



Echoes

2019-20





The Lord is my strength and my shield,

My heart trusted in Him,

And I am helped:

Therefore my heart greatly rejoiceth,

And with my song will I praise Him.

Psalm 28:7

Contents

From the Principal's Desk	...1
Editorial	...2
Unprecedented Times	...3
Bedeian Log 2019-2020	...4
Admiral	...15
Vice-Admiral	...16

Reports

1. INS Chirag	...17
2. INS Himmat	...19
3. INS Vikas	...21
4. INS Vikrant	...23

Society Reports

5. Community Outreach Cell	...26
6. Cultural Society	...27
7. Debates and Dramatics	...28
8. Disaster Management	...29
9. Environment Cell	...30
10. Health Club	...31
11. Heritage Club Miraasa	...32
12. Hostel Representative	...34
13. Media Cell	...35
14. National Sports Organization (N.S.O.)	...36
15. NCC Activities	...37



16.	National Service Scheme	...39
17.	Placement Cell	...43
18.	Red Ribbon Club	...44
19.	Women's Cell	...45
20.	Department of English	...46
20.	Department of Science	...49
21.	Internship in Clinical and Rehabilitation Psychology at NIEPVD, Dehradun	...52
22.	Clinical Psychology Internship at Global Child Wellness Centre	...54

Odyssey

1.	Enchanting Manali	...58
2.	Field Survey to Kaza	...60
3.	Trip to the Mountains	...62
4.	A Journey Full of Joy and Learning	...65

For the Aesthetes

Paintings	...68
In Conversation With...	...76
Archived	...80
Know Your Support Staff	...82

Pen- Drive

1.	Must Read Books	...86
2.	<i>Tamasha</i> and the Overtones of Mental Health Depiction	...87
3.	Festival de Cannes	...89
4.	Indian Cinema—Beyond Bollywood	...90
5.	Today's Feminism	...93
6.	Writers and the World of Publishing	...95



7.	The Condition of Women In the Present Day India	...98
8.	The Kingdom In the North	...101
9.	From Mom's Cassette to Spotify Premium: A Musical Journey	...103

Book Reviews

The Wanderer by Khalil Gibran	...106
The Color Purple by Alice Walker	...107
The Alchemist by Paulo Coelho	...108
Complainers by Rudy Francisco – A Poem Review	...109

My Muse and I

The Redeeming Blue	...111
Men Will Be Men	...112
Far From Here	...112
The Outcry of a Dalit and R for Revolution	...113
Winter Blossoms	...116
Self-Love	...117
Martyrs of Kargil	...118

The Fragrant Old

A Proud Bedeian...	...120
Nostalgia Version 2020	...124
My Experience at St. Bede's	...126

Accolades Galore

Prizes	...129
--------	--------

In Fond Memory of...	...141
-----------------------------	--------

Adieu	...142
--------------	--------





From the Principal's Desk

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour and some style.”- *Maya Angelou*

This quote aptly describes the personality of a true Bedeian, who is groomed to be an asset to contemporary society. Here at St. Bede's, we believe in holistic development through academics, co-curricular and extra-curricular activities. The year gone by has seen Bedeians excel in all fields and I can proudly state that after they leave college, they will continue to surge ahead in whatever field they choose.

The Covid-19 Pandemic disrupted the last two months of the academic session with a long lockdown, each one of us I'm sure learnt many lessons for life, one for sure being that don't take anything for granted, value each and every moment, persons in your lives because we don't know when we may not be able to do these simple things. It is these little things that add so much joy to our everyday lives.

As the outgoing students step out of college to pursue their dreams, may God bless and guide them through their journey of life. May they always live up to the college motto *Non Nobis Solum* - Not for Ourselves Alone, and as H. W. Longfellow said, “... and departing leave behind footprints in the sands of time.”

—Ms. Nandini Pathania





Editorial

The solacing smell of ink stirred by the mustiness of old books and magazines the afore mentioned are but polished words to express the plight of about every magazine editor. As regular visitors of the college library, we came across many older copies of 'Echoes' and it was nothing short of fascinating to see the legacy of so many young ladies kept together in a special corner of the archives .

The Bedeian spirit prompted us to leave behind a legacy that would echo in all its essence. This would be possible only through the magazine and hence we decided to be part of the Editorial Board 2019-2020. The idea behind this year's magazine was to have a larger reach to the community because it stands like a true pillar by upholding the Bedeian values .So as we went around interviewing the teachers ,support staff and interacting with a few ex Bedeians ,we realized that there is a charm that surrounds all those who are or have been associated with St .Bede's College. Coming across the wonderful work submitted to us by our juniors and fellow batch mates was supremely heartwarming .The magazine couldn't have been put to effect without the constant directions given by our team leader, Ma'am Gitanjali Mahendra and the execution of Mr. Mahajan .

So, as you flip through this work pieced together by the joint effort of so many, do bear in mind that every sentence has been a product of hours of procrastination, brainstorming, multiple notices for article submissions and the frequently asked question, "When will the magazine be finalized and published?"

We express our gratitude to Geetika Bhatnagar for giving us pictures for the magazine that she has tirelessly clicked throughout the year. We also thank every student and staff member who has helped us to bring out this edition of 'Echoes' .

—Editor - Dhawani Jasrotia
Co-Editor - Aamna Tyagi
Sub-Editor - Simran Kathait



Unprecedented Times

Wherever you are, it is impossible to avoid conversations about COVID-19, and most conversations are peppered with scientific terms that have now become commonplace. Our life at St. Bede's got disrupted when schools and colleges in India were closed down in mid-March, following the lockdown months. We, the staff and students felt the significant damage inflicted by the virus globally. Social distancing became important and we physically drifted apart from each other. The pandemic is having dramatic effect on everyday life. At the end of 2019, there was little to indicate that global order would face an imminent, potentially transformative shock. As the world drifted through this pandemic, so did the transition to the online medium, with webinars and online teaching, becoming the new normal.

As this shock is gradually permeating into our lives we are learning to live with it. There are major uncertainties and many questions related to the future. We have learnt to be more grateful for all that we have and are connecting to each other digitally. We have begun to value what life has to offer. As we are coping with this situation, Echoes 2019-2020 is a refreshing change to read amidst the times of this pandemic, it will take us back to the days we all worked together and will reassure us that the old way of life will come back.

As we all are praying for the safety of our loved ones, we are grateful to the Almighty that our Bedeian family is safe. I extend my gratitude to Dhawani, Aamna and Simran for their constant support and having a keen eye for detail. Special thanks to Geetika Bhatnagar for the photographs and to one and all associated with the magazine.

—Dr. Gitanjali Mahendra



Bedeian Log

JULY



July 3 and 4, 2019 : The NSS volunteers of 2nd and 3rd year actively participated in a cleanliness drive and cleaned the college campus and surroundings.



July 15, 2019 : Anti- Ragging and Anti-Drug Abuse Lecture by Ms. Shubhra Tiwari (IPS).

July 22, 2019: About 20, NSS volunteers collaborated with the Forest Department Himachal Pradesh and planted tree saplings in the Chamyana area of Shimla to commemorate *Van Mahotsav*.



July 24, 2019 : College Elections were held for the year 2019-2020



July 26, 2019: The Kargil *Divas* was observed by the NCC Unit which sensitised the audience about the sacrifices made by the martyred.



July 31, 2019: Mother Foundress St. Claudine Thévenet's Feast Day was celebrated.



AUGUST, 2019

August 1, 2019 : Investiture Ceremony. Dr. Shrikant Baldi presided as the Chief Guest.



August 6, 2019 : The Heritage Club, Miraasa commemorated the Hiroshima Day.



August 8, 2019 : Freshers' Day, 2019 themed 'Bievenue Freshers' was organized by the seniors and the teachers. Dr. Punita Bhardwaj, Inspector General of Police was invited as the Chief Guest.



August 13, 2019 : The Electoral Literacy Club of the Department of Political Science arranged a seminar where students engaged in debate, discussion and also prepared and put up political cartoons.



August 14, 2019 : An assembly on 'Breast Cancer Awareness' was organised by the Health Club. Dr. Vikas Fotedar from IGMC, Shimla delivered an insightful presentation on the same.

August 14, 2019 : The NSS society organized a *Swachh Bharat* Rally. The rally made the students familiar with the importance of cleanliness.



August 14, 2019 : The Heritage Club of St. Bede's College, Miraasa celebrated Youth Day with inter-ship debate and poster making competition.





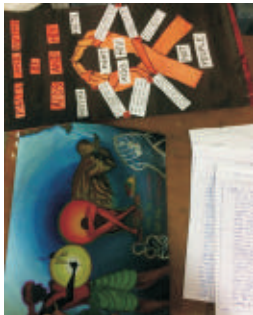
August 15, 2019 : Independence Day was celebrated in college.



August 21, 2019: The Department of English organized a workshop on 'Translation Studies and Theories'.



August 23, 2019: The NSS society organized a Tree Plantation Drive.



August 29, 2019 : The Red Ribbon Club organized a poster making and essay writing competition for the Youth Week on Myths and Facts of HIV and AIDS.



August 30, 2019 : The Department of Political Science organised an educational visit to the Vidhan Sabha to attend the on-going monsoon session.



August 30, 2019: INS Chirag organized the first Canteen. The objective of the canteen was to gather money to donate to the orphanage.

SEPTEMBER, 2019

September 2, 2019: The students of the Community Outreach Cell accompanied by its President, Dr. Gitanjali Mahendra performed a *Nukkad Natak* on Personal Hygiene in Bangla Colony School, Sanjauli.



September 3, 2019: The Placement Cell organised a workshop on 'Start-up Programmes and Entrepreneur Development'.



September 4, 2019: The Feast for Blessed Dina Belanger was observed.



September 5, 2019: Teachers' Day was celebrated in the college.



September 7, 2019 : The *Hindi Saptah* begins with different ship activities like self-composed poems, mono acts and calligraphy.



SEPTEMBER, 2019

September 9, 2019 : The Health Club organized a session on 'Exercise Fitness Program Zumba.'



September 12, 2019 : Representatives from Tommy Hilfiger, Calvin Klein and conducted a placement drive for various posts. Many girls were offered placements.



September 13, 2019 : To mark International Year of Periodic Table 2019, the Science Department hosted a one day Seminar entitled 'Patterns in Nature and Discoveries in Science.'

September 14, 2019 : *Hindi Diwas* was celebrated in the college auditorium.

Various inter-ship activities were held such as self-composed poems, skits and dance.



September 16, 2019 : The Heritage Club, Miraasa celebrated the 'World Ozone Day' in collaboration with the Zoology Department.

September 17, 2019: The Health Club organised an awareness session on menstrual hygiene.

September 18, 2019 : The NSS Unit organized a talk on the obesity. The lecture was delivered by Ms. Jaivanti Chauhan from Department of Nutrition St. Bede's College, Shimla.

September 20, 2019: The Placement Cell organised a seminar by AIESEC. They told the students about their projects with the UN and offered internship programs to them.



SEPTEMBER, 2019



September 21, 2019 : Parent-Teacher Meeting was conducted and Parent-Teacher Association (PTA) was formed.

September 21, 2019 : The NCC unit organised a Drug Abuse and *Swachh Bharat* drive and also visited *Anganbadi*.

September 24, 2019: The founding day of National Service Scheme was organised. *Nukkad Natak* was also staged highlighting the hazardous consequences of consuming junk food.



September 25, 2019 : The Women's Cell organized a presentation on 'Gender Mainstreaming' by the Chief Guest of the function, Prof. Aparna Negi, the Chairperson of Department of Economics and Institute of Tribal Studies at Himachal Pradesh University.

September 26, 2019 : The NCC Unit of 1 H.P. Naval Unit, NCC Bilaspur inaugurated a *Swachhta Pakhwada* which continued for the next 14 days. NCC Cadets also presented



OCTOBER, 2019

a *Nukkad Natak* on *Swachhta* with a motivational message.



September 30,
2019 : INS Vikas conducted their Ship Canteen.

OCTOBER-2019

October 3, 2019 : The NCC Cadets and staff of the college were honoured by the Chief Minister for their 'Poly Brick' initiative and voluntary participation in spreading awareness about *Swachhta* through their *Nukkad Natak*.



October 10, 2019 :

The Psychology Department conducted a special assembly on the occasion of World Mental Health Day.

NOVEMBER- 2019

November 14, 2019: Teachers and students celebrated Children's Day in the Basketball Court with a friendly basketball match and a game of musical arms.

November 28, 2019: Book Talk was organised in the Library of St. Bede's College. The Chief Guest for the function was Professor Mita Biswas, a former teacher at St. Bede's College.



NOVEMBER, 2019



November 30, 2019: As part of the Heritage Week, The Heritage Club, Miraasa organized a Heritage walk from Navbahar Chowk to the Viceregal Lodge, Chaura Maidan.

DECEMBER-2019

December 1, 2019: Around 70 NSS students participated in an AIDS Awareness Rally. A dance and a skit were performed at Peterhoff



Hotel by the students.



December 2, 2019: INS Vikrant conducted their Ship Canteen.

December 2, 2019: A folk singing competition was held in St. Bede's College

as a part of Heritage Week celebrations.

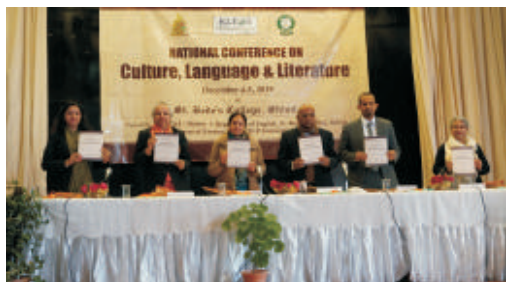
December 4 and 5, 2019: A National conference on 'Culture, Language and Literature' was organised in St. Bede's College in collaboration with ELTAI Shimla.



DECEMBER, 2019

Eminent personalities in the field of literature were present.

December 6, 2019: The ADC of Shimla, Mr. Apoorv Devgan visited St. Bede's College to make them aware about Drug Abuse.



December 6, 2019: A drill was conducted by the NCC Cadets on the occasion of NCC Day. The commander of the drill was Cadet Pallavi Sharma.



December 7, 2019: A cultural program was organised as part of the NCC Day celebrations.

December 11, 2019: The students and teachers gathered to celebrate the opening ceremony of the NSS camp. A classical dance and a *Nukkad Natak* were performed. A Blood Donation Camp was organised and many students donated their blood.



December 12, 2019: Disaster Management Cell organised 'Disaster Preparedness and Training' Session in collaboration with NSS. Senior Platoon Commander, Nishant Chauhan along with fellow instructors trained the students in Disaster Management.



December 13, 2019: A presentation on 'Breast Cancer' was given by Dr. Manish Gupta, Professor and Head of Department of Radiation Oncology,





Cancer Hospital, Shimla.

December 14, 2019: As part of the collaboration of NSS Himachal Pradesh with Kerala, there was a session on learning the Malayalam language. This session was led by Merin Josey, a student of B.A. English (Honours) of the college.

December 15, 2019: A Yoga session was organised for all the NSS volunteers led by Dr. Satyaprakash Pathak. On the same day, an informative session was conducted by Advocate Sheetal Vyas on women's rights and women's safety.



December 16, 2019: Christmas Celebrations were held in the college.



December 17, 2019: NSS Camp closing Ceremony with a *Nukkad Natak*, Nepali and Western Dances and a presentation.

December 26, 2019: The *Naati* Group of the college secured the first position the *Naati* Category of Group Dance in Rhapsody 2019 organised by University Institute of Legal Studies, Himachal Pradesh University.



February 20, 2020: A lecture on water conservation was organised by



FEBRUARY-MARCH, 2020

the 1 HP Naval Unit NCC, Bilaspur.

February 20, 2020 : The Hindi Department observed the *Matri Bhasha Diwas* which conveyed the diversity of India through different dance forms.

February 27, 2020: Mr. Kiran Kurwade, Director, Office of Strategic Initiatives, Chitkara University, Chandigarh trained



the students on interviewing skills and group discussions.

February 28, 2020: National Science Day was celebrated in the college.

March 2, 2020: The students participated in the 'Power Walk'



organised by the HP State Commission for Women in association with the National Commission for Women.

March 9, 2020: A small assembly was conducted to spread awareness on 'I am Generation Equality: Realising Women's Rights.'





Admiral

I am always reminded of the words of my teacher, "What do you have to fear? Have the faith of Moses!"

From an average student at school whom you would find in the back benches, to leading the Council as the Admiral of an institution that will always be more than just a 'second home' to me, I grew up. I was in tears the day I took my oath as the Admiral. There was an entire journey full of hurdles and pain ahead of me. Everything was to change from that very moment. It was then that I remembered the words quoted above, and went on to administer my duties.

I am a simple human, and while I was facing difficulties, not only did I learn my lessons, but made many mistakes too. Not only our Principal, but even our teachers helped me to keep my spirits high and keep myself smiling through some of the darkest days. Here's to each and every teacher of my dear college. The love and care and the good times I have had the privilege to share with each one of you is a blessing I will cherish for a lifetime.

What a journey it has been for each one of us! I would like to thank every individual who trusted me, because this experience has taught me so much. For all those people who were always by my side to help and lend a patient ear, I sincerely thank you. I can never forget my journey at St. Bede's, for it has been a remarkable one.

Dear Bedeians, all I want you to know is, never stop learning and accept your shortcomings with an open heart. No matter what, never stop growing and smiling in your toughest times.

You are you, you are Bedeians.

—Pratishtha Thakur
Admiral (2019-2020)
B.A. English (Honours) 3rd Year





Vice-Admiral

I may fall short of words to express my emotions and gratitude for the opportunity bestowed upon me to be the Vice-Admiral of St. Bede's College. I extend my sincere thanks to our Principal Ma'am Nandini Pathania, and my teachers who inculcated in me such capabilities that I felt confident enough to be able to discharge my duties and responsibilities as the Vice-Admiral of this prestigious college.

I extend my profound gratitude to my friends, juniors and all my fellow mates who trusted and supported me through thick and thin the entire year. I would like to thank my best friend Ashita Bhawta who has always supported me and has stood like a pillar of strength by my side.

My journey at St. Bede's was like a roller-coaster ride where I faced both ups and downs but this college gave me the courage to face all my problems and become a better person. I feel blessed to have joined this prestigious institution and the experience I gained in these three years will help me through all walks of life.

—Muskan Chauhan
Vice-Admiral
B. Com. 3rd Year





INS Chirag

"Coming together is a beginning, staying together is progress and working together is a success." -Henry Ford

We believe that leaders are made, not born. Our journey serving as the Captain and Vice-Captain of INS Chirag was full of unique experiences. After all, our teachers have always taught us that participation is important, not the outcome.

Following the idealistic virtue, the year commenced with the Investiture Ceremony where the responsibility of the ship was granted to us as Captain and as the Vice-Captain. After this prestigious occasion began the plethora of activities that kept us busy throughout the year.

On the occasion of *Hindi Diwas*, our ship won the following prizes:

- | | | | |
|---|--------------------------|-------------------|-------------------------|
| • | <i>Natak Pratiyogita</i> | Ship Prize | (2 nd Prize) |
| • | <i>Kahani Lekhan</i> | — Shelly Bhardwaj | (2 nd Prize) |
| • | Solo Dance | — Arushi Patiyal | (2 nd Prize) |
| • | Best Actor | — Vartika Pundir | (2 nd Prize) |
| • | Collage Making | — Ishita Thakur | (2 nd Prize) |

Declamation:

- | | | |
|---|-----------------|-------------------------|
| • | Shelly Bhardwaj | (2 nd Prize) |
| • | Vartika Pundir | (1 st Prize) |
| • | Gargi Sud | (2 nd Prize) |

Elocution:

- | | | |
|---|--------------|-------------------------|
| • | Astha Sharma | (2 nd Prize) |
| • | Kriti Verma | (2 nd Prize) |



Poster Making:

- Muskan Sharma (2nd Prize)

Poetry competition (*Kargil Diwas*)

- Gargi Sud (1st Prize)

Best out of waste competition

- Gargi Sud (1st Prize)

None of the above achievements would have been possible without the help and guidance of our ship mistress, Dr. Deepti Pajni. We also extend our heartfelt gratitude to our mentor, Mr. Manu Mahajan. We would like to thank each member associated with our ship for their constant support and cooperation.

"Though no one can go back and make a new start, anyone can start from now and make a brand new ending." - *Carl Bard*

—**Ishita Thakur (Captain)**

Tanya Sharma (Vice-Captain)





INS Himmat

"Whenever you find yourself doubting how far you can go, just remember how far you have come."-N.R.Walker

Taking responsibility has never been easy and more so if it's the responsibility of the entire ship. St. Bede's has always taught us how to face challenges. Some challenges made us win and others made us learn and grow together only because of the consistent hard work and dedication of each member of INS Himmat. We have always strived to give our best possible.

Dedication and perseverance are the most important elements for the attainment of perfection and all the achievements that were conducted during the academic year 2019 - 2020 :

Poster Making	—	Harshita Jodha	(2 nd Prize)
Painting Competition	—	Ashita Bhawta	(2 nd Prize)
Badminton	—	Doubles	(2 nd Prize)
Table Tennis	—	Doubles	(2 nd Prize)
Kavita Lekhan	—	Aayushi Sharma	(1 st Prize)
Sulekh	—	Sakshi Kaushal	(1 st Prize)
Speech	—	Shrishti Pandit	(2 nd Prize)
Collage Making	—	Chahat Kohli	(3 rd Prize)
Vyangya Abhinay	—	Aayushi Sharma	(2 nd Prize)



We would like to extend our heartfelt gratitude to our ship mistress Ma'am Minni Sharma who has always supported and guided us and has always been there for us.

In the end, we would like to thank the college authorities for believing in us and supporting us throughout. It was quite an honour to serve this prestigious institution as the Captain and Vice-Captain of INS Himmat.

—Ashna Kainthla (Captain)

Nancy Chauhan (Vice-Captain)





INS Vikas

"All birds find shelter during the rain. But the eagle avoids rain by flying above the clouds. Problems are common, but attitude makes the difference."

—Dr. A.P.J. Abdul Kalam

We pledged to take up the responsibility of being the Captain and Vice-Captain of INS Vikas. Shouldering the ship's responsibilities, we learned the lesson that commitment is not only to sustain but to grow, rejoice in our work and to never lose sight of the leader you are now and the leader you will become.

Throughout the year, Vikasians exhibited courage, determination, enthusiasm, unity as well as true dedication to achieve their goals. In this delightful journey, we Vikasians made our mark in many fields. Some of our achievers are:

- **Chitwan Jamwal** stood First in Table Tennis.
- **Kavita** came First in Poster Making Competition on Youth Day.
- **Kirti Sharma** won the Second Prize in Poetry competition on *Kargil Diwas* and Women Empowerment Day. She also won the Third Prize in Elocution competition on Amul National Milk Day, Consolation Prize in the Startup Idea Contest by the Department of Industries, Himachal Pradesh and Third Prize for the Inter-Ship Poetry competition.
- **Shruti Chauhan** won the First Prize in Painting Competition on Independence Day. She came First in Poetry Recitation, won the Third and Second Prizes in Painting and Poster Making Competitions respectively on *Hindi Diwas*.
- **Hitaqshi Sharma** grabbed the Best Actress Award in the play performed on *Hindi Diwas* and First Position in Table Tennis Competition. Along with her team, she stood First in One-Act Play on *Hindi Diwas* and First in *Naati* at UCBS Fest.



- **Simran Kathait** stood First in the Inter-Ship Debates Competition. She stood second in the Slogan Writing Competition for *Hindi Diwas*. She also participated in the Youth Festival. She grabbed the First Position in the Book Talk in the college.
- **Shivani** of B.Sc. Biotechnology stood Second in *Sulekh* writing and bagged the Third Position in Declamation on *Hindi Diwas*.
- **Akshita Sharma**, (B.Com. II) got the Second Position in *Kahani Lekhan* and First Position and *Nibandh Lekhan* on *Hindi Diwas*.
- **Atreyee Shome** got the First Position in the Inter-Ship Dance Competition held on *Hindi Diwas*.

We extend our heartfelt gratitude to Tamana Verma, Sejal Chauhan, Vanshika Verma, Darshana Bhati, Diksha Hetta, Nandini Goel, Mishita Gupta and all the students who participated in the Ship Canteen. We would like to thank our ship mistress Ma'am Shivani Chauhan and Mr. Anoop Diltia who guided us all along. It was a wonderful journey!

—**Riya Verma (Captain)**
Dream (Vice-Captain)





INS Vikrant

St. Bede's prepares its students to become professional leaders in their chosen fields and this helps in developing their confidence. Ample opportunities are given to us and these opportunities have made our ship girls accomplish their goals. It was a pleasure to see each and every person work so hard for every little task they were assigned. It was also a learning experience for us. We would like to thank each and everyone who stood by us and made our dream of working for the college come true. It wouldn't have been possible without them.

Positions attained by the students of INS Vikrant are as follows:

Badminton Competition

Swati Sharma (B.Sc. III)
Apoorva Sood (B.Sc. III)
Janvi Agarwal (B.Com. III)

Nara Lekhan and Vyangya Abhinay

Anshika	(B.Com II)	(1 st Prize)
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Collage Making Competition

Prerita Prakash Sharma	(B.Com II)	(1 st Prize)
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Bhashan Pratiyogita

Diksha Vashisht	(B.A.II)	(1 st Prize)
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Nibandh Lekhan

Vibhuti Panwar	(B.A. I)	(1 st Prize)
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Poster Making Competition

Komal Shaktawat	(B.A. I)	(1 st Prize)
Jaisal Shekhawat	(B.A. I)	(2 nd Prize)

Essay Writing Competition

Aishna Chauhan	(B.Sc. III)	(2 nd Prize)
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Debates Competition

Mahima Rathore	(Psychology Honours III)	(2 nd Prize)
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Kavya Path

Kirti	(B.A. III)	(2 nd Prize)
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Kahani Lekhan

Anjali Sharma	(B.A. III)	(2 nd Prize)
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Kavita Lekhan

Ishita Phillip	(B.A. II)	(2 nd Prize)
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We would like to thank our ship mistress Ma'am Reena who stood by us like a pillar and guided and supported us throughout this journey. At the end, we would like to thank all the participants who took part in various competitions and helped our ship reach heights.

—Jois Pradhan (Captain)

Kirti (Vice-Captain)



Society Reports





Community Outreach Cell

“No act of kindness, no matter however small is ever wasted” -
Aesop

Community Outreach refers to the efforts that connect an organization's ideas or practices to the public. It involves meeting someone in need of outreach services at the location where they are. The overriding function of most community outreach programs is to fulfill a goal, study their needs surrounding a particular issue and create it to help them recover, learn or become self-sufficient.

An event was organized by Dr. Gitanjali Mahendra and the other students at the Bangla Colony School, Sanjauli. A *Nukkad Natak* was performed to create awareness regarding cleanliness and personal hygiene. Different pictorial charts were shown to them to make them understand better. They were told about the eating habits, before and after meals. It was a great interactive session with them; the students sang songs, recited poems, and stories. Refreshments were provided to each student. They participated actively and enjoyed thoroughly.

Take the opportunity to help the community!

—Aditi Sharma (Vice-President)
Nandini Goel (Secretary)



Cultural Society

“Culture is the widening of the mind and of the spirit.”

—Jawaharlal Nehru

Cultural Society in an educational institution is like a mirror that reflects its surrounding culture. Participation in cultural activities helps a student feel at home in the college and increases one's sense of belongingness and confidence. It aims to inculcate societal values in students by showcasing their talents and potential.

The Cultural Society of St. Bede's gives a platform to the students through which they get a chance to showcase their talents and improve their capabilities. To ensure the holistic development of students, participation in such activities is important. We encourage students to participate actively and are committed to developing and polishing their talents. The students were able to showcase their talent and creativity through the various activities and functions organized under the aegis of the Cultural Society such as - Vocal and Instrumental Music, Semi-Classical, Western and Indian forms of dance. Such functions are held throughout the year at various levels. We also participated in the Youth Festival, 2019 held in Himachal Pradesh, where the students actively performed and also won accolades for the same.

—Mehak Sharma (Vice-President)

Anjali Menon (Secretary)





Debates and Dramatics Club

"Dreams are not that you see while sleeping, it is something that does not let you sleep."

—A.P.J. Abdul Kalam

It seems like yesterday that we took the oath to shoulder our responsibilities and now the session has come to an end. Being a part of this society and handling the responsibilities helped us grow and broaden our horizons.

The activities organized by the Debates and Dramatics Club are as follows :-

Hindi Diwas:

The Debates and Dramatics Club collaborated with the Hindi Department and organized *Hindi Saptah* in which various inter-ship activities took place. The activities were - *Collage Nirman*, *Nara Lekhan*, *Kavita Lekhan*, *Sulekh*, *Kahani Lekhan*, *Bhashan*, *Vyangya Natika*, *Kavya Paath*, and *Nibandh Lekhan*. On September 14, *Hindi Diwas* was celebrated in the auditorium. Various inter-ship activities were held such as self-composed poems, skits, and dance.

The Club collaborated with the NSS Unit of the college and organized various skits and *Nukkad Nataks*. On September 22, 2019, a *Nukkad Natak* was organized by the club which was also performed at the Mall Road, Shimla. On December 11, 2019, on the occasion of the opening ceremony of the NSS Camp, a play on Blood Donation was performed. On the closing ceremony of the NSS Camp, a *Nukkad Natak* on 'Sustainable Development and Cleanliness' was performed. On November 25, 2019, the club organized an inter-ship 'Elocution Competition' in collaboration with Amul India.

On February 20, 2020, we observed *Matri Bhasha Diwas* and two inter-ship competitions were organized. In the end, a dance was performed to showcase the diversity in the cultures of India.

Our profound gratitude goes to our teachers Ma'am Sangeeta Saraswat, Ma'am Meenakshi Sharma, Ma'am Madhu Parmar and Ma'am Minni Sharma for helping and guiding us throughout the year.

—Preksha Ahuja (Vice-President)

Aarushi Chaudhary (Secretary)



Disaster Management Cell

*“An ounce of preparation is worth a pound of cure.”
—Benjamin Franklin*

The Disaster Management Cell of the college is aimed at educating and training the students for an unforeseen emergency like a fire or an earthquake. The fact that our college is situated at a high altitude and earthquake prone area, the need for having a Disaster Management Cell was recognized. Round the year, the Disaster Management Cell has been organizing a number of events in order to equip students with effective skills for disaster preparedness.

On December 12, 2019, a mock exercise and Evacuation drill was organized under the guidance of Home Guards and Civil Defence, Central Training Institution, Sargin. Immediately after the sounding of the siren, the students were asked to leave their classes and evacuate the college. Guided by the teachers, the students collected in the allotted safe zone. The drill was organized to check the readiness of the college to face any calamity and to make the students and staff aware about the rescue operations.

Apart from carrying out the Evacuation drills, our college also participated in a Solidarity March for Disaster Risk Reduction on October 11, 2019 at the Ridge. The volunteers representing our college gathered at the Multipurpose Hall, Gaiety Heritage Cultural Complex where they were educated on various aspects of disaster risk reduction. There were several other activities organized such as the Exhibition on Search and Rescue Equipment's Hands on 'Fire Safety Practice Session' organized by the Fire Association Department in association with Cease fire and Medical First Aid. It all came as an effective learning experience for all the students.



We would like to thank our mentors Ma'am Anupama Tandon and Mr. M.K. Jangaan for their extending their support in every possible way.

—Areeba Ikram (Vice-President)
Arushi Sharma (Secretary)





Environment Cell

“When we heal the Earth, we heal ourselves” –David Orr

Our college is nestled in environs surrounded with nature and we, as members of the Environment Cell have ensured that we contribute to the environment and keep our surroundings clean. To fulfil this purpose, we worked tirelessly to have a positive impact and make a difference. We accomplished this through our collaborations with the other societies like the NSS and the NCC Units of our college.

From August 1-15, 2019, the Environment Cell undertook the *Swachhta Pakhwada* and conducted a cleanliness drive in college campus and a rally in Navbahar area. The students also got an opportunity to perform plays and *Nukkad Nataks* at the Ridge, which were presided over by the Honourable Chief Minister of Himachal Pradesh.

On August 23, 2019, the Environment Cell in collaboration with the NSS Unit conducted a Tree Plantation drive in the college. The NSS volunteers and members of the Environment Cell were involved in the plantation of a 100 saplings in the college campus.

All the mentioned activities organized by the Environment Cell were seen as wonderful learning opportunities by the students. For this, we would like to thank our mentor, Dr. Gitanjali Mahendra who paved a way for our endeavours.

—Simritta Arora (Vice-President)
Himani Sharma (Secretary)



Health Club

The Health Club's vision is to develop sensitivity among students in particular and the community in general regarding health and nutrition along with awareness and maintenance of a healthy lifestyle. To achieve this, various activities were held throughout the year.

On August 13, 2019, the club organized a special assembly to make the students aware about breast cancer. Dr. Vikas Fotedar from Indira Gandhi Medical College, Shimla was invited to give a presentation on this subject. He gave a detailed presentation on the causes, symptoms and treatment of breast cancer. On September 9, 2019, the club organized a session on fitness program 'Zumba' by Ms. Vasundhara Sharma and Mrs. Bindu Khanna Sood, an alumna of the college. The students learnt Zumba dance moves and had a lot of fun doing the aerobic dance guided by the professional instructor Ms. Vasundhara Sharma. During this session, the students were made aware of the importance of a healthy lifestyle. On September 17, 2019, the Health Club organized an awareness session on Health and Hygiene in collaboration with an NGO and informed the girls about the difference between a plastic sanitary napkin and a cotton one. They were made aware as to how the use of plastic sanitary pad is dangerous for the health as well as our environment.

We would like to thank Dr. Gitanjali Mahendra and Dr. Bharti Gandhi, for their support and guidance.

—Ishi V Bhandari (Vice-President)
Shinjinee Guha (Secretary)





Heritage Club Miraasa

“Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total; of all these acts will be written the history of this generation.” -Robert Kennedy

Heritage Club, 'Miraasa', of St. Bede's College plays a major role in bringing out the talent of every student through different opportunities throughout the year. Various activities are organized which give the students numerous chances to showcase their abilities.

On August 6, 2019, the Heritage Club commemorated the 74th Hiroshima Day by conducting a seminar that discussed the causes and aftermaths of the attack. A poster making competition was organized regarding the same in which several students participated. The occasion was graced by the presence of our Principal Ms. Nandini Pathania, Mrs. Punam Chauhan Verma (President, Heritage Club), and senior staff teachers. The 1st and 2nd positions were bagged by Muskan Sharma and Ankita, respectively.

On August 14, 2019, an inter-SHIP Debate Competition, along with a Poster-Making Competition, was held on 'Privatization of Education' in which Vikas and Vikrant stood victorious. The topic for Poster-Making was 'Problems Faced by the Youth Today.' In both competitions, INS Vikas bagged the first position.

The World Heritage Week was commemorated by UNESCO from November 19, 2019, to November 24, 2019. The objective of the celebration is to make people more aware of the preservation of cultural heritage and monuments. In this regard, on November 29, 2019, a Heritage Quiz was organized in the Seminar Room comprising 4 teams of 2 students each. The themes were based on the heritage of India and Himachal Pradesh. The participants showed great enthusiasm and participated actively. Tanvi Sharma and Aakriti Khandelwal were the winners of this quiz.

A Heritage Walk along with a Photography Competition was the second event of the week. A group of 50 students accompanied by 3 teachers took a walk through the enchanting lanes of Shimla from Navbahar Chowk to the Vice-regal Lodge. Students participated enthusiastically to capture perfect pictures during the walk.

On December 2, 2019, a Folk Song Singing Competition was organized. Several students participated to showcase their talent. The First position was achieved by Megha Bhagta while the Second was attained by Shilangi Panta. On December 3, 2019, a Sketching Competition was organized in the college wherein girls took to sketching the Marian Block. The Marian Block is one of the oldest and most beautiful part of the campus it holds the UGC Heritage status. Muskan Chauhan bagged the First position in the Sketching Competition.

The great enthusiasm showed by the students with active participation throughout the year depicted the interest of today's youth in preserving and embracing their heritage.

—Kajol Gera (Vice-President)

Savi Sood (Secretary)





Hostel Representative

“It is only when you take responsibility for your life that you discover how powerful you truly are.” –Allannah Hunt

When I was given the post of the Hostel Representative, I was cognizant to the task awaiting me in the near future along with the duties that I would be accorded to. These duties comprised of helping the sisters with sustaining the discipline in the hostel, managing the routine problems and grievances of my fellow hostellers and to conduct recreational activities in the hostel.

Our semester commences with the orientation which is a tradition of the hostel. It is a talent hunt where the freshers get to showcase their expertise in different fields like dance, music, drama and poetry. Similarly, the seniors too stage some performances for the freshers to make them feel at home in the warm environment of Bede's. Round the year, we have Feast Days to commemorate the founders of our college. The hostel also observes the celebration of diverse festivals all year round.

In the end, I would like to asseverate the famous words of Stan Lee, “With great power comes great responsibility.” The post of Hostel Representative has given me the prowess of taking up duties rightfully and virtuously.

—Sanya Khan
Hostel Representative



Media Cell

“A mind that is stretched by a new experience can never go back to its old dimensions.” – *Oliver Wendell Holmes, Jr.*

Being a part of the Media Cell was an enriching experience that trained us for life and we fulfilled the duties bestowed upon us. The work of Media Cell entailed inviting the media for covering the activities and events held in the college. We made reports and took pictures of all the events from the 'Investiture Ceremony' to 'Office Laying Down Ceremony', and then send them to various newspapers. The newspapers like *Dainik Jagran*, *Dainik Bhaskar*, *Dainik Saveria*, *Amar Ujala*, *Dicrya Himachal*, *Punjab Kesari* and *The Tribune* that regularly published the reports and pictures sent by us. The published activity serves as a motivation to others, it gives the message that St. Bede's actively organised activities and competitions for the overall development of the students. We also sent the photos and the report to the Editor of the college magazine at collegebedes@gmail.com for the official Facebook Page and to Ms. Neha Walia at bedesreports@gmail.com for the college website. Other than this, we ensured that we procured a cutting of our college news in all the newspapers available in the library. We submitted them to our Principal for the record. The photocopies of the news were further submitted in the library and to the president of the Media Cell.

Being in the Media Cell inculcated a sense of responsibility; it demanded punctuality of us. Making the report and sending the photographs on the same day as of the event organized was a bit difficult initially as we were left with no more than four hours to email it to the newspapers. Eventually, we got used to the routine and it became easy because of the constant support of Mrs. Shivani Chauhan. She guided us throughout the year and commended our efforts which motivated us to work harder everyday.

We wish to thank the teachers associated with the Media Cell Dr. Sapna Sharma and Mr. Anoop Diltia for their support and guidance.

—Chitwan Jamwal (Vice-President)
Geetika Bhatnagar (Secretary)





National Sports Organization (N.S.O.)

“Just play. Have fun. Enjoy the game.” –Michael Jordan

Games and Sports play a vital role in a student's life. It is essential for the mental, physical and moral makeup of the youth. Throughout the session, we organized Inter-

Ship Competitions for students and we also participated in Inter-College Competitions.

Following were the events organized for the Inter-School Competitions:

Table Tennis (September 10, 2019)

Singles: Chitwan Jamwal (B.A. III) of INS Vikas was the winner.

Doubles: Hitaqshi Sharma (B.A. III) and Shaifali (B.A. I) of INS Vikas were the winners.

Badminton (September 15, 2019)

Janvi Insan, Apoorva Sood and Swati (B.A. III) of INS Vikrant were winners in singles and doubles respectively. The runners-up were from INS Himmat.

The students also participated in Inter-College Basketball and Badminton Competitions. In the Inter-College Basketball Championships, ten colleges of Himachal Pradesh participated and St. Bede's College secured the 2nd Position. Two students, Amisha Negi (B.A. III) and Tarkeshwari Prashar (B.Sc. III) were selected for the Inter-University Competitions. Amisha Negi was also selected to participate in the Senior Nationals this year.

The members of N.S.O. participated in all activities with the mind-set that, “Winning is not mandatory, but your participation should be.”

—Tarkeshwari Prashar (Vice-President)

Kirti Sharma (Secretary)

NCC Activities (2019-2020)

NATIONAL CADET CORPS (NCC) UNIT – 1 H.P. Naval Unit, NCC, Bilaspur.

NCC is the largest uniformed youth organization in India and we are proud to have an NCC Unit called 1 H.P. Naval Unit NCC, Bilaspur in our college with enthusiastic and patriotic women who are willing to offer their selfless service to the country. For their selection, there is an entrance exam which is conducted every year and a number



of students are then short listed. Round the year, the NCC Unit has been actively involved in all the college activities and has been sending students for various camps conducted across the country.

On July 23, 2019, 8 NCC Cadets participated in the Mega Population Awareness *Pakhwada* which also included a debate and a *Nukkad Natak*. We have also collaborated with the Forest Department of Shimla and the NSS Unit of our college to

organize a tree plantation drive at Bhattakufar, Shimla. On July 26, 2019, the *Kargil Diwas* was observed in the college auditorium where the cadets gave a presentation and performed a skit on the life of Captain Vikram Batra.

As part of the *Swachh Bharat* Summer Internship, the NCC Cadets took part in various activities like



the door to door Campaign and Plastic Free Zone over a span of 50 hours. On 26 August, 2019, the cadets also gave a presentation on HIV/AIDS in two government schools and questionnaires were distributed to check the effectiveness of the program. The Health Department of Municipal Corporation, Shimla acknowledged the efforts of the NCC Cadets and entitled them as the 'True pioneers of the

Polybrick Initiative,' after seeing their tireless efforts to reduce the plastic in the surroundings.



inaugurated the *Swachhta Pakhwada* in the college for 14 days and conducted numerous activities under it.

In their individual participation, the cadets have won laurels and done the college proud with their achievements. Cadet Gargi Sud was felicitated with a silver medal for 'Sephamore.' An Inter-College competition on the topic 'War Heroes' was organized at ATC, Chandigarh where St. Bede's College secured the first position with the presentation of Cadet Anushka Tomar. Achievements also included the rank promotion of Cadet Zeenat Brar and Cadet Garima Ahuja, PO. We would like to extend our gratitude to every cadet for their contribution.



Jai Hind!

—Dr. Shweta Thakur
CTO-NCC

National Service Scheme



“The best way to find yourself is, to lose yourself in the service of others.” –Mahatma Gandhi

The main goal of the National Service Scheme is education via community service and community service via education. The college enthusiastically participates in all the activities conducted by its NSS Unit. This academic year, the NSS Unit conducted many engaging activities ranging from tree plantations to organizing informative lectures with

various resource persons.

On June 21, 2019, the International Yoga Day was commemorated and the students participated in a yoga session led by Mr. Neja Ram. The NSS volunteers of 2nd and 3rd year actively participated in a cleanliness drive on July 3-4, 2019, and cleaned the college



campus and surroundings. In the same month, about 20, NSS volunteers planted tree saplings along with Forest Department in the Chamyana area of Shimla to commemorate *Van Mahotsav* on July 22, 2019. On July 26, 2019, NSS volunteers were invited to Government Senior Secondary School, Chotta Shimla to participate in an interactive session with Ms. Upma Chaudhary, IAS Secretary

of Ministry of Youth Affairs and Sports, Government of India. In this various reports regarding the work done by NSS units were discussed. To observe the *Swachhta Pakhwada*, NSS volunteers took the *Swachhta Shapath*, conducted a cleanliness



drive in college campus and a rally in Navbahar area from August 1 to 15 August, 2019.



NSS volunteers at GSS Kasmpati

The students also got an opportunity to perform plays and *Nukkad Nataks* at the Ridge, which were presided over by the Honourable Chief Minister of Himachal Pradesh. For the tree plantation drive that was held on 23 August, 2019, NSS volunteers planted 100 tree saplings in the college campus.

In response to the month of September being

declared as the *Rashtriya Poshan Maah* by the Government of India, the NSS Unit of St. Bede's College participated in the various activities with full fervor in support of the *Kuposhan Mukh Bharat* campaign. A lecture on obesity was delivered by Ms. Jaivanti



NSS Camp

Chauhan, Assistant Professor of Department of Nutrition, St. Bede's College. The college celebrated the 50th Anniversary of National Service Scheme on September 24, 2019, where the NSS Secretary of our college gave a PowerPoint presentation about its origin, its goals and initiatives taken so far.

A *Nukkad Natak* was also staged by NSS volunteers highlighting the importance of balanced diet and the harmful effects of drugs. The entire college administered oath by the Principal Ms. Nandini Pathania for shunning the use of plastics and resorting to eco-friendly measures. The NSS volunteers also went to Government Senior Secondary



School, Chotta Shimla, where the NSS unit presented a *Nukkad Natak* and gave a Power Point presentation on Traditional Foods of Himachal Pradesh.

The 144th Birth Anniversary of Sardar Vallabhai Patel was celebrated as National Unity Day on November 4, 2019. During the event, the Unity Oath was taken by the students and a poster-making competition was also organized. Around 70, NSS volunteers participated in an AIDS Awareness Rally from Hotel Peterhoff to Hotel Marina on December 1, 2019.

NSS Camp from December 11-17, 2019

On December 11, 2019, the camp took off with the Blood Donation Drive with the assistance of IGMC Hospital. A play was also performed by some NSS Volunteers highlighting the importance of donating blood.

On the second day of the NSS Camp collaborated with the Disaster Management Cell of the college. The Disaster Management Cell President Mrs. Anupama Tandon Tomar and other members organized a 'Disaster Preparedness and Training Session' which was an experience worth remembering.



Then on December 13, 2019, the NSS volunteers participated in a 'Zumba' session conducted by Zumba Instructor Ms. Vasundhara Sharma, who is also an alumna of the college. Later, the NSS students continued with their collective effort on the stock verification of the entire college library which involved counting and arranging of all the books

On December 14, 2019, as part of the collaboration of NSS Himachal Pradesh with Kerala, the assembly was followed by a learning session of Malayalam language. The stock verification activity in the college library also continued. In the afternoon session, the NSS Volunteers conducted a cleanliness drive and finally ended the day.

On December 15, 2019, there was a Yoga session organised for all the NSS Volunteers. This was led by Dr. Satyaprakash Pathak, Assistant Professor in the Department of Yoga, Faculty of Social Sciences, Himachal Pradesh University, Shimla. The Yoga session was followed by a very interactive, eye opening and informative session conducted by Advocate Sheetal Vyas, who is also an alumna of our college. She enlightened us with her views on women safety, women rights and different initiatives made by government to safeguard women rights.

It was our great honour and pleasure to have served the NSS Unit of our college from 2019-2020. The motto of NSS 'Not Me, But You,' truly reflects the essence of democratic living and upholds the need for selfless service.

—Drishti Shivhare (Vice-President)

Tanvi Sharma (Secretary)



Nukkad Natak at Govt. Sr. Sec. School, Kasumptati



Placement Cell

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

— Colin Powell

The Placement Cell started functioning with a very clear objective of ensuring a higher placement record and a better reach to the students of the college. As the Placement Cell Coordinators, we are responsible for placing the students from all streams by giving them a platform to exercise their skill and gain more knowledge related to their respective subjects.

Major companies that conducted the recruitment and internship drive included the likes of Tommy Hilfiger, Calvin Klein, Fly Your Dreams India, AIESEC, AIIMS India, Lakme Professionals and UAS International. For the academic year 2019-20, a number of students were selected for internship programmes and most of them were also given Pre-Placement Offers (PPOs).

Various workshops were conducted in the college to enhance the skill of the students. The Himachal Pradesh Government organised a workshop on start up programmes and entrepreneur development. Two workshops on Self-Motivation were sponsored by Chitkara University and were conducted by Mr. Kiran Kurwade, a Corporate Trainer and Career Coach.

Being part of the Placement Cell was truly an enlightening experience for us; certainly, one of the best anyone can ask for. As the Placement Cell coordinators, we also got to know more people from the corporate industries and also got insights on how companies think and work.

We would like to thank our guides Mr. Manu Mahajan, Mrs. Anuja Sharma, Mr. Shushil Kumar, Mrs. Nivedita Bhardawaj and Mr. Nishant for their endless support.

—Urja Chawla (Vice-President)
Jyotsna Bekta (Secretary)





Red Ribbon Club

“One thing I can take credit for, along with the rest of show business, is when the red ribbons were out, we cured AIDS. Any advancement that came towards fighting AIDS was not done by scientists or doctors - it was people with little ribbons on their lapels.” - *Gilbert Gottfried*

We aimed to create awareness among college youth about the myths and facts of HIV/AIDS for better social handling of HIV/AIDS-affected individuals as well as for better prevention. On August 29, 2019, the Red Ribbon Club organized a Poster Making and Essay Writing Competition for the Youth Week on 'Myths and Facts of HIV/AIDS.' Many students of the college actively participated in this competition. On World AIDS Day that is December 1, 2019, Red Ribbon Club collaborated with the NSS and NCC Units of the college for state-level function at Hotel Peterhoff, Shimla. The students participated in various activities such as *Nukkad Natak* and dance, poster making in which Muskan Chauhan won the Third Prize. The sole aim of all activities was spreading awareness of AIDS/HIV. The activities were performed at the State Level along with other colleges of the state at Hotel Peterhoff, Shimla. The NSS and NCC volunteers conducted a rally on AIDS Awareness. The rally started from Hotel Peterhoff and ended at Hotel Marina. On December 19, 2019, three students of the college Kavita Sharma, Preksha Ahuja, and Ishita Thakur attended the conference on HIV/AIDS Awareness at Deendyal Upadhyay Zonal Hospital, Shimla. The facts, symptoms and detailed information about HIV/AIDS and its transmission were discussed with the help of a presentation and a short film. The Club is grateful and warm-heartedly thanks Mr. Vijay Sanoria, Mr. Sushil Gupta and Mr. Ashish Kumar for their support and guidance throughout the year.

—Kavita Sharma (Vice-President)
Anaisha Rachel Paul (Secretary)



Women's Cell

The Women's Cell is constituted to help maintain a harmonious atmosphere in the college, to enable women to pursue their work with dignity and reassurance. The Cell has been working to raise awareness on gender equality issues.

We, being a women's college, try our best to uplift our students and help them become independent and bold. To ensure this, we organized various activities in the college. The students of the Women's Cell started preparing for 'Women Health and Empowerment Day' which was celebrated on September 25, 2019. On September 20, 2019, a Poetry Competition, was organized which was judged by the President of the Cell Dr. Gitanjali Mahendra. The selected participants were given an opportunity to recite their poems on that day. Prof. Aparna Negi faculty from the Department of Economics, Himachal Pradesh University, Shimla was the Chief Guest and the Resource Person. She gave an insightful presentation on 'Gender Mainstreaming.' She made us aware of the difference between gender and sex. She concluded with how empowerment does not only mean the empowerment of women but also the LGBTQ.

The members of the Women's Cell have also spread awareness amongst the students on the rights of women in society.

—Alisha Garg (Vice-President)
Aditi Verma (Secretary)



Department of English

Round the year, the Department of English has been actively organising seminars and workshops for the students to hone their skills and curiosity. The events organised by the Department of English have been useful for the students. Eminent resource persons and writers from various genres were invited to the college.

Translation Workshop

Translation is the process of changing a linguistic discourse from one language to another by transferring the linguistic entities from one language to their equivalents in another language while keeping the essence of the original text intact.

Consequently, translation is not merely changing the words from one language text into another language, but also mediating between the cultures associated with both the source language and the target language. Thus, a translator can be said to be a mediator between cultures. This very aspect of translation, which, as important as it is, is sometimes overlooked, was copiously discussed at the Translation workshop held at St. Bede's College, Shimla on August 21, 2019 by the Department of English. Dr. Usha Bande, Prof. Rana Nayar and Dr. Meenakshi F. Paul conducted the workshop with each of them giving insights into the principles, pain and struggles of translation; although they did agree that the end-results were generally rewarding for a translator.

Students from four different colleges of Shimla had gathered to participate in the workshop. Dr. Usha Bande delivered the commencing note in which she introduced Translation Studies. She used the term 'Trans-creation' instead of 'Translation' to justify the creative powers of translators. Prof. Rana Nayar, a celebrated translator, taught English at St. Bede's from 1980-90 said that it



felt like a homecoming to him. He then went on to talk about the different words for translation in different languages (Sanskrit, Hindi Urdu /Persian, Greek, and Latin/Spanish to name a few) and their different meanings. He emphasized that it is not just about changing the text verbatim or changing it so that the source language and culture loses its distinctiveness in order to cater to the target language audience, but that a balance should be struck, the translator should use creative prowess and make good choices, and that the authenticity of the source culture should not be tampered with. He quoted critics like John Donne, Walter Benjamin and John Dryden to suggest that not every work is worth translating and that a text worth translating would be at once both translatable and untranslatable. He simplified the complexities and paradoxes of translation, sharing his own experiences to illuminate mistakes common to every translator initially. Dr. Meenakshi F. Paul delivered a pleasant session on the struggles and pain of translation. She also recited excerpts from works she has translated which proved helpful for students in the practical session of the workshop.

For the practical session, the students were then divided into groups and given a paragraph from Premchand's '*Pariksha*' and the poem '*Sapne*' by Paash to translate into English. It was notable to see the variety rendered to the same texts by each group, their own novelties and nuances seeping in to highlight a freedom in translation which is otherwise a restricting process. The workshop concluded with an address by Prof. Rana Nayar.

National Conference on Culture, Language and Literature

On December 4-5, 2019, a National Conference on 'Culture, Language and Literature' was organised at St. Bede's College in collaboration with English Language Teachers' Association of India (ELTAI), Shimla Chapter. Eminent personalities from the field of literature were present. There were many resource persons invited from overseas as well as from different states of India to preside over the conference. This included Professor Khalid Almashikhi from Oman, Professor Pankaj K. Singh, Professor Z.N. Patil, Professor Paritosh Duggar from Udaipur, Dr. Parveen Kumar, Professor Girija Sharma, Dr. Anita Sharma, Dr. Kamayani Bisht and Professor Meenakshi F. Paul. This conference also saw the release of two books authored by Dr. Anita Sharma and Dr. Susheela Sharma. The seminar was attended by the students of Kotshera College, G.C. Kandaghat, RKMV and the students of St. Bede's College.

—Vanshika Jain and
Chitwan Jamwal
B.A. English (Honours) 3rd Year





Department of Science

The Science Faculty of St. Bede's College Shimla, celebrated the 150th Anniversary of the development of the Periodic Table of Chemical Elements and to celebrate International Year of Periodic Table 2019 hosted a one day seminar titled 'Patterns in Nature and Discoveries in Science' on September 13, 2019. Around 350 Science students of the college attended it.

Sr. Marina, the Manager of the college was the Guest of Honour. Prof. P.K. Ahluwalia, Professor of Physics (Retd.) from Himachal Pradesh University, Shimla and Prof. M.K. Seth Professor (Retd.) of Biosciences from Himachal Pradesh University, Shimla were the speakers for the event. An enthralling movie based on the development of periodic table 'The Mystery of Matter: Unruly Elements' was exhibited to the students which followed an exhilarating open quiz on the topic 'Elements of Matter'. In the second session, Prof. P.K. Ahluwalia delivered a talk on the topic 'From Elements to Materials: An Edifice on the Foundation of Periodic Table' which manifested the idea of the metamorphosis of science from meticulous observations to state of the art technologies, the reason that has spurred the present scenario in science and computational developments which has made science a inter-disciplinary field. Second half of the day started with another talk delivered by Prof. M.K. Seth on the topic 'Plant Diversity and its Conservation' in which he talked about 'Miracles of the Botanical World' discussing the largest, smallest, tallest and deadliest members of the plant kingdom, their economic and medicinal value and their conservation status. He also made the students aware of different kinds of flora present in Himachal Pradesh. At the end, the vote of thanks was proposed. The seminar was very enlightening and the students participated in it enthusiastically.





• *Science Day Celebration*

National Science Day on the theme 'Women in Science' was celebrated on February 28, 2020. Various departments gave presentations on diverse topics. A presentation emphasizing the contributions of women in the field of science was presented by the students of Biotechnology Department. This was followed by a presentation on the use of Bio-fertilizers, their types, and advantages by the students of Department of Botany. Another presentation depicted the working of Chandrayan II, Gaganyaan and Aditya II, including the intricacies and technicalities of the project and the scientists who were a part of the development teams of these magnificent projects.

An enthralling skit on the topic, 'Theory of Evolution', including Lamarckism, Weismar Theory, Neo-Lamarckism, Darwinism, Neo-Darwinism and Reproductive Isolation Theory, was also presented by the students of B.Sc. (Medical). A Collage Making Competition and a Poster Making Competition was also organized.





—Dr. Sapna Sharma
Science Coordinator
Department of Physics



Internship in Clinical and Rehabilitation Psychology at NIEPVD, Dehradun



During the month of January 2020, we, the students of B. A. Psychology (Honours) went for an internship program offered by the Department of Clinical and Rehabilitation Psychology and Research at the National Institute for the Empowerment of Persons with Visual Disabilities (Divyangjan) in Dehradun, Uttarakhand under the guidance of Dr. Surender Kumar Dhalwal.

It was a fulfilling and enriching experience for both of us. Over the course of this one month internship, we received hands-on training in psychological assessment and management of persons with mental illnesses. We were able to study dozens of cases and learn how to administer and interpret various tests. Being able to interact with patients, gaining practical knowledge in the field of clinical psychology and being able

to apply it in real time was a tremendous experience, which no doubt will prove useful to us as we move forward and build our careers as psychologists.

We submitted our internship reports and original case studies on 'Synesthesia' and 'Sexual Orientation, Gender Identity and Mental Health' respectively. We also drafted the Department Brochure and certain proposals submitted to the Central Government related to the expansion and improvement of the department, adding 'experience in administrative and legal functioning of an institution,' as a feather in our cap. At the end of the internship, we were presented with tokens of appreciation for our contribution to the department along with our internship certificates and letters of recommendation.

We are immensely grateful to our Principal, Ms. Nandini Pathania, the Head of the Psychology Department, Dr. Ravi Bhushan, and our teachers, Mr. Mohit and Dr. Bharti Gandhi for their constant guidance and support.

—Angel Shan and Rohita Gharu

B.A. Psychology (Honours) 1st Year



Clinical Psychology Internship at Global Child Wellness Centre

In May 2019, I interned under the guidance of Dr. Priyanka Kalra who is a Consultant Psychiatrist at the Global Child Wellness Centre (GCWC), Ludhiana, Punjab and a member of 'Indian Association of Child and Adolescent Psychiatry.' GCWC is a multidisciplinary child and adolescent mental health service where trained professionals including child psychiatrists, psychologists, speech therapists, special educators, occupational therapists and counsellors work in harmony with children,



parents and caregivers including teachers with a dedicated focus on improved outcomes in mental health and well-being. Despite being a child and adolescent centre, GCWC also extends its services to the adults in need of Counselling and Cognitive Behaviour Therapy (CBT).

My first week at GCWC was spent learning about the ethics in counselling, relaxation techniques (JPMR and mindfulness), assessment scales (BPRS, YBOC, etc.) and mental state examination, I was taught how to take a client's case history briefly while also being empathetic and



GLOBAL CHILD WELLNESS CENTRE

allowed to observe children's therapy sessions which comprised Cognitive Behavioural Therapy (CBT), Art Therapy, Special Education, Speech Therapy and Occupational Therapy.

By the second week, I had started taking the case history of the clients by myself which I further reported to Dr. Priyanka Kalra with a probable diagnosis using the DSM-5 criteria. This led to an in-depth practical understanding of DSM-5 and the diagnostic process. I also assisted other psychologists in IQ testing, ADHD testing, Autism testing and Learning Disability (LD) testing of children.

During the third and fourth week, I was allowed to take the behaviour therapy sessions of the children diagnosed with ADHD, Autism or LD by myself which has been the most



interesting and educational experience of my life. I learned the necessary skills required to be a patient and considerate therapist. To conclude my learning experience, during my last week, I was asked to present case studies on ADHD and submit a project on 'Schools of Thought in Psychology.'

At GCWC, I learnt the practical aspects of psychology which even helped me with my academics. It gave me an opportunity to assess my strengths and weaknesses as a psychology student. The most interesting aspect of this internship was that not only did I learn how to be a good psychologist, but I also gained a lot of knowledge about workplace environment. At GCWC, I was treated like an adult, which taught me professionalism and responsibility and helped me develop the necessary leadership and communication skills.

—**Surmeet Kaur**

B.A. Psychology (Honours) 3rd year



Odyssey



Enchanting Manali



An educational tour to Manali, Rohtang Pass and Manikaran was organised for the students of St. Bede's College from October 5-9, 2019. More than a hundred students were accompanied by Ms. Monika, Ms. Kanchan, Ms. Shivani, Mr. Ashish, Mr. Salil and Mr. Bhupender.

The trip began early in the morning on October 5, 2019. It took fourteen hours to reach Manali. Though the journey might have been a little tiring, but the spirits were high. The location of our hotel took away any tiredness we might have felt. It stood next to the gurgling water of the mighty Beas River and the mighty Himalayas held us spellbound.

The next day, we headed towards Rohtang Pass, one of the highest road passes in India. En route Manali we were lucky enough to spot a rare and awesome phenomenon - a full rainbow encircling the sun. Rohtang Pass was covered with snow and the students had a great time playing in it and even performing a group *Natti*.

On October 7, we visited the famous Hidimba temple and the healing hot water springs at Vashisht. Then we went to Naggar, an ancient town in the Kullu district, and the erstwhile capital of the Kullu kingdom, and visited the temples there. Later the same day, we visited the famous Naggar Castle, which is a perfect portrayal of the beauty of Himachali architecture.



In the evening, we went for shopping on the small but extraordinary Mall Road of Manali. It was a beautiful mixture of *Pahari* Tibetan cultures. Everyone enjoyed its ambience along with shopping for tit bits.

On October 8, and the final day of our trip we checked out of our hotel and headed for Manikaran, a pilgrimage centre for both Hindus and Sikhs. We visited the Gurudwara situated there and relished the *langar* served there. Some of the students also enjoyed cooking rice in little pouches in the hot spring that emerges there. Towards the evening, we roamed around the little market of Manikaran and geared up for the night's journey back to Shimla. We reached Shimla the next day early in the morning.

Everyone felt a little sad that the trip came to an end. It was a great educational experience which will always remain with us in our memory.

—Ms. Monika Bhatnagar
Department of English



Field Survey To Kaza



A field survey tour to Kaza was organized for the students of the Geography Department, St. Bede's College from October 5-10, 2019. This trip was a part of the curriculum for the Master's students as well as for the 6th semester students of Geography. There were 26 students accompanied by Dr. Pankaj Aashish, Mr. Anoop Dila, Ms. Anita Sharma and Ms. Ankita Tandon. The trip began on October 5th. We had to reach Kaza by evening but there was a delay because of a landslide in Kinnaur. So it was decided to stay at Reckong Peo for the night. The next morning we started for Kaza, we had lunch at the Nako lake and reached the rest house by evening. Students and teachers gathered in a common room before dinner and the students were given the instructions regarding the collection of data while not hurting the sentiments of the local people. The next day the students started with their survey. There were 4 groups of students doing their surveys on the topics – Social and Economic survey, Agriculture and Horticulture survey and Disaster survey of the various villages of the area. The students went along with the teachers to different places. The places visited on the first day were – Old Kaza, Kibber, Rangrik, Key village and Monastery. The students went to the houses of people and collected the primary data with the help of their questionnaires. In the evening, we went to the market. At night before dinner, students shared their experiences of the day. The next day we had to leave for Tabo. On the way,



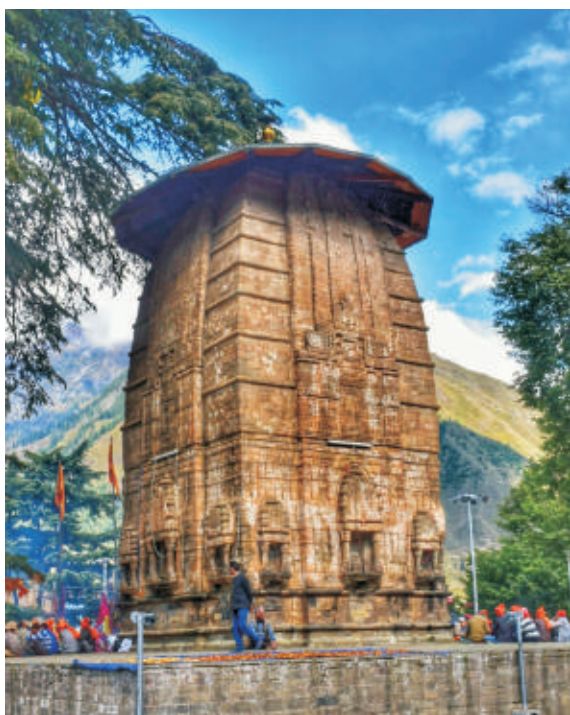
we visited Langza (the village of fossils) and everybody made efforts to collect fossils. From there, we went to Comec (the highest village in the world connected with motorable road). Then we went to Hikim (the world's highest post office) and everybody posted a postcard to their loved ones. Later the same day, we visited Dhankar (declared endangered by UNESCO) and

students again collected some data from the village area. We stayed at Tabo for the night. Next morning, a survey was conducted at Tabo and Lari. After lunch we left for Reckong Peo. On the last day, we reached Shimla by the evening. It was a memorable experience for all.

—Ms Ankita Tandon
Department of Geography



Trip to the Mountains



“Mountains are calling and I must go,” has been rightly remarked by John Muir for there is no ethereal beauty than a sight of mountains. A group of 24 girls from second and third year pursuing B.A. History went on an educational trip to Kangra and Chamba accompanied by Mr. Piyush Thakur, Dr. Ravi Bhushan, and Ms. Alisha Choudhary. The main aim of the tour was field work on the popular tourist destinations of Himachal Pradesh, socio-cultural importance of visited sites and a study of the temple architecture in Himachal Pradesh. The study was a part of Skill Enhancement Course.

The major portion of the first day was spent travelling and was concluded by a visit to the splendid War Memorial in

Dharamshala constructed in the memory of soldiers who sacrificed their lives for the motherland.

The next day, our morning commenced with a visit to the Kangra Fort, built by the Katoch Dynasty in 4th century BC. The fort consists of several gates which are attributed to distinguished characters from the past. The entrance to the fort is through a small courtyard enclosed between two gates which were built during the Sikh period, as appears from an inscription over the entrance. From here, a long and narrow passage leads up to the top of the fort, through the *Ahani* and *Amiri Darwaza*, both attributed to Nawab Saif Ali Khan, the first Mughal Governor of Kangra. The afternoon was spent in Masroor, where there are Rock-cut temples dedicated to Indian deities. The temple is Monolithic, meaning it has been carved out of a single large rock. They are a version





of North Indian *Nagara* architecture style, dedicated to Shiva, Vishnu, Devi and Saura traditions of Hinduism, with its surviving iconography likely inspired by a henotheistic framework. The temple has three entrances on its northeast, southeast and northwest side, two of which are incomplete. The entire complex is symmetrically laid out on a square grid, where the main temple is surrounded by smaller temples in a mandala pattern.

The third day unfolded with a glimpse of river Ravi in Chamba. The water was pure blue and flowed with a hypnotizing babbling sound. After breakfast we headed to Bharmour which welcomed us with a spellbinding glimpse of the Pir Panjal Ranges. The day was spent studying the famous *Chaurasi Temple*, named so because of the 84 shrines built in the periphery of the temple. The beautiful Shikhara style temple of Manimahesh occupies the center of the





complex. Chaurasi Temple Complex was built approximately in 7th century. The Chaurasi Temple was built by Raja Sahil Verman of Bharmour, in honour of the 84 *siddhas* or *yogis* who had come from Kurukshetra and had meditated there, while they were passing Bharmour on their way to Manimahesh lake. The day came to an end with the famed cuisines of Chamba, overall named as *Chambyali Dhaam*.

Before leaving for Shimla, ample time was spent by students and teachers in Chamba town along with a visit to the ancient Laxminath Temple. The trip was both pedagogic and amusing. The memories we collected would carry on for a lifetime and the knowledge imbibed would remain eternal.

—Kajol Gera
B.A. History 3rd Year

A Journey Full of Joy and Learning

On October 5, 2019, Bedeians were all packed and eager for an educational journey. The lovely cities that we were going to visit were Chandigarh, Jalandhar and Amritsar. The bus journey began and headed towards Chandigarh. There was joy in each of our hearts. In the afternoon, we entered the most anticipated destinations - Fun City Amusement and Water Park. We headed towards the Amusement Park. Each ride gave us a thrilling experience. Attractions included Roller-Coaster, Spin-o-Spin, Big Wheel,



Mad Cars and a Haunted House tour. We went to the Water Park after lunch. The wave pool and other different water slides gave us a wonderful feeling of excitement. In the evening, after a great time spent at Pleasant City Amusement and Water Park, we turned for our hotel rooms.

After a brief rest time, we left for Elante Mall which is India's second largest mall. We departed for Jalandhar on October 6, 2019. We were astounded to see Pushpa Gujral Science City, which had the marvelous Space Theater, Climate Change Theater, Virtual Reality, Laser Theatre and Energy Park. It was a wonderful time spent in the city of technology.



On October 7, 2019, we began our trip to Amritsar and headed for the historic site of Jallianwala Bagh in Tonga. As we arrived at the Jallianwala Bagh, we were left in tears after knowing about the sacrifices made by the people. A number of bullet holes in the walls had been identified, and The Martyr's Gallery featured a number of portraits, including those of the political figures and a mural on the interior of Jallianwala Bagh, depicted the number of dead people lying on the ground. The extension to the image of the Gurkha was done at a later date. Udham Singh's portrait was seen in the gallery and his ashes were kept in the museum. Using newspaper clippings and letters from Mahatma Gandhi, 45 panels were seen describing the Amritsar massacre.

Then we went to buy some items from the market, which had a wide variety of cultural products. Next, we saw our courageous BSF Soldiers, performing at the Grand Wagah-Attari Boundary Ceremony in the evening. We saw the magnificent Golden Temple at last. It was shining, beautiful and peaceful at night.

With all the pleasure we could take from this trip, we left Amritsar. We were back to Shimla by morning. In short, it was a wonderful and an adventurous time on the trip! Full of joy and happiness was what made our journey an unforgettable learning experience.

Heartfelt thanks to our teachers - Sanoria Sir, Bharti Ma'am, Sanjeev Sir and Neha Ma'am, who led us and our Honorable Principal Ma'am Nandini Pathania, who gave us the opportunity for such a wonderful journey!

—Sushma Sudheesh

B.A. Psychology (Honours) 3rd Year



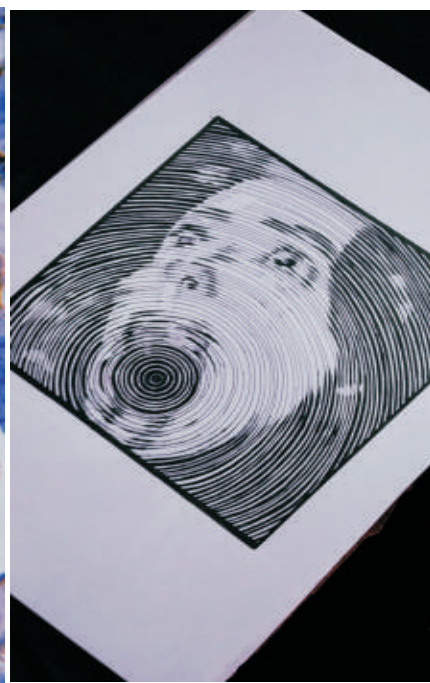
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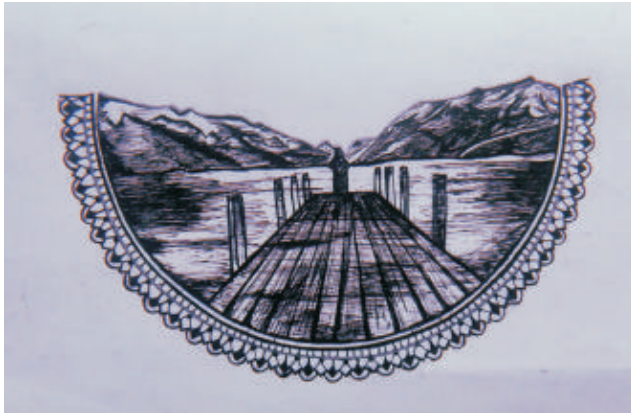


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Rohita Gharu





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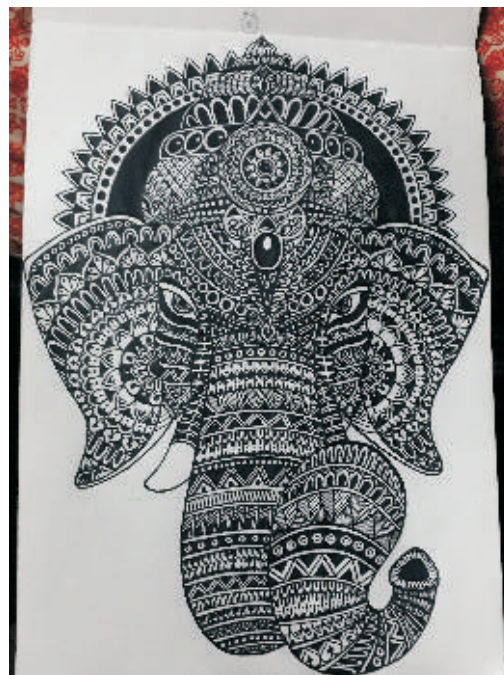
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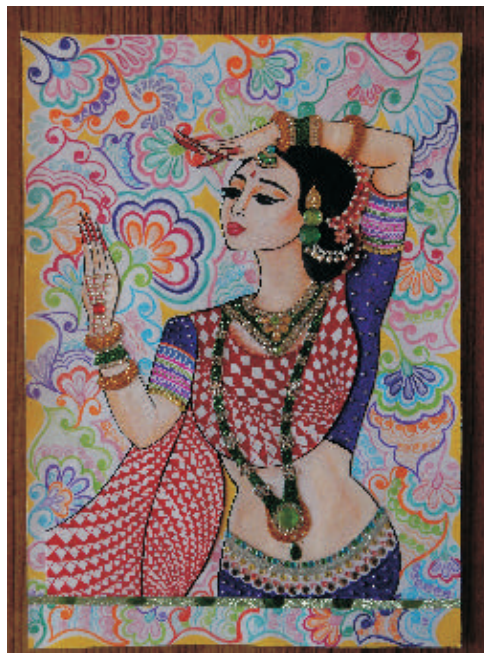




Aaliya



Anchal Bhardwaj





*Ishita
Sharma*



*Mitali
Dholta*



Vidhi Bhardwaj



In Conversation With...

1) Aamna: When and how did the journey begin?

When I joined this college, I was 21 years old, so I had come to serve only for a period of two or three months. There was something so magnetic about the environment, the infrastructure and the sisters, that I thought I should continue. The sisters at that time were very cooperative and they gave me time for my studies. I completed my Bachelors and Masters in Library Science along with working as the Assistant Librarian. I owe everything to the sisters; they inspired and taught me so much.



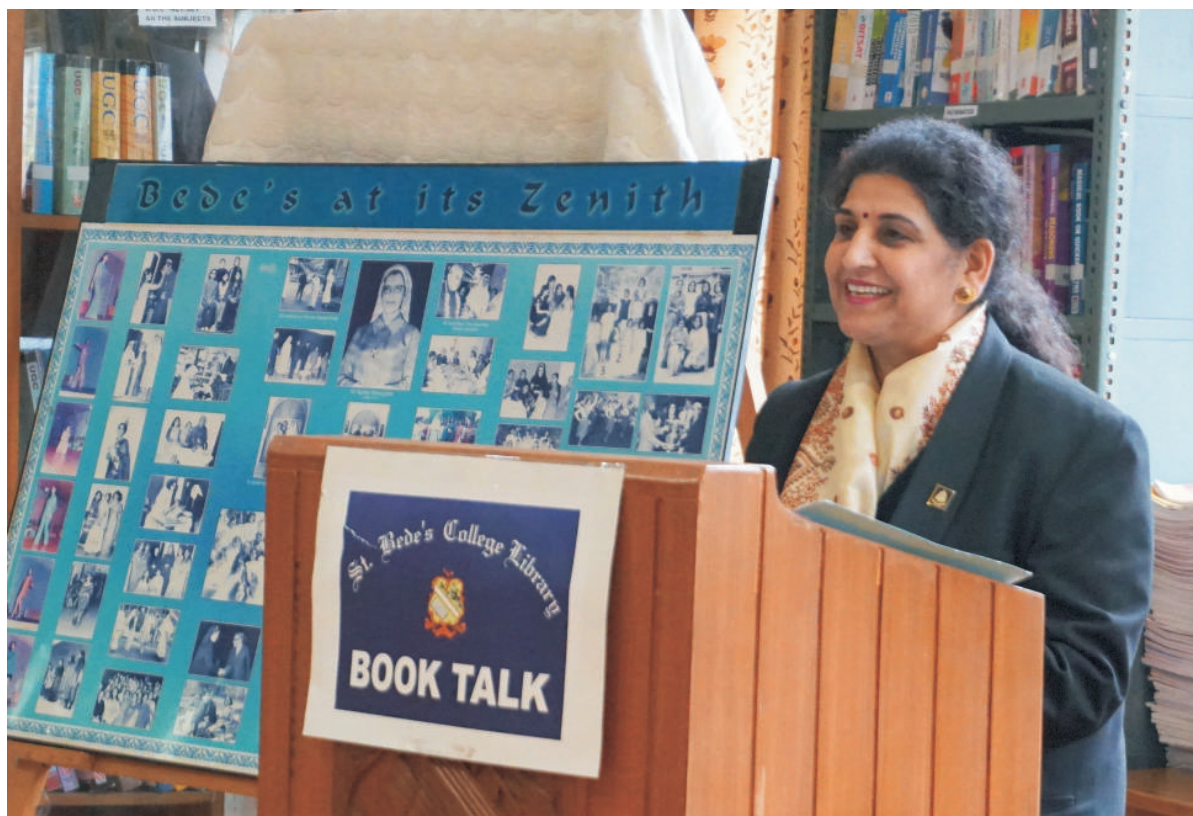
When I joined this college in 1981, Sister Rose George was the Principal. I am thankful to the seven principals who trusted me completely and under whom I have worked. This is my second home. I came here as a young girl of 21 and am going as a 60 year oldie! From 1981 to 1997, I was the Assistant Librarian and from 1998 till present, I am officiating as a Librarian.

2) Aamna: From the Dina Block to the college, the library has come a long way. From where did you get the energy to single-handedly make this beautiful library?



I remember when I joined college; I could hear the church bells of Chelsea chime twice a day, once at 12 noon and the next at 4 p.m. It feels as though the sound of the bells still resonate within me. Before the Centenary Celebrations of the college, Sister Melba said, "Those who have completed 25 years in the college, do something for the Centenary Celebrations." So I got all my energy from St. Claudine Thévenet, trust of the sisters and the staff of the college.

The sisters were so cooperative and encouraging; especially Sister Melba and I feel so honoured and



privileged that I was a part of the Centenary Celebrations. I started collecting the old photographs and noted every detail consisting their year of publication to classify them as ancient and rare documents. These were the beginnings of “The Archives”. Then I put up an exhibition during the Centenary Celebrations of the college remember that Sister Melba had simply handed the keys of the library in my hands and said, “We will give you the workers, you have the freedom to do and design the library as you like it.” This really touched me and the Library has truly grown from a small collection of 17,000 books to 37,000 books today.

3) Aamna: Can you please tell us something more about the archives?

The archives are a treasure house of knowledge. It has 2,500 rare and ancient books, the digital posters which I had prepared for the Centenary Celebrations depict its 100 years history with the tenures of the Principals titled according to their personalities. Ma'am Anuja Sharma aided me with the titles for the posters; she has always extended a helping hand to me when needed. The oldest book that we have is of the year 1647 titled '*Christmas with the Poets*' published by Ward, Lock & Tyler, Warwick House, London. There are 1818 old magazines. There are few other books which do not contain the year of publication and it is possible that they belong to a period much before 1647. I also



came to know that when the sisters first came from abroad to India in Agra, they brought some books with them in the ships in which they travelled. Fortunately, some of those books are with us. Some people also come here for their research work and fulfil their requirements.

That was also the time when I prepared 13 digital posters in a span of eight months all alone. I had put so much effort to work on the Archives and put up the exhibition for the ancient and rare books and digital posters which show the 100 years history of the college. I can say that I have worked painstakingly for the library and all the credit goes to the trust that the sisters had in me throughout. Many people have quoted the archives as a 'Reminiscence for the ex- Bedeians,' and a 'Wonder for the guests.'

4) Aamna: Looking back in time and down the memory lane, what are the best moments and memories of the college that you will carry with you?

As I mentioned before, I was truly honoured and privileged to be a part of the Centenary



Celebrations of the college. It was a dream come true and at the same time, I never imagined that I would be there open the celebrations by cutting the ribbon with the Chief Minister and Governor of Himachal Pradesh.

Secondly, when the sisters had come all the way from Rome to visit my archives section here they said that they had not

seen anything as remarkable, neither in India or abroad. I had just We shifted to the present Library in 2006. I still thought of the sisters and the congregation of Jesus and Mary because nobody had done that before. The sister's words of appreciation were a moment of pride for me.

Also, whoever comes to the library, be it for inspection purposes or just an informal visit, whenever visitors and people shower words of praise for the library and the archives, I am overwhelmed and it fills me up with awe and pride. The NAAC Team has come to the college thrice and they spoke very highly of the library, those have become my best and most cherished moments.

5) Aamna: Please tell us how many books, journals and facilities of the Library that you give to the students.

We have more than 37,000 books in the library, 55 journals and 65 magazines. We have a book bank in the library, free Internet browsing which makes the library fully computerised, e-catalogue, Inlibnet, photostat machine, printer, kindle, DVDs, CDs etc.

6) Aamna: What message would you like to convey to the students and the staff of the college?

I must say that everyone should live a life which can be remembered. Reach out to others and spread the word of the college and our motto '*Non Nobis Solum.*' For the staff I would like to convey my gratitude for all their trust because it is from them that I learnt that "Cooperation is the basis of success." Some of the senior teachers uphold the true Bedeian spirit and I feel proud to have worked with them.

Ms. Ruchi Azad (Library Assistant) for Mrs. Anjali Wadhawan: Ma'am Anjali is a very hardworking lady. She never says, "*Kaam kal karenge,*" (We will do it tomorrow) instead, she says, "*Aaj hi karna hai,*" (We have to do it now). She has done so much for the college library. When I first joined, I was afraid that she will be very strict. But to my surprise, she welcomed me with a bright smiling face and that was when all the learning started and I am still awed at how 14 years with her flew by! She built up my confidence and always said, "Ruchi, you can do it." Every morning as she enters the library, she has a vibrant smile on her face. Ma'am is my first ray of sunshine of the morning; I cannot thank her enough for all that she has done for me.

—Interviewed by Aamna Tyagi

B.A. Psychology (Honours) 3rd Year



Archived



That short walk downhill the college gate is irrefutably tranquil. Yes, even when I'm ten minutes late for that early morning English class. My vain confidence challenges the pollen-covered path as the rain softly turns it into a darker shade of green with the persistent droplets calmly engulfing me in their charm, and I rush through. While taking those steps from the library towards my classroom, I often find a group of girls absorbed in some grave discussion of importance, it seems imperative that they talk about a national predicament in that little corner near Dina Belanger's statue.

Ah! The library, I tend to sway when it is talked about. I'm a regular visitant of the library, especially post-lunch hours when the attendance is next to none. Quietly shutting the massive door behind me, I perform my rituals religiously before I sit down to find my perfect spot to study in- the leftmost corner where the sunlight reflects across the window pane. On one such day, while sitting on that leather-

covered chair, basking in the handful of sunshine, dreaming of a cup of hot chai, I realised that it was about time I rummage around for a book that Amazon had taken aeons to deliver. Fifteen minutes of hunting passed, my eyes scanned through every corner of each Literature shelf, but to no use. Four o'clock was nearing with every tick of the clock and ma'am Wadhawan could see dejection dripping off my face. This was when she quietly summoned and gave me the keys to the Archives, or say Narnia. (I take the poetic license to exaggerate here.)

The Archives is that haven of the college which the multitude is debarred from; where rare beauties reside in their voluptuous bodies, enduring spines, and distinctive scents. I grasped the keys and thanked her with a straight face, failing to exhibit the slightest hint of anticipation. Took nimble steps way up the door, and entered the place most



looked-forward-to from my first year of college. The aura absorbed me way before I could sense the biblichor swaying in the gentle evening breeze. The tiny pink-hued curtains tied carefully on the sides welcoming the sun on the wooden floor. Those dainty chairs with intricate carvings probably made with the hands of an unwearied carpenter. High forms of knowledge residing underneath low ceilings. It may sound like I romanticise, but I twirled around thrice in that empty sanctuary. Bewitched by the rustic brown shades of the ancient hardbound books I gazed on, fascinated at the privilege of being able to touch such delicate possessions. Oh! Only that I was petrified to lay hands on a single book owing to their worth. It seemed that I'd forgotten my purpose; unable to find Lewis Carroll anywhere I came back downstairs.

Ma'am, who was watching me on the CCTV said, "The library is for you girls. Go back up! Find your book! Don't be scared, it's okay, I'm watching you on the computer screen." This time I went back a little ashamed thinking, "Maybe she saw me surveying every inch of every corner, twisting with happiness, and twirling too!" I knew that the book wasn't up there, but I made sure only to reveal it after caressing all the moss-covered Grammar books, holding every edition of Shakespeare's volume of plays, and going through the notes that the then teachers had intricately made on the now worn-out pages with a light hand and well-thought words. I locked the cupboard along with my little adventure, thanked Ma'am and left for home. Walking back I knew I was indebted to Lewis Carroll for having written 'Alice through the Looking Glass', for it is his work that unlocked the forbidden square of Saint Bede's for me, my short meeting with The Archives will forever be 'archived' as a sweet remembrance.

—Simran Kathait

B.A. English (Honours) 2nd Year



Know Your Support Staff

“No work is insignificant. All labour that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.” – *Martin Luther King, Jr.*

One of the most important reasons that our college remains so energetic is the Support Staff. They are silent workers who have been putting their efforts so selflessly and it is time that they are recognised. So, we went around interviewing the *berarjis*, as we call them. Read on to know what they have to say for the students!



Peter Beck – Sweeper – LIBRARY : “I have been working in the library for the past 20 years and I am going to retire in another two months. So far, I enjoy being in the library. I want to tell the girls that the library is a good place and they should use the library and achieve heights.”



Padam Kumar Taank – Sweeper – COLLEGE : “I have completed 34 years in the college and I am on the verge of retirement. Had it not been for the students, the journey wouldn't have been so enjoyable. My message to the girls is that they should study well and follow the rules and regulations of the college with utmost sincerity.”



Kamal Kanwar – Gardener– COLLEGE : “I have been working here since 4 years and my journey so far has been very good. I look after the flowers in the college and I enjoy my work. My message to the students is that they should work hard, be independent and find good work for themselves.”



Ambily Biju – Helper – COLLEGE: “I have been working in the college for over 10 years and this has been the most beautiful experience of my life. This college is a family for me and I have always felt a part of it. I want to tell the girls that life will bring many challenges; so they should always keep smiling, no matter what.”



Aphrem Lakkra – Sweeper – COLLEGE: “I have been working in the college for the past 5 years and my experience has been very fulfilling. I love playing basketball and volleyball. So, I also like watching the teachers and students play in the court. It is also a pleasure to see the girls perform in different functions of the college. I would advise them to keep practising and work hard to achieve their goals.”



Surender Kumar – Helper – COLLEGE: “I have been working here for 3 years and there is so much life around with the students and teachers. My message to them is that they must go a long way with their studies because there is so much to learn.”



Keshav Ram – Helper – COLLEGE: “I have been working in the college for the past 3 years and life has been good since then. My message to the students would be one of gratitude because my work would be of no worth without them.”



Birsai Kujur – Helper – HOSTEL: I am working in the hostel for the past 27 years. We love our work despite few hardships on the way. I would like to tell the students that if they have to study especially from far, then they must be focussed and not distracted.





Biju S. Sadhan – Helper – HOSTEL: “I have completed 25 years working in the hostel and I enjoy my work every single day because I get to serve and interact with the girls who we treat like our own daughters. When they share and laugh with us all along, only then we feel that our work is worthwhile.”



Harvinder Krishan – Helper – HOSTEL: “I am going to complete 30 years in the college. The students always respect my work. My message to the girls is that they must study hard and never look down upon anybody.”



Phoolmani Devi – Laundress – HOSTEL: “I have completed 10 years over here. The best memories I have are those of Sister Melba and Sister Marie Rita. I feel a part of the family whenever the girls talk to me and feel concerned about my health.”



Keshav Ram – Security Guard – HOSTEL: “I have completed 30 years in the college as the security guard. The environment is very good and I have some very beautiful memories here. My message to the students is that they must stay disciplined and should remember that studies and learning are very precious.”

Interviewed and translated by
—Aamna Tyagi
B.A. Psychology (Honours) 3rd Year

Pen Drive



Must-Read Books

Attention, Readers! Our Library has recently been stocked with some exciting new titles, so clean up your glasses and get ready because we are presenting you with a list of some great personal picks!

- 1) *The Doctor and The Saint* -Arundhati Roy
- 2) *The Assassination of Indira Gandhi – The Collected Stories of Upmanyu Chatterjee*
- 3) *I Owe You One* - Sophie Kinsella
- 4) *Annelies* - David Gillham
- 5) *Pandemic* - Robin Cook
- 6) *Sri Aurobindo: His Life and Yoga* -Promode Kumar Sen
- 7) *The 7 Habits of Highly Effective People* - Stephen R. Covey
- 8) *Lost and Found* - Danielle Steel
- 9) *Long Road to Mercy*- by David Baldacci
- 10) *King of Kings* - Wilbur Smith
- 11) *The Bluest Eye* - Toni Morrison
- 12) *Attachments* - Rainbow Rowell
- 13) *Raavan* - Amish Tripathi
- 14) *Imaginary Maps* -Mahasweta Devi
- 15) *Becoming* - Michelle Obama

— Tithi Agarwal and Vanshika Jain
B.A. English (Honours) 3rd Year



Tamasha and the Overtones of Mental Health Depiction

Ved, a character from *Tamasha*, a 2015 movie starring Ranbir Kapoor, is caught in a web of the corporate world and millennial struggles. When Tara played by Deepika Padukone breaks up with him, Ved finds himself spiral down in a hole of identity crisis



and uncertainty. This triggers his borderline personality disorder which affects his professional as well as personal life. Many of us can find ourselves empathizing with Ved. He represents the harsh and cruel reality of living up to social conventions and giving up our dreams to be stuck in a 9 to 5 job which we truly despise.

With an emergence of putting emphasis on mental health some directors such as Imtiaz Ali bring forth movies like *Tamasha* with an attempt to de-stigmatize mental disorders. It is a commendable job and it helps to bring awareness

among the masses.

With regard to Millennials and Generation Z, they say, "We are just a sad generation with happy pictures." The Vox magazine has described Millennials as a generation on the edge. They estimated that over 5 million college students suffer from anxiety disorders. They also cited a report in the Chronicle of Higher Education which noted that more than 25% of students have a mental illness which can be diagnosed by a therapist. The National Alliance on Mental Illness (NAMI) conducted a survey which showed that about 11% of the college students involved had an anxiety disorder. As much as 64% of college students which comprises of Millennials and Generation Z who dropped out of school, did so due to mental disorders.



It is startling that despite a lot of youngsters suffering from depression, anxiety and many other mental disorders, there is a huge taboo attached to these issues. People still use orthodox methods to 'cure' those with mental illnesses because it is believed by them that such illnesses always have a supernatural element attached to them. However, media is trying to reduce this stigma by producing commendable shows and movies which resonate with the audience and helps them speak about their mental health.

According to the masses, only people with severe mental issues approach a therapist which is highly arguable. In fact, a mentally sound individual can also approach a counsellor for better performance and a fulfilling life. *Dear Zindagi* should be applauded for highlighting the relationship between a therapist and a patient. Seeking the help of psychologist/psychiatrist is completely okay. Kaira played by Alia Bhatt develops a new perspective towards life and turns out to be happier because of the repeated efforts of Dr. Jehangir played by Shahrukh Khan.

Anjaana Anjaani deals with a suicidal couple, played by Ranbir Kapoor and Priyanka Chopra. Ranbir's character is suffering from acute stress disorder while Priyanka's character has adjustment disorder. Together, they deal with depression. *Karthik Calling Karthik* is apt at its portrayal for someone suffering from schizophrenia.

These movies have a positive and everlasting effect on the audience which gives them a new perspective to think about. It is laudable when many fine Bollywood directors take up this challenging role of depiction of mental illness on the big screen which indeed tries to eradicate the stigma attached to mental health disorders.

—Rohita Gharu

B.A. Psychology (Honours) Ist Year

Festival de Cannes

In the world of film, the Festival de Cannes known to many of us as the Cannes Film Festival is the largest international showcase of Cinematic Art. Every year, for 12 days in May, the small city of Cannes in southern France turns into a meeting place for the known of the film industry, where the top films compete for the Palme d'Or, (The Golden Palm) - the festival's grand prize.

Artistically, it's an anything-goes film showcase that has launched the careers of directors like Quentin Tarantino and Steven Soderbergh. It boasts such diverse events as black-tie screenings and midnight movies on the beach, and it has grown into a fairly intricate system of main events, sidebars and awards. Cannes celebrates diversity in artistic expression, with awards for first time filmmakers, film students, short movies and documentaries.

The international feel of the festival, the focus on erasing national boundaries in the name of Cinematic Art, goes back to the political mood of the 1930s. The fascist regimes in Europe were gaining influence, and this influence was affecting the art world. The main International Film Festival at that time was held in Venice, Italy, and in 1939, a French film was the shoo-in for first place. Instead, a German film and an Italian film- both with fascist political ties shared the prize. The French, British and American judges resigned in protest.

In response to what was perceived as the political corruption of the film festival in Venice, France started its own. The Festival International du Film began in 1939, though that one was cancelled after a single screening (William Dieterle's 'The Hunchback of Notre-Dame') because Germany invaded Poland and France joined World War II. The festival gave it another try in 1946, and it stuck. Now known as the Festival de Cannes, what began as a protest has become the most widely recognized film festival in the world.

In 2019, The Cannes Film Festival led by General Delegate Thierry Frémaux and President of Jury Mexican filmmaker Alejandro González Iñárritu awarded the Palme d'Or to 'Parasite', a South Korean feature film by director Bong Joon-ho. In response to the #MeToo movement, the 2019 Cannes Film Festival also carried with it a legacy of feminism and revolution, whereby a sexual harassment helpline was started in association with the French Authorities.

—Angel Shan

B.A. Psychology (Honours) Ist Year



Indian Cinema – Beyond Bollywood

“Once you overcome the one-inch tall barrier of subtitles, you will be introduced to so many amazing films.” – Bong Joon-ho, director, 'Parasite' at Golden Globes, 2019.

From the perception by watching amazingly dubbed films available on television, watching a non-Hindi language film in this country can feel a bit like travelling off the beaten path. Hindi cinema has always been the default choice for movie watching in this country. Thanks to the *Baahubali* franchise, we have gotten used to accepting films beyond Bollywood. Crediting the OTT platforms like Amazon, Hotstar and Netflix, cinema lovers have finally taken an approach to good content over star cast.



Here is presenting a few non-Hindi films, available online, for few cinema lovers out there, covering almost every genre! Fall in love with the original before Bollywood tries to re-make these classics (or already have)!

1. **Malayalam (Mollywood)** - “Where script trumps Superstars”. While there still are a couple of mass movies to entertain, Malayalam Cinema has submitted its vision to brilliant writers.

Must Watch Movies:

- *Premam* (Hotstar): Cinematography is beautifully ambient, music is catchy, the story is simple and the direction is superb. The protagonist George transforms from an awkward, blushing teenager to an emotionally bruised and grizzled man. Yet, when his eyes light up with affection for his partner and his shy smile emerges, it is a thing to behold.

- *Sudani from Nigeria* (Netflix): The film is as cathartic as it is comical. The heartbreakingly humane story is set in football-crazy, North Kerala and is about the ties that bind us, making the viewer a better person.
- *Kumbalangi Nights* (Amazon): The story of broken men, Kumbalangi Nights works like a quietly magical poem. There is a subdued melancholy and lyricism in every frame.

2. **Tamil (Kollywood)** - Say the word Kollywood, echoes the name Rajinikanth! While one bunch of directors still believe in elevating the superstars of the industry, the other half have one hearts with nail-biting scripts- with sensibility and vision.

Must Watch Movies:

- *96* (SunNxt): I am born a mirror, I become whatever I see. Ram loses himself in things and people so that he doesn't have to look at his own self. It's a form of escape; also denial. The film makes you laugh, and cry, besides evoking a lot of happy memories and above all, hope and acceptance.
- *Sillu Karupatti* (Netflix): Love blossoms at the most unexpected time, with a most unexpected person. A love anthology, representing a story of every phase of life is like a cup of hot chocolate on a cold rainy day.
- *Super Deluxe* (Netflix): Utterly unique film, portraying representational realism at its best. The stories in *Super Deluxe* are of the here and now. They do not begin with 'once upon a time' and end with 'they lived happily thereafter'. I am sure the viewers will end up falling in love with loveable, bubbly Rasukutty.
- *Pariyerum Perumal* (Amazon): The movie serves as a social commentary on caste discrimination and is also highly gripping and is about rising above this helplessness and humi-liation.



3. **Telugu (Tollywood)** - Easily, the industry with most testosterone-fuelled knock offs yet, some powerful performances did stand out from the stereotypical masala movies. Probably all of us have seen a scene from this cinema on our television. (Thank Goldmines for those bizarre dubbed titles).

Must Watch Movies:

- *C/o Kancharapalem* (Netflix): Funny, with plenty of heartbreak and tenderness of romance. The director slips in musings about gender, religion and the struggle for the dignity of labor.
- *Jersey* (Zee5) : *Jersey* will make you laugh, cry and cheer out loud. It is the story of a father who is so enamored with his son that he could do anything to not stoop low in his eyes and get him the birthday gift he always wanted.
- *Agent Sai Srinivasa Athreya* (Amazon): This film provides a playground for jokes to be made on the idea of a homegrown detective.

4. **Kannada (Sandalwood)** - Recently, KGF-Chapter 1 took everyone by surprise and continued to gain a name for Kannada cinema. The industry, ruled by remakes and dubs has finally made a place for parallel films that have earned nationwide appreciation.

Must Watch Movies:

- *Thithi* (Netflix): A comedy for some, a satire for others, the movie showcases the generation differences and real-life relations between father and sons.
- *Gantumootu* (Amazon): “ Love survives through the worst of situations and thrives through hope.” This coming-of-age story portrays a young schoolgirl debate about her objectification and makes peace with the consequences for a mistake she hasn't committed.
- *Godhi Banna Sadharana Mykattu* (Hotstar): The story can make the most rigid ones get emotional, as it makes one realize the value of parents in his or her life. Better still, watch it with your parents and enjoy this emotional roller-coaster.

— Dhawani Jasrotia

B.A. English (Honours) 3rd Year

Today's Feminism

"I myself have never been able to find out precisely what feminism is. I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat or a prostitute".

—*Virginia Woolf*

Feminism is a term that has become rather revolting in the contemporary scenario. When you Google the word feminism, it is defined as "the advocacy of women's rights on the ground of the equality of the sexes." According to Britannica, it is a political ideology, "the belief in social, economic, and political equality of the sexes."



However, the word itself is considered synonymous to female domination and the promotion of the feminine power as a supreme force and an imposition that aims to put an end to the male identity as feminists are considered a man-hating species. On the contrary though, feminism stands for something way beyond the narrow narrative of male dismissal.

But, this is not the only reason why people put away from the entirety of the feminist chronicle. An article published by Forbes, lists several reasons why we are in such a great denial of being involved with feminism or feminists. While some people just don't support the idea of equality of the sexes in any form, some people don't believe that such a thing as inequality of the sexes exists. The very common argument presented against the ideology is that since both the sexes are fundamentally built differently, they can't be equal. However, the idea of feminism is not born out of 'sameness'. Physical, emotional and mental structures and foundation can't advocate for social injustice. There are several underlying facts and reasons that propel the angst against feminist ideologies and it's not just men who are against this. People feel like the feminist revolution will overturn the time old traditions and taint religious beliefs and bring about a negative change in everything that's been a fundamental part of the existence of the 'man'-kind. According to a research conducted by BBC, it was found out that people associated feminism with man hating, lesbianism or lack of femininity.

There is another group of people who believe in the equality of the genders but denounce the association with the term feminism, since it seems too radical to be about equality. It is often questioned why it is called 'feminism.' If it is about being



equal, then it should be called 'equality.' But the fact that the entire idea of feminism is to bring the 'female' population up to a certain equal level because it's the 'feminine' traits that we're ashamed of, is neglected. To do something, 'like a girl' is shameful and as a male, you need to 'man up' so that you can be valid to your physical identity as a man.

Feminism extends its spectrum beyond the heteronormative binary set up. At the very core of it, feminism is about choice and breaking out from the patriarchal moulds. Anything beyond the social box is seen as something absurd and the idea of it is suppressed with utmost disgust. Feminism aims at extending the boundaries of the stereotypical and socially acceptable behaviours, be it gender roles, economic, social, political gaps or the inclusion of varying sexualities.

A large group of people believe that we're already at a stage where equality has been achieved and hence the fight for it is unquestionably irrelevant. But then, do we really not need feminism? Patriarchy and sexism still deeply live within our world and just because we can't see it upfront, its existence isn't nullified. While the original traditional gender roles aimed at a division of labour, the corruption of the basic idea created a rift between the binary worlds leaving one side as inferior, something that we're still trying to get out of.

A girl or a woman can never be trusted to be safe in her own house, let alone the outside world. It is unsafe everywhere. You can't go out after dark, you can't wear what you wish to because at least one man from among all the people around you will notice it differently, you can't speak out or sit with your legs wide open because that's opposed to what a lady ought to do, and so on.

Girls are taught to be careful because they're glass and a little blow would break them and boys, of course are the ones that never break. So, even though it isn't, the difference is made to be elementary from the very beginning. As and when the manly man pleases, a woman is targeted, be it on a road, in a bus, a club, etc. and for the record her 'safe neighbourhood' or her own house.

As a defence, the phrase, 'not all men' has come up very strongly, and yes, not all men do the same things, but unfortunately for a woman, enough men, to let her be terrified at any given moment, have tried something to molest her sanity. So, if we are equal, why do so many of us feel compelled to talk about this. Why is it hard to respect the personal space of a woman, when she stands in a crowded bus? If she does nothing, she isn't trying and if she's trying, she's doing too much.

What is needed is clarity, about what's right and what's not, and what feminism actually stands for. Every time someone writes about it, it is called out as an angry rant and yes, the fact that needs observation is that the 'historically entrenched patriarchy' has created a world where 'any power shift in the masculo-phallic system' creates a ruckus. (via B99)

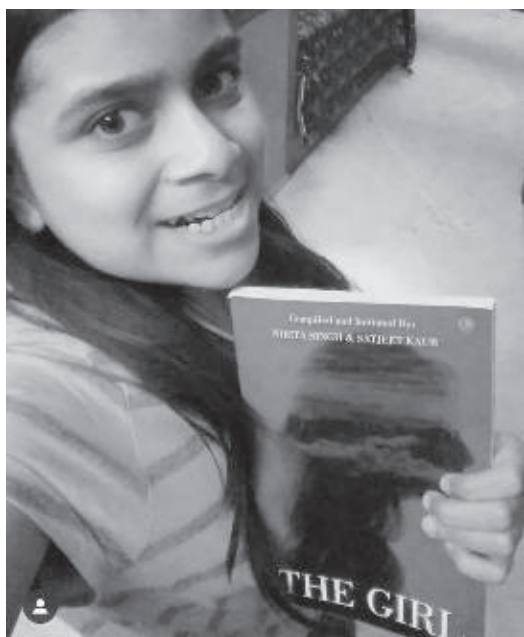
And lastly as Halsey sings, "I'm tired and angry, but somebody should be".

References: BBC, Forbes, Google.

— **Cherishdeep Kaur**

B.A. English(Honours) 3rd Year

Writers and the World of Publishing



"An idea is a feat of association, and the height of it is a good metaphor." These are one of the beautiful lines by Robert Frost that strike me every time I sit to look back at the word 'writing' and the creative process. Creativity and its process has its own pathway and while I use the word 'creative,' I by no means wish to limit the boundaries of creativity, for there is always an artist within each of us. The creative idea that this article will be talking about is the connections we make to build in new ideas to bring in a solution to the existing one.

Writing in itself is yet another creative process that needs the build-up of critical thinking, for without knowing the 'what' and 'why' you cannot

go into the 'how.' This critical thinking starts with the very process of analysing the topic and to this the famous pyramid approach comes to place. While creativity has no boundaries, research is the basic key aspect of writing. Without knowing the actual meaning and context of every word assigned in the topic, the writing process cannot be complete. This approach of understanding what, why and how comes up only after one of my mentors suggested to me that I read every headline of newspapers without reading through the detailed news.

The 3 P's of Creation

While as students, you all must be thinking writing is every combination of words that make sense, but here I wish to break the ice for you. Writing is the simplest way of communication but the impact it creates to the mind of one who is reading it makes it a creative piece. With the advent of social media, any and everyone who pens something calls themselves a writer and in reality, that is not true. I would suggest the three P's of creation - Prompt, Perspective and Poem. In the simplest of language, call it a title or



topic and that is what a Prompt is. It is very important for a writer to build a research base up before making notions about the topic for that isn't what will lead to a thoughtful creation that is the third 'P'. Perspectives have always been debatable and so are the pieces having an edge for the readers to choose sides by their own. If we look at the creative process, we must also understand the importance of keeping in mind the viewer's eye and that is where publishing comes to play.

Publishing

Publishing is not the traditional definition you know. For sure getting your work into books is indeed a part of publishing, but the modern context puts it to putting forth your creations for a wider audience to view. Before you put forth your work on any platform, do re-read and edit the work to the best of your abilities. A grammatically incorrect piece looks like a hole in a beautiful painting. It is always necessary to take the first step, as without trying, one cannot be sure of how beautiful creations could be. While sharing your work, there are few things to consider. Choose the platform correctly. With this, I mean to say even if you post a line on Instagram, that in itself is a part of blogging and here you need to understand that the mindset and attention span of people is really important to consider.

For short pieces, Instagram and Facebook are a good way to connect. However, if you wish to pen your thoughts through a long piece, remember the attention span of humans of social media won't even get you real reviews and authentic reviews are really important to start off as a creator. Another important point is to understand that ideas are always influenced by creators already existing and thus, we as writers should not shy away from crediting them for their influence on our creations. Plagiarism needs to be avoided.

Do not forget that the more you read, the more you know about the styles in creations. Initially, your work might take some time to have an impact on the audience. So, start with chasing the people you know and then make digital marketing your way. Always remember the better the design, better would be the chances of a person reading your piece and your growth.

If the above steps by any ways appear complex, here are some tools for you. For having a piece without basic errors, download the Grammarly App on your device as it makes it easy to check errors before posting. For better and simple designs, also check out Canva.

A Message for Budding Writers

For beginners, I wish to say that it is important to go on and take the first step. Start by writing lines each day, even if it's just one line a day. Gradually, you will make through and would want to read more to write better. For those who already write and want to improve, I suggest reading headlines and critically analysing them because that paves the way for a better understanding of thinking through topics.

There are a lot of short term online courses, make sure you do not miss a chance to enrol in them. Internships are an important way for improving your writing skills. If you wish to publish a book someday always remember, "It's not impossible; do not miss creating an impact through your pieces." Like every other industry, the publishing world has its part of money-making too, do not be trapped by short-term benefits. Never forget that passion will always pay its tribute to the hard work.

Writing has been a change maker for some, a career path for many, a living for others and a passion for me. Do not forget your creations can be the way to being the next best seller. Till then, read good literature to bring meaning out of creations. Develop styles, do not blindly imitate from social platforms and that will make you a creator soon.

—Nikita Singh

M.A. English 1st Year

Nikita is the founder of "The Girl Imprints", a social media platform working for the cause of girl child education. She has been published in over 20 anthologies and is the author of the book 'The Girl.'



The Condition of Women in Present-Day India - Are Things Really Improving or are All Claims Mere Shams?

The entire discourse surrounding women has undergone a massive change in the preceding decade or so. They have crossed the threshold of their houses and the rigid four walls, taken up jobs and have managed to balance their professional and personal lives. Some exemplary women have through their sheer courage and hard work managed to defy all odds



and break the glass ceiling. But let these factors not blind us to the fact that even today there have been various cases and incidents that have put humanity to shame and prove that being a woman in present-day India is still difficult. Let us have a look at the stark reality that the women of our country face. As Lord Byron puts it, "Tis strange - but true; for truth is always strange; Stranger than fiction."

Why are we bombarded with news headlines about girls being raped, abducted, assaulted and killed on an everyday basis? The frequency of these nerve-shattering crimes is unfortunately too high. On a chilly, wintry night in 2012 the infamous Nirbhaya rape case took place that rocked the conscience of the entire country. Even after seven long years, the perpetrators of the gruesome crime have not yet received their due punishments because they keep misusing the loopholes in our system, coming up with absolutely absurd pleas. 2019 ended with a horrific gang rape and murder of a 26-year-old veterinary doctor. Though the accused in this case were shot down in a police encounter, many fingers were raised at the authenticity of this supposed 'encounter'. The question here is not whether the encounter was authentic or not, the question here is why are

these heinous crimes still on the rise, why has our country which worships goddesses ironically failed to protect its daughters? Closer home, the Gudiya rape case is still lying dormant with no progress. The intricate nexus of the powerful is probably too complicated to cut through to provide justice to a young school girl. But was it her fault?

The other day, I came across a documentary by *The Quint* titled 'Highway to (caste-based) Hell' which was about the women of the *Bacchada* community of India's heartland-Madhya Pradesh. The *Bacchada* community belongs to the so called lowest caste in the caste ladder and the women have no other way to feed their families apart from becoming prostitutes. The low caste women have been doubly marginalized since centuries. Firstly, because they are women in a staunchly patriarchal setup and secondly, they belong to the lower castes. The sad part is that these women consider prostitution a tradition that has been passed on to them from the previous generations. Even though some of the girls who enter this profession before they turn 18 are supposedly rescued, they return to this profession because they have no alternative means of earning their livelihood. The caste system in India has made the life of supposedly 'low born' women hell.



The *Khap Panchayats* of Haryana have yet another story to tell. Illegally taking into their hands the law, they have also been instrumental in committing atrocities against women-making them marry their rapists or blaming the girls themselves and ostracizing their families. This has also led to the rise in the number of 'honour killing' cases, where the parents kill their own children, primarily their daughters in a bid to protect the family's honour, lest their children go out to destroy it by marrying



someone from a different caste. This distorted sense of identity that places the entire honour of the family and even of the country on its women, has only made their lives miserable. Take for example the gender based crimes that were committed on women during the time of the Partition. Women's bodies were seen as sites of revenge and they were mercilessly abducted and robbed off their dignity.

Now in the era of the #MeToo movement where thousands of women cutting across cultures and borders have opened up about the sexual harassment they have faced at some point of their lives, it is time to seriously evaluate what kind of a picture does this paint of our society and where we as a nation have gone wrong. Cybercrimes against women are on the rise, be it unasked for salacious messages or online abuse. On February 9, 2020, students of Gargi College were molested by unknown drunk men right inside their own campus during a fest. We live in a highly distorted world where chaos is the new trend and where 'All things Bright and Beautiful' have been tossed out of the window.

We still have a good amount of highly misogynistic movies topping the charts at the box office, the most obvious being *Kabir Singh*. Since cinema influences people to a great extent, isn't it high time we let go of such regressive stuff? Well, the idea of women belonging solely to the hearth has definitely undergone a change, but we still have a long way to go, obviously because reversing centuries of subjugation and mistreatment is bound to take time. And there are still miles to go before we can be proud of ourselves. Quoting Robert Frost :

“The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.”

— Amisha Chauhan
B.A. English (Honours) 3rd Year

The Kingdom in the North

"Bear with me for the resemblance is uncanny."

Once upon a time in Westeros, the northernmost kingdom of Winterfell was ruled by the honorable Starks. Their summers snowed, and a wall served as the end to the geography of Westeros that protected them from an 'Army of the Dead' further north. While the southern kingdoms fought foolishly over the throne of King's Landing, Winterfell forever remained conscious of the more lethal dangers that lay on the other side.



I used to think the history of Winterfell I am about to summarize was fiction. Now I know better. An unfortunate turn of events- triggered by a devious and unscrupulous Lord Baelish- leads to the death of the Lord of Winterfell, his wife, and their firstborn son. The rest of the Stark children are severed from each other and their journeys back home become some of the most heart-wrenching as well as most loved moments for the audience. However, it is abundantly overlooked how their sufferings changed them. They came back braver, but at the cost of their innocence and an inherent ability to trust in the good in people. As people with opinions and liberty to express them, we must learn from fiction and reflect on what will have become of the people in our kingdom in the north when they are given back their voices. This is what I viewed till March 17th.

Winterfell has been taken over by the Boltons and the new lord, Ramsay, is the seven deadly sins personified. Also, he is unreasonable and barbaric. So, when the young adult, forlorn Sansa Stark is somehow restored to her homeland one would think that



she will be free in her home, right? Just like we thought the abolition of Article 370 would “free” the people of Kashmir. Alas!

Sansa cannot rule Winterfell as a Stark. She'll have to marry Ramsay and remain subservient to his tyrannies. A prisoner in her own home with no means to contact her brother Jon and no way of finding out if Arya, Bran, and Rickon are alive. These people lived in ancient times. Imagine the ball of a time they would have had with 2G speed internet! However, the same internet mercy being bestowed on Kashmiris is the 21st century equivalent of the Westeros' ravens flying messages to and fro.

Somehow Sansa reunites with Jon and tells him the horrid details of her marriage, and I, a patient reader, cannot wait to hear what Kashmir has to say. A land so beautiful, proud and politically volatile in its literature a decade down the road may tell us of experiences we will dread to think of as anyone's reality, let alone our people. Jon leads a battle to get back his kingdom, but when he is beating Ramsay to a pulp with his bare hands it is because of what he made his sister go through. When Kashmir writes, will we have the courage and sense of responsibility to avenge them as Jon did? The point where fiction and reality part ways is when Sansa has the perfect revenge meted out to Ramsay (which for its gruesomeness and brutality has not been mentioned), however, it is when she looks him in the eye and says, “Your words will disappear. Your house will disappear. Your name will disappear. All memory of you will disappear,” that we are reminded not of his madness, but her pain and trauma. Her words bring home the fact that all rulers are transient, and it is the memories that live on through generations.

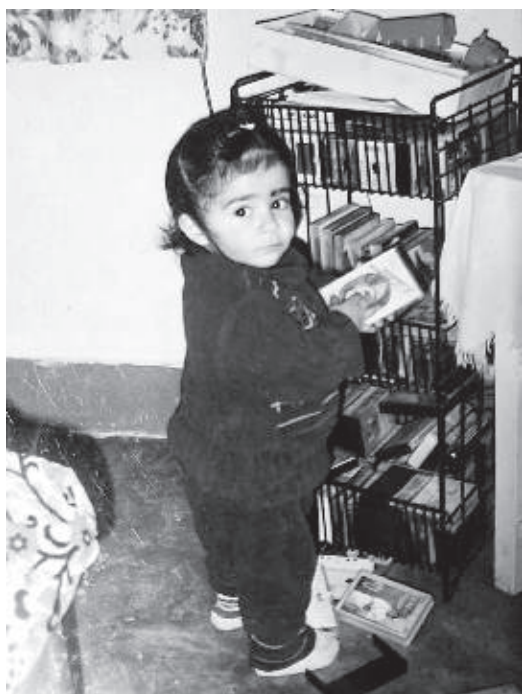
Sansa will go on to become the first queen of an independent Winterfell and her people will love her. She will succeed at everything she does, but will she ever truly be happy? Is not giving up one's innocent cognition too high a price to pay for hurried but “necessary” decisions made by those who will not be affected by them?

It is a humble request to everyone with opinions that when Kashmir speaks up, empathize with them. Political appropriateness might not be of much consequence to them and rightly so. All they may need is for the rest of us to understand the last seven months of their lockdown and keep their injustice in mind the next time we vote.

— Vanshika Jain

B.A. English (Honours) 3rd Year

From Mom's Cassette to Spotify Premium: A Musical Journey



If I were to list the catalysts of human evolution, music wouldn't be a very popular pick. However, my evolutionary journey starts with my parents' cassette tape collection, which they had kept as a memoir of their youth, but for two-year-old me, who only saw their purpose as being fun to knock off of the shelves, it was merely a makeshift Lego set. Little did I know that the songs my mom sang to my dad came from these plastic rectangles, and then the music began to narrate its stories to me.

I remember my dad driving me to school, with me in the backseat singing along his college favourites: Madonna, Shakira, Bono, Lata Mangeshkar, Mohammad Rafi, Ghulam Ali, Bryan Adams and Sonu Nigam – taking shelter under the artists' work to distract me from the

fact that we were running late, more importantly, to avoid the crying that would have followed had it not been for the melodies. The Maruti 800 was where my love for the Indian Classics, 80's Soul and Latin Pop was born.

At nine years of age, I decided that I wanted to be palaeontologist, although it'd be a whole year before I could actually spell it. My brother and I would look up dinosaur videos on YouTube and call it research. Not only did I now know every dinosaur fact under the sun, but I could also sing “In the End” by Linkin Park or any rock or heavy metal song that played in the background of those videos.

Then in life's typical way of inviting clichés, the boy I liked made me a Justin Beiber mixtape when I was 12. Needless to say, I was an instant Belieber, even though I didn't like any of them. A few years later my music journey reached its crescendo when I started watching a show called Supernatural, where my inner music found a home in



classic rock. AC/DC, Black Sabbath, Styx, and Bon Jovi decided to permanently reside in my heart.

When I was 16, I first heard Hozier's Take me to Church. "*There is no sweeter innocence than our gentle sin*" he sang, and every ounce of my being felt it, responding as prey does to the scent of a predator. I had found what every musical note I had heard before led to. I had found my music and my life's meaning with it.

My music is now a storehouse of countless memories and emotions, and everyone I meet adds to that story. Nietzsche believed that most culture exists to distract us from the truth. If he is to be believed, then the context of our experience matters little when compared to the content of our experience. The deafening silence of my life was broken time and time again by Beethoven's 5th Symphony, Frank Sinatra's Witchcraft, Halsey's Nightmare, Om Mani Padme Hum, and countless other pieces. What better fit to summarize my journey than the lyrics from "Almost (Sweet Music)" by Hozier?

"You don't have to sing it right, who could call you wrong?
You put your emptiness to melody, your awful heart to song;
You don't have to sing it right, but honey sing it strong;
At best, you a little remedy;
At worst, the world will sing along."

—Angel Shan

B.A. Psychology (Honours) 1st Year

Book Reviews



The Wanderer By Kahlil Gibran

“We ourselves are the infinitely small and the infinitely great and we are the path between the two.”

—*The Path, The Wanderer*

About the Author: Kahlil Gibran, a Lebanese-American writer, poet, visual artist, philosopher (which he did not accept), was born on January 6, 1883. He was an integral part of Mahajar, an Arabic Literature Movement. Some of Gibran's notable works are *The Prophet*, *The Madman*, *Broken Wings* and *The Wanderer* which was his last book written shortly before his death in 1931.

The Wanderer was published in 1932 shortly after the demise of the author. It consists of fifty-two poems and parables which have been written in a simple language and have a strong universal appeal.

Reading this book is a cathartic experience, the writings in the book truly speak to the soul of the reader and in the way every gentle reminder does. The book is about 112 pages long consisting teachings of life, with mystical drawings and embedded with timeless pearls of wisdom which makes it an appeal for a modern classic.

Some of my favourite quotes from the book are:-

“The philosopher's soul dwells in his head, the poet's soul is in the heart; the singer's soul lingers about his throat, but the soul of the dancer abides in all her body.” —*The Dancer*

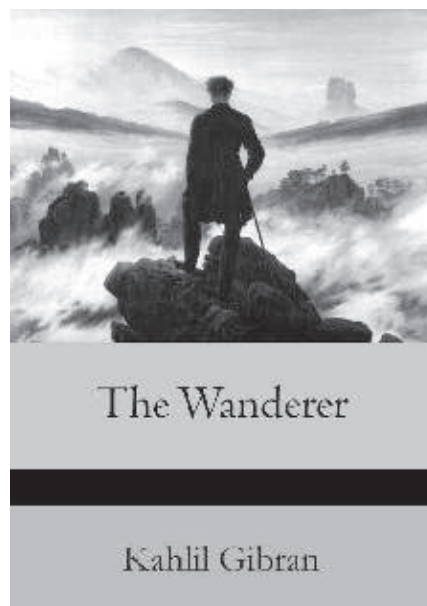
“I am but a drop of this great ocean.” —*Upon the Sand*

“Yet some there are who have beheld the face of Beauty, and they know her notwithstanding her garments. And some there be who know the face of Ugliness, and the cloth conceals him not from their eyes.” —*Garments*

At the end, I would truly recommend to give this book a read as its teachings leave you with a strong sense of newly found compassion and profound wisdom in the simplest way.

—Mansha Grover

M.A. English, Semester IV



The Color Purple By Alice Walker

“Don't let them run over you. You got to fight!”

The Color Purple is an epistolary novel by an Afro-American writer, Alice Walker. It throws light on the oppression of the blacks by the whites and of black women suffering by male hegemony.

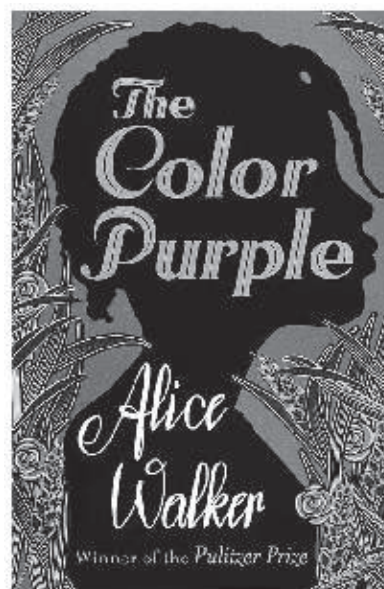
The story revolves around a black woman who is thrice marginalised in terms of male dominance, oppression by the whites and economical dependency due to lack of education which doomed her. We see how Celie is firm on penning her feelings down through her letters to God, which reflect her hopelessness and helplessness. The lack of schooling results in her vague letter writing. The novel opens with a harsh and an unbelievable abuse by her father, which is prominent even in today's world. The only support or concern she has is for Nettie, her younger sister who makes Celie a little aware by helping her read and write a bit. Another aspect of oppression is seen in the fortitude of the blacks who are controlled by the whites as we see Sophia is forced to serve as a maid to the white mayor's wife.

The story amazes the readers by the glimpse of true bonds among the black women who laid the foundation of empowerment and self-worth by suppressing jealousy and hatred. The tables turn when Shug Avery, a Blues singer, a role model to the true feminist ideology is introduced. Her independent, self-established and proud stature makes a man conscious of himself and run for her approval.

The title aptly symbolises the crux of the novel as the colour purple denotes luxury and royalty which is the result of the combination of blue and red. The Blues songs emerge from pain, misery and also the blue of wounds, whereas the colour red is for passion, blood and boldness. Thus, the novel very subtly brings forth the universal lesson of life to the readers; that is, one is obliged to go through the struggles for later glorious success.

— Naynika Mohan

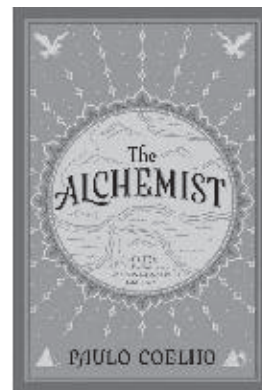
B.A. English (Honours) 3rd Year



The Alchemist By Paulo Coelho

“When you want something, all the universe conspires to help you achieve it.”

The Alchemist by Paulo Coelho is an inspirational story of Santiago a youthful Spanish Sheppard in the rolling hills of Andalusia. The boy has deep attachment with his flock but realizing that they are devoid of appreciation for nature which he loves and admires the course of his life changes. Santiago keeps on getting the same dream about treasures that are buried in the Pyramid of Egypt. He embarks on a journey to follow his dreams after meeting an old king who offers him mysterious stones and advice.



In order to realize the best that his destiny has to offer, he travels from his home in Spain after selling all his sheep through the markets of Tangiers and into the great capricious deserts of Egypt. He experiences love, loss and makes money, learns a different language, meets different people which include an Alchemist, finds himself in pleasant and not so pleasant situations. In the end, Santiago does find his treasure that he was seeking all along in the ruined Church where he first had his dream originally.

The story is very enchanting and is bursting with optimism. The book tells that the journey to our destiny is equally important as the destiny. The book makes us believe that “To realize one's destiny is a person's only real obligation.” The narrative is extremely gripping, thrilling and it tickles the reader's imagination. The book manages to solve its purpose to make the readers understand that going after your dreams and destiny requires us to make certain choices and sacrifices but having the courage to do so can actually make them come true. The book makes us try to look at the bigger plan that we fail to comprehend.

“Tell your heart that the fear of suffering is worse than suffering itself. And that no heart has ever suffered when it goes in search of its dreams.”

“The possibility of having a dream come true makes life interesting.”

—Tithi Agarwal

B.A. English (Honours) 3rd Year

Complainers by Rudy Francisco – A Poem Review

I'd like to share an incredible piece of poetry that I hold very dear to my heart. It has been my companion on days of despair and my source of strength when I needed it most. Its verses remind me to always look at the bigger picture and to be kind even when you feel like this is the end of the world because you never know maybe the person sitting next to you is suffering worse.

I would like to begin with a question-Don't worry, it isn't a Science, Mathematics or a G.K. question, but I bet you don't have an answer to it. Or do you? Try. Do you remember how many complaints have you made since morning? About the weather, the breakfast, the traffic, the political scenario of the nation, or having to come to college? The list is endless. Ask yourself, do these things even matter? Could we have reacted in a different manner?

These are the questions that the poet, Rudy Francisco, tries to throw at us in his poem Complainers. He has put instances which are quite common but have the capability to move one to tears and feel grateful for all that we have in life. He tells us that when Aaron Ralston was hiking, a boulder fell on his right hand. He waited for four days and then amputated his arm with a pocket knife. When Evans lost his leg, he was speechless. When my cousin was assaulted, she didn't speak for forty eight hours.

The most amazing part about the stories is when asked about the experience they all smiled, shrugged and said, "I guess things could have been worse." It gives us chills down our spine to even imagine that. My favourite part of the poem is when the poet says, "Tell me how blessed are we to have tragedies so small it can fit on the tips of our tongues?" He also tells us how tragedy and silence have the exact same address. It is through this poem that we learn how important it is to take responsibility for our actions and to not judge too quickly. Muscle is created by repeatedly lifting things that have been designed to weigh us down.

The essence of the poem is in the last bit when the poet says, "The human heart beats approximately four thousand times per hour. Each pulse, each throb, each palpitation is a trophy engraved with the words - you are still alive, you are still alive. So, act like it!"

I would like to conclude by saying that the poem has been my companion for quite some years, may it be yours too. And it's all going to be fine, everything is going to fall in place. But, live a life so full of adventures that when you enter your grave you're not all neat and tidy, but full of scars that serve as a sign of victory and allow you to proudly say, "This was one hell of a ride!"



— Kriti Verma

B.A. Economics (Honours) 3rd Year



*My
Muse
and I*



The Redeeming Blue

Smiles danced to the tune of rebirth,
Fragrant rejuvenation...
Of love, laughter, truth,
The fountain of hope,
Conjures up the heaven,
Of sharing, caring, loving...
He let the sparkling red fluid,
Rush into the womb,
To create fertility in barrenness,
Of the Satanic souls.
Wanting to spread without delay,
He let the cords of truth,
Replay day after day,
He traversed for His lost sheep,
Into the mystic realms...
Of the Mammonic underworld.
Spinning the wheel of *Karma*,
To remove *Adharma*.
His lost sheep He found,
And Himself turned blue,
Gulping the Mammonic poison,
Of the Satanic commands,
Which had lured His Sheep.

Unto temporal bliss...
In other mortal form too He traversed,
Shedding drops of red hue,
Oozing stream of sweat and thorny pain,
Belaboured by the cross for you...
Wake up slothy souls,

For He is all set to rise again,
Rise again for you,
To end your slavery to Beelzebub,
To redeem the lost you.
He shall rise soon,
To awaken you from your Satanic
swoon...

—Ms. Megha Katoria
Department of English



Men Will Be Men

I walk out of my house
Following the dress code,
With my top a little high
And my skirt a little long,
Don't show any skin
It might entice the men.
We just want you to be safe
Because men will be men.

With this advice in my mind
I walk faster
Is it 6 pm already?
I should've gotten home sooner
You should not be out so late
It might excite the men.
We just want you to be safe
Because men will be men

With questions in my mind this time
I give into my society's demands
I think twice about the way I dress,
I mustn't do anything to provoke the men
My younger self couldn't break this wall
Patriarchy jubilated at my fall.

So I walk out of my house
My head up high and my will strong.
I will smash the patriarchy
I will redefine the gender norms
What will people say?
You will become a loner
Because mind you, I'm not just a woman
I am my family's honour.

—Rohita Gharu
B.A. Psychology (Honours) 1st Year

Why Do Writers Write?

Why do writers write?
Maybe they're chasing a high
With stringent rhymes and metaphors
Or maybe they're just lost
Amidst the horde of mismatched
thoughts.
Maybe they are so afraid
Of keeping it off guard,
They keep it too much in place.
With every word strung together
And placed precisely on each line
Balanced equally with emotions and
rules,
Too overwhelming to go unnoticed.
Maybe every speck of ink
They blot on the pages of their favorite
diaries
Serves like the taste of a lover now
forgotten
Or maybe they cure wounds
Of loneliness with words,
Like lovers chug down liquors
To heal the detriments in their heart.

—Ishita Phillip
B.A. Psychology 2nd Year



Far From Here

I know far from here
Somewhere, where the red flowers bloom.
On branches visited by singing sparrows,
There shall I meet you.

Far from here
Where pearls are not
Only found in deep water beds,
But are made from the tears of love
There shall I meet you.

In the green-yellow fields of daisies
Where the love is true and not blind,
Where peace shall be the tongue spoken
There shall I meet you.

Far from here
Where the wait won't sting
When it will finally bear orchid sweets.
With open arms
There shall I greet you

— Tithi Agarwal

B.A. English (Honours) 3rd Year



The Outcry of a Dalit

Bruised, beaten and broken down
I tread on a path I laid for you
My bloody hands washed with sin
Of my beloved who dared to dream.

I am the wailing sobs of my mother
Stripped and paraded
Tied to a tree as a punishment
For I fell in love with your woman.

I breathe the air of Kilvenmani
Massacred for a share
In the crops I sowed, reaped and harvested
Do I starve or be killed by your men?

I will spit on your lands
For when I asked for a ground
To build a shelter for my cows
You bludgeoned me to death.

I am the hawker's cry
Your daughters adorned my bangles
Yet your stone hearts never turned
When you painted red with the blood of my youngest.

The seeds of revolution will bring you crops,
Bitter and rotten
The stench of our agony will fill your homes
How many deaths will be enough?



R for Revolution

I am the harbinger of the rebellion
I have waited upon too many years, too many centuries.
I will speak the devil's tongue
I will speak for the last man and the abused,
The beaten, banished and the bruised.
Their rainbow clothes and saffron hearts reek of hypocrisy.
Let us make our beds and cut our wounds open
Let the sore fester and the pus run free.
The putrid stench of our agony will fill their houses
They will cover their faces in guilt and shame.
We're Molotov cocktails and they're Pol Roger
We're the bringers of revolution and unrest.
Roses and gas masks will welcome our union
My art is hungry and consuming
Will the door hold them any longer?
They will come for us soon.

*Both of these poems are based on the struggles of Dalits and their stories. The instances mentioned in poem one are true events.

— **Rohita Garu**
B.A. Psychology (Honours) 1st Year



Winter Blossoms

Winter Blossoms: Confusion

It was before dawn when I found myself awake
A queer state, a fusion of relief and burden, freedom and restraint.
All in their glorious contrasts, settling in my heart
Glancing out of my bedroom window, I watched the descending snowflakes as they
danced under the streetlight.
Gentle and soothing to the eyes, yet so unforgiving cold to the senses
In such a moment of unexpected tranquility, I felt the phantom grip of melancholy
on my heart.
Oh, why such gloom under the light of joy?
Why tears surfacing while my lips are curved into a content smile?

The heaviness in my heart weighed down the tranquil joy of completeness
But like a single ray of moonlight that had invaded the chamber of eternal darkness.
The answers surfaced, settling on the surface of my restless heart
The sense of melancholy had sprouted out of the tranquil moment itself and its
roots run deep in the fleeting moments of joy and peace.
And the memories of these moments are the seeds sown in one's heart
As the hope of seeing the spring blossom, defeating the frost
Filling up the inanity of the human heart.

The Winter Blossom is an illusion of eternal spring.

—Anumita Roy Chowdhary
B.A. English (Honours) 3rd Year

Self-love

At days, I want to talk about self-love. How important it is.
When the days are dark,
I know, what feeds your soul is love! People, wait for someone
Who could love them the whole.
But, the love initially comes from within. It comes from the soul
For your own self.
Love comes slow,
And it goes so fast,
Holding onto it is the real issue.
With the bullets you've been holding up inside you,
It is the time that you give all of it up. Nurture your wounds from the past,
And heal the nails drilling
Inside you from the present.
You have to do it all.
Love, it surely gives you wings and you reach the heights you never imagined you
could.
I have personally felt the urge
And the need of self-love.
I have seen myself fall
And rise through the ashes
Trying to bury me.
Today, I just want to spread
The love you've all been waiting for.
For the acceptance your soul awaits.
Let me tell you,
You are beautiful.
Insanely awesome.
Don't, forget to love yourself
A little more today.
A little more tomorrow,
A lot throughout.
For the shine comes from within.

—Paridhi Goel
B.A. English (Honours) 2nd Year



Martyrs of Kargil

Why when she opens her eyes,
Sees her son struggling to survive.
Holding so much of pain inside,
Slowly, melting for the places her son would never reside.

The luxury of spending time with family,
Was never a question
Letting the rival taste the Kargil mountain,
No, rivers of blood would sleeve 'The Tiger Hill,' just a suggestion.

The antidote that turned up to be a scar proving
That we took a chance,
530 soldiers martyred, was it worth an anise.
Still the nation was growing,
Despite the emptiness that was deputizing in each individual's heart.

All this came to an end on July 26, 1999,
Worst time, when a memorandum was to send
What shall we write?
Something same as, "It will be fine?"
Why when she open her eyes,
See her son struggling to survive.
Holding so much of pain inside,
Slowly melting for the places her son would never reside.

—Bhawna Sharma
B.Sc. (Medical) 2nd Year



The Fragrant Old



A Proud Bedeian...

I, Dr. Raj Deepika Chauhan was born and raised in a very humble family in Shimla, Himachal Pradesh. My father Late Sh. Dalip Kaul, who worked at Punjab National Bank had always inspired me to be the best and never give up. Growing up, I was a quiet, soft spoken, energetic, hardworking kid and extremely curious about my surroundings. My interest in science developed very early in school. As long as I can remember, I was fascinated with plant genes and how they influence all the processes. I always had a desire to make a huge impact by contributing to advancement of science. I took admission in St. Bede's College to pursue a Bachelor of Science degree with concentrations in Botany, Zoology and Chemistry. I have been fortunate to be taught by the best teachers. The enthusiasm and breadth of knowledge of my teachers at St. Bede's College had blown me away and sparked a passion for learning in me. The most memorable classes of my college were those of Botany and Zoology. The Botany class was challenging but Dr. Shramja Munjal made it so easy. Dr. Singh did a fantastic job with every zoology lecture, she would ask questions from the previous lecture before starting a new topic, and it was hard not to be prepared



with the answers before coming to the class. As a result, I stood first in college during the academic session 2000-2001 and second during academic session 2002-2003 of B.Sc.



I went on to obtain a Master of Science degree in Biotechnology from Dr. Y.S. Parmar University of Horticulture and Forestry, Solan and was awarded a university merit scholarship. I elucidated the role of plant protease inhibitors as defensive tools





Picture Credits; SIVB

against pests and pathogens. The research was published in *Journal of Plant Biochemistry and Biotechnology and Pest Technology*. This research established me as a young leader in the field, and in 2012, I was invited to be guest editor in a *Global Science Books (GSB)*, UK journal called *Functional Plant Science and Biotechnology* for a special issue on protease inhibitors. I also bagged a certificate of honour for my Masters' degree. I completed my Ph.D. degree in

Biotechnology in March 2009 and developed an efficient, reproducible and robust *in vitro* regeneration and transformation system for the production of insect resistant *Punica granatum* L (pomegranate). The research findings were published in *Plant Cell Tissue and Organ Culture, Journal of Fruit and Ornamental Plant Research, In vitro Cellular & Developmental Biology – Plant* and presented at Proceedings of the National Seminar on Physiological and Biotechnological Approaches to Improve Plant Productivity. In addition, I secured first position in University and was awarded a gold medal. I was also selected among the top 100 meritorious students from all over India by the Honourable Prime Minister to witness the Republic Day Parade in 2010.

In December 2009, my research proposal was awarded International Student University of Pretoria Postdoctoral Fellowship and I joined FABI, Department of Genetics at the University of Pretoria in South Africa to pursue the research under guidance of Dr. Zander Myburg. I established a genetic transformation system for forest trees, namely Eucalyptus and Poplar to enhance cellulose biosynthesis. I also collaborated with Dr. Steven Strauss at Oregon State University, USA for *Eucalyptus* tissue culture and genetic transformation and with Prof. Shawn Mansfield's research group at the University of British Columbia, Canada for production of poplar transgenics. I was invited to present my postdoc research at 2nd ISHS GMOs in Horticultural symposium and 2011 IUFRO Tree Biotechnology conference in Brazil. The research



findings presented were published in BMC Proceedings. Furthermore, in 2014, I completed an extensive literature survey and research on the challenges in eucalyptus tissue culture and transformation, which was published as a book chapter in *Tree Biotechnology*.

I joined the Donald Danforth Plant Science Center as Postdoctoral Associate in Dr. Nigel Taylor's lab to expand my skills to other crops in 2011. I worked on cassava which is a staple food for millions of sub-Saharan Africans. I improved the cassava transformation systems vital for crop improvement and identified the endophytes present in *in vitro* cultures of cassava thorough 16S rRNA sequencing. I accepted the role as research manager and later senior research scientist within the same lab. I managed and coordinated the activities of the transgenic cassava plant production pipeline for the Virus Resistant Cassava for Africa (VIRCA) and BioCassava Plus (BC Plus) projects, comprising up to 10 researchers. The research work was focused on nutritional enhancement, development of virus resistant cassava for East African smallholder farmers, and targeted gene editing in this crop. Cassava is vulnerable to several viral diseases; cassava mosaic disease (CMD) and cassava brown streak disease (CBSD) are the most devastating. CBSD poses a present and imminent threat to cassava production in East and Central Africa. I along with VIRCA team members generated plants that displayed a high level of resistance to CBSD under field



conditions in Africa. I trained several international researchers from countries including Vietnam, Nigeria, Kenya, Uganda and Columbia on new systems during my tenure at the Danforth Center. I was invited to present my discoveries in cassava tissue culture, transformation and gene editing at the 2014 World Forum on Biology held at Savannah, Georgia; 2016 World Congress on *in vitro* biology, San Diego, California; 2017 *In vitro* biology meeting, Raleigh, North Carolina and 2018 International

Association for Plant Biotechnology Congress, Dublin, Ireland.

I have published over 50 peer-reviewed papers and several abstracts in renowned journals and conference proceedings, respectively. My publications have appeared in major scientific journals, such as *Nature Biotechnology*, *Frontiers in Plant Science*, *Plant Biotechnology Journal*, *Plant Science*, *Plant Cell Tissue and Organ Culture*, *Scientific Reports*, *In vitro Cellular & Developmental Biology – Plant, Tree and Forestry Science and Biotechnology*, *Journal of Fruit and Ornamental Plant Research*, *Pest Technology*, and *Biologia Plantarum*. Cassava work was also featured in a prominent article in *National Geographic* “The Next Green Revolution” by Tim Folger. I served as a member of the editorial board for the *Proceedings of The II Genetically Modified Organisms In Horticulture Symposium* and have been serving as reviewer for multiple journals. I am part of the program and development committees of Society of *In Vitro* Biology (SIVB). In 2018, I was awarded the Distinguished Service Award for my outstanding service to the society in St. Louis, Missouri. I am currently Program Chair for the conference to be held next year at Norfolk, Virginia and am serving as a member of the Board of Directors. My contribution to the field of *in vitro* biology and development of novel technologies to advance in vitro biology were recognized by SIVB in 2019 during the annual meeting at Florida, Tampa in 2019. I am honoured and grateful to receive the 2019 Young Scientist Award from the society since it highlights my hard work and contribution to advance science.

I am currently leading a team of 9-10 scientists and research associates at Pairwise, a company based in Research Triangle Park in North Carolina working on improving fruits and vegetables through gene editing. I aspire to be a leader in the field of plant science and continue to make contributions to improve crops for sustainable agriculture. I also hope to serve as a mentor for the young generation and make positive change for women in science. I am truly thankful for the support and motivation received from my family.

Dr. Raj Deepika Chauhan is a researcher in the field of biotechnology. Apart from the numerous recognitions she has received, her most recent achievement is the 2019 Young Scientist Award by the Society of In Vitro Biology (SIVB) for her significant contribution in the field of in vitro sciences. She has published over 50 peer reviewed papers in international journals of repute and her work on cassava was also recognised by National Geographic. She pursued B.Sc. focussing on Zoology, Botany and Chemistry from St. Bede's College and is from the batch of 2003.



Nostalgia Version 2020



I walked out of the gates of the glorious St. Bede's College in 1999 as a graduate and hence have traversed various corridors of academia, research, writing, teaching and more. The most common compliment I often get is how did you do so much in your life in spite the challenges of single parenthood, mental health survival and the invisible disability fibromyalgia?

Frankly, I am still looking for an appropriate answer but I definitely owe a lot to St. Bede's where I think the mold was set for long. Those were strange times, the buzzword was India's 50th year of independence in 1997 and all of us were looking back and looking ahead. The opportunities we had as Bedeians within the walls of a classroom or outside were immense.

Whether it was the rarely heard at that time decision to allow us a motley group of girls perform street plays on the famous Mall Road or to experiment with content as I compiled the magazine in 1998-99 as a student editor (yes, the first time I was called that) I can vouch that my college never said no to us. There was always space to ask questions, to question the questions pre-existing and then to find new dimensions. We wrote our own scripts, made our own props, traveled without chaperons to youth festivals, and basically redefined a lot about “small-town girls.”

Today in 2020, as a random group of alumni contacted me via Instagram, it was a deluge of memories, I had stepped into St. Bede's as a demure girl for class XI admissions, it was almost like a small fish getting into the big pond, but that pond became a channel that made me practice every possible stroke and strengthen every possible muscle I would need to brave the big bad ocean called Life.

Five years later when I stepped out as a confident young woman who went on to achieve minor feats like Miss Fresher title to being one of the most coveted feminist bloggers



and a “successful” so and so I knew just one thing about life that college had taught me for sure - get your basics right.

Some of my friends from there are friends for life and are now more than family. Some of the professors who have now become friends as well make my heart swell when I see them name me with pride or refer my work or my books to someone. In random parties or a descript café somewhere whenever I have met a fellow Bedeian that warm feeling in my heart spells out Home.

Unfortunately, I haven't been there since owing to personal circumstances but now as a parent if there is one place from my past I want my little girl to visit and feel the strength I derive from it, it would be that quaint little forest corner of Navbahar Shimla which became the steel of my spine and the unshaking voice of my being.

It gives me immense joy and pride to pen this for the 2020 edition of the Echoes. Wishing all the current batches there all the best for their bright future, in a few years from now you will understand what this piece means!

Gracias

Pooja Priyamvada

Delhi, July 2020

Pooja Priyamvada is an author, columnist, professional translator and online content and Social Media consultant. She has been featured amongst “10 Indian Women Bloggers You Must Follow” and “25 Writers Whose Work Readers Enjoyed the Most” at Women's Web in 2018 and also in “Most Empowering Moments by Indian Women” by She The People TV. Her areas of work are mental health, sexual wellness, gender, and marginalization, and her favourite mediums remain poetry and theatre. She pursued B.A. English (Honours) from St. Bede's College and is from the batch of 1999. She had also served as the Hindi Editor and compiled the college magazine 'Echoes 1998-1999.'



My Experience at St. Bede's

Ensconced in the pristine hills of the Himalayas, is my alma mater, St. Bede's College. The five years that I spent here, have been the most enriching years of my life.

I had walked into the college as a nervous fresher. By the time I bid adieu, in 1991, I walked out as the Admiral. This speaks volumes of how St. Bede's can enhance the personality of any girl.

I always feel indebted to the wonderful teachers and the stimulating atmosphere, that have held



me in good stead. Today, I am an advocate based in Chandigarh.

Besides, my writings that regularly get published in various newspapers, have helped me connect with a number of readers. Their enthusiastic feedback, is another learning curve for me. Perhaps, the experience of compiling our college magazine has helped me here too.

There was a time when I used to participate in debates, before the judges in college. Today, I have the opportunity to sit on the judge's chair for various contests and am called upon to speak on various platforms. I owe this confidence to the training in college.

Fond memories of my college make me nostalgic. I wish all those who are holding the Bedeian flag high, good luck and all the best for their future endeavours.

With lots of love,
Alka (Gaur) Kashyap.
email: alkagaurkashyap@gmail.com

Alka Kashyap is currently a practising lawyer at the High Court of Chandigarh and also has a law firm in Chandigarh by the name Kashyap & Associates. She has made writing her passion and profession. She is a freelance writer and has published articles for newspapers of repute like The Tribune, Hindustan Times and Times of India. She pursued B.A. in Psychology and Home Science from St. Bede's College and is from the batch of 1991.



Accolades Galore



Prize List

PRIZE DISTRIBUTION ACADEMIC SESSION 2019-2020 ACADEMIC PRIZES

M.Com IV SEM

SR. NO.	POSITION	NAME OF THE STUDENT
1	1 ST	RUBAL DEMSETH
2	2 ND	VARUNA THAKUR

M.Com II SEM

1	1 ST	ANKITA KASHYAP
2	2 ND	SHIVANI KESTA

M.A. ENGLISH IV SEM

1.	1 ST	NIVEDITA P MISHRA
2.	2 ND	SHIVIKA ROACH

M.A. ENGLISH II SEM

1.	1 ST	ADITI MALIK
2.	2 ND	DIKSHA



M.Sc GEOGRAPHY II YEAR

1	1 ST	TANIKA THAKUR
2	2 ND	NIRJALA CHAUHAN

M.Sc GEOGRAPHY 1st YEAR

1	1 ST	AASTHA SHARMA
2	2 ND	URVASHI THAKUR

M.Sc BOTANY 2nd YEAR

1	1 ST	KALPANA THAKUR
2	2 ND	PRIYANKA SHARMA

M.Sc BOTANY 1st YEAR

1	1 ST	MADHU SHARMA
2	2 ND	KAJAL SAKLANI

D. EL. ED 1ST YEAR

1	1 ST	ANSHIKA
2	2 ND	DIVYA KUMARI

D. EL. ED 2ND YEAR

1	1 ST	HIMANI
2	2 ND	INDU



PRIZE DISTRIBUTION ACADEMIC SESSION 2019-2020
B.A/B.Sc/B.Com 5th Sem

SUBJECT	SEM	POSITION	NAME
BOTANY	V	1 ST	GARIMA NEGI
		2 ND	PALLAVI RANTA
	V(SEC)	1 ST	ANKITA THAKUR
ZOOLOGY	V	1 ST , 1 ST (SEC)	YOGITA THAKUR
		2 ND	PRANJAL KANWAR
CHEMISTRY	V	1 ST (CHEM & SEC)	KRITIKA PATHANIA
		2 ND IN CHEM AND	ANUSHKA SHARMA
		1 ST IN SEC MATH	
		1 st in (PHYSICS)	
MATHEMATICS	V	1 ST IN MATHEMATICS	
		& 2 ND IN PHYSICS	KALPANA THAKUR
		2 ND	GARIMA
PHYSICS	V(SEC)	1 ST	DIKSHA SHARMA
MICROBIOLOGY (HONOURS)	V	1 ST	POOJA KAPOOR
		2 ND	SHARISHTI KANWAR
BIOTECHNOLOGY (HONOURS)	V	1 ST	SONAL SHARMA
		2 ND	ALEFIA JARET
B.Sc. COMPUTER SCIENCE	V	1 ST , 1 ST (SEC)	APOORVA SOOD
		2 ND	GAURI THAKUR



GEOGRAPHY (HONOURS)	V	1 ST 2 ND	AAYUSHI SHARMA GUNJAN
GEOGRAPHY (PASS COURSE)	V	1 ST 2 ND , 1 ST (SEC)	SHREYA SHARMA PALAK KEPRATE
HISTORY	V	1 ST 2 ND IN HIS & 1 ST IN POL SC.	KAJOL GERA MITALI VERMA
	V (SEC)	1 ST	MUSKAN SHARMA
ENGLISH (HONOURS)	V	1 ST 2 ND	AMISHA CHAUHAN CHERISHDEEP KAUR
ENGLISH (PASS COURSE)	V	1 ST 2 ND (Pass course), 1 ST (SEC)	BHAVNA PANWAR ANUJA SHARMA
HINDI	V	1 ST , 1 ST (SEC) 2 ND	ALKA MINZ CARROL SONI
ECONOMICS (PASS COURSE)	V	1 ST 2 ND 1 ST (SEC)	DIVYANGANA DHALTA GEETIKA JASWAL TANSHI SITHTA
ECONOMICS (HONOURS)	V	1 ST 2 ND	SONALI MANTA KRITI VERMA
POLITICAL SCIENCE	V	2 ND	SUJATA THAKUR
	V	1 ST (SEC POL SC) & 1 ST MUSIC INSTRUMENTAL	SONAM CHAUHAN



PSYCHOLOGY (HONOURS)	V	1 ST 2 ND	VIDHI BHARDWAJ NIHARIKA JOSHI
PSYCHOLOGY (PASS COURSE)	V	1 ST 2 ND	SAMRITI SHARMA MUSKAN RATHORE
	V	1 ST (SEC)	ISHI V BHANDARI
DANCE	V	1 ST	PALAK BHARDWAJ
MUSIC	V	2 ND	TABASUM JAVID
(INSTRUMENTAL)	V (SEC)	1 ST	SAKSHI DHAWAN
B.Com	V	1 ST 2 ND	ISHITA THAKUR ASHITA BHAWTA
BBA	V	1 ST (HR) 1 ST (FINANCE)	MUSKAN DESHTA URJA CHAWLA
BCA	V	1 ST 2 ND	SRISHTI THAKUR VAISHALI SHARMA
NUTRITION AND HEALTH EDUCATION	V	1 ST 2 ND 1 ST (SEC)	SHIVANGI SHARMA ANJALI ATWAL DRISHTI SHIVHARE



BBA/BCA 3rd SEM

SUBJECT	SEM	POSITION	NAME
BCA	III	1 ST	CHARU AUGUSTY
		2 ND	SHIVALIKA
BBA	III	1 ST	LOBSANG RINZIN
		2 ND	KHUSHBOO CHAUDHARY

B.A/B.Sc./B.Com. 2nd Year

SUBJECT	YEAR	POSITION	NAME
BOTANY	II	1 ST (BOT) & 2 ND (ZOO)	HARSHIKA
		2 ND (BOT), 1 ST (CHEM)	
		1 ST (CHEM SEC)	VANSHIKA BHARDWAJ
	II (SEC)	1 ST (SEC)	BHAWNA SHARMA
ZOOLOGY	II	1 ST (ZOOLOGY), 1 ST IN SEC ZOOLOGY & 2 ND (CHEM)	DIVYA RANA
PHYSICS	II	1 ST	ANKITA SHARMA
		2 ND	PRANITA JASWAL
	II (SEC)	1 ST	TANVI SHARMA
MATHEMATICS	II	1 ST	NEHA KOUNDAL
		2 ND	RIYA PANDIR
	II (SEC)	1 ST	SAKSHI
MICROBIOLOGY (HONOURS)	II	1 ST	SHREYA SHARMA
		2 ND (MICRO)	MEGHA PURI
		& 1 ST (SEC)	



BIOTECHNOLOGY (HONOURS)	II	1 ST (BIOTECH) & 1 ST (SEC) 2 ND	SUNIDHI SHARMA RIDHAM
HOME SCIENCE (APPAREL DESIGN & CONSTRUCTION)	II	1 ST	DISHA ARORA
GEOGRAPHY (PASS COURSE)	II	2 ND SEC	PREETI SHARMA KIRTI
GEOGRAPHY (HONOURS)	II	1 ST 2 ND	KRITIKA SWAROOP PALLAVI
HISTORY	II	1 ST , 1 ST Economics (SEC) 2 ND (History), 2 ND (Political Science)	ISHITA CHUGH JANVI BRAGTA JANVI BRAGTA
	II	1 ST (SEC)	MONICA BHENGRA
ENGLISH (HONOURS)	II	1 ST 2 ND , 1 ST Psychology Pass Course	AARUSHI PALAK KUMAR
ENGLISH (PASS COURSE)	II	1 ST (English Pass Course), 1 ST in (English Compulsory) & 1 ST (SEC) In English Pass Course	SHIKHA BHARDWAJ
	II	2 ND	ANAISHA PAUL
HINDI (COMPULSORY)	II	1 ST 2 ND (COMPULSORY), 1 ST (DSC)	SAMRITI ROHAL VIBHUTI PANWAR



HINDI (DSC)	II	2 ND	PRIYA KASHYAP
ECONOMICS (PASS COURSE)	II	1 ST (Eco), 1 ST (Pol Sc) 2 ND (English Compulsory) 2 ND , 1 st (SEC)	RAVITANAYA SHARMA ANGEL DHAULTA
ECONOMICS (HONOURS)	II	1 ST , 1 ST Geography Pass Course 2 ND , 1 st (SEC), 2 ND Psychology	GAURI SHARMA ANCHAL SHARMA
PSYCHOLOGY (PASS COURSE)	II (SEC)	1 ST (SEC)	ISHITA PHILLIP
PSYCHOLOGY (HONOURS)	II	1 ST 2 ND	PURAMYA LAL DIKSHU SHARMA
MUSIC (INSTRUMENTAL)	II	1 ST 2 ND , 1 ST (SEC)	SEJAL KIMTA ADITI
B.Com.	II	1 ST 2 ND	SAMTA SALDI SIMMI SHARMA
B.Sc. COMPUTER SCIENCE	II II	1 ST 2 ND 1 ST (SEC)	KRITIKA BAKSHI DIKSHA SHANDIL AVANTIKA SHARMA



B.A/B.Sc/B.Com 1st Year

SUBJECT	YEAR	POSITION	NAME
BOTANY	I	1 ST (BOT), 1 ST (ZOO),	SHIVANI
		2 nd (CHEMISTRY)	
		2 ND (BOT), 2 ND (ZOO) 1 ST (CHEM)	OSHIN ZINTA
PHYSICS	I	1 ST (Physics),	ANCHAL
		1 st (Mathematics)	
		2 ND	VIBHUTI SHARMA
MATHEMATICS	I	2 ND	NITIKA SHARMA
MICROBIOLOGY (HONOURS)	I	1 ST	SEHAJ MEHTA
		2 ND	MUSKAN GARG
BIOTECHNOLOGY (HONOURS)	I	1 ST (BIOTECH),	TANVI CHADHA
		1 ST (ENGLISH (B. Sc. I)	
		AECC) 2 ND ,2 ND ENGLISH(AECC)	SANSKRITI SAUHTA
GEOGRAPHY (HONOURS)	I	1 ST	CHAHAT KHOLI
		2 ND	PRERNA KUMARI
GEOGRAPHY (PASS COURSE)	I	1 ST IN GEOGRAPHY,	ANJALI KAINTHLA
		2 ND ECONOMICS	
		PASS COURSE 2 ND	BHAKTI
HISTORY	I	1 ST	NEHA THAKUR
		2 ND ,1 ST (English AECC)	SIDDHI PANDEY



ENGLISH (PASS COURSE)	I	1 ST 2 ND	ROHITA VARTIKA PUNDIR
ENGLISH (HONOURS)	I	1 ST 2 ND	AKANKSHA SHARMA SRISHTI
ENGLISH (COMPULSORY)	I	1 ST IN ENGLISH COMPULSORY, 1 ST IN HINDI COMPULSORY & 1 ST ECONOMICS PASS COURSE 2 ND	ASTHA SHARMA SONALI SHARMA
B.Sc COMPUTER SCIENCE	I	1 st 2 nd	CHAVI TEWARI TANVI KUMARI
HINDI (Compulsory)	I	2 nd	ANANYA MAHAJAN
HINDI (DSC)	I	1 ST 2 ND	KANIKA CHAUHAN AVANTIKA GANGTA
ECONOMICS (HONOURS)	I	1 ST 2 ND	VRINDA TEWARI ANCHAL SHARMA
POLITICAL SCIENCE	I	1 ST 2 ND	AABHYA VERMA SANYA SHARMA
PSYCHOLOGY (PASS COURSE)	I	1 ST (PSYCHOLOGY) & 1 ST (MUSIC INSTRUMENTAL) 2 ND	MANNAT ZINTA PRATISHTHA RAJ

PSYCHOLOGY (HONOURS)	I	1 ST · 2 ND 2 ND	ENGLISH (AECC) ANGEL SHAN ARCHA SINGH
MUSIC (INSTRUMENTAL)	I	2 ND	SONAL CHAUHAN
NUTRITION & HEALTH EDUCATION	I	1 ST 2 ND	AASHIMA SINGH GEETANSHI
B.Com.		1 ST 2 ND , 1 ST (AECC-EVS) 2 ND	ANSHU GARG YAMINI BISHT ASHA SOOD
BBA	1	1 ST 2 ND	SEJAL NEGI PALAK CHAUHAN
BCA	1	1 ST 2 ND	RAVEENA SHARMA AASHIMA CHAUHAN
B.A. COMPUTER APPLICATIONS	I	1 ST 2 ND	RUTUJA KULKARNI RINKAN KADYAN

There are some special academic awards constituted by the faculty members and are given to students for their excellence in various subjects

1. **Yogita Thakur** of B.Sc VI Semester awarded with Prof. R.S. Pathania Memorial Award and cash prize of Rs. 2100/- for excellence in Botany. This award is constituted by Ms. Nandini Pathania (Associate Professor in Department of Home Science) in the memory of her late father, Prof. R.S. Pathania, Punjab University.
2. **Ankita Thakur** of B.Sc VI Semester gets trophy and cash prize of rupees 1100/- for consistent performance in Botany over the years. This award has been constituted by Dr. Shramja Munjal (Associate Professor in Department of Botany).
3. **Palak Bhardwaj** of B. A. VI Semester gets a trophy and a cash prize of rupees 1100/- for excellence in home science. This award is given by Ms. Nandini Pathania.



4. **Anushka Sharma** of B.Sc VI Semester gets a trophy and cash prize of Rs. 2100/- awarded by Mr. D.V. Pathania (Retd. Associate Professor from the Department of Mathematics).
5. This running trophy has been constituted by one of our ex-colleague, Dr. Rana Nayar who retired as a Professor from Panjab University, Chandigarh. This trophy is given for excellence in English Honours. **Chitwan Jamwal and Dhawani Jasrotia** of B.A. English Honours VI Semester get the trophies and cash prize of Rs. 1100/- each.
6. **Bhuvan Thakur** of BCA VI Semester gets trophy for securing 1st position in University and college.

PTA AWARDS (SPONSORED BY PARENTS TEACHERS ASSOCIATION)

M.A. English	Nitika Kumari
M.Com	Sister Mary Geetha B
M.Sc. Botany	Titiksha Kamal
M.Sc. Geography	Ritika Sharma
B.Sc. (Medical)	Srishti Thakur
B.Sc. (Non-Medical)	Ankita Sharma
B.Sc. Biotechnology and Microbiology	Minal Chauhan
B.A. English (Honours)	Muskan Kainthla
B.A. Economics (Honours)	Muskan Thakur
B.A. Geography (Honours)	Nikshubha
B.A. Psychology (Honours)	Aamna Tyagi
B.A. Pass Course	Lekhika
B.Com.	Pooja Singh
BBA	Jyoti
BCA	Shweta Mehta

Active participation in Cultural Activities: Hitaqshi Sharma

Outstanding participation in Sports Activities: Amisha Negi



In Fond Memory of...



(1949-2019)

Prof. Devinder Bindra joined St. Bede's College after his retirement from HPU Centre for Evening Studies. He taught English to the Post-graduate students of the college. He had a passion for teaching and helping students reach their full potential. He will be fondly remembered for his beautiful smile and joyful spirit.



ADIEU

'The roses of love glad the garden of life,
Till time crops the leaves with unmerciful knife,
Though nurtur'd mid weeds dropping pestilent dew,
Or prunes them forever, in Love's last adieu.'

The time to say goodbye is nigh; a message is a materialistic object for the evocation of nostalgia and the catharsis of old reminiscence buried down in the shades of the bygone tree. This merry world is a desert, with more appropriation, a paradoxical reality, where humans leave their footprints on the sands of time.

This year the teachers of St. Bede's walked in and out of the gates knowing that it would be their last official year in the college premises. As students, we didn't get the opportunity to say goodbye; a day when the college could thank them for their relentless years of sharing knowledge. Our teachers have been nothing short of goodly, with their beautiful ways of educating batches of students, which was shown by the devotion to their profession through the years.

We experience a numbness, perhaps a diminution, with eyes duller, ears less keen, sadly, it is the time to bid them farewell. Likewise to mention a thought that comes to me; never let your canter bring you to stand still. We should maintain this equation that we've garnered out of years of reverence. St. Bede's gives the very best of wishes to each and every one of them.

'May the God, on his altar of light,
His myrtle, an emblem of purest delight,
Must myrtle and cypress alternatively strew:
His cypress, the garland of love's last adieu.'

—Simran Kathait
B.A. English (Honours) 2nd Year



Mr. D.V. Pathania — You will be missed as a teacher, but we will miss you as our mentor, friend and nurturer.



Mr. K.D. Chandel — Learning from a good teacher is an experience that can sometimes be more profound than education itself.

Dr. Sangeeta Saraswat — Learning from a teacher like you was one in a lifetime experience.



Dr. Anita Khanna — Your teaching will always be treasured, your contribution to our lives can never be measured.



Dr. Sanjeev Kumar — You performed your duties like a role model, we will always be your biggest and greatest admirers.



Ms. Anjali Wadhawan — The vacancy you will leave may be filled, but in our hearts you are simply irreplaceable we will miss you.

Mr. V. K. Bhardwaj — This is the best occasion to let you know that you are the best teacher in the world for us and always will be.





Sr. Assuciana Pereira —
 We hope our paths cross again.
 Until then stay safe and happy



Recipients of the Bedeian Pin 2019-2020



Alisha Garg receiving the Bedeian Pin



Aamna Tyagi receiving the Bedeian Pin



Pratishtha Thakur receiving the Bedeian Pin



Preksha Ahuja receiving the Bedeian Pin





Muskan Chauhan receiving the Bedeian Pin



Receipients of the Bedeian Pin



Special Awards- 2019- 2020



**Ankita Thakur for excelling in Botany
awarded by Dr. Shramja Munjal**



Pratishtha Thakur for Student Council 2019-2020



**Muskan Chauhan for
Student Council 2019-2020**



Amisha Chauhan for standing First in English Honours



**Pooja Singh- PTA Award for
Excellence in Commerce**



**Palak Bhardwaj for Excellence in Home Science
award given by MS. Nandini Pathania**





**Katayaini recipient of the Prof. R.S Pathania
Award for Excellence in Botany**



**Dhawani Jasrotia recipient of the
Madan Nayar Memorial Trophy
for excelling in English Instituted
by Prof. Rana Nayar**



**Chitwan Jamwal recipient of
Madan Nayar Memorial Trophy, Instituted
by Prof. Rana Nayar for Excelling in English**



हिन्दी विभाग



संपादकीय

सभी पाठकों को सादर नमस्कार

मुझे गर्व की अनुभूति हो रही है कि सेट बीडस महाविद्यालय शिमला की वार्षिक पत्रिका 'एकोज' का 2019-20 का अंक प्रकाशित किया जा रहा है। मुझे इस बात की प्रसन्नता है कि मुझे इस पत्रिका के हिन्दी अनुभाग का सम्पादक कार्यभार सौंपा गया है। महाविद्यालय मैगजीन एक सावधिक पत्रिका होती है। मैगजीन में निबन्ध, कवितायें, कहानियाँ तथा अन्य लेख होते हैं इसका हिन्दी व अंग्रेजी दो अलग अनुभागों में प्रकाशन इसे विशेष बनाता है। हमारे महाविद्यालय की यह वार्षिक पत्रिका अभिव्यक्ति के साथ-साथ छात्राओं की रचनाओं के माध्यम से समाज में बदलाव को भी प्रेरित करती है।



इसके लिए मैं हिन्दी विषय की प्राध्यापिका डॉ॰ मीनाक्षी शर्मा जी का आभार व्यक्त करती हूँ जिन्होंने मुझे निरन्तर प्रोत्साहित करके मेरा मार्गदर्शन किया है।

मैं आशा करती हूँ कि सभी को हमारे कॉलेज की छात्राओं के प्रभावशाली व रचनात्मक लेखन पसंद आएंगे।

कैरोल सोनी

वाणिज्य छठा सत्र

छात्र सम्पादिका



संपादकीय

भावनाओं की अभिव्यक्ति एक कला है अपने हृदय में छिपी भावनाओं को दूसरों के समक्ष व्यक्त करना आवश्यक होता है चाहे माध्यम कुछ भी हो। ऐसा ही एक माध्यम हमारे कॉलेज की वार्षिक पत्रिका 'एँकोज़' भी है प्रत्येक वर्ष कॉलेज द्वारा एँकोज़ पत्रिका का प्रकाशन किया जाता है जिसका सम्पादन हिन्दी व अंग्रेजी दोनों भाषाओं में अलग-अलग अनुभागों द्वारा किया जाता है। किसी भी कॉलेज की वार्षिक पत्रिका उस कॉलेज के विद्यार्थियों की प्रतिभा अभिव्यक्त करने का सबसे अच्छा माध्यम होता है। इसके द्वारा प्रत्येक विद्यार्थी अपनी प्रतिभा व रचनात्मकता प्रस्तुत कर सकते हैं। हिन्दी हमारे गौरव, सभ्यता, संस्कृति, परंपरा की प्रतीक है। यह केवल राष्ट्र भाषा ही नहीं अपितु हमारी मातृ भाषा भी है हिन्दी भाषा का इतिहास लगभग एक हजार वर्ष पुराना माना गया है। लेकिन आज लोगों के मानस पटल से हिन्दी का नाम मिटता जा रहा है। वहीं दूसरी ओर यह पत्रिका इस बात का प्रमाण है कि आज भी विद्यार्थी हिन्दी में अपने विचारों को व्यक्त करने में सक्षम है। मैं हिन्दी विभाग की प्राध्यापिका डॉ. मिनाक्षी शर्मा जी का आभार व्यक्त करती हूँ जिनकी अध्यक्षता में हिन्दी विभाग की अनेक गतिविधियां करवाई गईं।



29 अगस्त से 14 सितम्बर तक महाविद्यालय में 'हिन्दी सप्ताह' का आयोजन किया गया, जिसमें आयोजित विभिन्न अंतर्यान् प्रतियोगिताओं में छात्राओं ने उत्साह से भाग लिया। इसमें रेखांकन, कोलॉज निर्माण, नारा लेखन, कविता, कहानी, निबंध, भाषण, काव्य पाठ जैसी प्रतियोगिताओं में छात्राओं ने अपनी रचनात्मक प्रतिभाएं सामने लाईं।

हिन्दी-अंग्रेजी व इतिहास विषय की अंतरविषयक संगोष्ठियों में हिन्दी विषय की छात्राओं ने 'गीता के तृतीय अध्याय' (जो कर्मयोग पर आधारित है) पर चर्चा की।

डा० शीला चन्देल जी (विशेष वक्ता) ने मीडिया एवं संस्कृति पर महाविद्यालय के प्रांगण में छात्राओं के साथ अपने विचार सांझा किए।

21 फरवरी 2020 को महाविद्यालय में विश्व मातृभाषा दिवस मनाया गया। जिसमें आयोजित विभिन्न अंतर्यान् प्रतियोगिताओं जैसे भाषण, काव्य पाठ, रेखांकन, कोलॉज जैसी गतिविधियां महाविद्यालय के प्रांगण में हिन्दी विभाग द्वारा करवाई गईं।

विभूति पवार
सह-सम्पादिका

विविधता में एकता

‘भारत देश के निवासी सभी जन एक है
रंग-रूप, भेष-भाषा चाहे अनेक है।’

भारत विविधता में एकता का देश है। यहाँ हिन्दु, मुसलमान, सिख, ईसाई, पारसी आदि विविध धर्मों को मानने वाले लोग निवास करते हैं। इनकी भाषा, रहन-सहन, रीति-रिवाज, आचार-विचार, व्यवहार, धर्म तथा आदर्श इन्हें एक-दूसरे से अलग करते हैं। इसके बावजूद भारत के लोगों में एकता देखते ही बनती है। यदि हम भारतीय समाज एवं जन-जीवन का गहन अध्ययन करें, तो हमें स्वतः ही पता चल जाता है कि इन विविधताओं और विषमताओं के पीछे आधारभूत अखण्ड मौलिक एकता भी भारतीय समाज एवं संस्कृति की अपनी एक विशिष्ट विशेषता है। भारत को भौगोलिक दृष्टिकोण से कई क्षेत्रों में विभक्त किया जा सकता है, परन्तु सम्पूर्ण देश भारतवर्ष के नाम से विख्यात है। भारत में विभिन्न धर्मावलम्बियों एवं जातियों के होने पर भी उनकी संस्कृति का ही एक अंग बनकर रही है। समूचे देश के सामाजिक एवं सांस्कृतिक जीवन का मौलिक एक सा है। ऊपर से देखने पर लगता है कि भारत में अनेक धर्म, धार्मिक सम्प्रदाय एवं मत हैं, लेकिन गहराई से देखने पर पता चलता है कि वे सभी समान दार्शनिक एवं नैतिक सिद्धान्तों पर आधारित हैं। एकेश्वरवाद, आत्मा का अमरत्व, कर्म, पुनर्जन्म, मायावाद, मोक्ष, निर्वाण, भक्ति आदि प्रायः सभी धर्मों की समान निधियाँ हैं। भारत में भाषाओं की बहुलता है, पर वास्तव में वे सभी एक ही साँचे में ढली हुई हैं। अधिकांश भाषाओं की वर्णमाला एक ही है। इस प्रकार कहा जा सकता है कि बाहरी तौर पर भारतीय समाज, संस्कृति एवं जन-जीवन में विभिन्नताएँ दिखाई देने पर भी भारत की संस्कृति, धर्म, भाषा, विचार एवं राष्ट्रीयता मूलतः इस एकता को विखण्डित नहीं किया जा सकता। हजारों वर्षों की अग्नि-परीक्षा और विदेशी आक्रमणों ने इस सत्य को प्रमाणित कर दिया है।

‘हमारी एकता के कारण हम शक्तिशाली हैं,

परन्तु हम अपनी विविधता के कारण और भी शक्तिशाली हैं।’

—प्रिया कश्यप
बी.ए. द्वितीय वर्ष

सूर्यकांत त्रिपाठी निराला : एक श्रद्धांजली

विखंडित मानसिकताग्रस्त (Schizophrenia) से प्रभावित लोगों को पहचानना अत्यंत कठिन परन्तु कभी-कभी इनमें से हमारे ही मध्य रहते हैं। यूँ मानो हम जीते हैं वर्तमान में, अपनी दुनिया में! गुज़ार देते हैं वक्त के लम्हों के छोटे-छोटे कतरे! यही हमारी वास्तविकता।

पर इनके लिए जैसे जीवन के क्षितिज से परे सुदूर किसी घाटी में कोई दिया जल रहा हो। उसी के बलबूते पर कायम! प्रत्येक विरक्ति से सींचे गए संसार की समाज के स्वरचित असली संसार में कोई सार्थकता नहीं वह उस सुदूर जल रहे ‘दिये’ से ही आशा को अनुसरित करता है। निसंदेह, विरक्ति से मोह छूट जाए, जीवन काटने को दौड़े किन्तु व्यक्तित्व की जड़ें गहरा जरूर जाती हैं।

विखंडित मानसिकताग्रस्त (Schizophrenia) का उथल-पुथल जीवन ही तो उन्हें सांसारिक स्वांग से दूर निरे नंगे संसार से अवगत करवाता है, जिन्हें आम लोगों द्वारा सहज ही ‘मृगतृष्णा’ (Hallucinations) का नाम दे दिया जाता है जैसे कवि ‘निराला जी’ ने अपने जीवन के अंतिम क्षण विखंडित मानसिकता ग्रस्त (Schizophrenic) होकर अस्पताल में गुज़ारे।

क्यों न होते ‘निराला’ विरक्ति? अपने समस्त परिवार एवं पत्नी को खो जाने के पश्चात् पुत्री को खोना कितना विरक्तिमय और अवसाद से भर देने वाला है। इसलिए अपनी पुत्री की श्रद्धांजलि में अर्पण रचना ‘सरोज स्मृति’ में कहते हैं:-

“मुझ भाग्यहीन की तू ही संबल,
युग वर्ष बाद जब हुई विकल,



दुःख ही जीवन की कथा रही,
क्या कहूँ आज, जो नहीं कहीं।”

गूढ़ एवं निर्भीक व्यक्तित्व के कारण साहित्यजगत् में आलोचनाओं का सामना भी करना पड़ा। स्वांग रचना, सच्चाई को वैसे के वैसे आलिंगन करना सबको अखरता है। वही सच्चाई जो इस भौतिक संसार से परे कहीं दूर अपना अस्तित्व लिए खड़ी है, वही सत्य जिसे स्वीकार करना मेरे या आपकी सोच के दायरे से बाहर है।

इसी निर्भीकता को सीने में लिए अपने समकालीनों से कटते गए फिर भी लिखते हैं-

“अभी न होगा मेरा अंत,

अभी-अभी तो आया है मेरे वन में मृदुल वसंत,

अभी न होगा मेरा अंत!”

अंदर से उजड़कर भी वसंत के आगमन पर विश्वास? विरक्त होकर भी संसार से सामंजस्य बिठाने का साहस? आलोचना होने पर भी निर्भीकतापूर्वक सच कहने की हिम्मत? हृदयहीन समझे जाने पर भी भीतर दया का समंदर लेकर प्रशंसा की चाह न रखने का साहस? अंदर कहीं गहरे में विक्षिप्त होकर भी उस ‘दिये’ के सहारे पूर्णता का एहसास?

अकसर इन्हें गलत समझा जाता है, अकसर क्रूर, जो ये नहीं है वह। जहन में उतरकर ही ज्ञात हो पाएगा कि असल में केवल प्रेम की तृष्णा लिए बैठे हैं, जो मिल जाए तो बाग-बाग, न मिले तो सांसारिक विराग। इसी भ्रमपूर्वक स्थिति से एक आम इन्सान सामंजस्य नहीं बिठा सकता, अतः निराला को असामान्य माना गया और इसी बिमारी से ग्रस्त होकर उनकी मृत्यु हो गई।

Alas! Schizophrenic people are too real for the real world.

‘गरीब या ‘अमीर’

कुछ दिन पहले मैंने कहीं पर लिखा हुआ पाया। “Schools are teaching children how to be poor.”

फीकी झलक से देखा तो लगा सच ही होगा परंतु जैसे ही ये शब्द मेरी दृष्टि से गुज़रकर मस्तिष्क के पटल पर अंकित हुए, मैं सोचने पर विवश हो गई। विवश कहना गलत होगा, असल में इस चिन्तन में मुझे आनन्द आ रहा था। पुनः-पुनः इन शब्दों के कारण मेरे अंतर्मन का व्यंग्य हिलोरे ले रहा था।

“स्कूल बच्चों को सिखा रहे हैं कि गरीब कैसे बना जाए” यदि ऐसा ही है तो फुटपात पर सोये बच्चे स्कूल जाने को न तरसते। कॉलेज या यूनिवर्सिटी जाना किसी का व्यक्तिगत निर्णय हो सकता है परंतु स्कूल न गए होते तो क्या होता?

थोड़ा बहुत जो मैंने समझा, हो सकता है यह शिक्षा पद्धति के ऊपर अप्रत्यक्ष रूप से की गई प्रतिक्रिया हो। परंतु असल में यह शिक्षा पद्धति हमें सिखा रही है कि भावना रहित पशु बनकर एवं निरा नेत्रहीन होकर सारा ज्ञान जल की तरह पीकर, उसे ‘जॉब’ के माध्यम से सार्थक बनाकर कैसे भागा जाए पैसे के पीछे और कैसे अपनी आत्मा को खोखला किया जाए।

पैसा कमाना बुरा नहीं है परंतु यदि यही पैसा आत्मा को खोखला एवं भावनाओं को रूग्ण कर दे तो मेरे दृष्टिकोण के मुताबिक यह गरीब होने से ज्यादा हानिकारक है।

स्कूल तो बड़े निर्दोष होते हैं यह गन्दी या अच्छी शिक्षा पद्धति कॉलेज जाकर ही समझ आती है। गरीब या अमीर होना पूर्णतः शिक्षा पद्धति पर भी निर्भर नहीं करता और स्कूल पर तो बिल्कुल भी नहीं। उस छलरहित मासूम बचपन और स्कूलों में कोई बड़ा अंतर नहीं है, अंतर सामने आता है केवल सोच का!

बस रहने दो इन स्कूलों को बालक के समान निर्दोष, गरीब बनना हो या अमीर, यह फैसला स्कूल के बाद कर लेना!!

—अञ्जलि शर्मा
स्नातक द्वितीय वर्ष



अकेली

मन्नु भंडारी ने अनेक कहानियाँ लिखी हैं हर एक कहानी उन्होंने बहुत सहज तथा रोचक ढंग से प्रस्तुत की है जिनमें से एक कहानी अकेली भी है। यह कहानी एक बुढ़िया की है जो अकेली रहती है। उसके बेटे की मृत्यु हो जाती है। तब उसे सदमा लगता है। उसका पति बेटे के वियोग में घर को त्याग कर तीर्थ में चला जाता है। इस प्रकार इस कहानी में लेखिका ने वृद्ध अवस्था तथा अकेलेपन का चित्रण किया है। इस कहानी के पात्र को सुन्दर ढंग से उभारा है। अकेली नारी ने नारियों का प्रतिनिधित्व किया है। मन्नु भंडारी का अपने व्यक्तित्व और एकान्त अनुभवों को कहानी के चरित्रों और स्थितियों के बीच रख देना या अपने से अलग कहानी की दुनिया से अपना व्यक्तित्व निकाल लेना ही कला को एक सार्थकता देता है। यह उनकी मुख्य विशेषता है। इनकी कुछ अन्य कहानियाँ हैं जैसे-सजा, शायद, तीसरा आदमी आदि।

—अलका मिंज
बी.ए. छठा सत्र

विवेकानन्द के जन्मदिन के उपलक्ष्य पर (12 जनवरी)

महान दार्शनिक स्वामी विवेकानन्द ने भारत के उत्थान में अहम भूमिका निभाई थी। स्वामी विवेकानन्द का जन्म 12 जनवरी 1863 को कलकत्ता में हुआ था। उनका बचपन का नाम नरेन्द्रनाथ दत्त था। बेहद कम उम्र में ही उन्होंने वेद व दर्शन शास्त्र का ज्ञान हासिल कर लिया था। उनके पिता विश्वनाथ दत्त कलकत्ता हाईकोर्ट के वकील थे जबकि माँ भुवनेश्वरी देवी धार्मिक विचारों वाली महिला थी। विवेकानन्द बड़े अतिथि सेवी थे, वह खुद भूखे रहकर अतिथियों को खाना खिलाते थे और बाहर ठंड में सो जाते थे। 25 वर्ष की आयु में घर-बार छोड़कर सन्यासी बन गए थे। सन्यास लेने के बाद इनका नाम विवेकानन्द पड़ा।

रामकृष्ण परमहंस से इनकी मुलाकात 1881 में कलकत्ता के दक्षिणेश्वर के काली मन्दिर में हुई। परमहंस ने इन्हें शिक्षा दी कि सेवा कभी दान नहीं बल्कि सारी मानवता में निहित ईश्वर की सचेतन आराधना होनी चाहिए।

1893 में अमेरिका में शिकागो में हुए धर्म सम्मेलन में जब स्वामी जी ने “अमेरिका के भाइयो और बहनों” के संबोधन से भाषण शुरू किया तो पूरे दो मिनट तक तालियां बजती रही। 11 सितम्बर 1893 का वो दिन इतिहास में हमेशा याद रखा जाएगा। इन्होंने विश्व मंच पर भारत की सिरमौर छवि को प्रस्तुत किया और संसार को यह मानने पर विवश कर दिया कि भारत विश्व गुरुओं में विश्व गुरु है और विश्व गुरु ही रहेगा।

स्वामी विवेकानन्द ने 1 मई 1897 में कलकत्ता में रामकृष्ण मिशन और 9 दिसम्बर 1898 को गंगा नदी के किनारे बेलूर में रामकृष्ण मठ की स्थापना की। विवेकानन्द ने युवाओं को हमेशा आगे बढ़ने के लिए प्रेरित किया था। 4 जुलाई 1902 को रामकृष्ण मठ में 39 वर्ष की कम आयु में इन्होंने महासमाधी धारण कर प्राण त्याग दिए। स्वामी विवेकानन्द के जन्मदिन यानी 12 जनवरी को भारत में हर साल राष्ट्रीय युवा दिवस मनाया जाता है इसकी शुरुआत 1985 से हुई थी।

विवेकानन्द के अनमोल वचन :

1. गीता पढ़ने के बजाए फुटबॉल खेलकर ईश्वर के ज्यादा करीब जाया जा सकता है।
2. उठो, जागो और तब तक नहीं रुको जब तक लक्ष्य हासिल ना हो जाए।



3. सबसे बड़ा धर्म है अपने स्वभाव के प्रति सच्चे होना। खुद पर विश्वास करो।
4. मस्तिष्क की शक्तियाँ सूर्य की किरणों के समान हैं। जब वो केन्द्रित होती हैं, चमक उठती हैं।
5. दिल और दिमाग के टकराव में दिल की सुनो।
6. एक समय में एक काम करो, ऐसा करते समय अपनी पूरी आत्मा उसमें डाल दो और बाकी सब कुछ भूल जाओ।
7. किसी दिन जब आपके सामने कोई समस्या न आए आप सुनिश्चित हो सकते हैं कि आप गलत मार्ग पर चल रहे हैं।

—विभूति पवार
स्नातक द्वितीय वर्ष
कला संकाय

स्वावलम्बन

अपने में विश्वास रखना, अपनी क्षमता पहचानकर उसका उचित प्रयोग करना और दूसरों पर आश्रित न रहना ही स्वावलम्बन है। स्वावलम्बी व्यक्ति में आत्मनिर्भरता के अतिरिक्त स्वाभिमान का गुण भी होता है। स्वावलम्बी व्यक्ति अपनी सीमा और शक्ति को जानता-पहचानता है। फिर वह धीरे-धीरे अपनी शक्ति को बढ़ाता जाता है। दूसरी ओर अपनी सीमा और कमियों को दूर करता जाता है। स्वावलम्बी व्यक्ति कभी निराश नहीं होता। वह जानता है कि जीवन में उसका क्या उद्देश्य है और उसे कैसे प्राप्त करना है। अपने उद्देश्य की प्राप्ति के लिए उचित साधनों को वह स्वयं जुटा लेता है। इसके लिए उसे किसी का मुँह नहीं जोहना पड़ता। उसे अपने आप पर और अपने गुणों पर पक्का भरोसा होता है।

—मनीषा ठाकुर
बी.ए. तृतीय वर्ष

चीफ की दावत

चीफ की दावत कहानी भीष्म साहनी द्वारा रचित है। इस कहानी के माध्यम से साहनी जी ने माँ के कभी न कम होने वाले प्यार के बारे में बताया है। शामनाथ जिसने अपने साहब को दावत के लिए बुलाया है वह काफी लालची है और अपनी तरक्की के लिए कुछ भी कर सकता है। साथ ही साथ वह अपनी माँ से भी काफी नाखुश है। जब लोग दावत पर आ रहे थे तो वही नहीं चाहता था कि साहब लोगों और उसकी माँ का आमना-सामना हो क्योंकि उसकी माँ अनपढ़ थी। शामनाथ अपनी माँ के अनपढ़ होने पर लज्जित था पर एक माँ कभी अपने बच्चे पर लज्जित नहीं होती। उसके दिल पर जो भी गुज़र रहा हो वह अपने बच्चे के लिए कुछ भी कर सकती है। वह बच्चों को पढ़ाने के लिए कुछ भी कर सकती है। मन ही मन तो शामनाथ की माँ भी जानती थी कि उसका बेटा और बहू उसे पसंद नहीं करते पर जब बात बेटे की तरक्की की आई वह माँ जो हमेशा अपने बच्चों द्वारा हमेशा नज़र अंदाज़ होती थी, वही बेटा उसे रोक रहा था। इसलिए नहीं क्योंकि उसे माँ पर प्यार आ रहा था। उसे अपनी माँ की महानता का पता चला परन्तु इसलिए क्योंकि उसका साहब माँ का सम्मान करता था और शामनाथ का विचार था कि उसकी तरक्की होगी। बच्चे कभी भी माँ की महानता नहीं समझ सकते। पुत्र कुपुत्र हो सकता है पर माता कभी कुमाता नहीं होती। वह सदा अपने बच्चों के लिए बिना स्वार्थ के काम करती है और सदा अपने बच्चों का भला चाहती है।

—मोनिका
बी.ए. द्वितीय वर्ष



(कुछ सवालों के जवाब-जिंदगी)

अंधेरे की चमक उजाले में छुप सी जाती है।
आंखों में सवाल लिए बचपन दूर चलती, चली जाती है।
रुकती है उस मोड़ पर जाकर,
जहाँ से बचपन सबसे खूबसूरत नज़र आता है।
उलझनों में उलझाकर,
जिन्दगी अनेक सवाल लाती है।
जवाब ढूँढने की लालच में
जवानी लम्बी दौड़ लगाती है।
रुकती नहीं ये खोज कभी,
क्योंकि खुद को खो देने का डर हमेशा डराती है
और जब मिलते हुए नज़र आते हैं,
उन सवालों के जवाब,
तो जिन्दगी खत्म होती हुई नज़र आती है।

—सिमरन सिंहा
स्नातक प्रथम वर्ष

कर भला, हो भला

किसी बुजुर्ग के तजुर्बे में, किसी बच्चे की नटखटता में, किसी मासूम की मुस्कान की शुद्धता में और किसी की गुज़रती गोद में केवल एक सच्चाई दिखाई बनती है। वह सच्चाई केवल यह है कि भला करने से किसी का बुरा नहीं होता।
किसी व्यक्ति की बात में क्या ही कहूँ जब भलाई का पाठ तो स्वयं हमें प्रकृति सिखाती है, सूर्य; आँधी, तूफ़ान आदि हर प्रकार की समस्याओं से जूझता हुआ हर सुबह उगता है वह बुजुर्ग व्यक्ति मेरे जीवन में एक चमचमाते सूरज की भाँति ही हैं, जो हर क्षण मुझे औरों का भला करने की ही प्रेरणा देते हैं। वह हैं मेरे दादा जी। उन्होंने पीढ़ी-दर-पीढ़ी वक्त को करवट लेते देखा है, वक्त की करवटों के साथ उन्होंने इंसान को पलटते देखा है। तजुर्बे की कुछ ऐसी जड़ों को वे हममें इस प्रकार बो रहे हैं कि वे जीवन जीने की मिसाल बन गए हैं।

दरअसल, बात कुछ दशकों पुरानी है, शायद मेरे अस्तित्व का नाम और निशान भी मौजूद नहीं था। वे किन्नौर की पहाड़ियों में कुदरत को पुकारने में कुछ यूँ मशगूल थे, कि आस-पास क्या हो रहा था, इस बात का उन्हें होश ही नहीं था। उनकी जवानी के दिन थे, नौकरी अभी मिली ही थी उन्हें। अचानक सतलुज के किनारे पथरों पर बैठे-बैठे, 'हुस्न पहाड़ों का' गुनगुनाते हुए, उनका ध्यान पानी में बह रही एक विचित्र वस्तु पर गया, वे सब छोड़ कर उस की ओर चले गए। वहाँ जाकर उन्हें पता चला कि एक व्यक्ति उस पानी में डूब रहा है। दादा जी ने झट से पानी में छलाँग लगाई और उस व्यक्ति को उस पानी से बाहर निकाला। उस व्यक्ति का उपचार करवाया, बस उसके बाद उस व्यक्ति के घरवालों को अवगत कराया गया ताकि वे उस व्यक्ति को घर ले जा सकें। वहीं उन्हें पता चला कि वह डूबता हुआ व्यक्ति उनके अफ़सर का बेटा है। यह जानकर अफ़सर बहुत खुश हुए, आखिरकार एक बच्चा अपने माता-पिता के दिल का टुकड़ा होता है। उनके बेटे की जान बचाने की खुशी में उनके अफ़सर ने उन्हें पदोन्नती प्रदान की। बात पुरस्कार की नहीं है, बात मंशा की है। किसी भी कार्य को करने की मंशा क्या है, वह ही हमारे गंतव्य की दिशा निर्धारित करती है।

मैंने तो बस ये सुनी हुई बातें लिख दी हैं, परन्तु मेरे दादा जी के चेहरे पर झुर्रियों के पीछे आज भी मुझे उदारता दिखाई पड़ती है। वह एहतियात की शिकन जो दूसरों के भले की चिंता में उठती है वह मुझे एक अच्छा व्यक्ति बनने की प्रेरणा देती है।
'किसी का किया हुआ भला, कभी बर्बाद नहीं जाता' बस यही सीखा है मैंने, मेरे हीरो से! यही है मेरे हीरो की कहानी।

—अक्षिता शर्मा
बी कॉम द्वितीय वर्ष



“लहरों से डर कर नौका पार नहीं होती”

हरीवंश राय बच्चन

लहरों से डर कर नौका पार नहीं होती
कोशिश करने वालों की कभी हार नहीं होती।

नहीं चींटी जब दाना लेकर चलती है,
चढ़ती दीवारों पर, सौ बार फिसलती है
मन का विश्वास रंगों में साहस भरता है
चढ़कर गिरना, गिरकर चढ़ना न आखराता है
आखिर उसकी मेहनत बेकार नहीं होती
कोशिश करने वालों की कभी हार नहीं होती।

डुबकियाँ सिंधू में गोताखोर लगाता है
जा-जा कर खाली हाथ लौटकर आता है
मिलता नहीं सहज ही मोती गहरे पानी में
बढ़ता दुगना उत्साह इसी हैरानी में
मुट्ठी उसकी खाली हर बार नहीं होती
कोशिश करने वालों की कभी हार नहीं होती।

असफलता एक चुनौती है, स्वीकार करो
क्या कमी रह गई, देखो और सुधार करो
जब तक न सफल हो, नींद चैन को त्यागो तुम
संघर्ष का मैदान छोड़ मत भागो तुम
कुछ किये बिना ही जय-जयकार नहीं होती
कोशिश करने वालों की हार नहीं होती।

—परिधि गोयल
स्नातक द्वितीय वर्ष

पापा

माँ अगर जन्मत है, तो आप जन्मत के भगवान है।
माँ अगर खीर, तो आप मीठे पकवान है।
माँ है आयत, तो आप पूरी कुरान है।
लव यू पापा तुझ में बसती मेरी जान है।
बचपन से लेकर आज तक ऐश करवाई,
खिलौनों की दुकान मेरे कमरे में सजाई,
याद जब तुम्हारे पास पैसे नहीं थे पापा,

तुने उधार लेकर मुझे थी बाइक दिलाई।

फिर एकदम चढ़ा मुझे संगीत का बुखार।
ज़िद मेरी दिला दो गिटार मेरी जान।
2000 बस बैंक अकाउंट में थे तेरे,
तुने सारे पैसे निकाल के मुझे दिला दी गिटार।

अब थका हुआ जिस्म उनका और धूप में काम है।
सुबह से शाम तक उन्हें न कोई आराम है।
इस उम्र में भी मज़दूरी करके घर चलाना कोई
जंग से कम नहीं पापा तुझे सलाम है।
सच कहूं उस रब से ज्यादा करू तेरा जाप।
दुनिया जाए भाड़ में मेरा सब कुछ हो आप।
जितनी बार भी लूं धरती पर जन्म,
रब्बा इनको ही बनाकर भेजना तू मेरा बाप.....।

लड़खड़ाई थी किस्मत तुने हर बार संभाला है।
बंदे के लिबास में खुदा है वो, जिसने मुझे पाला है।
फकीरों जैसी हालत की, खुद पर तरस नहीं आता है।
ले दिया महंगा फोन, खुद टूटा हुआ वो चलाते हैं।
खाता नहीं खाना वक्त पे हमारे लिए करता काम
खुश रहने का नाटक असल में आंसू बहाता है।
कड़ी धूप में काम करके तूने चमड़ी को जलाया।
पापा मेहनत का खाके जीना तूने ही सिखाया।
माना तेरी आंखों की कम हो गई रोशनी,
पर रोशन मंजिल का रास्ता तूने ही दिखाया पापा।
न जाने क्यों रहता तुझे खोने का डर,
टूट चुकी हूँ अंदर से याद आता अपना घर।
सच कहूं करता बस एक ही फरीयाद,
तेरी आने से पहले मौत चूम ले मेरा सर।

—विभूति पवार
सह-सम्पादिका
स्नातक द्वितीय वर्ष कला संकाय

बेटी

बाबुल तुझसे लाड़-लडाये,
बेटी बन तेरे अंगना
गुडे-गुडियों के संग खेली,
खूब हंसी तेरे अंगना।।



भैया के संग लड़-झगड़ कर,
छीन-झपट कर हक समझ कर
आँख दिखाकर -आँख झुकाकर
खूब हंसी तेरे अंगना ।।
मैया तेरी राज-दुलारी
तेरी बिटिया सबसे प्यारी
हुई सयानी कर दी परायी
फिर तू उसे समझ न पायी ।।
हुई ब्याही कर दी परायी,
तेरी बिटिया पर घर आयी
पति को अपना सब कुछ माना
संग उसके धर्म अपना जाना ।।
फिर माँ बन मैने अपनी ममता
को बच्चों संग बांटा
पता नहीं फिर भी क्यों तुझे किसी ने नहीं पहचाना ।

—अंशिका धीमान
बी.एस.सी. (मेडिकल)

‘एड्स’

अछूत हो गया वो कल सबका प्यारा था,
अब वो हर पल इस जीवन में अकेला था ।
एक पल की भूख थी, जो वह रोक न सका,
अनजान स्पर्श पाकर, कुछ सोच न सका ।
मिटायी उस पल की भूख को खोकर अपना संयम
मगर खुद को डूबने से न रोक सका ।

अछूत हो गया वो कल सबका प्यारा था,
अब वो हर पल इस जीवन में अकेला था ।

शिकार हो गया, उस जीवन का
जो चार बूंद का मोहताज था
कैसे ये जान पाता, ये खेल था फरेब का
अब उसका जीवन बेताज था ।

वो ‘एड्स’ पीड़ित है इन शब्दों को उसे सुनना पड़ेगा
ये घृणा का बोझ उसे आजीवन ढोना पड़ेगा
जिनी थी खुशहाल जिंदगी जिसे,
अब मौत की चादर ओढ़ सोना पड़ेगा ।

उस भूल और फरेब पर कैसे तुम पछताओगे
न दवा न इलाज कैसे तुम बच पाओगे ।
न मेल-मिलाप, न आलिंगन न ही साथ बिठाने से,
न खान-पान, न रहन-सहन, न ही प्रेम बढ़ाने से,
गौर से सुनो दुनिया वालो इस कवि के विचारों को,
नहीं फैलते ये संक्रमण रोग उन असहाय लाचारों से ।

—वभूति पवार
सह-सम्पादिका
स्नातक द्वितीय वर्ष कला संकाय

राष्ट्रभाषा हिन्दी

हर पंद्रह अगस्त जब तिरंगा
ऊँचाई पर लहराता है
अफसोस हमारा देशभक्त
उसी दिन जाग पाता है

जब आती है बात स्वाभिमान पर
अंग्रेजी झट बोली बन जाती है
पर अब आ गई अप्सर बनने की बारी
“साहब हिन्दी हमारी राष्ट्रभाषा कहलाती है ।”

हाय! वो भारत माँ हमारी
अपनी भाषा सुनने को तरसती है
पर आज के नवयुवक की पुकार सुनो-
“अरे, ये हिन्दी कहीं नहीं फलती है ।”

मत भूलो उस भूमि को
जिसमें कल ही तुम भी जन्मी थी
वो भाषा को तो याद रखो
जिसने तुम्हें यह पहचान है दी ।

कल जब ऊँचाई छूकर
अगर वापस लौटने की कभी सोचोगे
राष्ट्रभाषा मेरी हिन्दी थी
शायद गर्व से तब तुम बोलोगे ।

—इशिता
स्नातक द्वितीय वर्ष



“औरतें”

बहती रहती नदियों जैसी,
गरजती-बरसती बादलों जैसी,
दिखती फूल सी कोमल हैं,
कांटों के भी गुण रखती हैं,
खुद में खुद का ही अंश बनाती,
एक माँ ही कभी बेटी तो कभी बहु बन जाती।

कहीं उलझी तो कहीं सुलझी होती, खुशियों में आंसू लिए,
और गम में मुस्काती,
जिन्दगी मानो बहुत छोटी सी है,
उड़ान इनकी उससे भी ऊंची है
तोड़ा हज़ार जंजीरों को है,
फिर भी चमकती असंख्य सितारों सी है।

हर रंग में खुद ही रंग जाती है,
खुद से ज्यादा दूसरों को संवारती है।
अनेक रूप में ढल जाती है, कभी दुर्गा तो कभी काली सी है।
कहलाती केवल वो एक “औरत” है,
जो खुद को एक साधारण ‘मनुष्य’ मानती है।

—सिमरन सिंहा
स्नातक प्रथम वर्ष

“राष्ट्रभाषा हमारा अभिमान”

भाषा हर देश की पहचान होती है
हर देशवासी का अभिमान होती है,
चाहे पढ़ ले कितनी भी भाषाएँ,
राष्ट्रभाषा ही हमारा सम्मान होती है।

यूँ तो भारत में अलग-अलग भाषाएँ बोली जाती हैं,
देश के हर कोने में तरह-तरह की वाणी पाई जाती है,
पर जोड़े सब देश वासियों को,
वह राष्ट्रभाषा कहलाती है।

हर देश का गौरव,
होती है उसकी राष्ट्रभाषा
हर देश का मान-सम्मान होती है
उसकी राष्ट्रभाषा।

सबसे सुन्दर सबसे प्यारी,
है हिन्दी भाषा हमारी,
पूरे जहाँ में चर्चे है जिसके
भाषा है हमारी इतनी न्यारी।

गर्व है मुझे कि मुझे हिन्दी आती है,
कितनी सरल, कितनी सुन्दर भाषा है यह
जो सरलता से सारी बातें कह जाती है।

भाषा हर देश की पहचान होती है,
हर देशवासी का अभिमान होती है,
चाहे पढ़ ले कितनी भी भाषाएँ
राष्ट्रभाषा ही हमारा सम्मान होती है।

हमारी संस्कृति, हमारी भाषा,
है सबसे महान,
इसके नहीं टक्कर का कोई,
न कोई इसके समान।

अत्यंत प्रसन्ता है मुझे,
जो भारत में मैने जन्म लिया है,
स्वभिमान है मेरा हिन्दी भाषा,
जो मुझे इसे पढ़ने का अवसर मिला है।

सबसे सुन्दर, सबसे प्यारी,
है राष्ट्रभाषा हमारी,
पूरे जहान में चर्चे है जिसके
भाषा है हमारी इतनी न्यारी।

—अंजली
स्नातक द्वितीय वर्ष

“ऐ बहादुर नारी तुझे सलाम”

दर्द के आक्रोश में बसी वो
कर गई एक इस देश को
जब उसके लिए लड़े हज़ारों लोग
उस दुआओं के दर पर
जब हाथ जुड़े नास्तिक के तब जाकर इस देश की सरकार जगी
एक जोश पूर्ण हुंकार लगी
“हमें इन्साफ चाहिए”



करोड़ों ने आँसू बहाए
 लाखों ने हाथ बटाए
 सब एक जुट थे ऐ
 नारी सिर्फ तेरे लिए
 तू न समझ कि तू थी अकेली
 तेरे साथ इस देश कि हर नारी बन
 खड़ी रही जैसे एक सहेली
 तुझे सफेद चादर में लिपटा देख सिसकती रही मैं
 सिर्फ तेरे समर्थ में खड़ी हुई
 इस देश कि हर वो नारी
 जिसको इस देश ने समझा था
 एक अबला बेचारी
 अब जो तेरे आरोपियों को सज़ा मिली है
 दीये के लौ में तेरे आँसू कुछ कम हुए हैं,
 चाहे कुछ लोग तुझे आज भी गलत मानें,
 तू डरना मत, यहाँ सब न हैं सयानें
 'तुझे सलाम ऐ बहादुर नारी तुझे सलाम'
 तू जाते-जाते दे गई
 इस देश की नारी को नई पहचान
 उसने वापस पाया अपना मान-सम्मान,
 तेरी जलती चिता ने नारी को ऐसी शक्ति दी
 कि उसने आज़ादी भरी सांस ली,
 'तुझे सलाम ऐ बहादुर नारी तुझे सलाम'

16 दिसम्बर 2012 की पीड़िता को समर्पित

-कैरोल सोनी
 बी.ए.-तृतीय (संपादक)

आत्म परिचय

मैं जग जीवन का भार लिए फिरता हूँ,
 फिर भी जीवन में प्यार लिए फिरता हूँ;
 कर दिया किसी ने झंकृत जिनको छूकर
 मैं साँसों के दो तार लिए फिरता हूँ।

मैं स्नेह सुरा का पान किया करता हूँ,
 मैं कभी न जग का ध्यान किया करता हूँ,
 जग पूछ रहा उनको, जो जग की गाते,
 मैं अपने मन का गान किया करता हूँ।
 मैं निज उर के उदगार लिए फिरता हूँ,

है यह अपूर्ण संसार न मुझको भाता
 मैं स्वपनों का संसार लिए फिरता हूँ।

मैं जला हृदय में अग्नि, दहा करता हूँ,
 सुख-दुख दोनों में मग्न रहा करता हूँ,
 जग भव सागर तरने को नाव बनाए,
 मैं भव मौजों पर मस्त बहा करता हूँ।
 मैं यौवन का उन्माद लिए फिरता हूँ,
 उन्मादों में अवसाद लिए फिरता हूँ,
 जो मुझको बाहर हँसा, रूलाती भीतर,
 मैं, हाय किसी की याद लिए फिरता हूँ।
 कर टाल मिटे सब, सत्य, किसी ने जाना?
 नादान वहीं है, हाय, जहाँ पर दाना!
 फिर मूढ़ न क्या जग, जो इस पर भी सीखे?
 मैं सीख रहा हूँ, सीखा ज्ञान भुलाना।

मैं और, और जग और, कहाँ का नाता,
 मैं बना-बना कितने जग रोज़ मिटाता,
 जग जिस पृथ्वी पर जोड़ा करता वैभव,
 मैं प्रति पग से उस पृथ्वी को टुकराता।

मैं निज रोदन में राग लिए फिरता हूँ,
 शीतल वाणी में आग लिए फिरता हूँ,
 हो जिस पर भूपों के प्रसाद निछावर,
 मैं वह खंडहर का भाग लिए फिरता हूँ,

मैं रोया, इसको तुम कहते हो गाना,
 मैं फूट पड़ा, तुम कहते, छंद बनानाए
 क्यों कवि कहकर संसार मुझे अपनाए,
 मैं दुनिया का हूँ एक नया दीवाना।

-इशिता
 द्वितीय वर्ष

भारतीय चुनाव व्यवस्था पर व्यंग्य

पानी से निकलकर
 मगरमच्छ किनारे पर आया,
 इशारे से बंदर को बुलाया
 बंदर गुराया-
 खों खों क्यों?
 तुम्हारी नज़र में तो



मेरा कलेजा है?
 मगरमच्छ बोला-
 नहीं नहीं तुम्हारी भाभी ने
 खास तुम्हारे लिए
 सिंघाड़े का आचार भेजा है।
 बंदर ने सोचा
 ये क्या घोटाला है
 लगता है जंगल में
 चुनाव आने वाला है।
 लेकिन प्रकट में बोला-
 वाह!
 आचार वो भी सिंघाड़े का
 यानि तालाब के कबाड़ों का
 बड़ी ही दयावान तुम्हारी मादा है,
 लगता है शेर के खिलाफ़
 चुनाव लड़ने का इरादा है।
 कैसे जाना? कैसे जाना?
 ऐसे जाना। ऐसे जाना।
 कि आजकल भ्रष्टाचार की नदी में नहाने के बाद
 जिसकी भी छवि स्वच्छ है,
 वही तो मगरमच्छ है।

2. एक रोटी का बंटवारा कराने आयी दो बिल्ली
 बंदर ने बिल्कुल नहीं उड़ाई उनकी खिल्ली
 बड़ी गंभीरता से अपना झोला खोला,
 ठीक वैसी ही एक रोटी निकालते हुए बोला
 किस बात की लड़ाई है
 दोनों एक-एक साबुत रोटी खाओ
 ऊपर से मिलाई है।
 बिल्लियाँ हैरान
 दोनों के खड़ गये चारों कान
 सोचा ये क्या गड़बड़-झाला है
 लगता है जंगल में चुनाव आने वाला है।

3. एक नन्हा मेमना और उसकी माँ बकरी,
 जा रहे थे जंगल में राह थी संकरी।
 अचानक सामने से आ गया एक शेर,
 लेकिन अब तो हो चुकी थी बहुत देर।
 भागने का नहीं था कोई भी रास्ता
 बकरी और मेमने की हालत खस्ता

उधर ये दोनों थर-थर कांपे।
 अब तो शेर आ गया एकदम सामने।
 बकरी लगी जैसे-जैसे बच्चे को थामने।
 छिटककर बोला बकरी का बच्चा-
 शेर अंकल! क्या तुम हमें खा जाओगे एकदम कच्चा?
 शेर मुस्कुराया,
 उसने अपना भारी पंजा मेमने के सर पर फिराया।
 बोला हे बकरी- कुल गौरव,
 आयुष्मान भवः! दीर्घायु भवः! चिरायु भवः!
 कल कलरव हो उत्सव!
 साबुत रहे तेरे सब अवयव।
 आशीष देता ये पशु-पुंगव शेर,
 कि अब नहीं होगा कोई अंधेरा
 उछलो कूदो, नाचो और जियो हँसते-हँसते
 अच्छा बकरी मैया नमस्ते।
 इतना कहकर शेर कर गया प्रस्थान,
 बकरी हैरान- बेटा ताज्जुब है,
 भला ये शेर किसी पर रहम खाने वाला है
 लगता है जंगल में चुनाव आने वाला है।

—चितवन जम्वाल

बेटी को जिन्दगी दो

जीवन मिलता सबको एक बार
 फिर क्यों देखने न देते उस बेटी को ये संसार।
 हत्या क्यों करते गर्भ में उसकी?
 चीख अनसुनी क्यों करते हैं?
 उस मासूम की
 दोष उसका क्या है?
 फर्क बेटी-बेटे में हमने किया
 हुआ बेटा तो ढोल बजाया।
 हुई बेटी तो मातम छाया।
 बेटे को वंश का राजा बनाया।
 बेटी को लिखाया न पढ़ाया।
 बेटी की उम्र हो गई अठारह
 समझा जाता उसे धन पराया।
 क्यों बेटी को दर्द सबने इतना दिया
 प्रभु के उपहार को क्यों ठुकरा दिया।
 क्यों दो घरों की रोशनी को सिसका दिया।



बेशर्मी से बेटी का सौदा किया
बेटी किसी से कम नहीं
है वह सबकी जननी
उस पर करो न अत्याचार
समझो इतना है वह प्रभु का उपहार।

—कैरोल सोनी
बी.ए.-तृतीय (संपादक)

दोस्त

है क्या एक दोस्त आज मैं आपको समझाती हूँ,
दोस्ती के वास्तविक अर्थ से मैं आपको परिचित कराती हूँ,
पड़ी हो भारी भीड़ या कोई विकट आपत्ति,
साथ न हो जब जीवन में कोई भी संगी साथी,
ऐसी अवस्था में दोस्त आगे बढ़कर आता है
भरी विपत्ति से भी, अपने दोस्ती को आज़ाद कराता है,
किसी जाति, धर्म, या वंश से उसकी पहचान न होती है,
उस दोस्त की सच्ची दोस्ती ही एक मिसाल होती है,
हर खूनी रिश्ते से ऊपर होता है औहदा जिसका,
गंगा जल के जैसा पवित्र होता है सच्चे दोस्त का रिश्ता,
बहती रहती है सदा जिसकी निर्मल पवित्र धारा,
होता है वो दोस्त जग में सबसे निराला।
पग-पग पर दोस्ती निभाने के लिए
मचलता हो दिल जिसका होता है वह दोस्त
वास्तव में मन का सच्चा,
ऐसा दोस्त मिलना जग में एक मुकाम पाने के समान है,
थाम लो ऐसे दोस्त का हाथ अगर वो आपके साथ है।

—विभूति पंवार
बी.ए. द्वितीय वर्ष

राष्ट्रभाषा हमारा स्वाभिमान

बोलें सभी मिठी भाषा,
रखते हैं हम सब ऐसी आशा।
ऐसी ही है अपनी हिन्दी भी,
करुणामय-गरिमामय महान
बोलें हिन्दी जो बढ़ाये हमारी शान।
नित गौरवमय गाथा लिखे,
हिन्दी हमेशा ही एक नई परिभाषा लिखे।
कबीर, निराला के शब्दों का समाहार कहो,
या सूरदास की खानी।
है व्याप्त सता जग में हिन्दी की सुहानी,
तुम मानो या न मानो, मगर यही है इसकी पावन कहानी।

भाषा है यह गन्तव्य की और मानव के समन्वय की,
मान-सम्मान का समावेश यही है,
अपनेपन का परिवेश यही है।
उन्नति का ऐसा इतिहास समाया
हिन्दी के उन्मुक्त गगन पे,
हो जाए कैसे गौरव नीचा इसका,
नए युग के आधुनिक रंगमंच पर।
हिन्दी तो मान है, सम्मान है
फिर भी न जाने लोग इससे क्यों परेशान हैं,
आओ मिलकर अभिमान करें कि
हिन्दी से हम भारतीयों की पहचान है।
अतः न अनुभव करें कभी छोटा खुदको,
इसके प्रयोग से,
ये है ऐसी भाषा जो जोड़े अनेक
दिलों को दिलों के प्रदेश से।

—कीर्ति
बी.ए. द्वितीय वर्ष



भेड़ या भेड़चाल

अक्सर देखता था वो,
अपनी बैल्कनी पर खड़े ही,
ढलते सूरज के साथ-साथ
एक आती आक्रामक भीड़ की।

आसमान में एक तरफ
डूबती किरणों का केसरिया रंग,
दूसरी तरफ,
कूच करती भीड़ के ओजे से भरे,
जयकारे।
नारे-

जो आस-पास की शांति को करते भंग।

अक्सर गुज़र जाता वो,
स्कूल बस से उतरते ही,
उसी भीड़ के अगल-बगल से,
जो कभी राम-नाम लेकर,
लतियाते, फुसियाते, लींचिंग करती दिख जाती
किसी अनजान की....।

अक्सर बस स्टैण्ड पर खड़ा,
पास से उसके गुज़र जाती वही भीड़,
पर इस बार,
सफ़ेद कुर्ता-पैजामा और टोपी पहने,
हाथ में भाल लिए,
लेते अपने पाक मज़हब का नाम।

वो सोचता रहता-कौन हैं ये लोग?
किसकी है यह भीड़?
कहाँ जाकर अपना शौर्य-प्रदर्शन करती है?
जानना चाहा उसने
आखिर कौन बनाता है ऐसी भीड़?
कौन लिखता है- रक्षा के नाम पर ऐसे आतंकी नारे?

साहस करके पिता से पूछने गया एक दिन
पर पिता ने चुप कराकर कहा-
श! श! श! देखते नहीं-
मैं टी.वी. पर जरूरी डिबेट देख रहा हूँ?

अक्सर सपने में देखता वो,
गंगा की धारा का उल्टा बहना,
मंदिर, मस्जिद और गिरजे के आँगन का
लाल होना.....।

एक दिन-
मूंगफली लपेटे,
अखबार के एक टुकड़े में
पढ़ा उसने-
'दो दलित बच्चों को पीट-पीटकर मार डाला।

कसूर सिर्फ़ इतना-
खुले में शौच करते पाए गए।'।

शाम को जाकर पूछा माँ से
किसने पैदा की यह भीड़?
माँ ने चुप कराकर कहा-
श! श! श! देखते नहीं,
मैं मंत्र जाप कर रही हूँ?

हम-उम्र की थी उसकी बहन
सोचा-वही बताएगी
उसके अशांत मन को शांत वही करेगी।

एक रात पाकर बहन को
पलंग पर बैठी, एकाग्रचित।
उसने पूछ ही डाला-
क्या भीड़ भेड़ों की ही एक प्रजाति है?
बहन ने चुप कराकर कहा-
श! श! श! देखते नहीं,
चेहरे पर फ़ेस-पैक लगाया है?

भीड़! भीड़! भीड़!
भागो! भागो! आ रही है भीड़!
चीखते-चिल्लाते, चौक बैठा एक रात।
अगली सुबह तय किया उसने
कोई और नहीं तो,
टीचर बताएगा सच्ची बात।

घंटी बजते ही सड़क पर रोक लिया था उसको
पूछा-कहाँ के नागरिक होते हैं
ये भीड़ के लोग?

हड़बड़ी में टीचर ने कहा-
श! श! श! कल बात करेंगे।
आज इंडिया पाकिस्तान का मैच है।
दिन, हफ़्ते, महीने बीते।
नहीं मिला उसे
अपने सवालियों का जवाब।
साल बीतते-बीतते,
रहने लगा मौन
एक दिन पता चला
वो भी बन गया था हिस्सा उसी भीड़ का।

लोग कहते हैं-
देखा है उसे अक्सर
कभी केसरिया चोले में-
तो कभी सफ़ेद कुर्ते में।
कभी गले में माला,
और हाथ में लाठी के साथ,
तो कभी मंत्रियों के जूते साफ़ करते हुए....।

-डॉ० देविना अक्षयवर
सहायक प्रोफ़ेसर,



सच सच बतलाना

अपना गांव
दादी-नानी की कहानियां
माँ की लोरी
पिता की सीख
पीपल की छांव
और वो बचपन का अल्हड़पन
नादानियाँ, अटखेलियाँ
सच-सच बतलाना याद करते हो, कि नहीं।
गिल्ली-डण्डा
पिटू का खेल
फाल्गुन में सरसों की तरह लहराना
वो सावन में झूला-झूलना
वो पगडण्डी पर चढ़ना
और चढ़कर उतरना
गुड्डा-गुड़िया की शादी
वो घर-घर का खेल
वो मिट्टी का चूल्हा, बर्तन
घास के पकवान
सच-सच बतलाना याद करते हो, कि नहीं।
वो बिन बात रूठना
फिर झट मान जाना
वो सादगी, वो निश्छलता,
एकता, प्रेम, विद्वेष-भाव
वो दिवाली के खिल-पताशे
घर-घर जाकर लोहड़ी मांगना
वो त्योहारों पर बिन झिझक नाचना-गाना
वो मस्ती, वो भोलापन
सच-सच बतलाना याद करते हो कि नहीं।

—डॉ० मीनाक्षी शर्मा
सहायक आचार्या
हिन्दी विभाग

देखा है

देखा है
दुनियां को गिरगिट की
तरह रंग बदलते
नकाब ओढ़े
उन सफेद पोशियों को,
सांप की तरह केंचुली बदलते,
सभ्य होने का दिखावा करने वालों की
असभ्यता को,
समाज की बुराइयों का बहिष्कार
करने वालों के घर
बुराई की पनपती
उस डार को,
देखा है
गीदड़ों को शेर का
चोला पहने,
शेर को मासूमों का
शिकार करते
देखा है।

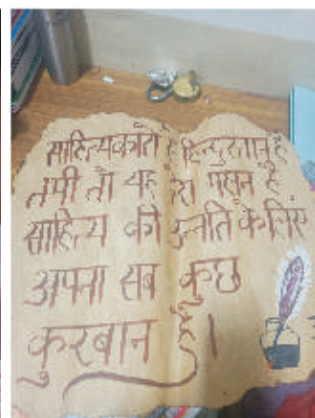
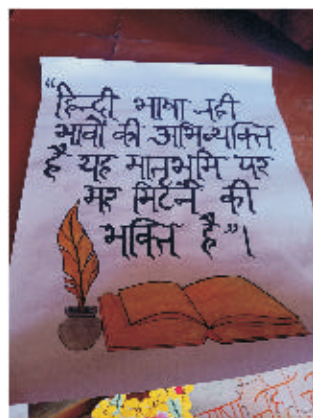
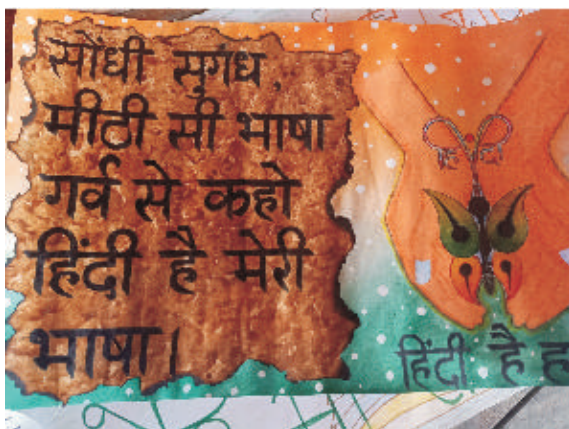
—डॉ० मीनाक्षी शर्मा
सहायक आचार्या
हिन्दी विभाग



हिन्दी दिवस गतिविधियां



हिन्दी सप्ताह



शिक्षक गतिविधियां



हिन्दी विभाग की अन्य गतिविधियां



हिन्दी विभाग की अन्य गतिविधियां



29 वर्षों की सुखद साहित्यिक यात्रा

डॉ. संगीता सारस्वत एक ऐसी शख्सीयत हैं जिनका व्यक्तित्व कियी परिचय का मोहाज नहीं है। इन्होंने सेंट बीड्स कॉलेज में हिन्दी विषय की सह-आचार्या (एसोसिएट प्रोफेसर) के पद पर 29 वर्षों तक अपना सक्रिय योगदान दिया। इन्होंने अपने स्नातक स्तर की शिक्षा भी इसी महाविद्यालय में सम्पन्न की और उसके उपरान्त पी.एच.डी. की उपाधि प्राप्त करके इसी महाविद्यालय में अध्यापन कार्य प्रारम्भ कर दिया। इन्होंने 29 वर्षों तक महाविद्यालय के प्रांगण में कई कार्यक्रमों (हिन्दी दिवस, हिन्दी सप्ताह, कविता, कहानी, गद्य लेखन, नाट्य मंचन) का सफल आयोजन किया जो इनके साहित्यिक प्रेम एवं सृजनात्मकता को उजागर करता है। इन्होंने साहित्य के क्षेत्र में अपनी लेखनी से साहित्य जगत को उत्कृष्ट रचनाओं से नवाजा है।

इनके कविता-संग्रह हैं : सैलाब, समय, संवाद,

गद्य संग्रह : सुख में सुमिरन

ग़ज़ल संग्रह : सवाल

शोध प्रबंध : ललित निबंध

इनकी रचनाएं अनेक पत्र-पत्रिकाओं में प्रकाशित हुई हैं। शिमला आकाशवाणी, दूरदर्शन एवं कवि संगोष्ठियों में अनेक बार कविता-पाठ एवं परिचर्चा में अपनी भागीदारी दर्ज की है। साहित्य लेखन में 'संगीता श्री' नाम से प्रसिद्ध हैं। हिमाचल कला, संस्कृति और भाषा अकादमी की 'साहित्यकार कलाकार विवरणिका' एवं 'सम्मकालीन हिन्दी-कविता कोश' में 'संगीता श्री' के नाम सम्मिलित रहीं। 'मानव मूल्य-परक शब्दावली का विश्वकोष' में अपनी सहभागिता संगीता सारस्वत नाम से दर्ज करवाई। इन्होंने दो पुरस्कार भी प्राप्त किये जिसमें एक पुरस्कार 'अंतर्राष्ट्रीय महिला दिवस' के उपलक्ष्य पर हिमाचल प्रदेश विश्वविद्यालय की 'वीमैन सैल' द्वारा वीमैन अचीवर अवॉर्ड से सम्मानित हुई। वर्ष 2019 में 29 वर्ष की लम्बी अवधि के पश्चात् डॉ. संगीता सारस्वत सेवा निवृत्त हुई। जीवन के इस नये अध्याय की शुरुआत के लिए अनेको-अनेक शुभकामनाएं।

और अंत में बस इतना ही:

“चमन से रुखसत-ए-गुल है न लौटने के लिए तो बुलबुलों का तड़पना यहाँ पे जायज़ है।”



Fare Thee Well Batch of 2019-20



**B.A. Economics and Geography
(Honours) III**



B.A. English (Honours) III (5)



B.A. Pass Course III



BA Psychology Honours



B.B.A. III



B.C.A. III



B.Com III



B.Sc. Biotechnology III



B.Sc. Medical III



B.Sc. Microbiology III



B.Sc. Non Medical III





ST. BEDE'S COLLEGE

Navbahar, Shimla – 171002
(Himachal Pradesh)

Tel No. : 0177-2842498

Email: bedescollege@gmail.com

www.stbedescollege.in

