीय

सेंट बीड्स महाविद्यालय शिमला की वार्षिक पत्रिका "एकोज्" का 2021-2022 का अंक प्रकाशित किया जा रहा है। मुझे इस बात की प्रसन्नता है कि मुझे इस पत्रिका के हिन्दी का सम्पादन कार्य सौंपा गया है। किसी भी शैक्षणिक संस्था की वार्षिक पत्रिका उस संस्था में पढ़ रहे छात्र- छात्राओं की रचनात्मक प्रतिभा को अभिव्यक्त करने का उत्तमध्यम होती है। वार्षिक पत्रिका के द्वारा ही हमें ज्ञात होता है कि उस संस्था ने वर्ष भर कितना कार्य किया है। सम्पादन के कार्य के लिए मैं हिन्दी विभाग की प्राध्यापिकाओं डॉ. देविना अक्षयवर और सुश्री अंजना देवी का आभार प्रकट करती हूँ।

कि उन्होंने मुझे इस योग्य समझा और मुझे सम्पादन का कार्य सौंपा।

इसमें कोई अतिशयोक्ति नहीं है कि प्रत्येक व्यक्ति की अपनी एक भाषा होती है जिसमें वह अपने विचारों को व्यक्त करता है। हिन्दी हमारी मातृ भाषा है। जिसमें हम अपनी दिनचर्या का काम करते हैं। प्रत्येक वर्ष की तरह इस वर्ष भी पत्रिका के लिए अनेक रचनाएं प्राप्त हुई हैं। जैसे कि हम सभी जानते हैं कि सम्पूर्ण विश्व कोविड -19 नामक एक खतरनाक महामारी का दंश झेल रहा है। ऐसे मैं विद्यालय, महाविद्यालय, विश्वविद्यालय भी बंद रहे जिसके कारण कोई भी गतिविधियाँ संभव नहीं थी। यद्यपि महाविद्यालय में ऑनलाइन पठन-पाठन चलता रहा। पत्रिका के प्रकाशन में छात्राओं ने अपनी प्रतिभा, प्रखर क्षमता का प्रयोग करते हुए अपने भावों, संवेदनाओं और विचारों को शब्दों में पिरोकर उन्हें आलेख, कविताओं, कहानियों और निबन्ध का रूप प्रस्तुत किया है जो अब आपके समक्ष है।

शुभकामनाओं सहित

सुश्री तन्वी अग्रवाल
छात्र सम्पादिका

सेंट बीड्स महाविद्यालय शिमला की वार्षिक पत्रिका एकोज् 2021-22 का अंक प्रकाशित किया जा रहा है। मुझे इस बात की प्रसन्नता है कि मुझे इस पत्रिका के हिन्दी अनुभाग का सह- सम्पादन कार्य सौंपा गया है। सम्पादन के कार्य के लिए मैं हिन्दी विभाग की प्राध्यापिका डॉ. देविना अक्षयवर तथा सुश्री अंजना देवी का आभार प्रकट करती हूँ कि उन्होंने मुझे इस योग्य समझा और मुझे सम्पादन का कार्य सौंपा।

शिखा शांडिल
सह-सम्पादिका

पृष्ठ संख्या | 89



भारत में हिन्दी का महत्त्व

यदि प्रश्न भारत में अंग्रेजी को महत्व या भारत में जर्मन भाषा को महत्त्व का होता तो समझ में भी आता लेकिन भारत में हिन्दी का महत्त्व? यह प्रश्न सभी ज़ डटभारतीयों के लिए चिंताजनक होना चाहिए। अगर भारत में हिन्दी का महत्त्व नहीं होगा तो किसका होगा? लेकिन आज ऐसी स्थिति बन गई है कि यह प्रश्न भी उठाना होगा क्योंकि हमारे लिए तो टूटी-फूटी ही सही, लेकिन अंग्रेजी बोलना जरूरी हो गया है। आज देश के किसी भी कोने में छोटे से छोटा या बड़े से बड़ा कोई भी इंटरव्यू हो, रहा हो वहाँ पर इंटरव्यू में सफल होने में 60 प्रतिशत इस बात पर निर्भर करते हैं कि आप अंग्रेजी कितनी अच्छी बोलते हैं। मेरा अंग्रेजी की बुराई करने का कोई इरादा नहीं है, पर समस्या यह है कि हमारे लिए अन्य भाषाएं इन्हीं महत्त्वपूर्ण हो गई हैं कि हमें अपनी मातृभाषा बोलने में शर्म आती है। भारत एक कृषि प्रधान देश है। यह सबको मालूम होगा, लेकिन आज, भारत में कृषि का अंशदान 20 प्रतिशत ही रह गया है और इसका असर भारत की राष्ट्रीय भाषा पर पड़ने लगा है। आज भारत में कई ऐसे राज्य हैं जहाँ हिन्दी न के बराबर बोली जाती है। आज भी भारत के कई राज्य अपनी राज्य की भाषा को ही महत्त्व देते हैं जैसे गुजरात में गुजराती, महाराष्ट्र में मराठी, पंजाब में पंजाबी, नागालैंड में अंग्रेजी, सिक्किम में अपनी भाषा ही बोली जाती है। आज भारत में अंग्रेजी के अलावा दूसरी भाषा में पढ़ाई कई लोगों को मुश्किल लगती है। आज भारत में हिन्दी भाषी राज्य बहुत ही कम हैं, जहाँ हिन्दी को बढ़ावा दिया जाता है जैसे हिन्दी राज्य मध्य प्रदेश, दिल्ली, उत्तराखण्ड, हिमाचल प्रदेश, उत्तर प्रदेश आदि कुछ ही गिने-चुने राज्य हिन्दी भाषा को महत्त्व देते हैं। देश के अन्य राज्यों में हिन्दी न के बराबर बोली जाती है। समय की मांग है कि अब हम हिन्दी को उसका खेया महत्व वापस दिलाये। हिन्दी पढ़ें बोलें और पढ़ाये।

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सुश्री तन्वी अग्रवाल
छात्र सम्पादिका

मातृ भाषा का महत्त्व

जन्म से हम जिस भाषा का प्रयोग करते हैं वही हमारी मातृभाषा है। सभी संस्कार एवं व्यवहार इसी के द्वारा हम पाते हैं। इसी भाषा से हम अपनी संस्कृति के साथ जुड़कर उसकी धरोहर को आगे बढ़ाते हैं। भाषा संप्रेषण का एक माध्यम होती है जिसके द्वारा हम अपने विचारों का आदान प्रदान करते हैं और अपने मन की बात लोगों के समक्ष रख सकते हैं। जो शब्दों को ही सिर्फ अभिव्यक्त नहीं करते भाव भी स्पष्ट करती है। एक नन्हा सा बालक अपनी मुख से वही भाषा बोलता है जो उसके घर परिवार के लोग बोलते हैं। आज बच्चे अपनी मातृभाषा में गिनती करना भूल चुके हैं। आप जिस किसी भी प्रांत, राज्य से हैं कम से कम आपको वहाँ की बोली तो अवश्य आनी चाहिए।

जन्म से हम जिस भाषा का प्रयोग करते हैं वही हमारी मातृभाषा है। सभी संस्कार एवं व्यवहार इसी के द्वारा हम पाते हैं। इसी भाषा से हम अपनी संस्कृति के साथ जुड़कर उसकी धरोहर को आगे बढ़ाते हैं। भाषा संप्रेषण का एक माध्यम होती है जिसके द्वारा हम अपने विचारों का आदान प्रदान करते हैं और अपने मन की बात लोगों के समक्ष रख सकते हैं। जो शब्दों को ही सिर्फ अभिव्यक्त नहीं करते भाव भी स्पष्ट करती है। एक नन्हा सा बालक अपनी मुख से वही भाषा बोलता है जो उसके घर परिवार के लोग बोलते हैं। आज बच्चे अपनी मातृभाषा में गिनती करना भूल चुके हैं। आप जिस किसी भी प्रांत, राज्य से हैं कम से कम आपको वहाँ की बोली तो अवश्य आनी चाहिए।

हिन्दी ना सिर्फ भारत देश में प्रयुक्त है बल्कि दुनिया भर में रहने वाले हिन्दुस्तानियों द्वारा प्रयोग की जाने वाली भाषा है। मातृभाषा के बारे में महात्मा गांधी कहते थे कि हृदय की कोई भी भाषा नहीं है। हिन्दी में वह क्षमता है जो आँखों से बहते आँसू की धारा का वर्णन इस रूप में

करती है कि उसे पढ़ने वाले पाठक को आँसू बहा रहे व्यक्ति की मन स्थिति का बोध हो जाता है। मातृभाषा के बिना किसी भी प्रकार की उन्नति संभव नहीं है। हम मातृभाषा के महत्व को इस रूप में समझ सकते हैं कि अगर हमको पालने वाली माँ होती है, तो हमारी भाषा भी हमारी माँ हैं। हिन्दी हम भारतीयों की मातृभाषा है। हिन्दी हमारी, आपकी और हम सब की भाषा है। आज हिन्दी हर विषय में हर क्षेत्र में अपना ध्वज फहराते हुए आगे बढ़ती ही जा रही है। परन्तु फिर भी न जाने क्यों आज भी कुछ भारतवासी अपनी मातृभाषा को बोलने में गौरव की अनुभूति नहीं कर रहे।

आज सभी भारतवासियों को प्रोत्साहित करने की आवश्यकता है कि अपनी मातृभाषा सीखें, प्रयोग करें और इसे कीमती धरोहर की तरह संभाल कर रखें। मातृभाषा के साथ हमारे बचपन की बहुत-सी मधुर स्मृतियों से जुड़ी होती हैं और इस कारण वह बड़ी मनोहर मालूम होती हैं। मातृ भाषा के शब्दों में हमारी जातीय संस्कृति का इतिहास छिपा होता है। मातृभाषा द्वारा शिक्षित और गरीबों तथा अमीरों के बीच का अंतर मिट जाता है। जब हम अपनी मातृभाषा में बातचीत करने लग जाते हैं अपने लोगों को अपनापन दिखने लगता है और उनके साथ हमारा सहकारिता का भाव बढ़ जाता है। अन्य भाषा का ज्ञान होना या उनका कार्य में प्रयोग करना आना बुरा नहीं होता है। किंतु अपनी मातृभाषा हिन्दी को कम आँकना भी सही नहीं है। इसभाषा के उपयोग पर अपमान नहीं बल्कि स्वाभिमान जैसे भावों के संचरण की आवश्यकता है क्योंकि यह भाषा हमारी पहचान है। आज ज़रूरत है कि हम अपनी मातृभाषा को अपनाएं और आने वाली पीढ़ी को सिखाएं ताकि भाषा के जरिए हमारी संस्कृति हमेशा फलती फूलती रहे।

तुलसीदास



आजादी का महत्व

'तुलसी नर का क्या बड़ा, समय बड़ा बलवान। भीलां लूटी गोपियाँ, वही अर्जुन वही बाण।। रामचरितमानस की रचना करने वाले गोस्वामी तुलसीदास जी के जीवन के बारे में जानना बेहद सुखद अनुभव है। इसी देश में संत कबीर जी और सूरदास जैसे संतों ने भी अपने चरण टिकाए थे। तुलसीदास जी ने 'रामचरितमानस' और 'हनुमान चालीसा' की भी रचना की थी। अपने जीवन काल में उन्होंने 12 ग्रन्थ लिखे। वे भारत के महान कवि, लेखक, महाकाव्य रचयिता और दोहे कहने वाले महान संत हैं। महर्षि वाल्मीकि ने रामायण की रचना की थी जो कि संस्कृत भाषा में है। उसी से प्रेरणा लेकर तुलसीदास जी ने रामचरितमानस की रचना की, जो की अवधी भाषा में है। वाल्मीकि की रामायण और तुलसीदास के रामचरितमानस में यह अंतर है कि वाल्मीकि ने राम को एक मानद के रूप में दिखाया है, जबकि तुलसी ने राम को ईश्वर के रूप में तुलसी के राम ईश्वर होते हुए भी धरती पर मानव रूप में मर्यादाओं पालन करते हैं।



सुश्री कनिका चौहान
बीए तृतीय वर्ष

• एक छात्र की दृष्टि में आजादी का महत्व '

हमारे देश भारत को आजाद होते 75 साल होने वाले हैं। अनेक स्वतंत्रता सेनानियों के हौसले के दम पर हमें अंग्रेजों की 200 वर्षों की गुलामी से 1947 में आजादी मिली थी। आजादी सर्वोपरि होती है। आजाद व्यक्ति अपनी इच्छा से अपनी आवश्यकताओं की पूर्ति कर सकता है, खा-पी सकता है, कहीं घूम-फिर सकता है। गुलामी का जीवन कष्टमय होता है। अतः आजादी को संभालकर रखना हम सभी का दायित्व है। मुझे लगता है कि एक छात्र की दृष्टि से हर युवा पीढ़ी को आगे आकर देश की कमान ईमानदारी के साथ संभालने की आवश्यकता है। छात्र को आजादी का महत्व पता होना चाहिए। यदि वह इसका गलत फायदा उठाता है तो हमारे पूर्वजों का सारा बलिदान निरर्थक हो जाएगा। एक छात्र के अंदर अनुशासनप्रियता, समय का सदुपयोग, सहिष्णुता, परिश्रम, ईमानदारी एवं सच्चरित्र आदि गुणों का होना आवश्यक है, तभी वह सही मायने में आजादी का महत्व समझ सकता है।

छात्र तथा राष्ट्र एक सिक्के के दो पहलू हैं। राष्ट्र का पूर्ण विकास आज के छात्र पर निर्भर करता है। ऐसा करके ही एक छात्र सही मायने में आजादी के महत्व को भविष्य में भी आजाद रख पाएगा।

सुश्री : आस्था मेहता
(बी काम) प्रथम वर्ष

दिल से उभरे अक्षर



ओस की बूंद सी होती है बेटियाँ।
स्पर्श खुरदुरा हो तो रोती है बेटियाँ॥
रोशन करेगा बेटा तो बस एक ही कुल को।
दो दो कुलों की लाज होती है बेटियाँ॥
कोई नहीं है दोस्तो एक दूसरे से कम।
हीरा अगर है बेटा तो सुचा बोती है बेटियाँ
॥ कांटो की राह पर वह खुद चलती है।
औरों के लिए फूल मोती है बेटियाँ।
विधि का विधान है, यही दुनिया की रस्म है।
मुट्ठी में भरी नीर सी होती है बेटियाँ।



सुश्री कनिका ठाकुर
बी ए द्वितीय वर्ष



बेटी

जब-जब जन्म लेती है बेटी, खुशियां साथ लाती है बेटी ।
ईश्वर का आशीर्वाद है बेटी,
सुबह की पहली सौगात है बेटी ।
तारों की शीतल छाया है बेटी, आंगन की चिड़िया है बेटी।
त्याग और समर्पण सिखाती है बेटी नये- नये रिश्ते बनाती है
बेटी ।
जिस घर जाए, उजाला लाती है बेटी, बार-बार याद आती है
बेटी ।
बेटी की कीमत उनसे पूछो, जिनके पास नहीं है बेटी।
धन्यवाद

सुश्री अवंतिका गांगटा
बीए तृतीय वर्ष

प्रार्थना की शक्तियह

यह ए. पी. जे अब्दुल कलाम की आत्मकथा विंग्स ऑफ फायर का एक अंश है। इस निबंध से प्रसिद्ध वैज्ञानिक और भारत के पूर्व राष्ट्रपति हमें उनके बचपन के बारे में बताते हैं। और साथ ही उनमें आध्यात्मिकता के विकास के बारे में भी बताते हैं, मेरा जन्म मदास राज्य के रामेश्वरम शहर के मध्यम वर्गीय तमिर परिवार में हुआ था। मेरे पिता जैनुबुदिदन के पास न ही अच्छी औपचारिक शिक्षा थी और न ही बहत धन था। उनके पास अत्यन्त सहज जान और आत्मा की सच्चौ उदारता थी। उन्हें मेरी माँ आम्हीमा में एक आदर्श सहायिका मित्री थी। मुझे हर दिन खाना खाने वाले लोगों की सही संख्या याद नहीं है, लेकिन मुझे विश्वास है कि हमारे परिवार के सभी सदस्यों की तुलना में कहीं अधिक बाहरी लोग हमारे साथ भोजन किया करते थे। मेरे माता-पिता बहुतों द्वारा एक आदर्श युगल के रूप में माने जाते थे। मेरी माँ की वैशावली काफी प्रतिष्ठित थी, उनके पूर्वजों में से एक को ब्रिटिशों द्वारा 'बहादुर' का खिताब दिया गया था। मैं कई बच्चों में से अनंग सा, छोटे कद का लड़का था, जो ऊँचे कद सुन्दर माता-पिता के यहाँ पैदा होते हुए भी साधारण सा दिखता था। हम अपने पैतृक घर में रहते थे, जो 19वीं शताब्दी के मध्य में बनाया गया था। यह रामेश्वरम में मस्जिद के रास्ते पर चूना, पत्थर और ईंट से बना एक बड़ा पक्का मकान था। सादगी से भरे मेरे पिता हर सुख सुविधा तथा विनासिता से दूर रहते थे। हालांकि हमें भोजन, चिकित्सा या कपड़ों के संदर्भ में सभी सुविधाएँ प्रदान की गई थीं। वास्तव में कहना चाहता हूँ कि मेरा बचपन भौतिक और भावनात्मक रूप से बहुत सुरक्षित रहा है। मैं आमतौर पर अपनी माँ के साथ रसोई के फ्रश पर बैठकर खाना खाता था। वे मेरे सामने एक केले का पत्तन रखती थीं, जिस पर चावल और सुगंधित सांभर और साथ ही विभिन्न प्रकार के तेज़, घर में बने आचार और ताजे नारियल की चटनी रख दी जाती थी। प्रसिद्ध शिव मंदिर, जो रामेश्वरम् को तीर्थयात्रियों के लिए इतना पवित्र स्थल माना जाता था, हमारे घर से मंदिर लगभग दस मिनट की दूरी पर था। हमारा इलाका मुख्य रूप से मुस्लिम बहुल था, लेकिन बहुत हिंदू परिवार भी अपने मुस्लिम पड़ोसियों के साथ सौहार्दपूर्ण तरीके से रहते थे। हमारे यहाँ एक बहुत पुरानी मस्जिद थी जहाँ मेरे पिता मुझे हर शाम प्रार्थना अर्थात् नमाज़ पढ़ने ने जाते थे। मुझे अरबी भाषा में की जाने वाली प्रार्थना का मतलब ज़रा भी समझ नहीं आता था। लेकिन मैं पूरी तरह से आश्वस्त था कि वह भगवान तक पहुँचती थी। जब मेरे पिता प्रार्थना के बाद मस्जिद से बाहर आते थे, तो अलग-अलग धर्मों के लोग बैठे होते थे, उनके लिए दुआ करते थे और उनमें से कुछ ऐसे लोग होते थे जो मेरे पिता को पानी से भरे कटीरियाँ देते थे जिनमें वे अपनी उँगलियाँ भिगोते थे और प्रार्थना करते थे। फिर उस पानी को शारीरिक रोगियों के घर ने जाया जाता था। मुझे यह भी याद है कि उसे हमारे घर भी ले जाया जाता था। मुझे यह भी याद है कि हमारे घर आने वाले लोग इलाज के बाद मेरे पिता का धन्यवाद करते थे। मेरे पिता हमेशा मुस्कराते थे और उनसे कहते थे कि इसके लिए उन्हें अल्लाह का धन्यवाद करना चाहिए जो इतने परोपकारी और दयालु हैं। रामेश्वरम् मंदिर के परम पुजारी पक्षी लक्ष्मण शास्त्री मेरे पिता के बहुत करीबी दोस्त थे। मेरे 'बचपन की सबसे ज्वलंत यादों में से एक दौ पुरुषों की है, प्रत्येक अपने पारंपरिक पोशाक में अध्यात्मिक विषयों पर चर्चा करते थे। जैसे-जैसे मैं बड़ा होता गया मैंने अपने पिता से प्रार्थना की के बारे में पूछने लगा। फिर मेरे पिता ने मुझे बताया कि प्रार्थना के बारे में कुछ भी रहस्यमय नहीं है बल्कि, प्रार्थनाओं ने लोगों के बीच आत्मा का मैन संभव कराया है। तो उनके अनुसार "जब आप प्रार्थना करते हैं तो आप अपने से परे होते हैं और ब्रह्माण्ड का हिस्सा बन जाते हैं, जो धन, उम्र, जाति या पंथ के किसी विभाजन को नहीं जानता है।" मेरे पिता जटिन अध्यात्मिक अवधारणाओं को बहुत सरल तमित्र में समझा सकते हैं थे। उन्होंने एक बार मुझसे कहाँ था, "अपने समय में, अपने स्थान पर, वास्तव में वह क्या है, और मंच पर वह पहुँच गया है - अच्छा या बुरा प्रत्येक मनुष्य प्रकट होना इस दिव्य सत्ता के भीतर एक विशिष्ट तत्व है।" तो फिर, मुश्किलों दुख तकलीफों और समस्याओं से क्या डरे? जब मुझीबतें आती हैं, तो अपनी पीड़ा की प्रासांगिकता को समझने की कोशिश करे। प्रतिकूलता हमेशा आत्मनिरीक्षण के अवसर प्रस्तुत करती है। इस सुन्दर ग्रह पर हर एक जीव भगवान द्वारा एक विशेष भूमिका को पूरा करने के लिए बनाया गया है" मैंने जो भी जीवन में हासिल किया है वह उनकी मदद से उनकी इच्छा की अभिव्यक्ति से है। उन्होंने कुछ उत्कृष्ट शिक्षकों और सहयोगियों की सहायता मुझपर कृपा की और जब मैं इन भले व्यक्तियों को अपनी श्रद्धांजलि अर्पित करता हूँ तो मैं उनकी महिमा गाता हूँ। इन सब कटों और मिसाइल का आविष्कार 'कलाम' नामक एक छोटे से व्यक्ति के माध्यम से किया गया है, ताकि भारत के लाखों लोगों को वह यह बता सके कि वे कभी छोटे या असहाय महसूस न करें। हम एक ईश्वरीय आग के साथ पैदा हुए हैं। हमारी कोशिश इस आग को पंख देने की और दुनियाँ कौ उसकी अच्छाई की चमक से भरने की होनी चाहिए।

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अंधविश्वास

वक्त बदला, जमाना बदला, रंग बदला, आसमान बदला, रूप बदला, फिर भी कुछ बदला क्या? आज भी देश के अनेक लोग अंधविश्वास पर यकीन करते हैं। लोग अक्सर अंधविश्वास की बातें मानकर बाबाओं, साधुओं, तांत्रिकों के बहकावे में आकर अपनी इज्जत, धन गवाँ बैठते हैं। अंधविश्वास का मतलब है किसी चीज़ को हम सुनते आ रहे हैं और उस पर विश्वास कर लेते हैं क्योंकि हम व्यावहारिक नहीं हैं। वे ऐसी चीजों पर बिना सोचे विश्वास कर लेते हैं। मांगलिक लड़की का विवाह करने से पहले बरगद के पेड़ के साथ उसका विवाह करना, घरों में नीबू मिर्च लगाकर रखना जिससे बुरी शक्तियाँ का प्रभाव घरों पर न पड़े, लोग इन डरों को दूर करने के लिए अंधविश्वास का सहारा लेते हैं। लोगों का मानना है कि अगर संसार में दैविक शक्तियाँ तो बुरी भक्तियाँ भी हैं। जिसके कारण वे अंधविश्वास को अत्यधिक बढ़ावा दे देते हैं। कुछ पाखंडी लोग अंधविश्वास का फायदा उठाकर लोगों से भगवान के नाम पर बुरे काम करवाते हैं, जिनके बारे में लोग सोच भी नहीं सकते। बिल्ली द्वारा रास्ता काटने पर रूक जाना, छौंकने पर काम का पूरा न होना, बाई आँख फड़कने पर अशुभ समझना, कौवे का घर के सामने बार-बार कौन-कौन करना आदि ऐसी घटनाएँ हैं जिन पर लोग आज भी विश्वास कर लेते हैं। मासिक धर्म में मंदिर, विवाह, पूजा पाठ आदि शुभ अवसरों पर न जाना, स्त्रियों का संतान प्राप्ति के लिए बाबाओं के चक्कर में पड़ना, जिसके चलते बाबा महिलाओं से ऐसे काम करवाते हैं, जिसके बारे में हम सोच भी नहीं सकते। औरतों की इज्जत से खिलवाड़ किया जाता है। 2018 में हरियाणा में एक घटना सामने आई थी जिसमें जलेबी नामक बाला को गिरफ्तार किया गया, जिसने तंत्र मंत्र के नाम पर 90 से के साथ चाय में नशीला पदार्थ मिलाकर दुष्कर्म किया था और 120 से अधिक अश्लील फिल्में बनायी थीं ऐसी कई वारदातें प्रतिदिन सुनने को मिलता है। अंधविश्वास के कारण मनुष्य अपने जीवन में किसी न किसी समस्या से जूझता रहता है। इससे बहार निकलने एवं उस समस्या को हल करने के लिए यह अंधविश्वास के चलते साधु, तांत्रिक और याचा की बातों में आ जाते हैं। अगर हमने खुद पर विश्वास करना सीख लिया तो अपने डर को दूर कर सकते हैं अगर अपने

डर को मन से बाहर निकाल दिया तो हम अंधविश्वास को हमेशा के लिए दूर कर सकते हैं। अंधविश्वास से किसी भी त्रह कोई फायदा नहीं होता, सिर्फ नुकसान हो होता है। यदि मानव जाति को जीवित रखना है

तो हमें बिल्कुल नई सोच की आवश्यकता होगी और इसके किए हमें खुद में सुधार लाना होगा।

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त्राहिमाम् त्राहिमाम् क्यों?

त्राहिमाम् त्राहिमाम् क्यों जहान कर रहा एक अनदेखे शत्रु से आज इतना डर रहा इस जीवन में मनुष्य को कई बार अनेक महामारियों का सामना करना पड़ा है, लेकिन वर्तमान में सारी दुनिया को एक ऐसे वायरस ने त्रस्त किया है जिसका केवल नाम सुनकर ही लोगों के मन में डर पैदा हो रहा है। इस वायरस के कारण सबका जीना मुश्किल बना है। पूरे विश्व में फैला कोरोना वायरस

एक संक्रामक बीमारी है जो एक प्रकार के विषाणु के कारण होती है, जिसे पहले कभी नहीं देखा गया। इस वायरस का संक्रमण सबसे पहले दिसंबर 2019 में चीन के वुहान शहर में शुरू हुआ था। यह संक्रमण एक व्यक्ति से दूसरे में जल्द फैलने लगा और संपूर्ण विश्व को अपनी चपेट में ले लिया विश्व स्वास्थ्य संगठन ने कोरोना वायरस को वैश्विक महामारी घोषित किया। इस वायरस का संक्रमण होने के बाद व्यक्ति को जुकाम सॉस लेने में तकलीफ, गले में खराश जैसी समस्याएं उत्पन्न होती हैं। यह वायरस अलग-अलग लोगों पर उनकी रोग प्रतिरोधक क्षमता के अनुसार अलग-अलग प्रकार से प्रभाव डालता है। इसके गंभीर मामले में व्यक्ति की मौत भी हो सकती है। कोरोना वायरस से बचने के लिए हमें मुह पर मास्क लगाना, सामाजिक दूरी बनाये रखना, हाथों को बार-बार थोना, बीमार व्यक्ति से दूर रहना, कोरोना का टीका उपलब्ध होने पर जरूर लेना आदि उपायों का सख्ती से पालन करना चाहीए कोरोना महामारी के कारण संपूर्ण विश्व थम सा गया है। इस समय देश के हर नागरिक को अपना आत्मविश्वास बढ़ाना चाहिए। कोरोना के खिलाफ देश के स्वास्थ्य कर्मी, पुलिस कर्मचारी आदि स्वयं को जोखिम में डालकर दिन रात मानवता की सेवा कर रहे हैं।

कोरोना महामारी के शिक्षा पर प्रभाव कोरोना के कारण स्कूलों के बंद होने से बच्चे असामान्य रूप से प्रभावित हुए क्योंकि सभी बच्चों के पास पढ़ने के लिए जरूरी अवसर एवं साधन नहीं पहुंच पाए लाखों छात्रों के लिए स्कूल का बंद होना उनकी शिक्षा से अस्थायी तौर पर व्यवधान भर नहीं कोरोना के कारण लड़कियों की शिक्षा मुख्यतः प्रभावित हुई इन छात्राओं में गरीब, नृजातीय और अल्पसंख्यक समूह की कन्याएं प्रमुख थीं। ऑनलाइन कक्षा के लिए उपरोक्त साधन ना होने के कारण प्रमुखतः लड़कों को शिक्षा प्राप्त करने का अवसर ला और लड़कियों की शिक्षा प्रभावित हुई समाज की उपयुक्त कूरीतियों के कारण लड़कियाँ अपने लक्ष्य से दूर हो गईं, उन्हें शिक्षा से अधिक घर के काम-काज करने को महत्व दिया गया। आहिमाम् त्राहिमाम् है क्यों जहान कर रहा एक अनदेखे शत्रु से आज इतना डर रहा।

दिल से उभरे अक्षर



धर्म का दीपक

कभी राम का रूप धरा, और मर्यादा सिखलाता आया।
कभी मोहम्मद ईसा बन के, सच का पैगाम सुनाता
आया।

गुरु नानक अवतार के युग में, ज्ञान के दीप जलाता
आया।

यही संदेश धर्म का युगों-युगों से है चलता आया।
युगों-युगों से है चलता आया।

धर्मों में फंसकर इस मानव ने, निज हित का ज्ञान भुला
दिया।

जाति, नाम और ओहदे में रंगकर, इंसानियत
भुला दिया

घर परिवार को बांट रहा पर खुद है मेहमान यह भुला
दिया।

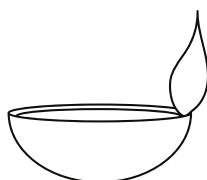
उसी को

दुश्मन मान रहा जो, सच की राह दिखलाता आया।

यही संदेश धर्म का युगों-युगों से है चलता आया।
युगों-युगों से है चलता आया।

धरती के इस उपवन में, खार है तो गुलबहार भी है ना।
नफरत का अंगार है लेकिन, प्यार की बहती धार भी है
ना।

रावण का है पात्र अगर तो, राम का किरदार भी है ना।
जो चाहे अपना ले, अपने कर्म पर अधिकार तो है ना।
बार-बार एहसास यही युगों-युगों से है चलता आया।
युगों-युगों से है चलता आया।



सुश्री -शिखा शांडिल
बी.ए.(हिंदी)
द्वितीय वर्ष

काश

काश काश। न रह जाए,
आस पास न रह जाए,
करना तो होगा संघर्ष जीवन में,
अनजाने में कोई प्यास न रह जाए।

काश काश। न रह जाए।
मेरा हर दिन काश से शुरू होकर
काश पर खत्म होता है,
न जाने यह कौन से अधूरे
सपनों के बीज बोता है।

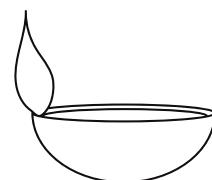
काश कहीं सपना बनकर किसी चौराहे से न
मुड़ जाए,

सपने रेत की तरह मरुस्थल से न उड़ जाएँ,
काश काश न रह जाए।

जिन्दगी की हर मंजिल को पाना आसान तो
नहीं

पर काश कह कर जो भूल जाए वह इन्सान
तो नहीं ? गाँधी भी कह गए जो मिले उसका
सत्कार किया जाए ,
सपनों का कभी न बहिष्कार किया जाए,
दिल का कोई एहसास न ढह जाए
काश काश ही न रह जाए
काश काश। ही न रह जाए।

सुश्री नैनिका एकका
बी०ए० (हिन्दी) द्वितीय वर्ष





Fare Thee Well

BATCH OF 2021-2022



B.A.
Economics
Honours



B.A.
Geography
Honours



B.A.
Psychology
Honours



B.A.
English
Honours



B.A.
Pass
Course

B.Sc
Medical



B.Sc
Microbiology



B.Sc
Biotechnology



B.B.A



B.Com



“The thing about new beginnings is that they require something else to end.”

— Gossip Girl



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