



# E C H O E S

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*KINTSUGI | Q-RIOSITY | A MERAKIAN RENAISSANCE*

ST. BEDES COLLEGE | 2020-21





***"The world breaks everyone, and afterwards many are strong at the broken places."  
-Ernest Hemingway***

Although the past year hasn't been very kind to us, this imposed isolation has presented us with ample amount of opportunities to explore our creative depths. Be it renaissance in the closet, inside our locked-down homes, behind a mask or beyond our ink stained pages, we've embraced change and adversity in ways we could never have imagined.  
Repair requires transformation.

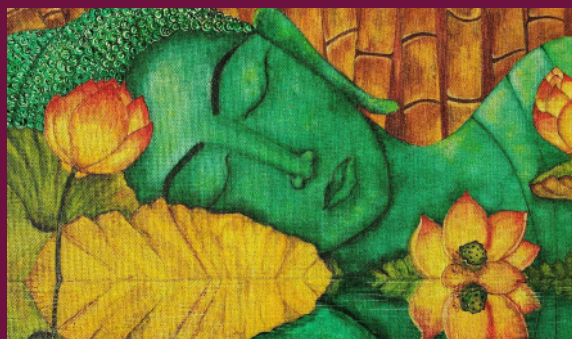
Keeping this in mind the theme for Echoes 2020-21 is "Kintsugi".

"Kintsugi" or "Kintsukuroi" is the Japanese art of putting broken pottery pieces back together with gold, the same way we managed to mend the cracks created by this pandemic through our golden creativity. Let Echoes 2020-21 be a celebration of all those who have risen from the ashes, and used the cracks in their lives to let the light in.



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FROM THE

# PRINCIPAL'S DESK



*"To those who see with loving eyes, life is beautiful. To those who speak with tender voices, life is peaceful. To those who help with gentle hands, life is full. And to those who care with compassionate hearts, life is good beyond measure."*

**- Gilles Lamarche**

We at St. Bede's believe in a joyful and experiential learning system and thereby empowering our students in a manner that they act as representatives of a meaningful and a value based society. There are two lasting legacies we hope to give our students, one of these is strong roots and the other is powerful wings, one is nurtured by the parents and the other is offered by their teachers at St. Bede's.

We are aware that the pandemic makes for an anxious time for all people and has put tremendous pressure on all of us to adapt to the changing circumstances, each day of the year 2020 brought with it new challenges and opportunities.

Every society, club of the college continued to engage the staff and students online to conduct their programmes, which were painstakingly organised, each one of us learnt to engage in online teaching more than we ever thought possible we challenged our boundaries and were successful in our effort. We had a year of achievements too, St. Bede's was given an independent unit for NCC providing a larger number of students to enroll and prepare to serve the country. This edition of 'Echoes' gives me an opportunity to appreciate and congratulate the students and staff for all that they accomplished despite the Covid pandemic situation.

May the outgoing students prove to the world that they are better persons because they are Bedeians. Finally I would like to convey my good wishes and blessings to our final year students. May they be well integrated individuals who are assets to contemporary society, living up to the vision of the college. May the Almighty bless and guide you all in your journey of life.

**-Ms. Nandini Pathania**





# THE

# EDITORIAL



***"Creativity doesn't wait for that perfect moment. It fashions it's own perfect moments out of ordinary ones." —Bruce Garrabrandt***

Being on the Editorial Board of the college magazine is indeed a unique honour for which no words of gratitude can suffice. 'Time fleets, and waits for no one' cannot be exemplified better than the year gone by. The unpredictability of life was aptly demonstrated by the sequence of events that unfolded themselves in front of us. Confronted with one of the fiercest disasters we have faced in this century, what goes to our credit is that we are not giving up on optimism. Bedeians have always proved themselves in the most extraordinary ways possible, thus we continue to inspire each other and everyone around us. This exceptional quality of standing tall in the face of obstacles inspired the theme of this session's magazine. Hence, the Japanese art of "Kintsugi" surfaced as our motive to bring together the Bedeian spirit in spite of our circumstances. This year, the Editorial Board launched an Instagram page- **@kintsugiforechoes**- that essentially aimed to provide a platform showcasing the talents and achievements of current, as well as ex-Bedeians, and the participation along with the contribution was absolutely admirable. United by the golden lacquer of creativity and art, Echoes' 2020-21 is a representation of strength, hope and evolution beautifully intertwined as a celebration of each and every entity connected to St. Bede's College working in its name and glory.

We are truly grateful to Dr. Gitanjali Mahendra, for being a pillar of support and guidance, and to Mr. Mahajan for bringing 'Echoes' to life. We would also like to thank the 'Think-Tank' for our special section- 'Q-riosity'.

Every piece of work is incomplete without sincerity and dedication along with hard work. Our magazine is a product of integration of these elements by a number of working bodies connected to it. We are grateful for each and every contribution, as well as the cooperation of the Council.

Echoes comprises the union of broken pieces of souls, so while you immerse yourself in the vibrant pages, do let us know- did you find a piece of you?

**-Aarushi (Editor)**

**-Angel Shan (Co-Editor)**





# BEDEIAN LOG



2020-21

## MARCH, 2020

**20th March, 2020**

The cadets of 1 H.P. Naval Unit, Bilaspur held a 'Curfew Awareness Campaign' where they made people aware of curfew through various social media platforms.



## APRIL, 2020

**19th April, 2020**

An event was organised by NSS regarding the awareness of COVID-19. Under this event, several activities were conducted, including mask-making, poster-making, awareness via social media (in the form of art, poetry and educational videos).



**21st April, 2020**

The cadets of St. Bede's College downloaded the *Aarogya Setu* App and encouraged others to do so.

## JUNE, 2020

**2nd June, 2020**

NSS conducted various activities under 'India First, Our Product Best Initiative' like poster making, video making and poem writing on an online platform.





### **5th June, 2020**

NSS conducted a tree-plantation drive to celebrate World Environment Day.

The Environment Cell of the college also took the initiative of tree plantation to mark this day.

All the cadets of St. Bede's College completed their training of COVID-19 on *DIKSHA* App.



### **7th June, 2020**

The students of St. Bede's College participated in an online MUN by Shimla Model United Nations in the committee 'United Nations Women' and discussed the topic 'Elevation of the Objectification of Women in Socio-Economic and Cultural Aspects with Special Reference to Sharia Law'.

### **20th June, 2020**

To celebrate the International Yoga Day on June 21st, students were requested to send in their photographs while performing one *Asana*. The event was covered by NSS.



### **21st June, 2020**

The cadets performed various *Yoga Asanas* for International Yoga Day.

Students of St. Bede's College participated in an online MUN by Shimla Model United Nations in the committee *Lok Sabha* and discussed the topic 'Review of 20 Lakh Crore Package over COVID-19 Pandemic Situation'.



### **26th June, 2020**

An event was organised by NSS to mark 'International Day Against Drug Abuse and Illicit Trafficking'. A slogan writing competition and a painting competition was conducted.



## JULY, 2020

15th July, 2020

A tree plantation drive was conducted by the cadets of 1 H.P. Naval Unit, Bilaspur, where a total of 40 saplings were planted.



## AUGUST, 2020

4th August, 2020

*Aatma Nirbhar Bharat* Awareness Campaign: The cadets performed various activities in order to spread awareness about 'Be Vocal About the Local'. The cadets were involved in activities like poetry writing, slogan writing, e-poster making, mass awareness, etc.

6th August, 2020

'Be Vocal About the Local' *Shapath*: The cadets made people aware of the urgency of boycotting Chinese products.

5th-13th August, 2020

'Be Vocal About the Local' Campaign: The cadets performed various activities like boycotting Chinese products, replacing Chinese products with Indian products, and spreading awareness through various online platforms.

15th August, 2020

Independence Day celebration was conducted by NSS.





### **20th-27th August, 2020**

Fit India Movement: The cadets performed various home bound activities, including mental and physical health awareness, less use of public transport and created e-posters on 'Environment Building'.

### **22nd August- 2nd October, 2020**

Freedom Run Movement: The cadets took part in the event from their respective hometowns.



## **SEPTEMBER, 2020**



### **4th September, 2020**

The Department of English participated in an online workshop on 'Grooming and Social Etiquettes' conducted by Amity Finishing School.

### **5th September, 2020**

An online Teachers' Day celebration was organised by NSS. Greeting cards, posters and poetry pieces were presented to the teachers.



### **7th-13th September, 2020**

*Hindi Saptah* was celebrated by the Department of Hindi where various competitions were conducted including poetry writing, story writing, poster making, essay writing etc.

### **14th September, 2020**

The Department of Hindi celebrated *Hindi Diwas* on an online platform. The event included a poetry recitation competition along with a speech competition.



### **14-15th September, 2020**

The Department of Mathematics participated in an online International Workshop on 'Geometry of Continued Fractions: Ramanujan and his Successors'.



# OCTOBER, 2020

## **1st-6th October, 2020**

PO Cadet Chavi Tewari attended the online EBSB Camp. She also participated in the quiz competition and presented a PowerPoint presentation on 'Food and Cuisine Habits of Himachal Pradesh'.

## **1st-15th October, 2020**

The cadets of St. Bede's College participated in the DGNCC activities.

## **2nd October, 2020**

To mark the occasion of *Gandhi Jayanti*, NSS conducted various competitions involving painting, poetry writing and essay writing.

## **2nd-23rd October, 2020**

Cadets performed various activities in order to spread awareness about the 'National Education Policy'. These activities included the conduction of webinars, mass awareness, and educational videos posted on the cadets' YouTube channel.

## **6th October, 2020**

The Department of English participated in an online literary meet with Kerala under *Ek Bharat, Shreshth Bharat* (EBSB).

## **10th October, 2020**

World Mental Health Day was celebrated by the Department of Psychology. A webinar along with poetry and poster making competition was conducted by the department.







### **11th October, 2020**

To mark the International Day of the Girl Child, Women's Cell conducted a slogan writing competition along with a poster-making competition.

The cadets of 7 H.P. (I) COY, NCC Shimla conducted different activities to celebrate this day, such as story writing, representing one's culture and drills. The theme was 'Women in Armed Forces'.

### **19th October, 2020**

The Department of Physics conducted a webinar on the topic 'Physics in Daily Life and Beyond: Art of Guesstimation'.

### **23rd October, 2020**

The faculty members and students of B.B.A and B.Com. attended an online guest lecture by Dr. Shama Hussain on the topic 'Emotional Intelligence and Leadership'.

### **28th October, 2020**

A poster-making competition was conducted by the Department of Zoology on COVID-19 awareness.

### **29th October, 2020**

The Department of Economics and Political Science organised a discussion forum on the topics 'New Economic Reforms of 1991' and 'Political Economy of India'.

***The Department of Zoology carried out an Awareness Campaign regarding COVID-19 throughout October.***

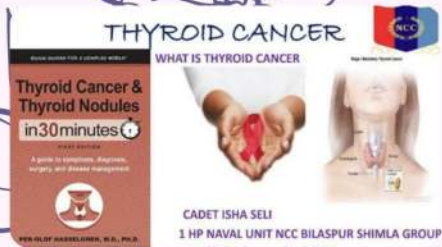
## **NOVEMBER, 2020**

### **7th November, 2020**

To mark National Cancer Awareness Day, Red Ribbon Club conducted an essay writing and a caption the photo competition on 'I am and I will'. A special assembly was also conducted online.







The cadets wrote articles on different types of cancers explaining their symptoms, precautions, causes, prevention and treatment.

### **9th November, 2020**

*Kintsugi For Echoes* launched online, showcasing the talent and creativity of Bedeians on a social media platform.

Students of NSS participated in a Pre-Republic Day Camp at Government College, Sanjauli.

### **15th-16th November, 2020**

Diwali Celebration- An Inter-ship vlogging and photography competition was conducted by NSS.

### **17th November-13th December, 2020**

Constitution Day Campaign: The cadets conducted various activities like oath-taking, awareness through social media platforms via e-posters and through several mass awareness programmes.

### **19th November, 2020**

An online meet was conducted under *Ek Bharat Shreshth Bharat* by NSS between Kerala and Himachal Pradesh.

### **22nd November, 2020**

Cadets of St. Bede's College donated blood at the Blood Donation Camp at the Ridge, Shimla, under the theme "*Rakt Daan, Jeevan Daan*".

### **25th November, 2020**

A tree plantation drive was conducted by the cadets under which they planted saplings in their nearby areas.

### **27th November, 2020**

The cadets participated in the *Swachhta Pakhwada* activities.



# DECEMBER, 2020

## **1st December, 2020**

World AIDS Day was celebrated by Red Ribbon Club, under which a declamation and poster making competition on the topic 'Resilience' was conducted. An online special assembly was also carried out.

## **3rd December, 2020**

The cadets participated in an online talk session on the topic, 'What Can I do to Clean My City?'

## **4th December, 2020**

The cadets performed a *Nukkad Natak* on 'Segregation of Waste'.

## **6th December, 2020**

The cadets stepped forward to spread awareness about the importance of personal hygiene and how it can be achieved.

## **7th December, 2020**

The cadets participated in mass awareness on personal hygiene by visiting various places in Shimla.

## **8th December, 2020**

The cadets participated in individual cleanliness drive from their respective hometowns.

An Inter-college debate competition was conducted by the Debates and Dramatics society on the topic- 'Online Schooling is Better than Offline Schooling' (For/Against).

## **9th December, 2020**

The cadets demonstrated the correct way to wash hands on an online platform.







**10th December, 2020**

'Human Rights Day' was celebrated by Heritage Club Miraasa. An online special assembly was conducted that discussed the recognition and awareness of human rights.



**10th-12th December, 2020**

The cadets participated in a cleanliness drive where they cleaned the areas in their vicinity including public parks, statues and water bodies.

**13th December, 2020**

The cadets participated in a seminar on 'Plastic Waste Management'.



**14th December, 2020**

The cadets made e-posters on the topic 'Earth is What We All Have in Common, Let's Keep it Clean'. The cadets also wrote articles on cleanliness, and a painting and essay writing competition was conducted.

**16th December, 2020**

A webinar on 'Cancer Prevention and Healthy Lifestyle' (Sanjeevani Life Beyond Cancer) was conducted by Health Club. The students also took part in a quiz conducted by the organizing committee.



**14th-19th December, 2020**

Jashn-E-Miras was celebrated under Heritage Week by Heritage Club Miraasa. Week long itinerary and competitions were conducted including- Libaas, Tasveer-E-Paheli, Lok Nritya, Sahitya, Naveli, Swaad, Inaam. The participants were showcased on social media platforms.



**22nd December, 2020**

The Department of Mathematics participated in an online International workshop on 'Srinivasa Ramanujan: The Man beyond Infinity'.

An online Christmas Celebration was organised by St. Bede's College.



# FEBRUARY, 2021

## 5th February, 2021

The cadets from 7 H.P. (I) COY, NCC Shimla participated in the Gallantry Awards Pledge.

## 15th-20th February, 2021

An online workshop was conducted by the Department of Physics titled: 'Spreadsheets: A Tool for Developing Mathematical & Computational Skills' among UG Science students.

## 21st February, 2021

The cadets of St. Bede's College participated in the cleaning of the statue of *Rani Lakshmi Bai* at Rani Jhansi Park, Mall Road, Shimla.

## 22nd February, 2021

International Mother Language Day was celebrated by Debates and Dramatics Society. They organised a speech competition and a poem recitation competition.



Let's stand together, and realise how powerful our voices are. Let's rise together and never let anyone muffle our voice ever again. By this note, here's a video by some of the alumni of our college inspiring and reminding us of the incomparable power our voices and opinions hold.

Happy International Women's Day, Ladies.

Women's Cell  
St. Bede's College.



# MARCH, 2021

## 3rd March, 2021

The cadets participated in the *Swachhta Pakhwada* activities where they cleaned few statues, parks and monuments of Shimla region.

## 5th March, 2021

The cadets participated in the cleaning of the statue of *Bharat Ratna Atal Bihari Vajpayee* on the Ridge.

## 8th March, 2021

Women's Cell of the college conducted a poster making and poetry writing competition to mark the occasion of Women's Day.



### **10th March, 2021**

The day was marked as 'Raising Day' for the NCC Unit of the college. A troop of NCC Army Wing Cadets was enrolled with 7 H.P. (I) COY, NCC Shimla.



### **15th-21st March, 2021**

NSS conducted a week long NSS Camp in which the students of the college participated in various activities.

### **16th March, 2021**

The students of English (Honours) 3rd year attended a guest lecture by Ms. Madhu Parmar on 'Historicization of Women in Partition Literature'.

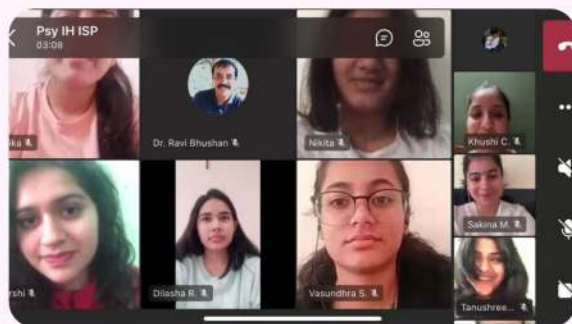


### **21st March, 2021**

The closing ceremony of NSS Camp was conducted along with the inauguration of the pathway outside the college premises.

### **24th March, 2021**

An online Inter-ship poster-making competition and slogan writing competition was conducted by the Environment Cell on the topic 'Impact of COVID-19 on the Environment'.



## **APRIL, 2021**

### **10th April, 2021**

The Department of Psychology launched a 'Mental Health Initiative' where the students of Psychology (Honours) 2nd year- Angel Shan and Rohita Gharu took up a peer-teaching session with the 1st year students.





# COUNCIL

SESSION 2020-2021



## ADMIRAL

*"The greatest journeys in life begin with the smallest steps."*

—Lao Tzu

*My journey of a lifetime began with a small step through the gates of St. Bede's College taking me through an extraordinary road of self discovery and growth. The post of the Admiral was only "the fuel to that fire"- a perfect opportunity to explore that road of self-discovery further.*

*I could not make my days at St. Bede's longer, I could only strive to make them better. To me, being the Admiral did not mean being better than everyone else. It did not mean leading the team to glory. In fact, it was being a part of that team and working towards glory, together.*

*Being in the Council this year has been a unique experience. However, working remotely through online platforms was a first for all of us. Not necessarily pleasant, but this experience definitely proved to be a reflection of life in general- a journey full of hurdles, but beautiful and joyful nonetheless.*

*I would like to extend my heartiest gratitude to the St. Bede's family for giving me this wonderful opportunity and believing in me to do my best.*

*Dear Bedeians, remember, "When we were born, we cried while the world rejoiced, live a life in such a manner that when we die, we rejoice while the world cries." So live your life queen size.*

*-Tanya Sharma*

*B.Com. 3rd year*





# VICE ADMIRAL

*"The first responsibility of a leader is to define reality; the last is to say thank you. Within a leader, is a servant."*

*—Max DePree*

*Giving back is the most rewarding experience and I have been honoured with an opportunity to work for the college in the academic session 2020-2021. I am highly obliged to our Principal- Ma'am Nandini Pathania, teachers and the students for trusting me and giving me this opportunity.*

*As the Vice Admiral of St. Bede's College, I would sincerely want to thank God for this responsibility bestowed on me. Discipline, sincerity, kindness and integrity are the pillars of my ideals. It is clearly evident that the college has not only helped us develop academically but has also succeeded in making us compassionate, caring and articulate young girls who will hold on to the motto- "Non Nobis Solum".*

*A leader takes you where you want to be, but a woman leader takes you where you ought to be. We all are truly grateful to our college for making us leaders today, and preparing us to lead towards a better tomorrow.*

*I have only one message for all my juniors- always remember to take our college to greater heights of success. Walk through this path together and work in union to keep the banner of St. Bede's College flying high up in the sky, mounted with love, hoisted with dignity and fluttering with grace.*

*-Diksha Vashisht*

*B.A. Psychology 3rd year*



# INS CHIRAG

*The experience of being the Captain and Vice-Captain was great as well as tough. The experience was amazing and wonderful, owing to ship INS Chirag being blessed with so many enthusiastic girls who actively participated in each and every competition with their full potential. Our gratitude goes to all the enthusiastic participants and winners:*

*Essay Writing Competition:*

*1st Position - Shraddha Verma, B.A. Psychology (Honours) 2nd year*

*Overall Ship 1st Position – INS Chirag*

*Photogenic Diwali:*

*2nd Position - Singh Shreya, B.A. (Pass course) 2nd year*

*Vlog Making (Rangoli):*

*2nd Position - Vartika Pundir, B.A. Psychology (Honours) 2nd year*

*This achievement would not be possible without the constant support of our ship mentors, Dr. Deepti Pajni and Mr. Manu Mahajan. Chiragians regard them with heartiest gratitude. Lastly, we would like to thank our ship members for their constant support.*

*-Anusha Bhatt (Captain)*

*-Vartika Pundir (Vice-Captain)*



# INS HIMMAT

*“He who experiences the unity of life sees his own self in all beings, and all the blessings in his own self, and look upon everything with an impartial eye.”*

*—Gautam Buddha*

*The leadership is all about vision and responsibility and not power. Our journey of serving as the Captain and Vice-Captain of INS Himmat was galvanizing. It has been a great learning experience that involved a lot of planning along with a number of challenges. A challenging project forces you to think beyond the obvious and shouldering the responsibility of the ship is not easy, but it taught us how to grow as an individual.*

*In the Inter-ship photography competition on the occasion of Diwali, 3rd position was secured by Jagriti Dogra of B.A. (Pass course) 3rd year.*

*We would like to express our gratitude to our teachers for allocating their constant support, and to all the students for coming forward and exhibiting their talent in different competitions.*

*-Puramy Lal (Captain)*

*-Chahat Kohli (Vice-Captain)*





# INS VIKAS

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."*

– Thomas A. Edison.

*It was quite an honour to serve as the Captain and Vice-Captain of INS Vikas. To encourage, collaborate and most importantly, enjoy every Inter-ship event, as the Ship Captains it is essential that we bring together and lead a family within the college. Although the pandemic hasn't been very kind to us, this imposed isolation presented us with ample opportunities to explore our creativity through various Inter-ship competitions such as caption the photo competition and essay writing competition that were based on National Cancer Awareness Day along with vlogging and photography competition on the occasion of Diwali. We are filled with immense gratitude for all the participants who came forth and gave their best to win prizes.*

*Some of our significant wins were:*

*1st prize : Vlog making competition (Rangoli): Cheaksha Wangnoo*

*2nd prize : Caption the photo competition: Neeharika Aggarwal*

*At last we would like to thank everyone for vesting your trust in us. Keep the spirit high Vikasians because together we can!*

*-Dream (Captain)*

*-Swarnika Narang (Vice-Captain)*



# INS VIKRANT

*"Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve."*

— Mary Kay Ash

*We believe that leaders are made, not born. Our journey serving as the Captain and Vice-Captain of INS Vikrant was full of unique experiences. After all, our teachers have taught us that participation is important, not the outcome. Dedication and perseverance are the most important elements for attaining perfection and we owe all the credit for the achievements in the events that were conducted during the academic year 2020-2021 to all the participants.*

*Essay Writing Competition- Aabhya Verma, B.A. English (Honours) 2nd year- 2nd Position*

*Caption the Photo Competition - Vartika Dengta, B.Com. 3rd year- 1st Position*

*Photogenic Diwali- Romika Dhingra, B.Com. 3rd year- 1st Position*

*Vlog Making (Rangoli)- Komal Shaktawat, B.A. (Pass Course) 2nd year- 3rd Position*

*We would like to thank our Ship in-charge 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.*

*-Prerita Prakash Sharma (Captain)*

*-Jaisal Shekhawat (Vice-Captain)*





## COMMUNITY OUTREACH

*"Remember that the happiest people are not those getting more, but those giving more."*

*—H. Jackson Brown Jr.*

*Community Outreach activities are intended to engage with people and share knowledge and expertise on particular topics with the general public. This is an active way of engaging with other community members about social issues, problems and opportunities.*

*It can be personally rewarding, as well as a big help to our local area by providing needed resources or services. It also allows us to influence younger generations to give back to the community. It helps the community grow in a substantial way. Not only does it make you feel rewarded but helps spread a feeling of camaraderie. Over the course of the pandemic, we engaged our cell in online activities. A poster was made on the topic 'Traditional use of Diyas in Diwali' to show the importance of our culture. A video was made by the fellow students of our college representing different regions in India during the time of Diwali whereby:*

*Jolyn Pradhan, B.A. Geography (Honours) 2nd year represented North East India.*

*Darshana Bhati, B.A. English (Honours) 2nd year represented West India.*

*Nandini Goel, B.A. English (Pass course) 3rd year represented South India.*

*Shreya Dubey, B.Sc (Med.) 2nd year and Mansi Rastogi, B.A. English (Honours) 2nd year represented North India.*

*Pratishtha Raj, B.A. Economics (Honours) 2nd year represented East India.*

*With Kritika Bakshi, B.Sc. (Non-med) 3rd year being our video-editor.*

*Our profound gratitude goes to Ma'am Anuja for helping and guiding us throughout the year, to help us realize our motto- 'Work for a cause, not for applause!'*

*-Ritika Narwal (Vice-President)*

*-Mansi Rastogi (Secretary)*





## CULTURAL SOCIETY

*"Cultures grow on the vine of tradition."*

—Jonah Goldberg

*The inculcation of moral and aesthetic values with the amalgamation of talent and indigenous culture are a huge challenge for any community. The cultural society of St. Bede's College believes in the preservation of this immaculate heritage. Culture is what a society lives on. Each society can see its culture reflected in its language, folktales, music, literature etc. Apart from this, however, culture has a host of sociological and economic values. Participation in the cultural activities brings an individual a host of personal benefits. The Cultural Society of St. Bede's aims to encourage students' interest, participation and responsibility by providing social, cultural and recreational activities for the college community. Keeping this in mind the college has different groups that provide the students with an opportunity to demonstrate and develop their talent in the fields of music, dance and other fields of culture, giving a boost to their physical and mental health. Even in this pandemic, we managed to behold various activities such as a dance competition being held in the month of December, 2020 in collaboration with the college's Heritage Club, in which various girls from different courses participated. In addition to this, the students of the Cultural Society performed Himachali folk dance in the NSS camp in the month of March, 2021.*

*We are truly grateful to the college for providing us an opportunity to be a part of this beautiful family and express ourselves through the vivid creative expressions inspired by our cultural heritage.*

*-Arushi Patiyal (Vice-President)*

*-Kritika Sharma (Secretary)*





## DISASTER MANAGEMENT CELL

*"A negative mind will never give you a positive life. Where you are a year from now is a reflection of the choices you choose to make right now."*

—Ziad K. Abdelnour

On 5th November, 2020, an awareness program was conducted online for the college students on the occasion of 'World Tsunami Awareness Day'. An article was forwarded on the whatsapp groups of the college. In the online program 50-55 students joined in with us to spread awareness about tsunami and other natural disasters. Students were taught about the preparedness we need to have for all the natural and man-made disasters. It emphasized that we should keep encouraging our family members and friends to take appropriate steps to prepare for a natural calamity. The disaster management teams were prepared the next day, in which all the council members, staff and NSS volunteers were included. The teams were as follows: First Aid Team, Search and Rescue Team, Fire safety team, First Aid Team and Evacuation Team. Unfortunately we were not able to organize any of the drills because of COVID-19. A webinar on 'Inclusive Disaster Risk-Reduction in Himachal Pradesh' was organized by UNDP and Shimla Municipal Corporation, on 26th December, 2020 from 2pm to 4pm. The key speakers were Mr. Parul Sharma, Country Program Manager, India. On the same day, a training workshop was organized in Shimla on 'Mainstreaming Disaster Risk Reduction/Climate Change Adaptation in Special Education'. Geo-Hazards Society (GHS), a not-for-profit organisation which has been working for the disaster preparedness for the specially-abled children, was requested by the Disaster Management Cell, MC Shimla to facilitate the one day workshop where teachers responsible for and trained to teach the specially-abled children participated. The main objective of one day workshop was to identify the gaps in disaster preparedness for the specially-abled children and to create a group of trainers within the city who can take disaster safety for the differently-abled children forward in Himachal Pradesh. Shimla is prone to multi-hazards with earthquakes, landslides, rock fall, cloudburst, road accidents, etc. Shimla falls in Seismic Zone IV (as per the Seismic Zoning map of India) which is the high-risk zone and the district is likely to be affected by earthquakes with intensity upto VIII.

While Covid-19 put some restrictions on the activities we could conduct, we marched forward to spread awareness and build preparedness for natural disasters.

-Aditi Sharma (Vice-President)

-Arundhati Chandel (Secretary)





## DEBATES AND DRAMATICS

*"You can speak well if your tongue can deliver the message of your heart."*

– John Ford

*It has been a privilege to serve for the Debates and Dramatics Society this year. With the pandemic, college life couldn't be the same, but the opportunities for the students to express themselves didn't disappear. With the aid of online platforms, we were able to conduct a number of activities throughout the year. It was a great learning experience for us, and for all those who participated in these events.*

*On 7th June, 2020, an online MUN was organized in Shimla. The students participated in the Shimla Model United Nations in the committee 'United Nations Women' and discussed the topic 'Elevating the Objectification of Women in Socio-Economic and Cultural Aspects with Special Reference to Sharia Law'. Similarly, on 21st June, 2020, Shimla Model United Nations organized an Online MUN. The students participated in the committee 'Lok Sabha' and discussed the topic 'Review of 20 Lakh Crore Package over COVID-19 Pandemic Situation'. The students received appreciation certificates for both these events.*

*Debate and Dramatics Society also organised an online Inter-college debate competition on 8th December, 2020, with the Chief Guest for the event being Ma'am Mita Biswas, retired Professor, Department of English, Himachal Pradesh University and the judges for the event being Ma'am Anita Pandey, an educationalist and a student counsellor, Ma'am Anjali Dewan, a retired Associate Professor and HOD Home Science from St. Bede's College, and Ma'am Sushila Prabhudas, an English teacher at Bishop Cotton School, Shimla. Various colleges participated in the event. The program went for 2 hours where participants shared their views regarding the given topic; "Media has Played a Responsible Role During COVID-19 Pandemic" (For/Against).*

*An unforgettable box of beautiful memories and experiences would be our takeaway from this place. We are grateful to Ma'am Nandini Pathania, our teachers, and our fellow students for being the constant pillar of support, and encouraging us to always do our best.*

-Kirti (Vice-President)

-Muskan Pal (Secretary)





## ENVIRONMENT CELL

*The Environment Cell has been constituted by the college to make the students and teachers aware about the environmental issues and challenges and inspire them to disseminate the information and sensitize the students and society at large about these challenges. The objectives of our cell are to inculcate the sense of responsibility towards the development of planet earth and appreciation of its beauty and for providing opportunities to acquire knowledge, skills, attitude and commitment to preserve the environment.*

*We realize these goals through initiatives by the cell whereby we organize workshops, nature trails, talks and seminars. Assemblies related to environmental issues and sustainable lifestyle and development are also conducted. Posters, news articles and quotes are displayed on the bulletin board regarding environmental significance. On 21st March, 2021, we organised an online Inter-ship poster making and slogan writing competition on the topic- 'Impact of COVID-19 on the Environment.'*

*Our heartfelt gratitude goes to Dr. Ravi Bhushan for his constant support and guidance.*

*-Disha Arora (Vice-President)*

*-Gurmeet Kaur (Secretary)*



## NATIONAL SPORTS ORGANISATION (N.S.O.)

*"Champions keep playing until they get it right."*

*— Billie Jean King*

*Sports and games are essential for physical, mental and emotional health. They help in building confidence and discipline, along with keeping our mind in check.*

*Throughout the session, we organized Inter-ship competitions for students in table tennis, basketball and carrom.*

*We would like to thank our teacher Mr. V.K. Sanoria who immensely motivated us, supported us in all ways possible. He put all his efforts and gave us numerous ideas to play indoor games as well as to take care of our health by staying fit.*

*Even with 2020 and the pandemic, the students did not stop playing and engaging in indoor games like chess and carrom, and we were able to conduct competitions online as well. Students promoted yoga exercises, motivating everyone around them to adopt a healthier lifestyle. Moreover, students played in nearby parks, playgrounds, taking social distancing into consideration. After all, players who play never let anything come into their way.*

*-Riya Pandir (Vice-President)*

*-Vanshika Bagga (Secretary)*





## WOMENS' CELL

*Being a part of an All Girls' institute, it was really a privilege to be a part of the Council, that too a part of the Womens' Cell of the college. This session definitely hasn't been easy on any of us as the year came with different challenges altogether. The world shifted from real to reel. Stepping out of one's comfort zone is always a bit uncomfortable but definitely a life learning lesson. Through Womens' Cell, we organised a poetry writing and several poster making competitions this year, where we saw beautiful women stepping up and showcasing their talents in their own beautiful ways. We definitely missed one whole year of college which we got to spend online, but then it provided all of us with growth in our mindsets in unexpected ways. So did being a part of the Council, the happiness of winning was big, but bigger was the learning experience.*

*-Paridhi Goel (Vice-President)*

*-Rohita Gharu (Secretary)*



## PLACEMENT CELL



*"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."*

*—Albert Schweitzer*

*The Placement Cell plays a crucial role in locating job opportunities for Under Graduates and Post Graduates passing out from the college by keeping in touch with reputed firms and industrial establishments. It operates round the year to facilitate contacts between companies and graduates. Some of the greatest responsibilities of the college are embedded in the functioning of this department. Career-counseling, workshops, mock interviews, internships and industrial visits, on-campus placements are provided by the Placement Cell. This year many companies conducted recruitment and internship drives such as UAS International, Dream Enterprises and PIBM (for career counseling after graduation), with Ma'am Shama Sikander from Dubai delivering a lecture held in October 2020. For the academic year 2020- 2021, many students were selected for internship programs through online interviews. Being a part of the Placement Cell was a wonderful experience. It has given us a requisite amount of learning experience and unmatched value that we cannot get from any other work. Interfacing with the companies and researching for the potential recruiters gave us a substantial repository of knowledge. We would like to thank Ms. Anuja, Mr. Manu Mahajan, Ms. Nivedita, Mr. Nishant and Mr. Mohit for their endless support.*

*-Jyotsana Bekta (Vice-President)*

*-Himanshi Kaundal (Secretary)*



## MEDIA CELL

*"Whoever controls the media, controls the mind."*

—Jim Morrison

The crucial team responsible for covering every event happening in the college is the Media Cell. Being a part of the Media Cell along with the supervision of the college faculty, nothing seemed to be tough. It has been a great fulfilling journey till now. Though this COVID-19 pandemic restricted the fieldwork and resulted in everything to happen online but nothing could dampen our spirits from being what we are and doing our work by capturing those moments online and adding some more feathers in the cap of the college and making our college colours fly higher. The reports and photographs of every event were sent to the editor of the college magazine, college's official Facebook page—[collegetbedes@gmail.com](mailto:collegetbedes@gmail.com) and to our mentor Mrs. Shivani Chauhan at [bedesreports@gmail.com](mailto:bedesreports@gmail.com) to be uploaded to our college website. Newspaper clippings of all the reports that are printed in the newspaper are always sent to the library for the record. This work has helped us increase our connections with the newspaper and photographers and get a closer look at their work and learn from them.

We thank our college Principal Ms. Nandini Pathania for giving the Media Cell the merit it deserves, also our teachers and our college mates for giving us the motivation and support to keep us going.

-Geetika Bhatnagar (Vice-President)

-Akriti Khandelwal (Secretary)



## HEALTH CLUB

*"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."*

—Buddha

On 16th December, 2020, the Health Club organized a webinar in collaboration with 'Sanjeevani Life Beyond Cancer' to create awareness among the students about Cancer Prevention and Healthy Lifestyle. Miss Florina Singh on behalf of 'Sanjeevani Life Beyond Cancer' presented an informational presentation on Cancer, its symptoms, cause and prevention. She promoted ways of living a healthy lifestyle to prevent cancer. Anshika of B.A. (Pass course) 1st year, Rhythm Sood of B.Com. 1st year and Atreyee Shome of B.A. Economics (Honours) 3rd year won prizes in a quiz on cancer organised by Sanjeevani. The webinar was very impactful and informative for both the students and the faculty members.

Our sincere gratitude goes to Dr. Ravi Bhushan for all his guidance.

- Anaisha Rachel Paul (Vice-President)

- Singh Shreya (Secretary)





## HERITAGE CLUB (MIRAASA)

*"I hold that a strongly marked personality can influence descendants for generations."*

— Beatrix Potter

*This session has been quite an experience for us. But that didn't affect us from conducting all the activities with the same enthusiasm and passion, regardless of the lack of physical proximity. Throughout the year, Heritage Club Miraasa has been active in organising events and activities, remotely on an online level with thorough planning.*



*An Online Presentation to commemorate 'Human Rights Day, 2020' was organised by 'Miraasa', the Heritage Club of St. Bede's College on 10th December, 2020 under the able supervision of Mrs. Punam Chauhan, teacher incharge of the club. The event was also graced by the presence of our honourable Principal, Ms. Nandini Pathania.*

*To commemorate 'Heritage Week 2020' the Heritage Club of St. Bede's College, 'Miraasa' organised a number of competitions from 14th December, 2020 to 18th December, 2020 under the able guidance of our Principal Ms. Nandini Pathania and the President of the Club, Mrs. Punam Chauhan. The worthy judges for the events were- Ms. Nandini Pathania, Ms. Deepti Pajni, Ms. Monika Bhatnagar, Ms. Jaya Madik, Ms Shramja Munjal and Ms. Anuja Sharma.*

*The various competitions are mentioned below:*

*LIBAAS: Participants represented the characters from Indian epics through their attire and a spoken piece.*

*LOK NRITYA: Participants represented a culture through folk dance.*

*NAVELI: Participants created beautiful craftwork out of waste materials.*

*SWAAD: Participants curated the recipes of famous tradition delicacies from their localities.*

*SAHITYA: Participants narrated the most amazing folktales from all over India.*

*TASVEER-E-PAHELI: An online quiz competition was held under the guidance of Mrs. Punam Chauhan (President, Heritage Club) on MS Teams which consisted of questions concerning Indian Monumental Heritage and Music.*

*The week-long celebration was beautifully wrapped up with the declaration of results on 19th December, 2020.*

*All this would not have been possible without the constant support of our teachers. Being a part of this college was a beautiful experience, and we will be forever grateful to this place for the lovely memories and the countless opportunities given to us for exploring ourselves on a deeper level.*

*-Ishita Phillip (Vice-President)*

*-Anchal Verma (Secretary)*



# NATIONAL SERVICE SCHEME (N.S.S.)

*"The smallest act of kindness is worth more than the grandest intentions".*

—H.Jackson Brown

The National Service Scheme (NSS) is an Indian government-sponsored flagship for public service program. This academic year, NSS unit conducted various activities and organised informative lectures with various resource persons.

On 19th April, 2020, the NSS unit of our college undertook the task of creating awareness against the spread of Covid-19 pandemic. NSS volunteers and faculty members performed the following duties:

Everyone registered themselves in the Aarogya Setu App.

NSS volunteers prepared charts, posters and videos highlighting the causes and precautions for Covid-19.

To mark the International Yoga Day on 21st June, NSS volunteers performed various yoga asanas.

On 15th August, 2020, NSS unit celebrated Independence Day commemorating our nation's independence. Ms. Nandini Pathania hoisted the flag and around 15 volunteers participated in the flag hoisting ceremony and on the same day NSS Unit planted tree saplings in the college premises.

To mark the birth anniversary of Mahatma Gandhi, NSS unit organized various activities like poem, essay writing and painting competitions and NSS volunteers actively participated in all the activities.

"Ek Bharat Shreshth Bharat" is an initiative by the Indian Government which aims to improve cultural connections across various states of India. Mr. Manu Mahajan, EBSB coordinator, gave a PowerPoint presentation on the folk songs and instruments of Himachal Pradesh to our counterpart Kerala under EBSB in an online meet.

On 9th November, 2020, Pre Republic Day Camp was held at Government College of Excellence, Sanjauli, Shimla. Two of our NSS volunteers, Himani Sharma from Bsc. and Naina from B.com attended the camp.

On 19th November, 2020, NSS volunteers of our college attended an online session 'Language Learning' with H.P and Kerala which was organized by NSS Regional Directorate Chandigarh.

On 29th December, 2020, NSS volunteers participated in a Mock Parliament. Two of our NSS volunteers, Diksha Vashisht and Mehak Khakhta actively participated in the youth parliament.





## NSS CAMP

NSS unit of the College organised the NSS Camp from 16th March to 22nd March, 2021, which was conducted under special guidelines for precautionary purposes against COVID-19.

On 16th March the NSS Camp was inaugurated. The event was graced by Ms. Nandini Pathania and Sister Magdalene. The speaker of the day was Dr. Arvind Bhatt and he talked about the importance of NSS and important start-ups.

On 17th March, the Chief Guest for the day was Dr. Manish Gupta, who is currently a Professor and Department Head at Cancer Hospital, Shimla. He gave a presentation on 'Corona Virus and its Effects'.

On 18th March, the speaker of the day was Mr. Rohan Preet. He joined online and delivered a presentation on "Future Business Leaders". Later NSS volunteers cleaned the college campus and helped in sorting books and magazines in the college library.

On 19th March, NSS volunteers performed various Yoga Asanas. The speaker of the day was Ma'am Neelam Bali, a Behavioural Counsellor. She gave tips regarding how to solve individual problems and make realistic decisions.

The 5th day, that is, 20th March, commenced with Zumba dance. The speaker of the day was Dr. Ravi Bhatia who is a manager at Biotechnology Incubation Centre. NSS volunteers also had a session with Ma'am Nandini Pathania who enlightened the students with her words of wisdom.

On 21st March, the speaker of the day was Mrs. Neelanshi Bhatnagar, a counsellor in Himachal Pradesh Women State Commission. She had a session with volunteers on 'Women Empowerment and Domestic Violence'.

On the last day, that is, 22nd March, 2021, NSS volunteers participated in the inauguration function of the college pavement under the Smart City Project. It was followed by cultural programmes organised by NSS volunteers to conclude the camp. All events reflected the heart and soul put in by the volunteers.

It was a great honour and pleasure to have served the NSS unit of our college for the session 2020-2021.

-Tanvi Sharma (Vice-President)

-Sehaj (Secretary)





## RED RIBBON CLUB

*"Every action of our lives touches on some chord that will vibrate in eternity."*

—Edwin Hubbel Chapin

*The world has significantly changed since the late 1990s, but HIV remains a major health issue. This year's theme 'Resilience' called for global solidarity. It pushed the Red Ribbon Club to raise awareness on HIV AIDS, and fight against the stigma that has long made the life of those fighting a chronic disease abysmal.*

*The club commemorated the World AIDS Day on 1st December, 2020 by organising a declamation competition and poster making competition on the theme- 'Resilience'. On 31st January, 2021, a short film on combating the stigma related to HIV was presented to Himachal Pradesh AIDS Control Society. On 6th March, 2021, we attended the seminar presented by ICTC Counsellor, at DDU (Rippan Hospital), Shimla. Presided over by Dr. Ashok Chauhan (DAPO), it aimed at spreading awareness amongst the youth about the knowledge regarding HIV/AIDS- how it can be prevented from spreading, and how the young generation should be more responsible towards the epidemic. It also aimed at removing stigma followed by the society towards PLHIV (patient living with human immunodeficiency viruses). In addition to AIDS, the Red Ribbon Club took the initiative to raise awareness over other health issues like Cancer. 7th November is commenced as Cancer Day, to mark the birth anniversary of Marie Curie. We commemorated this day by organising an essay writing competition on the theme "I Am and I will" and a caption writing competition. The club's Vice-President Bhavya Pathania, Secretary Arsh Thakur, members Shruti Chauhan and Sarah Gupta addressed a meeting on 'Cancer Awareness' by giving a presentation and showing educational videos.*

*Our vision for this year was to cut down the borders meter by meter, to ignite in those who listened, responsibility, understanding and kindness towards their fellow brothers and sisters.*

*-Bhavya Pathania (Vice-President)*

*-Arsh Thakur (Secretary)*



## NCC ACTIVITIES (2020-2021)

*National Cadet Corps is a Tri-Services Organization, comprising the Army, Navy and Air Force, engaged in grooming the youth of the country into disciplined and patriotic citizens. The National Cadet Corps in India is a voluntary organization which recruits cadets from high schools, colleges and universities all over India. The cadets are given basic military training in small arms and parades. We are proud to have two NCC units in our college with the existing 1 H.P. Naval Unit, and the newly appointed 7 H.P. (I) COY, NCC Shimla.*



*Although the world halted due to the pandemic, yet it was an eventful year for the cadets of both the units. The cadets voluntarily contributed for the cause of awareness regarding the pandemic. An initiative was taken by the units in the month of March, 2020, where they actively participated in educating people about the curfew. In the month of April, 2020, the cadets installed and motivated everyone around them to install the Aarogya Setu Application.*

*In the month of June, 2020, the cadets of 1 H.P. Naval Unit, Bilaspur completed their training of COVID-19. The cadets also actively participated for the International Yoga Day, and took the initiative of tree plantation in their respective localities. The month of August, 2020, was dedicated to the awareness regarding the "Aatma Nirbhar Bharat Campaign", where the cadets of 1 H.P. Naval Unit, Bilaspur actively participated in various activities to spread the message across via different social media platforms. The cadets also made people aware of the urgency to boycott Chinese products under the campaign- "Be Vocal About the Local". The month of August also included various events under the "Fit India Movement".*



*In the month of October, 2020, the cadets attended online meet under the "Ek Bharat Shreshth Bharat" (EBSB) campaign, where PO Cadet Chavi Tewari presented a PowerPoint presentation on the cuisine of Himachal Pradesh. The cadets of 7 H.P. (I) COY, NCC Shimla celebrated the International Girl Child Day on 11th October, 2020, where they conducted various activities.*

*The month of November, 2020, constituted various events, with the cadets contributing to the awareness drive regarding cancer to mark the National Cancer Day on 7th November, 2020.*



The month of December, 2020, mainly focused on the cadets of both the units being a part of the "Swachhta Campaign" where they actively involved themselves in spreading awareness about different aspects of cleanliness including the importance of personal hygiene, the correct ways to wash hands, and actively participating in cleaning public places in their localities including public parks, statues and water bodies.



The month of February 2021 observed the Gallantry Awards Pledge on 5th February, 2021, where the cadets of 7 H.P. (I) COY, NCC Shimla participated in the initiative by the Government of India.

10th March, 2021 was marked as Raising Day for NCC at College. A troop of NCC Army Wing Cadets was enrolled officially with 7 H.P. (I) COY, NCC Shimla.

This session also observed the Rank Promotions of several cadets, with some cadets performing exceptionally well in their fields. This session was an unusual session, but with the sheer determination and dedication of the cadets, the NCC unit of our college successfully outshone. The constant efforts of our cadets to keep up with the college's motto- "Non Nobis Solum" will continue to inspire us for generations to come.

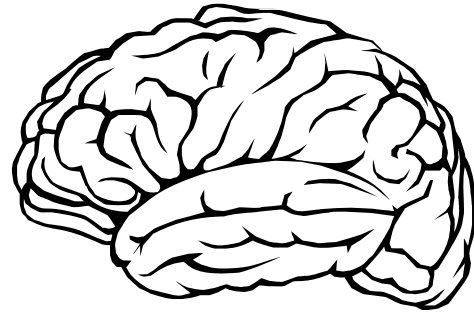
Jai Hind!

-Dr. Shweta Thakur

CTO-NCC



# DEPARTMENT OF PSYCHOLOGY



The Department of Psychology of St. Bede's College housed a multitude of opportunities and enriching activities. The Mental Health Day was celebrated on 10th October, 2020. All the Psychology students participated enthusiastically. A webinar was hosted by the students of second and third year to throw light on the effects of the pandemic on our mental health. A painting and poster making competition was organised as well.

While the pandemic deprived us of the hands-on experience in Psychology, nonetheless, it did not dampen our spirits. The students of second year Psychology Honors attended a series of webinars hosted by Fortis on various topics like Psycho-oncology, Fashion Psychology, Sports Psychology, etc. While Arundhati Chandel did an internship at Care Home Drug Rehabilitation Centre, Eshika Garg did a six months long internship at Mindler's. Our student, Lavanya was an intern at Max Hospital, Vaishali and Fortis, Noida. Dikshu Sharma and Sandra Mathews did an internship at Psychowaves respectively. Maanya Jain interned with *Aruvadai Psychological Support Service* counselling centre Chennai in collaboration with *Psychoshiksha*. Angel Shan is a Mental Health Advocate for Fortis Hospital's Department of Mental Health and Behavioral Sciences and Rohita Gharu worked closely with a Graphologist to learn the nuances and integration of Psychology and Graphology.

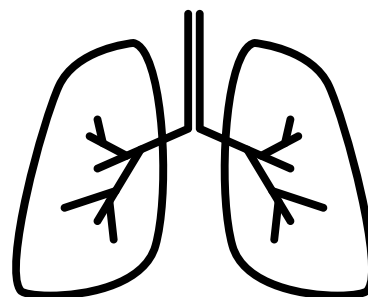
A peer teaching session on Group Dynamics was organised for the students of first year by the students of second year, Angel and Rohita. In addition to making the students familiar with the topic, this session also launched the Mental Health Initiative of the Psychology Department, with the vision of bringing accessibility, awareness and inclusivity to mental health for the students of our college.

We thank our professors Dr. Ravi Bhushan, Mr Mohit Kumar and Ms. Jagriti Chauhan for their undeterred support and guidance.

-Rohita Gharu  
B.A. Psychology (Honours)  
2nd year



# DEPARTMENT OF SCIENCE



This session, the pandemic has been an obstacle in every aspect of college life. But despite the difficulties, the Zoology Department of St. Bede's College, Shimla has been very active in organising educational events, that proved to be extremely beneficial for the students in terms of learning and experience. The department has been especially active in the month of October, 2020 to mark the Health Literacy Month. It is a time for organisations and individuals to promote the importance of understandable health information. This annual, worldwide, awareness-raising event has been going strong ever since Helen Osborne founded it in 1999. Health literacy month celebrated its 20th anniversary in the year 2020. Different activities were performed all over the month by students of the Zoology Department of St. Bede's College.

1st October: With the rapid spread of coronavirus, it has created a need of spreading awareness about this pandemic. The first day a campaign was organized to spread awareness about Covid-19. People were made aware of its background, risks, warning signs, symptoms and preventive measures.

2nd October: Keeping in view the importance of strong immunity in today's difficult times, a campaign was organized on the topic- 'How to boost your immunity.'

3rd October: On the 3rd day, awareness about a very serious infectious bacterial disease, Tuberculosis (TB), was spread. People were made aware of its causes, symptoms, treatment (DOTS) and preventions.

4th October: On the 4th day people were made aware of the importance of mental health and effects of drug abuse.

5th October: On this day, awareness about typhoid, a common bacterial disease, was spread among people. People were made aware of its causes, symptoms, treatment and preventions.

6th October: Keeping in mind the adverse effects of the pandemic, exercise has become an especially important activity to reduce stress, prevent weight gain, boost our immune system and improve sleep. It was decided that people should be made aware about the importance of exercise and fitness.

7th October: On the 7th day, the students took the initiative to spread information about women's gynecological health.

8th October: A poster making competition was organized on the theme- 'Bee and We -The Significance of Honey Bees.' The results of this competition were declared on 13th October 2020 . The first two positions were bagged by Sritisha Kumari and Shaifali Kaushal.

9th October: Another door to door campaign on the topic 'Business Aspect of Apiculture'.

10th October: An analysis for the presence of various bee products in cosmetics , medicines and supplements we use at our homes thereby emphasising the importance of bees and apiculture .

Due to Covid-19 pandemic, social media platforms have played a very crucial role in disseminating news on various levels in lockdown, so we chose this method as well. We created a new channel on the name of the Zoology department- 'Everybody's Zooing It'. Finally, students upload their videos on the given channel and get a good response. Theme for these awareness videos were- 'Be a Health Literacy Hero'.

11th October: The first video was uploaded on 'Non-Communicable Diseases'. It got more than 35 comments and 550+ views in just 24 hours.

12th October: The second video was uploaded on 'International Infection Prevention Week'. It got more than 250+ views within 24 hour.

13th October: The third video was uploaded on 'Global Hand-Washing Day'. It got more than 200 views.

14th October: A Facebook and a Instagram page was created for further updates on the activities of the Zoology Department.

16th October: The students went around villages to organize the campaign and educate people about the health benefits of honey so that they can switch to the basics and include organic products as a part of their diet.

17th October: The students made charts depicting the importance of propolis to make their presentation more appealing . There are many ways in which propolis can be used and the main aim was to make people aware about these unknown uses.

18th October: The students decided to gather people in small groups taking in consideration the social distancing and educate them about royal jelly. They were told about how royal jelly can be used as a medicine and how it should be considered as a dietary supplement.

19th October: The students went around their neighbourhood to spread awareness regarding the uses of pollen and how it can be included in their diet supplements. The students explained all the facts with the help of presentations, videos and pictures to assure that people can grasp most of it and bring the same into practice.

25th October: The students spread awareness regarding the NABL Certified Labs. Only the NABL Certified Labs should be our preferences when performing diagnostic tests. Taking the area in which the program was conducted, into consideration SRL labs and Lal Path labs were considered the best options. So this awareness program helped people understand the importance of the right labs.



26th October: Diagnosis helps with the correct medication of the disease. Diagnostic tests are the best course of action when we want to determine the disease. So the students tried spreading awareness regarding Diagnostic tests. They were assured that these tests might alert them beforehand and can also help them prevent some major diseases.

27th October: TB is an infectious disease that usually affects the lungs. Awareness regarding TB was spread with the help of posters, pamphlets and talking sessions. The students along with the people pledged to help complete the vision of the Indian Health Ministry by eradicating TB from India by 2025.

28th October: Hepatitis refers to an inflammatory condition of the liver. There are 5 types of hepatitis A, B, C, D and E. There are many ways in which hepatitis can spread so it was of utmost importance that everyone understood about the transmission of this disease. Educating people regarding the diagnosis of hepatitis was made the main subject of the awareness program.

29th October: The students educated people on the diagnosis of diabetes and ended the session by giving a few details about the cure and treatment of diabetes. The students also did sample testing of a few people in order to explain the topic in a better way while taking necessary precautions.

30th October: Blood pressure abnormality is a serious medical condition in which the pressure of blood flowing in the arteries deviates from the normal blood pressure. The students went around their neighbourhood and talked to people regarding this disease. They discussed in length about the diagnosis of both high and low blood pressure. The students even did a few sample testing and explained how minute changes in one's lifestyle can help cure the disease.

31st October: Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. Students conducted a 'Cancer Awareness Campaign' and talked in detail about the different types of cancers and followed the footsteps of the Indian Cancer Society the campaign was named- "*Raho Cancer Se Do Kadam Aage*".

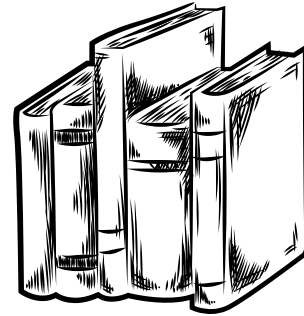
It was a great experience with learning of a lifetime. We are extremely grateful to our mentors for guiding us throughout the whole process.

-Avantika Sharma and Divya Rana

B.Sc. (Medical)

3rd year

# DEPARTMENT OF ENGLISH



An extraordinary year that will be a constant reminder of the unusual ways of re-establishing the pace of normality had a charm of its own. The pandemic in a way presented itself as a new window of opportunities ready to be explored but with a slightly different approach. This session, the Department of English worked with the same passion and enthusiasm, making the best out of every single event that came their way.

On 4th September, 2020, the students of the English Department attended a webinar conducted by Amity Finishing School on 'Grooming and Social Etiquettes.' The webinar was based on how to groom one's personality, and discussed different ways to radiate confidence in formal situations like interviews. The faculty members along with the students actively interacted with the team of Amity Finishing School which further made the whole session more impactful. On 6th October, 2020, the Department of English also participated in an online literary meet with Kerala under "*Ek Bharat, Shresth Bharat (EBSB)*". The students from both the colleges presented detailed papers on the prominent writers of their respective states. Ms. Anmol, Ms. Bhavya Pathania, Ms. Merin Josey, the students of Final Year English (Honours) participated and represented Himachal Pradesh. The session was thoroughly detailed and well-conducted by the aid of our faculty members. It was a different experience for the students of both the states, since the evident cultural differences between both the states developed a sense of understanding and admiration towards each other's cultures. On 9th April, 2021, 'Belletristic', the literary society of the Department of English, Shoolini University, organised the first-ever undergraduate seminar on 'Revisiting Nature in 19th Century Poetry' in which Ms. Sriea of Final year English (Honours) represented St. Bede's College. She presented a paper on Victorian poetry with the central focus being the 'Feminist Perspectives on Gender and Sexuality in Christina Rossetti's *Goblin Market*'.

We are living in unusual times and we're still learning to cope with it. This process would have been a lot slower if it weren't for our teachers, who were a pillar of constant support, guiding us through dire times by providing us with ample opportunities. We're extremely grateful for their efforts made towards our growth in terms of learning in every possible aspect.

-Aarushi  
B.A. English (Honours)  
3rd year



# DEPARTMENT OF ECONOMICS AND POLITICAL SCIENCE



On 29th October, 2020, the Department of Political science and Economics held an inter-departmental activity on the topics 'Political Economy of India' and 'New Reform Policies of 1991' under the guidance of Ms. Neha and Ms. Swati. Students shed light upon the political influences on the nation's economy as well as the reasons that lead to the adoption of the new economic reforms of LPG (liberalization, privatization and globalization) in the year of 1991. Attendees were further encouraged to engage with the presenters with questions as well as their own point of view as a way to understand the topics in-depth and to promote economic and political discourse and critical thinking among students.



-Mani  
B.A. Economics (Honours)  
3rd year

# HIMACHAL'S BEST CADET

AN INTERVIEW WITH RUTUJA KULKARNI



NCC plays a vital role in nation building. Cadets are trained in various aspects to not only join armed forces but all walks of life. One of our cadets, Sgt. Rutuja Kulkarni a student of B.A. 2nd year Political Science and a cadet of 7H.P.(I) Coy, NCC Shimla has stood out to be the best cadet in one of the best states of India.

With her latest accomplishment of getting shortlisted as one of the cadets going as a Youth Ambassador for a foreign exchange programme, we took the opportunity to learn about her journey.

## **Q1. How did your NCC journey begin?**

For me it started pretty young, at the age of 13 when my father, who is an Army Officer, and has been an NCC cadet himself, got me enrolled and wanted me to adapt to the military training so that it makes me more disciplined and adjustable among people. I was enrolled as a Junior Wing Cadet in 7H.P.(I) Coy, NCC Shimla had the opportunity to represent the same unit, the group and the Dte for RDC-15. When I joined the college, I looked forward to developing myself again and what better way than being a part of this prestigious organisation.

## **Q2. How many camps have you attended and what all did you learn from each camp?**

In all honesty, each camp is a new experience and it has always taught me something new about myself and has made me more confident. The experience of interacting with cadets from regions of the country, sharing their culture, waking up before the sun rises and sleeping at late hours after the rigorous training and study, being comfortable in the camp food and basic amenities are just a few things to mention. As a Junior Wing Cadet, I continuously attended camps while preparing for RDC for 3 months and then RDC in Delhi for a month surviving the extreme cold conditions there.

During RDC-15, I was decorated with a gold medal by the Chief of the Naval Staff for being the best commentator. Along with it, I feel extremely elated to have done commentary for the Vice President, Raksha Mantri, COAS and Horse Show Commentary. I was also a part of the marching contingent in the PM's Rally.

As a Senior Wing Cadet I have had the opportunity to voluntarily participate in "NCC YOGDAAN". During COVID-19 when the entire world had come to an halt and the fear of leaving our doorsteps was never like before, I contributed my services by helping the local and civil administration for the distribution of masks. I was awarded the Governor's certificate for the same.

I then further in the month of October 2020 participated in the Best Cadet's Competition. Competing along with 50,000 cadets from the state, I stood the BEST CADET in SW ARMY category. I further competed in Punjab, Haryana, Himachal Pradesh and Chandigarh Dte with cadets from all over the region and stood out 2nd in the merit.

I was getting trained in NCC Academy Ropar till Pre-RDC 2, however I couldn't make it ahead. With better preparation, conviction and knowledge I'm positive I'll be able to go ahead this year.



**Q3. What is a Best Cadet's Competition and how did you pave your way through it?**

The Best Cadet's competition is an emotion for me. It has developed me mentally, emotionally and pushed my physical fitness levels ahead. A best cadet as it describes has to be best and stand out in all the competitions be it Drill, GK, Written test of service subjects, firing, Interview, Group Discussion and overall conduct with peers and seniors. We in Best Cadet's are continuously monitored by 8-10 officers regularly with our progress. This competition provides a holistic development to the cadet. I was trained for this competition by my father himself, who not only took the task of improving my drill, but my knowledge as well. We both had various discussions over various current topics. I was interviewed by the Group Commander Brig Rajeev Thakur SM, VSM and Col Suneet Shankta. Along with them, officers who trained me in my Junior Wing RDC took a lot of interest and helped me with the study material and how to go about an interview.

The interviews conducted here in the Best Cadet's competition are as difficult as those conducted in SSB (Service Selection Board for Armed Forces). With each interview, I became confident about myself. The major challenge for me in the Best Cadet's Competition was my weight and I took the bait of reducing it rapidly by running and getting on a strict diet.

This competition has stayed with me since 2014 and the burning desire of pursuing this dream pushes me ahead to work even more hard with honesty, honour and knowledge.

**Q4. How supportive have people around you been supportive of your journey?**

Seizing the opportunity, I owe a major part of all the success to my parents. While my father guided me really well as a mentor to pursue my dreams, my mother on the other hand who too as an NSS Cadet has marched down the Rajpath, motivated me abundantly and ensured my diet and uniform is always on point.

Not going further for RDC-21 was disheartening, however in one of the voice messages that my father had sent to me where he says it with a lot of pride and I quote, "You're my best child and the personality change in you is abundant, the hard work you've put is beyond anyone's imagination. You've turned the tables for yourself."

Well, I think this really matters more than just being there.

I'd also like to convey my regards to Sister Magdalene for her blessings and warm smiles and being extremely supportive of my dreams.

Ms Nandini Pathania, Principal St Bede's College, for allowing me to attend various camps, for the motivation and her words that pushed me ahead to do well.

Dr Shweta Thakur, for being a second mother. Ma'am has given me various opportunities to prove my metal and has been very motivating for me. I'm indebted to her.



**Q5. What are some of your goals in the future?**

With my second phase selection for Youth Exchange Programme(YEP), in which selected NCC cadets participate in Youth Exchange Programme which is a country to country exchange of cadets belonging to NCC/ equivalent government/ youth organizations of friendly countries. YEP gives an excellent opportunity to participate in NCC activities of the host country to create an increased awareness and appreciation of each other's socio-economic and cultural realities. NCC has a vibrant YEP with 11 countries like Russia,Bhutan,Vietnam,Sri Lanka,Singapore and others. The benefits of this programme have been widely acknowledged. As of now more than 100 cadets proceed abroad on YEP annually.

Not all the cadets in NCC get this privilege to represent the country as an Indian delegate. There is a strict and transparent selection process, which cadets who have attended RDC get through with. However, with the Covid-19 there were a few changes in the selection process and this time even the cadets who haven't got an opportunity to go for RDC, could participate in the selection.

For the selection process, I stood 2nd in Himachal and overall 3rd in merit among boys and girls in Punjab, Haryana, Himachal Pradesh and Chandigarh Dte.

I'm looking forward for my final interview with officers from DG NCC, Delhi.

**Q6. You are one of the first Army cadets of St. Bede's College. For creating this foundation, any message for the cadets who'll be enrolled, in coming years?**

I'm of the opinion that the recognition I'd earn and my experience as a youth ambassador from the NCC of India to any foreign nation,will be used in a proper and responsible manner,to bring up some good changes in our society.

The only reason for me to be here now is just because of the positivity I carried from the beginning of the process and the learning which empowered me and made me more confident. I hope I carry it forward and each cadet of this prestigious institute brings laurels.





# A trip to Russia



*"Just beyond the horizon of the so-called impossible is infinite possibility. The only impossible journey is the one you never begin."*

*-Bryant McGill*

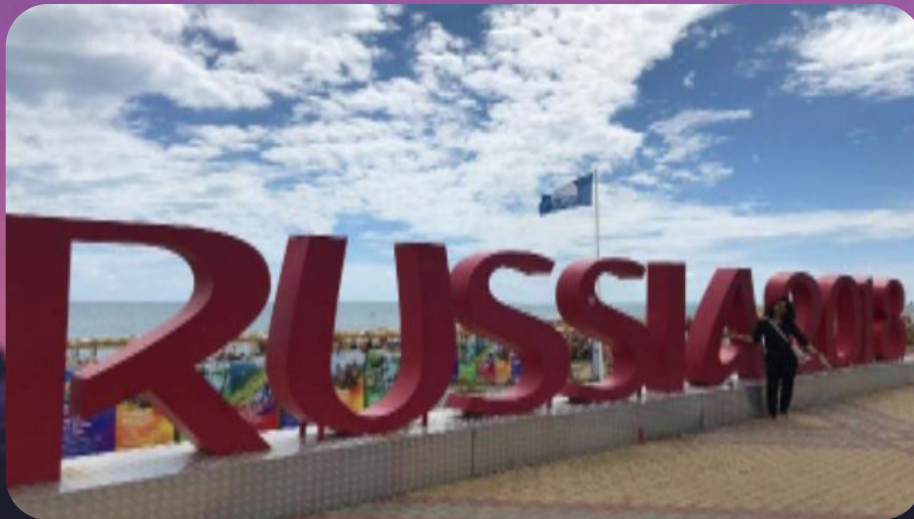
Our life is like a roller coaster. Sometimes you close your eyes and hold on in sheer terror and other times, you just have to raise your hands in the air and enjoy the ride.

So dance with the waves, move with the sea, let the rhythm of the water set your soul free.

With this thought, I started my journey to Russia with lots of excitement and nervousness. I got selected from all over India for an internship abroad through the NGO AIESEC. My project name was 'G.V. (Global Volunteer) Teaching Project Sunshine' in Krasnoyarsk for six weeks. Global Volunteer is a cross-cultural experience for youth, gaining personal development and leaving an impact on the world. This project allowed me as an intern to experience volunteering in a summer camp for children, allowing us to discover new cultures and societies. This project aimed to contribute to the fourth of the UN Sustainable Development Goals which is "Quality Education for All" and I was a direct contributor to one of the SDG of the UN.

My main activities were- supporting the association's staff with daily activities, helping the association in the creation of the final event, using a creative approach to teach English to children and young adults, interacting and playing with children, organizing and delivering creative and interactive workshops.

I worked for two camps, Heroes Camp in Sochi and London City Krasnoyarsk .



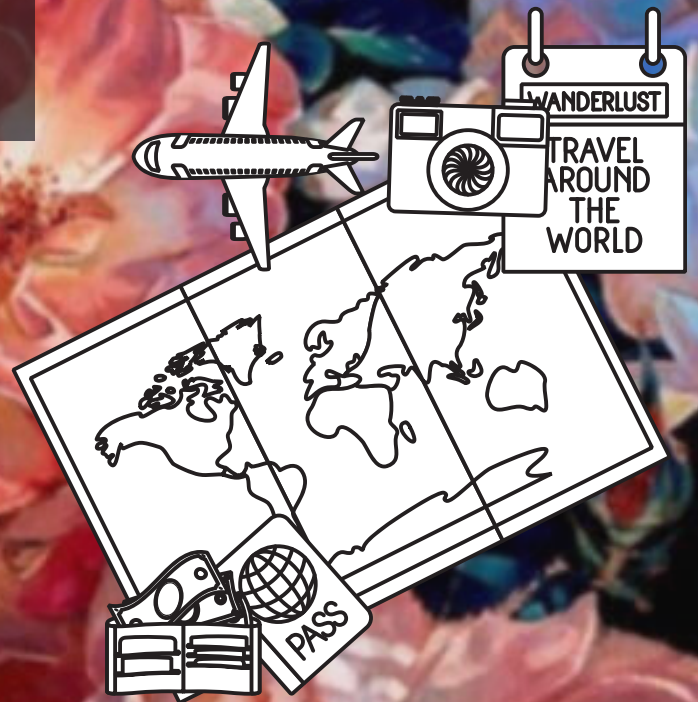
My main mission was to contribute towards a more holistic development of the youth, basically catering to four main leadership qualities, for an efficient and wholesome impact on the world. While interning/volunteering abroad is a challenging experience in itself, it aims to develop a set of leadership qualities within us such as self-awareness, being a world citizen, empowering others and solution orientation.

Volunteering abroad isn't easy, but surpassing challenges is what makes it worth it. You learn how to be solution-oriented. I had never imagined that I would get a chance to visit a country on my own at such a young age. I was a different person when I went to Russia and returned with a completely changed and different me. I am more vocal, confident, self-motivated, and determined now.



I met people from more than twenty countries and got an opportunity to understand and know more about their cultures, beliefs and values, lots of learning which is impossible to be learnt in a classroom.

My experience had a lot of first times: first time traveling alone; coming out of my comfort zone; meeting twenty different nationalities; being able to handle things on my own. Lots of unprecedented conversations and unforgettable memories which, when revived now brings a smile to my face unconsciously. I felt like I brought to life the vision of Mary Ward “Women in time will do wonders”. The fact that I was the youngest girl in my family traveling alone (abroad) at the age of 18, made my parents happy and proud.



I hope my immensely exciting and rewarding experience energized and motivated you to try new and unfamiliar things. Making a big life change is scary. Do you know what is even scarier? It is regret. So, allow yourself to be a beginner. No one starts perfectly, every accomplishment begins with the decision to try. The real risk is doing nothing. You don't have to be great to get started, but you have to get started to be great.

As amazing stories are when heard, they're better when lived.

*-Diksha Vashisht  
B.A. 3rd year*



# “KINNAUR’S POOH AND OTHER BEAUTIES”



Kinnaur is another jewel, in the twelve districts of this heavenly state of Himachal Pradesh. An adventure lover's delight, a Geography enthusiast's paradise, and an all-out enchantingly surreal landscape lend to Kinnaur's eternal delight. For centuries, the valley remained cut off from the rest of India. Legend has it that when a road was finally built and the first car drove up, the locals weren't sure what to feed it. The driver playfully declared that the car likes chicken and whisky. The locals innocently obliged, and the driver had a feast. It is a border district of Himachal Pradesh. The culture and language is different from other parts of the state. Kinnaur, the tribal district of Himachal Pradesh, lies 250 km away from Shimla, is situated on the NH - 22 (Hindustan Tibet Road). The road journey consists of difficult roads and thundering bridges, but all worth to challenge your inner adventure spirit.

“Gateway to Kinnaur”, is a beautifully rock carved tunnel and celebrates the Indian engineering. This land of fairy tales and fantasies, has a spectacular terrain of lush green valley, orchards, vineyards, snow clad peaks and cold desert mountains all worth for your aesthetic Instagram pictures.



## **Sangla Valley**

Once you reach Karcham via (NH-05), where there is a hydro electric project plant, there is a road bifurcation where one road heads towards the Kalpa and the other one to the famous Baspa valley. At Karcham, one has to cross the road over to the other side, and then head straight towards the road which goes towards Chitkul. Sangla is only about 20 kilometers from Karcham, but the road is extremely bad from here and with numerous hairpin bends, you will actually feel like your heart is in your mouth.

Sangla has the natural scenery all around and the eternal snow view are picturesque and charming. A relatively unknown travel destination on the way to Chitkul via Sangla, Mastrang locality is found in the Rakcham village at a height of around 2900m. The rocky mountain slopes are home to traditional wooden stilt homes, surrounded by white fields of potato. The Sutlej flows along ferociously. Above it, on a rickety steel bridge, we walk across to the Baspa Valley, covered with fields of wild pink flowers. We follow arrows marked on rocks, past dense forests, rolling green meadows and waterfalls, tip-toe on wooden planks to cross gushing streams, and follow shepherds herding their goats.

Chitkul, the last village of India before Tibet is surrounded by almost bare mountain slopes in stark contrast to the lush vegetation within the village, including fields of wild yellow plants. Shepherds take their cattle deep into the mountain to graze. They also carry produce and other necessities for the army settlements close to the border, which was peaceful (and open) before China's atrocities on Tibet began. Life in Chitkul village is slow and scenic, like the rest of Sangla valley. There is a sense of acceptance that their daily life could be disrupted at any point, given Chitkul's proximity to the border. Well, rightly to brag according to a recent study Chitkul has the cleanest air in India. The road to Tibet unfortunately ends at the army checkpost of Chitkul, which is how far civilians are allowed to go. Imagine if we could still trek all the way into the forbidden land from this border.



### **Kalpa and Reckong Peo- The Old and New Headquarters of Kinnaur**

The beautiful town of Kalpa in Kinnaur Valley is a picturesque little sleepy village with views that can't be compared. Kalpa is also the base of Kinner Kailash, a Shivling peak rising up to 20,000 Ft. Kinner Kailash is visible from all over Kalpa and tends to change colours based on the reflections throughout the day. Kalpa's syncretism of the Hindu and Buddhist religions leads to a way of life that is defined by peace and harmony. Once you reach this wonderland of Kalpa, you'll be hard-pressed to let the memories faint for a lifetime. Reckong Peo, or simply known as Peo by the local inhabitants is the headquarter of Kinnaur district. Roghi village is approximately 8kms from Kalpa and inhabits both lovely gardens and village houses. This place is popular for its traditional village life and multitudes of orchards. The backdrop of Kinner Kailash, the mighty Himalayas in general and the effervescence of the setting sun is a combination made in heaven. Whenever you're in Kinnaur, you definitely must try the local tea - 'Cha'. 'Cha' is a salty Kinnauri tea that the Kinnaurians swear by. Yes, it is an acquired taste, and the first time you try it, your senses will be in shock. But, the beauty of enjoying a morning cup of 'Cha' with the Kinner Kailash in the background surely will be worth it.



### **POOH- Roopa Valley**

Most of the valley of Roopa including Kinnaur is inaccessible mountainous area cut-off from the rest of the world, that even in our sacred Puranas, the living beings of this area were called as something between Gods and human beings, they being so pure and close to nature. Pooch of Kinnaur which is famous for shawl weaving, apple orchards, and the finest metal artisans. There is an ancient temple, the Lotsaba-bai-lha-khang, dedicated to Buddha. A small settlement with pretty multicoloured houses halfway up the mountainsides. Apricots and Chulis (another variety of apricots) is a veritable feast for the senses.

Perched up above most of India, in the Himalayas bordering Tibet, Kinnaur is the kind of beauty that leaves you thoroughly awe-struck and grasping for more. The mountains here seem mightier than most other places, the air seems quieter, and life much slower. Coloured pink with Buckwheat blooms in Spring, white with thick blankets of snow in winters, and a shade of green and mountain brown in summer. With literally no distractions around, you can focus on being lost in the ethereal natural beauty here, that deserves every bit of attention and then some more.

**-Rutuja Kulkarni**

**B.A. 2nd year**





# A GOLDEN LEGACY

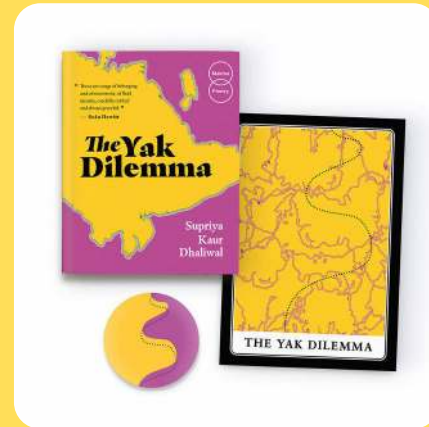
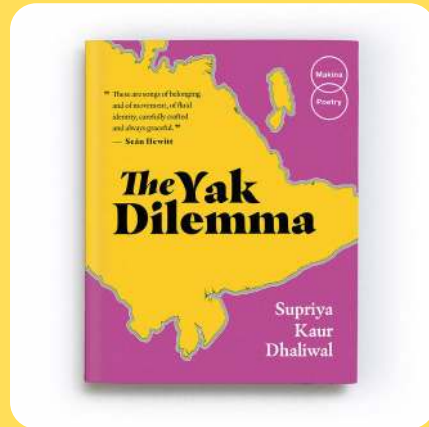


Soon after I was finished with my glorious three years as an English Literature undergraduate at St. Bede's College, Shimla—little had I anticipated that life would unfurl in such a manner. Just a month after I had packed my bags and vacated my room in Shimla to relocate to my parents' house in Palampur, I was already repacking and planning for my next chapter in Dublin. During my final semester at St. Bede's, I received a conditional offer to study for an MPhil in **Irish Writing** at Trinity College, Dublin. The condition being that I have to ace my final semester exams with a distinction. When I met that condition and when all the paperwork was taken care of, I was all set to get on a big jet plane, first to London and then to Dublin. Till date, I tell people that I relocated to Dublin because I had a crush on Samuel Beckett. I swear it is true.

At Trinity, I was taught by a lot of esteemed names in the industry, from Terence Brown to Colette Bryce. I got the opportunity to work with the **Beckett Digital Manuscript Project** at the University of Antwerp, Belgium during the summer of my MPhil. I ended up writing my dissertation on the fiction of Iris Murdoch, a writer I fell in love with inside the library of St. Bede's College on a wintry afternoon when I first took her '**The Italian Girl**' off the shelf. Working with archives was an integral practice for me during my MPhil year. For my dissertation on Murdoch, I was lucky enough to study her archives at the Iris Murdoch Research Centre at Kingston University, London. There is so much that you do not expect as a graduate student to experience, presuming you would have to be studying all the time (which you have to be), like attending a Marjane Satrapi talk one evening and getting ready to be at a Patti Smith talk the next week where Bono (from U2) and Glen Hansard would be in the audience. But as much as being a postgraduate student at Trinity meant that we would always have all the reading in the world to catch up on and all the research papers always waiting to be written and then submitted, it also encapsulated all the experiences that I just stated.

When my MPhil ended, I felt like I had lost a limb. I felt too young and naïve to be getting into that hardcore PhD research, too unprepared and anxious to be publishing new work, and because like many of us I had jumped straight from an undergraduate program to a postgraduate program—even though I was 22 years old by then, I felt like I did not have the right skills to navigate through the job market. But after a few hits and trials, it all worked out. I started off with two jobs and luckily, both had everything to do with books. I fetched a role in publishing and another in a photobook library where I helped my brilliant colleagues build a new catalogue for their very special photobook library.

A year went by like this and in this year, I worked and reworked on my own relationship with my own writing. In 2018, I was chosen as one of the twelve poets in Ireland for the **Poetry Ireland Introductions Fellowship** by poet Sinéad Morrissey. A lot of other poets on that fellowship were involved with the Seamus Heaney Centre for Poetry at Queen's University, Belfast. That motivated me to apply for my second Master's there—an MA in Poetry: Creativity and Criticism, which I went on to finish as a creative writing degree on getting accepted there. My latest book of poems which has just been released by Makina Books, London called '**The Yak Dilemma**' comprises of a lot of work which I worked on in Belfast under the mentorship of the best poets around, from Nick Laird to Ciaran Carson. While at Belfast, as a poet I travelled to as far as Egypt to read some poems and as an academic, I ventured out to as far as the University of Oxford to present a paper. It was truly a very special time when the company, the embellished intellectual environment, the pubs, the walks by the River Lagan and so much more—all conspired together to make everything worth it.



I have plans to study for a PhD now and I am preparing myself for it. While my book launches in London in less than two weeks, I am currently safe and sound at my parental house in Palampur, working away from home. I am currently the **2021 Charles Wallace India Trust Fellow** at the University of Kent where I am teaching, working, researching to develop a series of poems loosely based upon the life of Norah Richards, an Irish theatre practitioner who lived in Andretta and contributed much to the scene of the Punjabi culture. More details of my work are on my website: [www.supriyakaurdhaliwal.com](http://www.supriyakaurdhaliwal.com)

**Supriya Kaur Dhaliwal**

*April 6th, 2021*



# COVID CONFESSIONS

*(Isolation and Us)*

*"The pandemic has stirred an avalanche of emotions which has had its own positive and negative effects but at the same time has brought in a golden opportunity for introspection."*

-Shree

(B.A. Economics Honours 1st year)

*"Humans are complex and so are emotional responses to the pandemic. There was more anxiety, stress, increased sadness, difficulties with concentration and attention, emotional outbursts."*

-Nishtha Thakur

(B.A. English Honours 2nd year)

*"This pandemic has been a very difficult time for everyone in the world. Though it has been hard, it gave me a chance to introspect, which further gave me a better understanding of life. The pandemic has caused a lot of mental stress, but we are gradually learning to deal with this new normal."*

-Shreya Gupta

(B.B.A. 1st year)

*"Trapped in four walls...felt there was no way, negative thoughts ran to and fro, my head was a mess...felt anxious, miserable for those who were suffering, the fact that I couldn't help at all threw me into a pit of low life state."*

-Akshita Sharma

(B.Com. 3rd year)

*"This pandemic taught us to be sensitive towards the animals whom we hold in the captivity in zoological parks. It taught me the value of freedom. The foremost challenge was how to cope up with boredom and solitude. It however, strengthened the bond with family, with whom I could spend quality time that had not been possible earlier."*

-Riya Sharma

(B.B.A. 1st year)

*"Being caught in the vulnerable times of physical and emotional isolation, I was grateful to God for keeping me and my near and dear ones safe and secure."*

- Puramya Lal

(B.A. Psychology Honours 3rd year)

*"This pandemic has taught me one thing that the most prepared are always the least harmed."*

-Dilasha Rawal

(B.A. Psychology Honours 1st year)

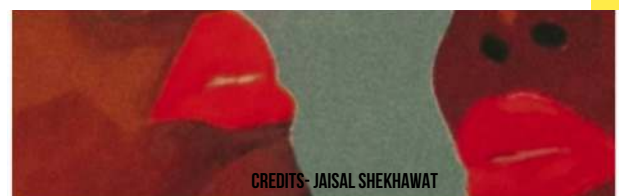
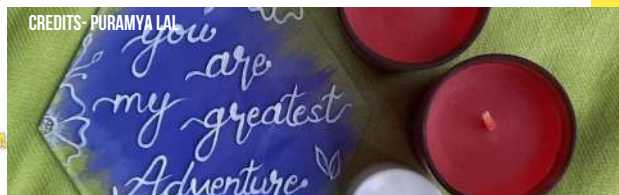
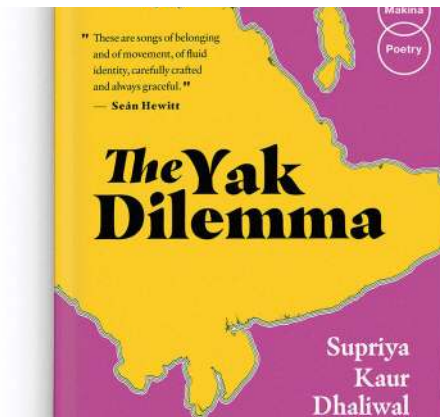


Artwork by- Savi Sood

# BEDEIANS AND A MIERAKIAN RENAISSANCE

*Echoes celebrates creativity abound.*

**Entrepreneurship • Photography • Artwork •**





# BEDEIAN ENTREPRENEURS



## DISHA ARORA

*"Passion and talent go beyond ages and times."*

*-John Maxwell*

I dreamt of flying metros and roaming around dingy yet expensive cafes, but instead I reached a place that was calm and had vivid colors, because my parents insisted that I should get a degree from St. Bede's College. I came here all confused and passive, oblivious to the splash of colors it was going to fill inside me. Beginning was like life in a cocoon, I was in my comfort zone closed up - not aware of the time or the action. But then one fine day, through these Bedeian gates, sunlight did shine bright on me, the seven colors seeped through my skin and broke my shell. I found my beautiful wings - "ColorsofDisha" that carried all the shades of goodness, compassion, liveliness along with the contrasting darker shades of dejection and loneliness. But, I learnt never to stop fluttering these wings and reaching new heights. The realization of my hidden true creative potential, which was inherited from my Nani and my Maa, couldn't have been possible without the constant support of our Principal and my mentor, Ms. Nandini Pathania to whom I am eternally grateful for discovering the artist within me. Another person who saw my talent and capability more than I could see it within myself was my teacher, Dr. Hardeep Kaur.

Words can't suffice the gratitude that I hold for my teachers, parents, grandparents, my friends and this magical institution, for giving me the perfect paraphernalia required to discover myself.

The passion took me to another journey of satisfaction which added smiles to each step I took. From being an introvert without clear thoughts of actions. I became someone who now feels my art is my life. I feel proud to bring smiles to more than ninety customers but more than that I am happier as a person with my art as my key to a different world. The only thing I seek to take ahead is the vision and mission to become a creative human who is a creator of the unknown. I'm leaving the gates of Bede's as a more mature, kind and humble person with a broader sense of art as an artist. I can never ever thank St. Bede's College enough for making a proud woman out of me.

# ColorsofDisha





## PURAMYA LAL



It all started with my passion for making 'Explosion Boxes' for my friends on their birthdays, and all the other students would envy them because they didn't get one. The main idea of an explosion box is that it opens into many layers, which allows you to include a lot of pictures, messages and pop-ups for your loved ones, all hidden in one small box. That's what makes it special, so many surprises in one little box. "Mestiere" came to life upon the suggestion by my elder sister to turn my craft into business, with college being a platform for me to increase and promote my work, as handmade items are really popular among our age group. So I went around promoting my handmade goodies to my classmates and friends, who all gave me such a positive response, which in turn gave me a green signal to start my little business.

People generally ask me how do you put in so much effort, especially when it's for someone else? I feel that it's my passion to create something very special, unique and full of details for each customer. If I can put a smile on someone's face, if I can connect people emotionally through a gift, I will definitely do whatever it takes and that's what matters to me. It's not just my efforts and time invested on a piece of paper, it is their emotions that I value, their excitement, their patience, their money which turns that piece of paper into a gift full of surprises. Since then I have grown, I have progressed in my work. With each order, I discover different ways to make my work better and efficient, even if it is something very simple like sticking the design on the glass so that when you trace the design you don't deviate from it. My mother always says - "you will not know the pros and cons of any situation or work until you start working on it." I always want to go a step further by trying new surfaces, new textures, different color schemes, various inks. My work provides me with the contentment of being so productive. People appreciate my work, and it boosts my confidence, therefore it encourages and motivates me to make more unique items. This endeavour has also made me respect and empathize with other people's small scale businesses because now I know how much time and effort is invested in management and maintenance. During the lockdown, I opened an Instagram account through which I could reach out to more people. I regularly post about all the pieces I worked on, and it has been the best help since I'm branching out more in this area of work.

I am excited about the journey I have started through this experience. It has proven to me that well-intended efforts and genuine passion can bring wonders to life, to mine and to others! I can't wait to see how much I grow in the future and how I can contribute further as an artist.

# Mestiere





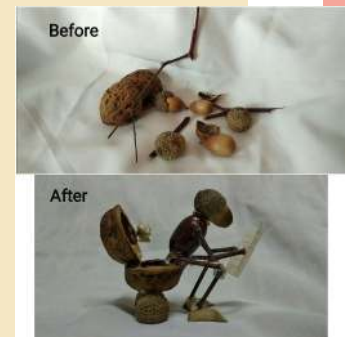
## SAVI SOOD



Like a plant needs support to stand, for me, my support is my mother, my father and my brother. I think my relationship with art is hereditary. I never took any kind of classes or workshops for it. I got this talent from my mother who herself is a brilliant artist. My father has taught me how to do something out of the box and leave a little of your expression in every work you do. My brother has taught me to respect my work, an element that I find crucial in the field of any creative expression because if you do not respect your work, others will seldom acknowledge it. Not just my parents and my brother, but my teachers from school as well as from college have also guided me. I thank them all for always showing me the right way. Whenever I start with any new painting, I always tell my mother to draw on the canvas first even if it's just a line. She always asks me, "When you can draw it yourself then why do you want me to draw the same thing which you are going to erase anyways?" I have never told her but for me her touch on my pencil is like a blessing, without which, I don't think I would be able to paint anything. Without her touch, my paintings are incomplete. Once the rough work is completed I'm always excited to start with the paints. I love to paint with my hands and with my fingers. I use brushes only for the edges and fine parts. My favorite part is merging the colours. I'm always impatient and enthusiastic for this part. It's like I'm not painting, but I'm playing with the colours, and they are playing with me. The excitement and happiness is of another level at that time, something that I cannot even explain in words. Once I'm done, I make sure that I leave a little of "my touch" in every painting. I appreciate photography a lot and also love to paint someone's click. I have painted some of the pictures clicked by some amazing photographers I know. I have a passion for creating something new. There were so many art works which started piling up in my house so I thought I should start selling them. It was difficult because I'm also a student but my love for crafts made it happen. I do it side by side. I still remember I was in class IXth standard when I sold my first craftwork which was a pair of candles. Then in 2018, with my brother's suggestion, I used the name "Handarbeit" under which I sell my crafts through an Instagram page.

Every order brings a new challenge along with it. Every person has their own ideas and tastes, which brings me new opportunities to be experimental and give my best to complete the order which suits my customers the best, and brings a smile on their faces.

# Handarbeit







## AANCHAL GHARU

Whenever I draw I feel immensely happy. I like to draw because that activity always warms my heart. I'm still learning and I want to learn forever.

I once gifted my friend a drawing of her favourite celebrity on her birthday. The smile she had because of one of my creations gave me the best feeling ever. Even today, whenever I think about it, a smile is plastered on my face. From that day I knew I want many other people to have that happiness because of my creations. Hence, I decided to draw for others and started my little business of selling commissioned drawings. I might get bored of many hobbies I have in the future. But I'm hundred percent sure that I will draw forever. I'm not perfect at this and there's so much more to learn, to improve. I know this journey will be the best one in my journey of life.

Thanks to all the people who give attention to my art. This support keeps me going. I'm so grateful for the love, the criticism and the support from them.

# Yoda\_Art





# CAPTURED



*Nandini Sharma*



*Aanchal Sharma*



*Aanchal Sharma*



*Aanchal Sharma*



*Aanchal Sharma*



*Nandini Sharma*



*Pranjal Tegta*



*Riya Verma*



*Savi Sood*



*Aanchal Sharma*



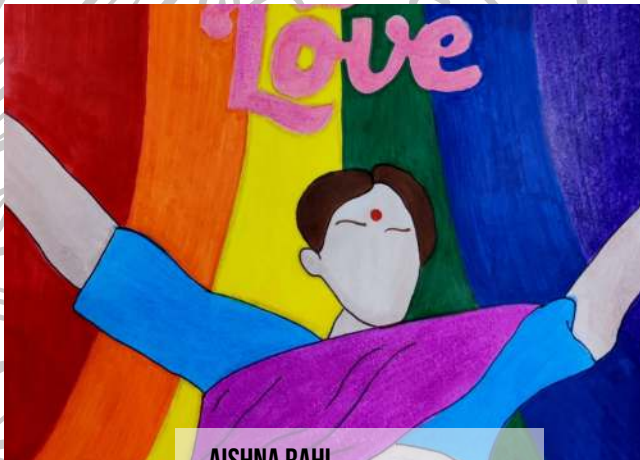
# ART-UNTAMED



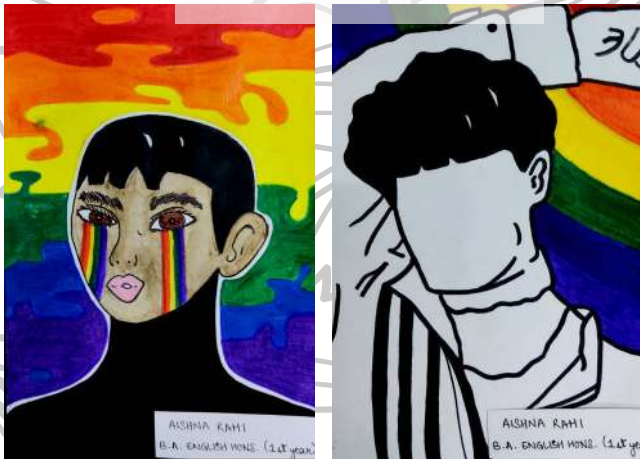
JAISAL SHEKHAWAT



RIYA VERMA

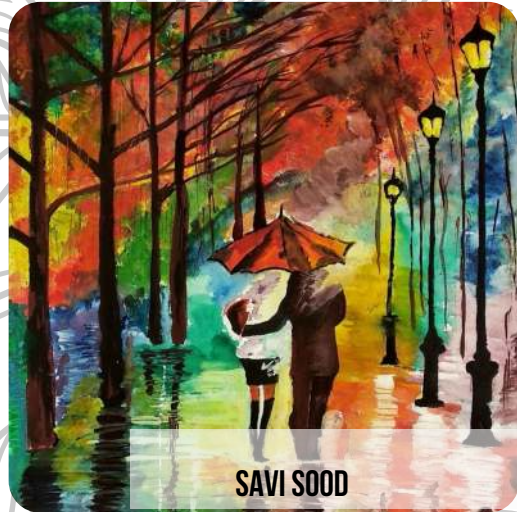


AISHNA RAHI



AISHNA RAHI  
B.A. RAJGURU WING (1st year)

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B.A. RAJGURU WING (1st year)

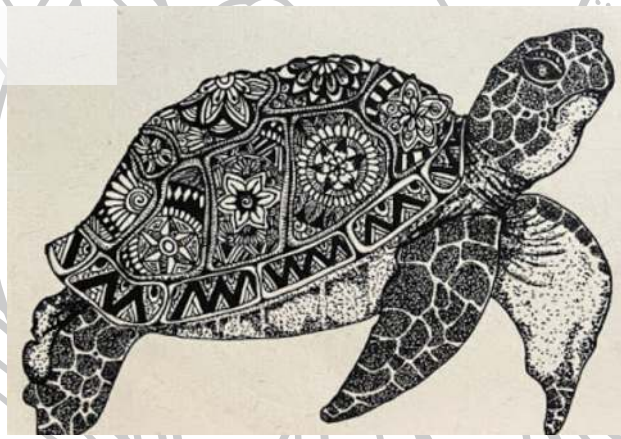


SAVI SOOD





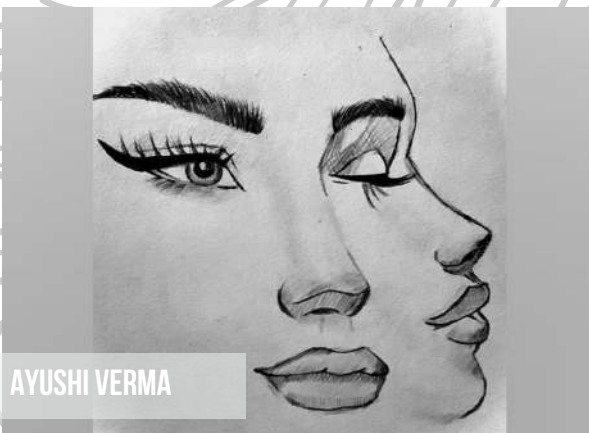
ANGEL SHAN



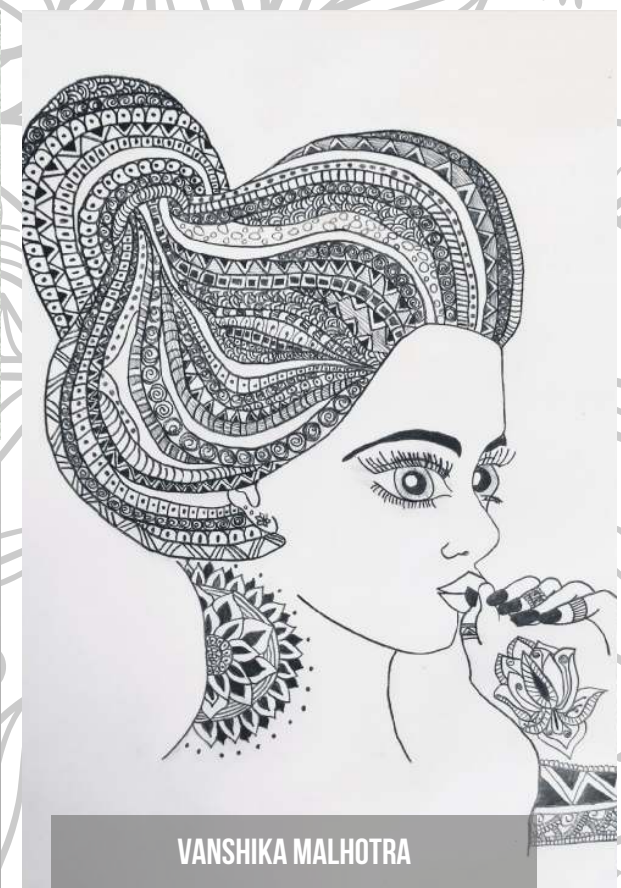
SWARNIKA NARANG



PRANJAL TEGTA

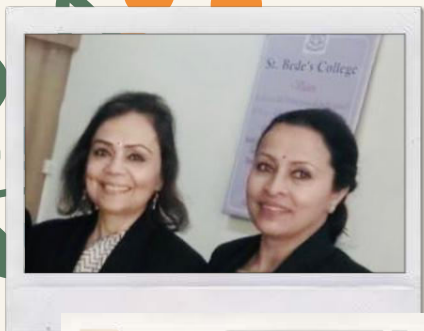


AYUSHI VERMA



VANSHIKA MALHOTRA





## Superannuation of an Awesome Teacher...

Madhu Parmar, an Associate Professor in the Department of Political Science at the renowned St. Bede's College of Shimla, duly superannuates on July 30, 2020, after a gratifying career of 30 years. A well deserved retirement as she leaves both a legacy and a void in her department and the college. The Political Science students will remember her vivacious smile and the passion with which she delivered her lectures. Her classes were mesmerizing, especially when she discussed the Partition of India. The political anecdotes and analysis helped the students form and hold independent opinions on current national and international matters.

Madhu Parmar touched an extra special cord with students who worked with her in the plays she directed, (yet another passion of her's!). None of them would forget the long hours of hard work put in followed by a yummy treat of the self baked cake brought by their Ma'am.



Madhu's camaraderie with the girls of her class goes beyond college and so many students continue to maintain their link with her despite moving on in life with busy schedules! Such is the Charisma of 'Ma'am Madhu'. The English Department – where she sat with her 'Amigo and confidante', will now echo with her laughter and discussions about life, children, books, Rumi, Buddha doodles, Sufi music, art and the daily routine of college!!!



Her students, colleagues and her Amigo wish her happiness in whatever she chooses to do henceforth. May the powers of the Universe keep her passions alive and her smile ever- bright. Bye-Bye Madhu, yet no one can say goodbye to a teacher like you, because you'll forever be in our hearts.

**-Anuja Sharma Rathore  
(H.O.D. English)**





## An Admirable Teacher...

Ms. Nandini Pathania from the Department of Home-Science dedicated herself to educating students for 35 years with her endless patience, motivation and wisdom. She touched the hearts of many students by listening, encouraging and sharing. Ma'am Nandini has a warm tender heart; she has etched a place in the minds of her students and colleagues. She has been an awesome teacher and an able administrator. Her guidance, support and presence as the officiating Principal of St. Bede's will always remain engraved in our lives. We treasure the time spent with her and thank her for her untiring efforts for the advancement of the college.

-Dr. Gitanjali Mahendra





# Q-riosity

## “STRAIGHT” FROM THE CLOSET

Our kaleidoscopic LGBTQ+ section bringing an often overlooked Renaissance that happens inside the closet.

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THE PURPLE QUIET / LASSIEZ-ALLER	...65
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## LIPSTICK UNDER OUR MASKS

Breaking the glass ceiling with our masks on, this is the section featuring our feminist Renaissance women.

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## A PHOSPHENE ABLAZE

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Citing words and hearts that bleed ink are just a few of the sought after qualities of our poetry section.

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# 'Queer Erasure' In Literature



Literature - reading which, is a passion for many and a chore for some. You either love literature or hate it. But there's one thing we all have in common: we all have read pieces of literature at some point in our lives. In school, we had to read all sorts of poetry, prose and plays. It was a mighty boring task for all of us back then, but the part that I want to talk about today is about the authors of said prose, poetry, books, and plays.

We all remember our teachers telling us that the examiners might place questions about the author in the exam, and advised us to pour over their introductions. In those, we read about the bare minimum we needed to know, birth date, place, notable works, and family, if they had any. However, they almost always neglect to mention explicitly whether the author was queer or not; especially in books that are used in the school curriculum. As a matter of fact, publishers go out of their way to omit such details.

When we talk about 'Queer Erasure in Literature', we must also mention the people who may be household names, but would be the last to come to mind when we think of people who are queer. These are the queer writers and poets that the world purposefully tried to forget, because of their sexuality. Some were forgotten entirely, while the works of others were changed to give it's characters a more "appropriate" straight and cisgender image.

You see, queer people have always existed, and there was plenty of myth and lore surrounding them. In ancient cultures, queerness was a nonissue. However, upon the translation of those works, due to bias and prejudice, queer works were altered and history was altered with them. It's fact - biases and prejudice affect translations. A good example is how works translated by men and women are so different. Usually, works translated by men tend to paint female characters in a submissive, somewhat inferior light, one of servitude. However, upon translations by female scholars, the results were vastly different. It is quite an interesting phenomenon to witness, one that can also be applied to literature and 'queer erasure' in it. Bias can affect major parts of a literary work that was written centuries ago. Having been passed down from so many different people, there is bound to be some meddling, sometimes to the extent that the original meaning of the work is itself lost. But I digress.



Let's take some more modern examples. In the case of prolific people - those who are pretty impossible to erase from history - the aspect of their queerness is often overlooked and neglected entirely. Famous authors like Hans Christain Andersen, T.S. Eliot and Arthur Rimbaud and so many more were openly queer in their time, but that fact is most often overlooked. Then, we have the ones that not many people know about, except for those who are really into literature. Emily Dickinson, Virginia Woolf, Allen Ginsberg, Ismat Chughtai, Siegfried Sassoon, to name a few. The list goes on and on, as the threads of rewritten histories unravel themselves.

The reason members of the LGBTQ+ community demand more representation is because the world, with it's prejudices, and eons of suppressing queer voices, has tried it's best to erase what it doesn't see as "normal", and to some extent, even succeeded in doing so, which is the reason this article is being written, and why gay and trans people have to still fight for their basic human rights to this very day. The best way to get rid of the misconceptions, harmful stereotypes, prejudices, and biases is to expose the public to it, just as queer people are exposed to heteronormativity every day of our lives. The lack of representation is thus, because of 'erasure in literature', and by extension, in other mediums that take inspiration from literature.



By: Anoushka Moses

B.A. English Honours 1st Year





# THE PURPLE QUIET LAISSEZ-ALLER

By: Rohita Gharu  
B.A. Psychology Honours  
2nd Year

I scrounge for my identity  
In a ripple of labels  
Fitting ideally into shades of Lilac  
Sappho blushes, cheeks Red

An abundant Blue roof  
Hovers over my head  
While the Pink flowers  
Firmly plant themselves

I gaze at the Westward falling Arcturus  
Blinding into mysterious shades of Black  
The Yellow light falls  
Into shades of Russet

I pick up the old pieces  
Stained Red from blood and tears  
A profound certainty  
Finds home in sensical absurdities

I stand at the crossroads again  
Dripping with colourless hues  
I paint my words in Black and White  
As I weep silently in the Purple Quiet



These pieces illustrate some nuances of the LGBT-community, namely Bisexuality and Gender Identity.

"The Purple Quiet" paints with words, the hues and deafening silence of bisexuality.

"Laissez-Aller" (unrestrained freedom) describes the inner and outer struggle of exploring your gender identity throughout history using a psychedelic medium.

By: Angel Shan  
B.A. Psychology Honours  
2nd Year

In the ruins of a bloodstained hourglass  
Of silent shrieking and ungodly eyes  
Lingers a tall dowager's corpse

Her corset is sewn into her lungs  
Her fingers the bones of her fan  
She rocks back and forth scratching away  
at the once beautiful porcelain of her face

All the while she's mumbling  
"valid valid valid valid valid valid"  
She drools as she screams  
A rain of something poisonous and psychedelic

Invisible to the veil her own sanity  
Wreathed by the gilded nails stained  
in the blood of purity  
Her living organs played to the march of the  
priest

But her threadbare gown hides her secret no  
longer!

The castrated blood on her thighs,  
the scratches on her throat  
when his raven betrayed her nightingale

Her crime? That she wouldn't lie;  
with him, or about being him  
She howled her war cry until his voice  
dissolved into a raspy whisper

She now lies burning  
frozen, in a wrongly marked, unmarked grave  
Scratching and screaming so we hear her sacred  
yawp  
Over the chirping of wicked authors

A broken faced madwoman  
Leaping off of the walls of her own blasphemy  
All the way down mumbling  
"valid valid valid vallid vallhid...  
Valhalla."

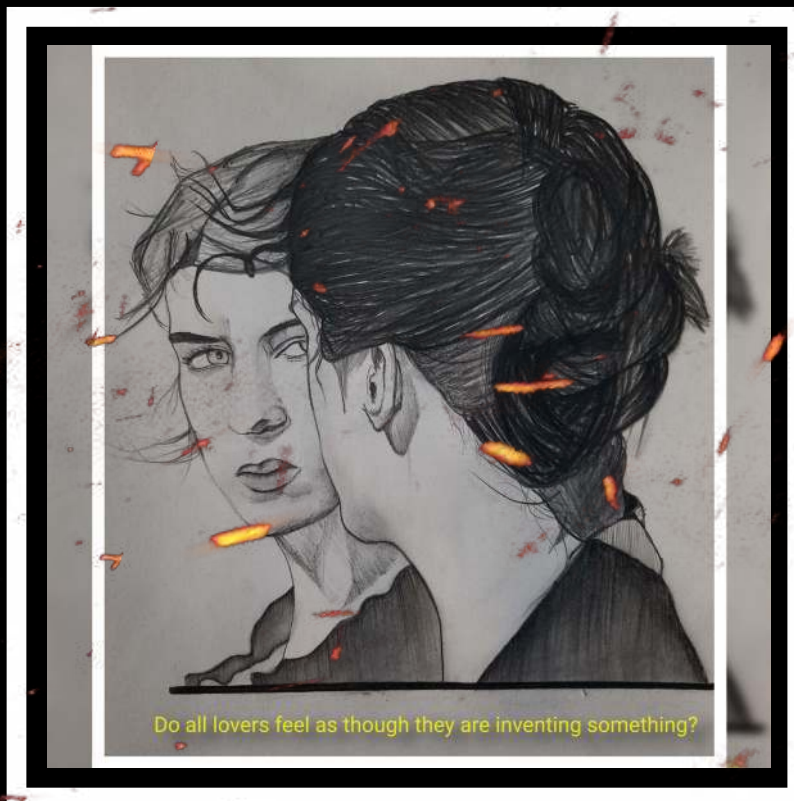




## PORTRAIT OF A LADY ON FIRE

# PORTRAIT DE LA JEUNE FILLE EN FEU

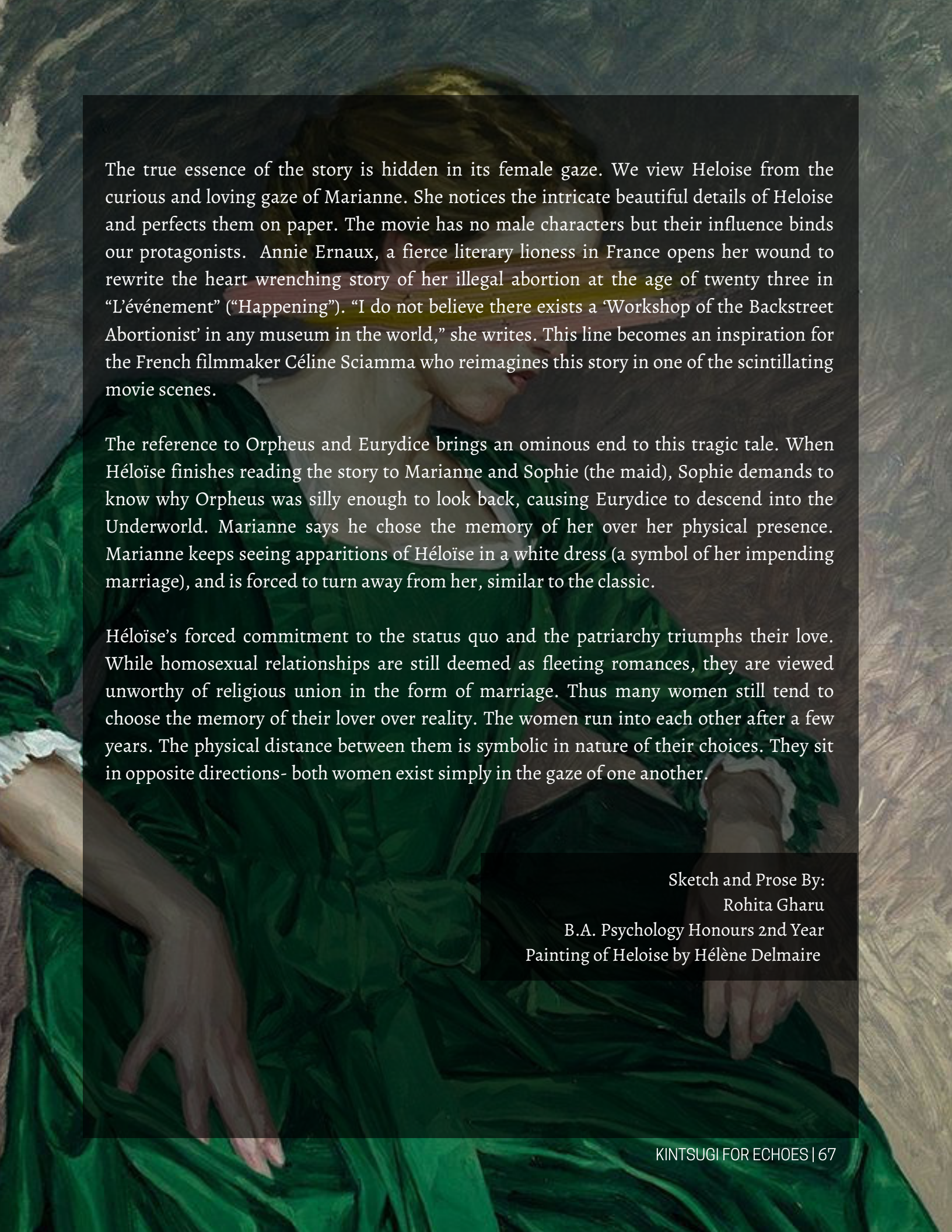
*“If anyone does not believe in Venus, they should gaze at my girlfriend”.*



Dancing dunes, bewitching blue sea, green shrubbery and a sapphic tale set the premise of this captivating cinematic marvel in Brittany, France.

Marianne (Noémie Merlant), an 18th century painter is commissioned to paint a wedding portrait of Heloise (Adèle Haenel), who is forced to marry a man whom she's never met. Previous painters had tried and failed to paint Heloise; all of whom she refused to pose for and fired before they could finish. Thus, as far as Heloise is aware, Marianne was hired by her mother as a maid and companion, someone to provide company and go on walks along the beach. Marianne has to paint Heloise in secret, stealing glances and memorising them. The delicate nature of this act is mawkishly over sentimental.





The true essence of the story is hidden in its female gaze. We view Heloïse from the curious and loving gaze of Marianne. She notices the intricate beautiful details of Heloïse and perfects them on paper. The movie has no male characters but their influence binds our protagonists. Annie Ernaux, a fierce literary lioness in France opens her wound to rewrite the heart wrenching story of her illegal abortion at the age of twenty three in “L'événement” (“Happening”). “I do not believe there exists a ‘Workshop of the Backstreet Abortioneer’ in any museum in the world,” she writes. This line becomes an inspiration for the French filmmaker Céline Sciamma who reimagines this story in one of the scintillating movie scenes.

The reference to Orpheus and Eurydice brings an ominous end to this tragic tale. When Héloïse finishes reading the story to Marianne and Sophie (the maid), Sophie demands to know why Orpheus was silly enough to look back, causing Eurydice to descend into the Underworld. Marianne says he chose the memory of her over her physical presence. Marianne keeps seeing apparitions of Héloïse in a white dress (a symbol of her impending marriage), and is forced to turn away from her, similar to the classic.

Héloïse’s forced commitment to the status quo and the patriarchy triumphs their love. While homosexual relationships are still deemed as fleeting romances, they are viewed unworthy of religious union in the form of marriage. Thus many women still tend to choose the memory of their lover over reality. The women run into each other after a few years. The physical distance between them is symbolic in nature of their choices. They sit in opposite directions- both women exist simply in the gaze of one another.

Sketch and Prose By:  
Rohita Gharu  
B.A. Psychology Honours 2nd Year  
Painting of Heloïse by H  l  ne Delmaire





# WHY AM I A FEMINIST?

*By: Angel Shan*

*B.A. Psychology Honours 2nd Year*

She stands in front of a mirror,  
And watches her insecurities bleed through her  
reflection,  
“It’s not survival of the fittest for us”, she thinks  
It’s survival of the complacent, the prettiest, of the  
silent, of the least inconvenient.

She walks into a world where men make welcome mats  
out of our necklines and skirt lengths  
Where the wives of “good men”  
wear necklaces of black and blue handprints

Where she speaks her mind in a room full of men  
And they gawk at her mouth like it’s a painted drain  
clogged with too many opinions  
Where consent is optional  
and “never take no for an answer” is a success mantra

She hears “sexism doesn’t exist”  
From the man she buys pepper spray from  
She carries a Swiss Army knife in her purse  
holding her politeness, forced smiles, stoic silence,  
and a dull blade.

Mourning the loss of her daughters and sisters  
Who met their funeral pyre before they did justice.  
Where he is strategic, ambitious, complex, angry.  
But she is calculating, gold-digging, intense, hysterical.

I am her, she is me.

I carry the guilt of all the times  
I kept my feminism in my back pocket  
Where my silence became an act  
of someone else’s violence  
Every girl I know has a story like me  
And landmark rulings say we should consider it  
flattery.

But in our book of forgotten names and  
rewritten histories,  
There is also a tale of survival and revolution  
The radiance of Trinetra’s labcoat  
burned through the darkness of dead pronouns  
and slurs.

Maya proclaimed “Still I Rise”  
And rise we did.  
Where Bama lifted her pen  
like Laxmi did her sword.

Perhaps my feminism echoes the war-cry  
of the women who became,  
of the women who are,  
and of the women who will be -

“Not now. Not ever again.”

# BLOTTING INTERNALIZED MISOGYNY

For a very long time, I spoke and acted as if I had just woken up.  
For years I sounded heavy and dull, like I was a blotting paper, soaking up things I heard.  
When you're trying to speak and act using what you hear from others, there's something missing.  
Something that makes you want to be loud, clear, and awake.

They say experience is the only teacher. From the times I was a blotting paper:  
I blotted double standards from the teachers who would call my parents and tell them that their daughter was getting "out of hand" when they saw me talk to a boy during the break while the boy's family heard nothing of that sort. "Boys are just like that. It's the girls you have to control while you still can."

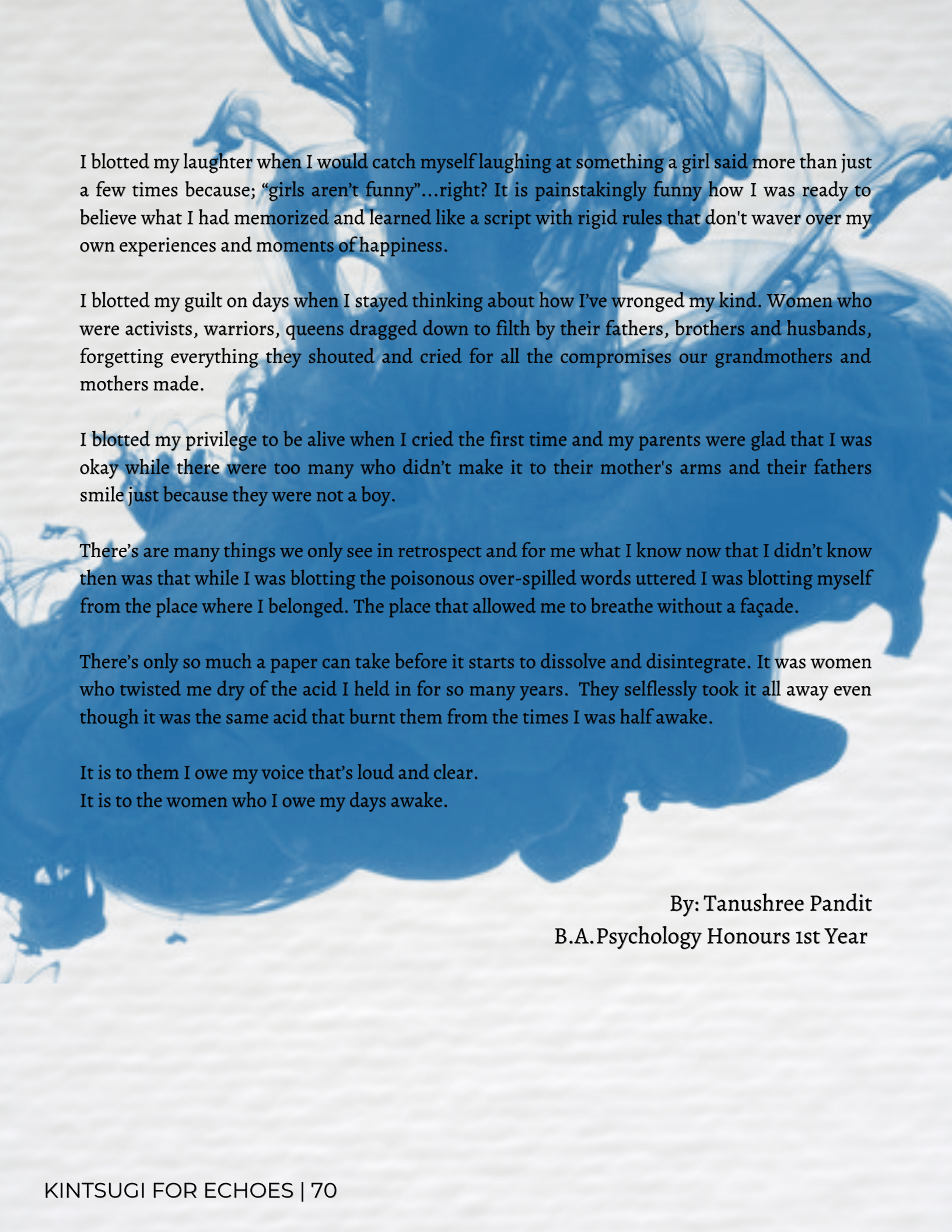
I blotted snarky remarks from the auto uncle who would drop me to school and shout at the car saying, "The driver must be a lady" if the car was too slow. I blotted my voice from the male group in my class who would almost always stop laughing when a girl walked in during the conversation. I noticed as the girl's ideas got stepped on by the voices and ideas of the boys during group projects.

I blotted the desensitized media, with a new rape case every single day without fail, to the point where it is abnormal when I don't hear news about a woman being assaulted and harassed. I blotted people's happiness when I went along with the vicious comments and derogatory remarks about women who spoke their mind and lived the way they wanted.

I blotted my anger when women getting raped and killed while their rapists and murderers went around comfortably hiding behind a mask and the protection of their mothers being fully convinced that it was the girl that was at fault and not their precious sons. The concept of escaping the life of a woman and assimilating into one of a man felt like an oasis in a desert - tempting, and necessary for survival.

It's funny how easy it was for women to be pitted against each other like a race that only one of us had the chance to make it to the finishing line for who was the prettiest, smartest, and strongest was the only one who would win at a game which they so beautifully called 'love and life.' I blotted my insecurity when I saw a woman speaking her mind like it was the only thing that has ever mattered and when she made me believe that it was the only thing worth hearing.





I blotted my laughter when I would catch myself laughing at something a girl said more than just a few times because; “girls aren’t funny”...right? It is painstakingly funny how I was ready to believe what I had memorized and learned like a script with rigid rules that don't waver over my own experiences and moments of happiness.

I blotted my guilt on days when I stayed thinking about how I've wronged my kind. Women who were activists, warriors, queens dragged down to filth by their fathers, brothers and husbands, forgetting everything they shouted and cried for all the compromises our grandmothers and mothers made.

I blotted my privilege to be alive when I cried the first time and my parents were glad that I was okay while there were too many who didn't make it to their mother's arms and their fathers smile just because they were not a boy.

There's are many things we only see in retrospect and for me what I know now that I didn't know then was that while I was blotting the poisonous over-spilled words uttered I was blotting myself from the place where I belonged. The place that allowed me to breathe without a façade.

There's only so much a paper can take before it starts to dissolve and disintegrate. It was women who twisted me dry of the acid I held in for so many years. They selflessly took it all away even though it was the same acid that burnt them from the times I was half awake.

It is to them I owe my voice that's loud and clear.  
It is to the women who I owe my days awake.

By: Tanushree Pandit  
B.A. Psychology Honours 1st Year





# TO EVERY WOMAN WHO WANTS TO BRING CHANGE

“Each time a woman stands up for herself, she stands up for all women.”

- *Maya Angelou*

I don't remember the last time I have seen a woman trying to achieve something for herself without her having to justify the need for achievement. This article isn't a call for attention or even a cry for sympathy or pity. This is an alarm, for everyone to start seeing us, the world and things differently.

Being a blogger, I have heard people say, “She got popular just because she's a girl”. But nobody sees the hard work I put in to create the content which attracts the audience. Nobody cares to notice whatever I go through just to do what I like doing. Growing up, I was always a rather sensitive child, who was affected by people's opinions and comments about me. It was my father who helped me master the art of focussing my energy in the right direction. It's him who reminded me that whatever I had to say was worth listening to. That I should speak of my ideas out loud.

Remember, there wouldn't have been any change in the way the world is if people didn't start a revolt.

The world will try to suppress you and your voice will feel muffled. Your ideas, at that moment, would feel worthless, but I want you to remember that they are not. You are strong and your ideas are revolutionary. Scream, yell, and find ways to make them listen because you are not worthless.

You deserve the world, and the world needs your ideas. You are the change; stand for yourself, and the rest of us. This article is dedicated to every woman who is trying to bring a change.

Step up, talk about your ideas; the world is a better place with you in it.

By Paridhi Goel  
B.A. English Honours 3rd Year

Artwork by Jaisal Shekhawat  
B.A. English Honours 2nd Year



# Modern Racism

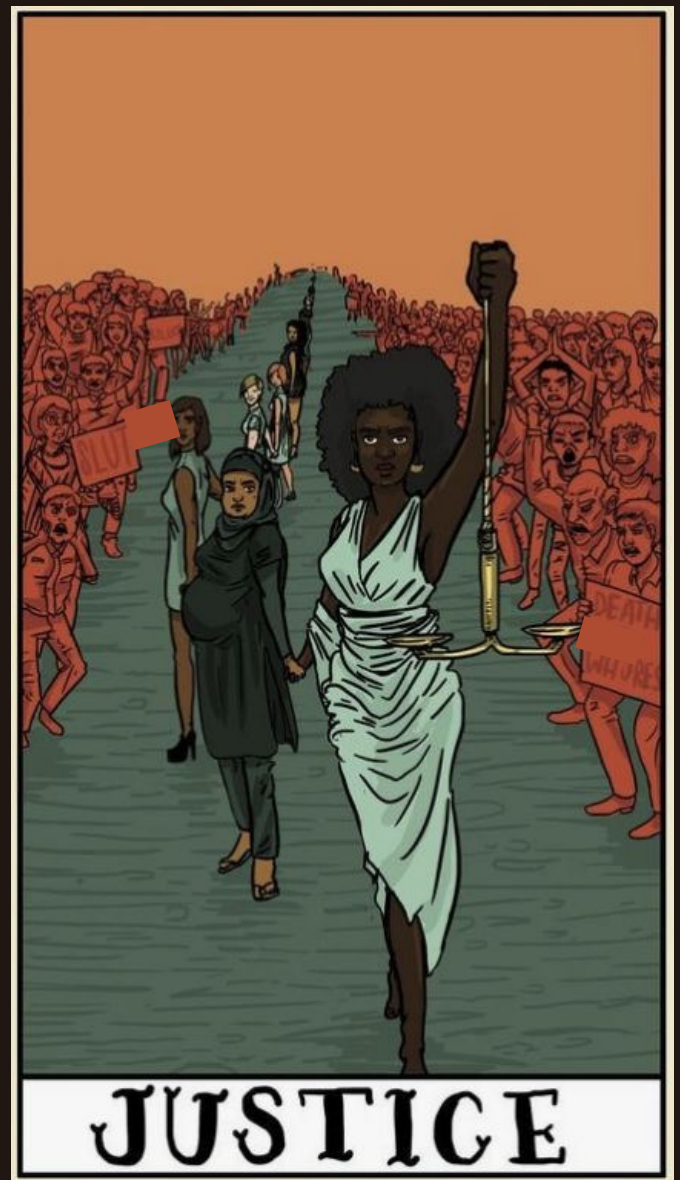
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**Ishita Phillip**  
**B.A. 3rd Year**

When one thinks of the word 'racism', the first thing that probably pops in their head is the picture of a race with blatant superior feelings, oppressive behaviour, disregard and brutality against a comparatively minority race, one might even go to the extreme and bring to mind all the possible atrocities that have been witnessed throughout history against such races. With the era of modernisation and growing concern with feelings of equality, justice, and rights for all human beings, one might be convinced that the picture is not as bad as before. While constructive steps have been taken in the direction of equality for all races, whether such equality is really true or discrimination is just latent and hidden perfectly underneath the blanket of 'modern racism', is hard to say.

Many social psychologists believe that 'old fashioned' racism has now been replaced by more subtle forms which may include concealing such prejudices in social situations in an attempt to seem "colour-blind" and in-fact even refusing to acknowledge race in order to appear not-racist! Although these characteristics might make us label such a person as a typical hypocrite, it is important to understand before reaching to such conclusions that such attitudes are actually quite implicit and a person might not even be aware of holding them!

Of course, it does not mean that we plainly ignore serious crimes being committed by labelling the motives behind them to be implicit, I simply mean to draw the attention of the reader away from the mainstream bigots that are usually the highlight of committing racial discrimination, and more towards one's own self and our own attitudes and beliefs that we might or might not be aware of, in the hope that we are able to alter them for the good.



One simple way of doing so can be through the increment in the degree of contact with groups that face such discrimination. In-fact the beneficial effects of cross-group friendships can readily spread to other people who have not themselves experienced such contacts: simply knowing about them can be enough (Branscombe and Baron).

Another easy way of reducing prejudice is by saying 'no' to stereotype. No, literally. Research by Kawakami and colleagues (2000) reveals that negating your own implicit racial attitudes can help tremendously in reducing racial behaviour!

Even though these steps may seem like being too little and of having no importance in the bigger picture, it is important to remember that less is more here. Social influence can be a major contributor in both maintaining and reducing prejudice. It has been found that providing individuals with evidence that their group members hold less prejudiced views than they previously believed, can reduce prejudice. Thus, every single voice matters. It is imperative for us to spread the message of equality amongst our groups and the fact that each one of us can be a part of making it possible makes it a tad bit more achievable.

Myriad researches point us to the conclusion that we may hold racial prejudices, and implicitly so, but that doesn't junk out the possibility of these attitudes not being automatically elicited in certain situations and indirectly influencing the way we behave with people of race and colour.

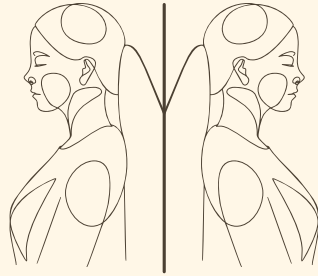
In the light of such evidence, it is clear that as much as it is necessary to create awareness about racism, equality and justice, it is just as important to realise if the problem needs to be solved on a deeper level, within our own selves, by introspecting our own beliefs and feelings, and doing something about them. It is important for us to understand that racism has been so deeply rooted through the history of this world, that hoping for it to vanish in a day is quite futile. The need is to make others and ourselves aware that this problem is still persistent and that a few constructive steps by us can lead to a gradual yet evident change in the attitudes of those that surround us and within ourselves and that our hope for a world that is more inclusive and harmonious would not be in vain.



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# INDIAN

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# UN-INDIAN

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## THE ALIENATION OF NORTH-EAST INDIA

From Kashmir to Kanyakumari, from Kutch to Arunachal Pradesh, India's diversity is its strength, a strength that we are very proud of. But what if there was a section of people of this united fabric, that felt alienated within their own country? What if these people felt fearful of the gazing eyes on the street, market and wherever they went? Well, this is what happens with the North-Eastern people of our country who are just as Indian as we are.



The people of the North-East have been constantly subjected to alienation. People see them in a different light, predominantly due to their different physiognomic features, where cases of people calling them odd names is something they deal with on a daily basis.

Are these seven sisters really being treated as sisters? Is North-East India only a part of the Indian map or have we really accepted and treated them as fellow citizens?

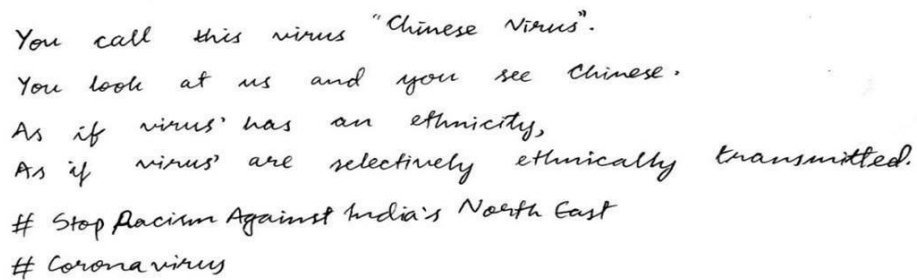
The alienation of the North-East increased due to the racist and discriminatory policies pursued by British India which has sadly continued to this day. In the covid times, this situation has become worse, since they have become the victims of the jarring and insensitive reactions of people linking them to the sprouting hub of the coronavirus (Wuhan province of China) due to which they are in a constant struggle to prove their "Indian-ness". This prejudice of people against our North-Eastern countrymen is also a violation of articles 15 and 16 of the Indian Constitution. Amidst this discrimination, women find themselves on a more vulnerable position as it goes beyond teasing and takes the form of catcalling and violence.

## SOME CASES DURING COVID 19

Coronavirus has caused a lot of pain and grief among the masses but for the North-Eastern population of our country, this 'Covid Era' is like a double-edged sword because of the added torment of racial discrimination and slurs.

From various parts of the country, many reports have surfaced where violence against North-Eastern states has been recorded. India is proud of its "Unity in Diversity" but to promote this ideal the people of India must be tolerant, kind, and respectful towards each other irrespective of their differences. Disgraceful behavior of people towards the people of their own country is really ironic.

A lot of criticism has been leveled up against racial discrimination in western countries while simultaneously turning a blind eye to the racial discrimination in our own backyards. If someone is criticizing other countries on Twitter and in the same breath is using slurs against any North-Eastern fellow citizen, then there is a need for self-reflection.



You call this virus "Chinese Virus".  
You look at us and you see Chinese.  
As if virus' has an ethnicity,  
As if virus' are selectively ethnically transmitted.  
# Stop Racism Against India's North East  
# Coronavirus

### RIGHT FROM THEIR HEART

To supplement this work, I approached some of my friends from North-East India so that they can share what their experience has been. The feedback I got was really an eye-opener as their pain was reflected in their heavy voices.

"Yes, there is alienation towards North-East Indians. Honestly speaking, most Indians, I mean those not from the North-East, don't see us as Indians. They see us differently, maybe due to our facial features. They treat others normally but for us, they think of us as a joy ride almost every time. They use provocative statements...like one cannot call a black guy the n-word in the same way you cannot call us 'chinki', 'momo' and all but they do. The worst of all is "coronavirus", you have no idea what it feels like when people call me "corona" and say "go back to China". Not only outsiders even in my friend group sometimes they use such terms for fun which they see as acceptable but I say it's not. They always ask, "Are you from Tibet, South Korea, China..." I don't know what is wrong, almost as if they don't have any idea about any other place. When I say I am Indian they say "No you are not"...it hurts so much...really!"

- Anonymous



“What happened one day, was that my mother and I went to the market and the guy at the shop asked us whether we were from Japan or not, my mother replied in Hindi; *Nahi bhaiya hum India se hi hain*” ...but still he was shocked and seemed confused...

One day, I was out with my friends and a group of boys was troubling animals and we tried to stop and argued....later we discovered that they were following us and passed comments like ‘Chinese jao China wapis jao’. We face a lot of discrimination and that too on a daily basis”.

-Anonymous

“These are just some experiences that I am sharing with you, but for us it’s a daily thing. We’ve experienced it so much that now it feels nothing. It’s something we are used to. But living in a country like India, it’s high time that we speak for the discrimination against North-East Indians. We are trying to make people aware of all these things, but surprisingly some people don’t even know about the places in the North-East. They see us as only tribal communities. Facing disgraceful comments and slurs is very common. A lot of awareness has been spread lately but on the ground, there is very little progress”.

- Anonymous

Any Actions Yet?

Supreme Court in 2014 issued guidelines to curb discriminatory acts against North-Eastern citizens. It included setting up a committee to monitor the initiatives taken by the Government to deal with the incidents of racial violence, suggest measures and ensure strict action, receive complaints of racial abuse and forward them to the National Human Rights Commission or to the jurisdictional police officer for necessary inquiry.

In the case of the Supreme Court of India v. Union of India, the Court had taken a view that such disturbing acts threaten the integrity of the country and violate Article 19(1)(d)&(e) of the Constitution as it restricts the right of people of the North-East to freely move throughout the territory of India and to reside and settle in any part of India. It also violates Article 301 of the Constitution as natives of one State are harassed and prevented from settling and carrying their business in another State. The Judges had also suggested the possibility of bringing separate legislation for preventing the natives of one State from harassing in any manner the migrants from any other Indian State or from indulging in hate crimes against them.

By: Aabhya Verma  
B.A. English Honours 2nd Year

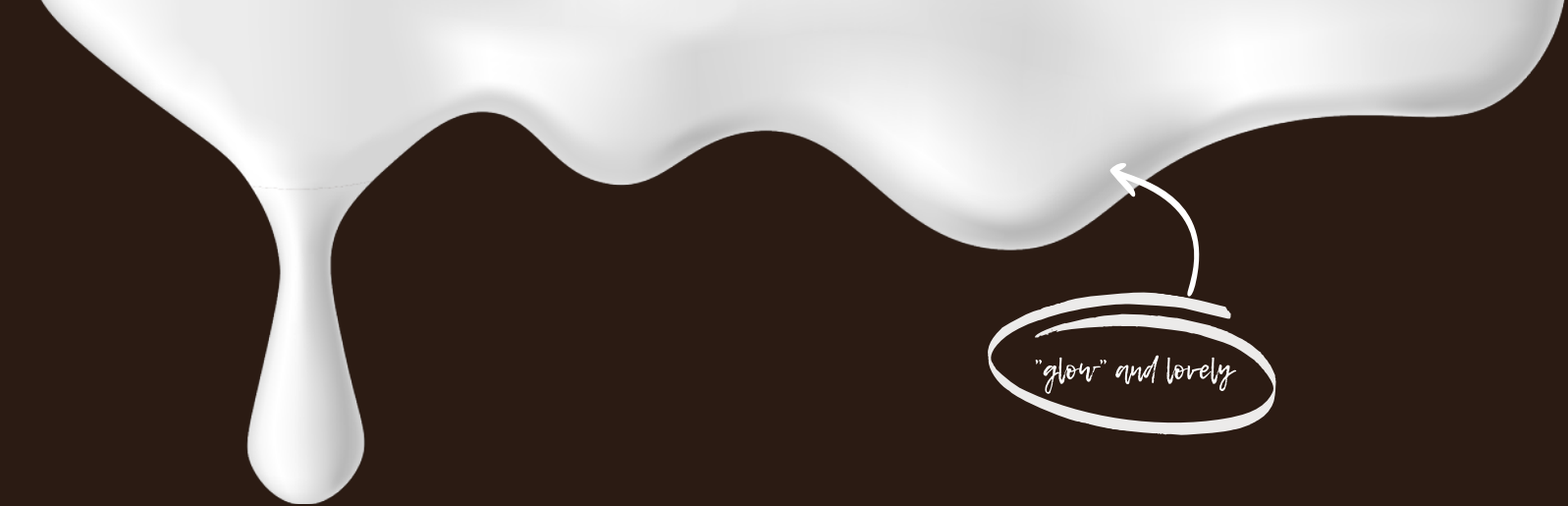
# Colourism in India

India has been a victim of colourism for almost centuries now. It is ironic because, given the climatic conditions in this region, the dark complexion is natural. However, this doesn't seem to be of any sense to the ones who propagate the idea of fairness creams or those who buy these creams. They want fair brides, fair employees, fair pageant queens. How could turning into a lighter complexion help you find a job or win a tournament or get accepted for marriage? The answer is because the lighter-toned are automatically placed on a higher pedestal than the dark-toned. Your skills are considered later, first it is the appearance that matters. All you went through to become something won't matter if you are dark-complexioned. Such standards are set by society and the younger generations are raised in such an environment. This is among the many ugly truths in our country.

India is obsessed with fair skin. Our media sources are bombarded with advertisements, telling us that if we are not fair-skinned we are going to have an unsuccessful life. The first instance of fairness creams being advertised in India was when 'Afgan Snow' was introduced by E. S. Patanwala in 1919. We can most definitely say that India's this obsession is thousands of years old. However, the biggest move to monetizing that obsession came when Unilever launched a new cream called 'Fair and Lovely' in 1978. In the following decades, the market was flooded with creams that promised to make your complexion lighter within days. The Indian whitening cream market was estimated at around 535 million dollars in 2010 and by 2014 the industry was estimated at almost half a billion dollars.







But it's not just the advertisements that tell us about the superiority of the light-skinned. There are records in history that highlight their raised position in society. India's long history of being colonized and oppressed by the light-complexioned has led to this systemic belief that light skin is better and is associated with power. According to the caste system too, the ones at the top of the triangle, the Brahmins, and the Kshatriyas were light-skinned and hence "clean" and were to rule and exploit the darker-skinned Vaishyas and Shudras who were at the bottom of this triangle. The complexion of the lower castes was dark because they performed physical labour under the hot sun whereas the upper castes stayed indoors.

There seems to be a natural correlation between the entertainment industry and the cosmetic industry. The actors and leads are preferred to be light-skinned. Their dark-skinned counterparts see comparatively less screen time.

The most unique effect of colourism in India is how marriages here discriminate against dark people. The newspapers and matrimonial websites are filled with advertisements stating the want of a fair-skinned bride/groom.

This discrimination has not only led to a division in society but also left many selves conscious about their appearance. However, protests over the summer of 2020 have prompted calls for equality and justice around the world, especially in India. Social media movements like #Unfairandlovely have helped create brand positivity for the dark-skinned. Irrespective of the level of activism, combatting colorism needs more mass support to make India equitable for all Indians, regardless of their skin colour.

By: Aanchal Sharma  
B.A. 1st Year



## Come Sweet Death

By: Rohita Gharu

B.A. Psychology Honours 2nd Year



Bach's symphony breaks into Blues  
Muffled groans, choking hands  
Welcome the arrival of my friend  
She lies through her teeth  
"I'm fine", a routine speech.  
A wailing nightingale  
Sings on her windowsill  
A cry for help, she aches to be felt  
She promises me a place  
Down her haunting memory lane.  
Tussled in heavy weights  
Championing the bread  
My father treads with heavy footsteps  
A hefty load crushes his chest  
A perfect panic attack.  
A beaming smile, white teeth  
She is a keeper of beautiful things  
The mirror reveals an ugly truth  
Fading youth, crippling esteem  
My mother was a keeper of beautiful things.  
He must have mourned the death of his dreams  
As he embraced the noose  
When he spiralled downhill  
His feet never touched the ground  
And the world heard his final scream.  
Oh what agony  
Sylvia's heart would have felt  
When she placed her gentle head  
In the mouth of the oven  
Even a writer writes from a broken quill  
And a painter paints from shrivelled brush  
Did Vincent swallow his pain  
With the dainty yellow paint?  
She breathes down my neck  
Mutters how it felt  
When no one helped  
She embraces me for one last time  
As she whispers Come, Sweet Death.

## Mental Health For All

By: Arshya Roach

B.A. 1st Year



I am in a daze,  
Like I am lost in a haze.  
I am far behind ones reach,  
In a place where the night seems to screech.  
My personality is scattered, My  
insides are shattered.  
My feelings are raw,  
I ask them, will this ice ever thaw? I fight  
my demons to get some sunlight, I hide  
my demons to get my limelight. But they  
win, they cheat, they are always ready to  
show me defeat.  
My loneliness is waiting in the shadows,  
For other its like an entrance to beautiful  
meadows. Its so quiet, its deafening,  
I try my best, but nothing seems to be  
happening.

Driving away these clouds is really not in my  
hands,  
Its like a terrible headache that's surely  
going to expand.  
This is who I am and yes I get a say,  
No one gets to save me unless I want to stay.  
So let me find my counsellors and a  
community struggling just like me,  
People who are scared , people who are just  
like me.  
I am so away from the bright, so away from  
others sight, But I am afraid to lose so much,  
that  
I decide that I'll fight.





## Let's talk about Mental Health



**DIKSHA VASHISHT**

@B.A. Psychology Honours 3rd Year

“Just because you're struggling doesn't mean you're failing.” - Nicky Gumbel

Therapy should be celebrated rather than stigmatized or hurled as an insult people should be praised for seeking mental health, not made to feel demoralised for it.

But what does normalizing mental health concerns look like in practice? It can definitely mean that we talk about our own mental health or difficult emotions really openly and honestly. Maybe you curate your social media posts less and instead make them more realistic, showing when you're stressed, tired, angry, sad, or any other number of emotions. But you might not be ready to be that open about how you're doing, and that's completely okay. (Of course, it is important to try to talk with someone if you're having a hard time, even a friend, just to make sure you aren't keeping it all inside.)

Normalizing mental health discussions can also mean that if it seems like your roommate or a friend is really going through it, you say something like, “I understand you're having such a hard time emotionally, so I just wanted you to know I'm here to talk if you need me.” Then actually follow through and be ready to talk to them, judgment-free, and maybe even solution-free. Sometimes people just want someone to listen, not try to fix their problems.

Normalizing mental health concerns can also mean that, if you're a boss or in a position of leadership at your job, you create a culture where vulnerability is acceptable by talking about your own feelings and life stressors. You should also normalize things like going to therapy appointments, even by using that as an example for a completely valid reason to be out of the office for a bit. On that note, taking time off for mental health needs (such as via a mental health day) should not only be the norm, but encouraged.

You can also normalize mental health discussions when you and your friends talk about a celebrity who's in the news for, say, a bipolar disorder diagnosis—you can commend the celebrity for sharing that information and refrain from laughing at their actions or using words like crazy or insane to describe their behaviors. Even holding back from incorrectly using words like schizophrenic or bipolar can go a long way, as can stopping yourself from dismissively calling someone an addict or saying someone committed suicide (because that makes it sound like a crime).



These are just some of the ways we can normalize mental health. We change the culture around it, and it becomes part of our day-to-day life instead of a separate, shameful area of it. There's nothing more normal than having a hard time when trying to process multiple national crises while dealing with the details of your own life too (and how your life intersects with said crises).

There is no abnormal emotional reaction to a pandemic and what's more, none of us is immune from having a hard time right now.

- Your boss might be dealing with it.
- Your friends might be dealing with it.
- Your family members might be dealing with it.
- You might be dealing with it.
- Even your therapist might be dealing with it.

It is completely normal to struggle with our mental health, to ask for help, and to get treatment when we need it. It's about time we all say so out loud.

**Trying to heal is not weak.**



# Humanity



Humanity can be defined as the quality of being human; the peculiar nature of man, by which he is distinguished from other beings. Being human does not mean that an individual possesses humanity. One of the most outstanding examples of extraordinary humanity in a human being has been portrayed beautifully by Mother Teresa. There are many inspiring examples of social and humanitarian service: Florence Nightingale, the lady with the lamp, gave a new turn to nursing by her selfless service to the sick and dying. Madame Curie dedicated her life to the task of making science serve mankind. Damien died a leper in the service of lepers. Jean Henri founded the Red Cross but died a poor man. Baden Powell, though dead, is still serving the world, through the Boys' Scout Movement.

Humanity means caring for and helping others whenever and wherever possible. It means helping others at times when they need that help the most, It also means forgetting your selfish interests at times when others need your help. Humanity means extending unconditional love to every living being on earth.

We live in a world that is capable of printing out tridimensional copies of almost any object. But, in the same world, each night 870 million people go to bed hungry. We live in a world torn between technological progress and human regression where we move forward just through our inventions, but not through our understanding of each other. We prefer today to invest in research for new smart-phones or the cure for baldness than in finding the cure for HIV/AIDS and feeding the world. F



We say all life is equal. Yet when it comes to races, religions and identities that aren't our own, we still judge them, we hurt them. Every day we judge others to the point where it is now human instinct. What you wear, where you go, who you talk to, even who you are, is being judged. Do we fear being ourselves so much that we become who others want us to be. But is that all there is to life? Having to be fake to survive? Is this humanity? Do we want to be a part of this? A world that's so messed up already that we can't seem to fix it. We're supposed to live in a perfect world. We can't be perfect, but we did try. Are we trying anymore?

It is important to understand one fact: an individual's life is successful not by the number of degrees they attain but by the degree of humanitarian activities that they undertake every day.

Serving the poor and the disabled is one of the greatest humanitarian aid an individual can provide in his or her lifetime. It is essential to understand that we are extremely lucky to have everything we desire at any point in time, whenever we need it.

You do not need a hefty bank account to contribute to humanitarian activities. Serving the needy requires us to accept that we have more than enough resources at our disposal. Only we can understand the importance of humanity as it is our humanity, born of our intelligence that is the essence of human existence. So stop calling yourself human beings just biologically and try being human.

In the end, I will conclude by quoting great poet Kabir,  
“बुरा जो देखन मैं चला, बुरा न मिलिया कोय, जो दिल खोजा अपना,  
मुझसे बुरा न कोय।।”

I SEARCHED FOR A WICKED PERSON, BUT I FAILED TO FIND ONE.  
THEN I SEARCHED MY OWN HEART AND REALISED THAT I WAS  
THE MOST WICKED ONE.

Artwork and prose by-  
Savi Sood  
B.A. 3rd Year





# SAVING CAPITALISM FROM CAPITALISTS

BY: ANMOL SIDHU  
BA ENGLISH HONOURS 3RD YEAR

Capitalism is the astounding belief that the wickedest of men will do the wickedest of things for the greatest good of everyone. Capitalism is an economic system based on free markets and limited government intervention. Proponents argue that capitalism is the most efficient economic system, enabling improved living standards. However, despite its ubiquity, many economists criticize aspects of capitalism and point out its many flaws such as inequality, market failure, environment damage, excess materialism and boom and bust economic cycle.

The benefits of capitalism are rarely equitably distributed. Wealth tends to accrue to a small percentage of population. Financial markets, on which capitalism relies, have a tendency to cause booms and busts which leads to market crashes and hence can cause economic downturns, recession and unemployment. Also, in a free market, successful firms can gain monopoly power and charge higher prices to consumers. Factors of production are supposed to be able to move easily from an unprofitable sector to a new profitable industry but, in practice, how can a recently unemployed farmer just fly off to a big city and find a job. Therefore, in capitalist societies, these immobilities cause long periods of structural unemployment. Further, the nature of capitalism is to reward profit. The capitalist system can create incentives for managers to pursue profit over decisions which would maximize social welfare.

This lyre of gold encapsulates many perils for countries such as India which has liberalized its economy just a few decades ago. In the last few years, India achieved the symbolic goal of growing faster than China and was frequently hailed as the fastest-growing economy in the world. But is this growth sustainable? On current trends, India is en route to the Latin American path, in which episodes of fast growth tend to stall in the long run. Signs of this lie in the consolidation of 'oligarchic capitalism', with its drawbacks of widespread informalisation, rising extremes of inequality and a corporate-financial nexus of bad assets. The informal sector continues to dominate the economy, with over 80 percent of non-agricultural workers employed by the informal sector and MSMEs, contributing over a third of GDP.

For every administration that fails to put in place the institutional and policy preconditions for dynamic, inclusive development, there is a permanent loss in productive and human potential. In the absence of a genuine and sustainable opposition to this system in mainstream politics and intellectual discourse in the last 15-20 years, the finance capitalist system has developed its own independent dynamics. As a result, every roll of the dice falls in its favour. The unbridled horse of the capitalist Ashwamedh is galloping, plundering national resources/assets/labor, amalgamating public sector enterprises/institutions in the unabated pursuit of profits. Constitutional democratic institutions are being dragged behind this horse, losing their strength and structure. Against this backdrop, the farmers' movement against the three hurriedly-passed new agricultural laws seems to have grabbed the reins of the horse of capitalism. The movement has ideological clarity, is persistent in its demands and opposed to privatisation-corporatisation. The agricultural sector is larger than all other sectors. Corporate houses are not oblivious of the potential of its tremendous profits. That is why they had their eye on the sector since the beginning of liberalization and according to the farmers, the proposed contract farming, APMC bypass, the MSP issue and the transfer of judicial power to the executive in the new agricultural laws threaten the livelihood of millions of smallholder farmers and those who rely on agro-sector of their basic needs.

There has been no democracy that has grown economically without corporate capitalism. It helps in modernizing the economy and enabling the transition from rural to urban, and agriculture to industry and services, which are inevitable with growth.

The problem in India is, of course, the practice of capitalism and the form it has taken. India's growth story is dogged by concerns over high-level corruption and rising inequality. Whether India realizes its growth potential or gets stuck in a middle-income trap depends on both policy choice and institutional design. This requires, in the resonant phrase of Raghuram Rajan and Luigi Zingales, 'saving capitalism from the capitalists'. Rebuilding state-business relations in an open, competitive rules-based fashion is essential. What we need is the policy of 'compassionate capitalism'- which according to N.R. Narayana Murthy, the co-founder of Infosys, is capitalism in mind and socialism at heart, a creed which looks at fairness and at ensuring that everyone is better off.

— The —

## OCEAN

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ANOUSHKA MOSES  
B.A. ENGLISH HONOURS 1st YEAR

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She is gentle, caring, calm. If you lie down on the sand when she's having a good day, she'll whisper things in your ears. Secrets, things, beautiful things about the corals and the whales. She'll touch you softly, and her salty potency will fill your senses. She will hold you, but only for so long, for she has to try to get back to her lover; the moon.

If you approach her if she's having a bad day, when she's fierce and violent; darker, you'll hear things in her roars. Terrible, horrible things. The anguished, terrified screams of the sailors whom she did not spare, the lament of the souls who gave it all up because they felt nothing.

The ocean is beautiful; but beware, there's destruction in her heart. She may love you, but the way she'll show it is apocalyptic. She'll thrash you around till you're nothing but the grains of sand, you'll drift away in the wind, in a million little pieces.

You may love her, but she loves the moon. In her neverending quest to go back to her, for their love is powerful, cosmic. An epic, violent romance that leaves nothing in its wake.

Make no mistake, for she will love you with the same hand she will crush you. She will make you feel alive in the same breath she kills you. She hides herself from no one, yet some think they can conquer her. She will always be like this; the two sides of the same coin, till she is reunited with her lover.

— There —

## WOULD YOU FLOAT?

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DEBASHMITA SAHA  
B.A. ECONOMICS HONOURS 3rd YEAR

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And to the boat made to float,  
where do you go?  
To a distant shore where  
the waters roar, liberating  
clouds of sparkling white,  
Where the blues touch, sands swim  
where the night is quiet?  
Where this girl would find a ray of light  
Only to be free,  
From all the knots that life has tied;  
Form her near and dear ones,  
who wanted her to grow,  
But always measured her height;  
From those who taught  
her to play with words,  
But unknowingly got pierced  
in her poetry's holocaust;  
Where the colour of her sky is  
whatever she wants,  
Where she knows her worth,  
Where she finds a world of humans;  
Where the gleaming sun glows stronger  
Only to lighten her path a little brighter,  
There would you float?  
The boat made to float.



# WRINKLES ON THE SOUL

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AARUSHI  
B.A. ENGLISH HONOURS 3rd YEAR

You know it, but you won't say it  
I know it, and I keep it to myself  
Was it truly confusion or  
Did everything start making sense?

Your lamb used to bleat first thing in the morning  
Still stuck on that one note it used to hit.  
I snicker, the sound of my world crashing down  
Resembles the poor thing's shrieking while  
You slashed it open, snickering.

But I get it, you're only human  
It was supposed to happen one way or another.  
So here I am, your very own punching bag  
Hit me all you want, I can take it  
My numb heart reminiscent of your  
Old flesh that bled golden.

Everyone around me shuns you,  
I might as well do that too  
But the scent of your unicorn farts still  
Lingers in my nose  
Stronger than the corpse of your rotting innocence.  
So I take it in, I take it all  
The white haze and clouds of your white lies  
The pieces of an eggshell that I'm trying to fry  
For my breakfast.

I'm on the verge of falling down  
But the claws are dug very deep  
And believe it or not I'm starting to hear faint squeaks  
Of the one that you drowned.

My very being condemns and curses me for letting you  
stay  
You too are hell-bent on burying me alive  
But I won't stop straightening the wrinkles on my soul  
Crinkled by the legacy of your deeds, through my knife.



# ALCESTIS    A “LOVE” LETTER TO PRIVILEGE

BY: ANMOL SIDHU  
B.A. ENGLISH HONOURS 3rd YEAR

Once burned by love,  
the two blue pools are still now.  
Still and lifeless. Parted lips. Silence,  
as clamors of childhood joy beautiful  
eyes. Nothingness, as his promises of  
love.

A Dutiful Daughter I was  
given to a lion and wild boar both.  
A Dutiful wife I remained  
when Thanatos mocked his chivalry.

Returned I am  
Only a loyal body now.  
Fates ridicule this live flesh  
pieces torn in name of love.  
Pieces I could never reclaim  
a lamb to men, they relished to their  
fill.

I am Alcestis of Thessaly  
more of Admetus  
Many times you all are  
less of you, more of them  
and we shall not speak,  
or their World will crumble down.

BY: ANGEL SHAN  
B.A. PSYCHOLOGY HONOURS 2nd YEAR

When the cinnamon scented dragon  
breathes it's last flame,  
When the bleeding hearts of saints  
turn gold, and just as useless;

When the truth turns cold,  
and sleep comes warm  
as history burns in the fireplace;  
When thorns grow from our skin  
and roses bandage their goosebumps;

When life burns at the bottom of the pot,  
and it's sweet smell makes you nauseous;  
When the news seeps in  
through a drain clogged by money;

When the armchair springs  
spew uncomfortable truths,  
When the boiling pot of 'tea'  
is always cold to drink and hot to spill;

When the portraits of dead kin  
are the only safe and happy family,  
When the wind embraces you in mourning  
and ashes within it wipe your tears,

I hope they remember you.  
And I hope you've forgotten yourself.



## I FEEL IT

By: Nikita Singh

MA English



I feel it,  
Bit by bit,  
Word by word,  
Sounds larger than I heard,  
I repeat I feel it.  
Don't ask me,  
What, How, Why,  
Did you leave me,  
Leave me to die.  
I feel it,  
I repeat it tonight,  
Every moment, Everytime, Listen,  
What is my crime,  
I feel it,  
Inch by inch,  
Touch by touch,  
How many times,  
Will the world create a fuss.  
No don't ask me,  
How! Why! When!  
I feel it,  
And you say don't bend, I feel it,  
Like you, And me, Me and they.  
I feel it,  
Emotions by emotions,  
Numb too by this time.  
What was it,  
I don't know,  
As it's another crime,  
What is that,  
That you made me feel,  
Your choices,  
My options they read,  
No my tears, My anxiety levels,  
Your time, I feel it,  
Don't leave me, Like a fine.  
Listen, Hear, Shout, Read,  
Don't leave me,  
I am only left to plead.  
I feel it! I feel it again!  
Yes, I feel it!  
And can't express,  
What, Why,  
But it's my tears,  
Your definition,  
And that's fine.

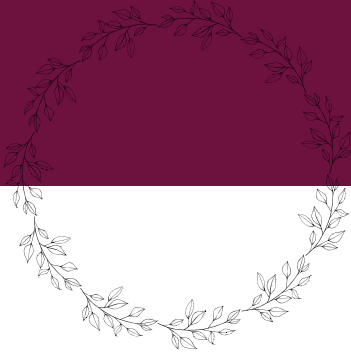
## THE GOLDEN HOUR

By: Aabhya Verma

BA English Honours 2nd Year



The canvas of sky painted with hues of dawn  
Moist and bright, was the pearl-studded lawn  
In deep slumber, curled up in the quilt  
Cherishing, the utopian castles I built  
  
Swayed in calm & cool breeze  
To the curtains, something she whispered  
As they whirled in a frolicsome gesture  
Swinging, singing in its Aeolian melody, on me, it stared  
Reached my neck,  
Rolling through locks of my hair  
I awake with a murmur  
As Snow White came out of her deep slumber  
  
Gained my senses, the day commences  
Struggling to see, Oh! My burdened lashes  
From my dream's ashes  
Lifting my spirits, I opened the window wide  
My hair were flying as if a swing I ride  
  
Stream of wind flowed, carried away all the gravels of load  
What a healing therapy, nature created  
My body, completely rejuvenated  
  
Golden light on cloud hugged peaks, chirping birds along  
To the divine realms of heaven, it belongs  
We ignorant, blind in daily chores  
Look outside there is much to adore  
In all it is for a good life we struggle  
Till when we will be living, Is it forever long?  
It is the mother earth to which we truly belong.  
  
Far away firewood was burning  
Somewhere leaves have fallen on earth  
Omnipresent is the law of nature  
Birth-death-rebirth  
For our hardships, we are always mourning  
Instead, overcoming them is what makes life worth living  
Signs of nature unspoken, unheard  
But those who understand and feel it deep  
Knows, It's a language beyond words  
  
Every time the sun rises, we are born again  
A new day, A new life  
Our weary spirits, it empowers  
Transcending horizon "The Golden Hour"



## Easily Surpass

(Normal life which we will be living after Corona will be eradicated from our lives as before.)

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Sunshine will come  
There'll be no hidden some  
Day will come  
The lost one's will be found  
In the earth's round.

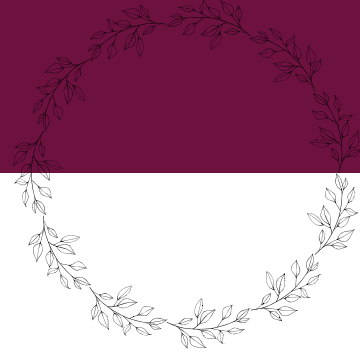
Beginning of bliss it carries,  
Life will be full of Merries  
Nature then says  
How here come Happy Days!!

Bonhomie will return in faces,  
Chaps will have graces.  
Dreams won't be dreams,  
Hold power to excel these.

No helpless lying those footpaths,  
All hurdles to easily Surpass !!!!

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By: Sania Sudan  
BA Passcourse 1st Year



## Life - An Untold Story

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Tick tock...tick tock...  
Life is counting down on your internal clock.  
Memories that feel as if they occurred yesterday  
turn to flashes of moments that seem to fade away.

People you once knew  
walk by without a clue.  
The times you once shared  
exist as if you were never there.

Years fly...friends die...  
and you never know when you'll say your last goodbye.  
Oh, how I wish I could turn back time,  
spend it with loved ones and cherish what once was mine.

Or to go back even more,  
being a kid in a candy store.  
How I miss the way I used to feel  
on Christmas day when Santa was real.

But back to reality...back to today,  
family is scarce and memories continue to fade away.  
Tick tock...tick tock...  
How I wish I could control this clock.

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By: Nitisha Thapar  
BA 1st Year







# हिंदी विभाग



# संपादकीय

सेंट बीड्स महाविद्यालय शिमला की वार्षिक पत्रिका "एकोज" का २०२० -२०२१ का अंक प्रकाशित किया जा



रहा है | मुझे इस बात की प्रसन्नता है कि मुझे इस पत्रिका के हिन्दी अनुभाग का सम्पादन कार्य सौंपा गया है | किसी भी शैक्षणिक संस्था की वार्षिक पत्रिका उस संस्थान में पढ़ रहे छात्र - छात्राओं की रचनात्मक प्रतिभा को अभिव्यक्त करने का उत्तम माध्यम होती है | वार्षिक पत्रिका के द्वारा ही हमें ज्ञात होता है कि उस संस्था ने वर्ष भर कितना कार्य किया है | सम्पादन के कार्य के लिए मैं हिन्दी विभाग की प्राध्यापिका डॉ. मीनाक्षी शर्मा का आभार प्रकट करती हूँ कि उन्होंने मुझे इस योग्य समझा और मुझे सम्पादन का कार्य सौंपा |

इसमें कोई अतिशयोक्ति नहीं है कि प्रत्येक व्यक्ति की अपनी एक भाषा होती है जिसमें वह अपने विचारों को व्यक्त करता है | हिन्दी हमारी मातृ भाषा है | जिसमें हम अपनी दिनचर्या का काम करते हैं | प्रत्येक वर्ष की तरह इस वर्ष भी पत्रिका के

लिए अनेक रचनाएं प्राप्त हुई हैं |

जैसे कि हम सभी जानते हैं कि सम्पूर्ण विश्व "कोरोना" नामक एक खतरनाक महामारी का दंश झेल रहा है | ऐसे में विद्यालय, महाविद्यालय, विश्वविद्यालय भी बंद रहे | जिसके कारण कोई भी गतिविधियाँ संभव नहीं थी | यद्यपि महाविद्यालय में ऑनलाइन कार्य चलता रहा |

सितंबर माह में हिन्दी सप्ताह का आयोजन किया गया |

1. 14 सितंबर को हिन्दी दिवस मनाया गया | उससे पहले "हिन्दी सप्ताह" का आयोजन किया गया जिसमें विभिन्न प्रतियोगिताओं जैसे निबंध लेखन , कविता लेखन ,कविता पाठ ,कोलाज निर्माण , भाषण , कहानी लेखन , आदि में छात्राओं ने बढ़ चढ़ कर भाग लिया |
2. 21 फरवरी को अंतरराष्ट्रीय मातृभाषा दिवस मनाया गया जसमें भाषण व कविता पाठ किया गया |
3. हिन्दी, अंग्रेजी, इतिहास की अंतर-विषयक संगोष्ठी करवाई गई जिसमें प्रो. ओमप्रकाश सारस्वत और डॉ. संगीता सारस्वत मुख्य अतिथि थे |
4. डॉ. संगीता सारस्वत ने विशेष वक्ता के रूप में "साहित्य में व्यंग्य के महत्व" पर चर्चा की |

विभूति पँवार

छात्र -संपादिका



# कोरोना से जंग लड़ते हमारे वीर

कैसा है ये मंजर, कैसी हैं ये हवाएं,  
प्रकृति का खेल तो देखो, अब चाहिए तो  
केवल दुआएं ॥

कभी ना सोचा था, कभी न चाहा था,  
कुछ ऐसा अनोखा सा, कुछ ऐसा अगोचर सा ।  
एक क्षण में कर दी कोरोना ने तबाही,  
अब तो हर मानव की है इस से लड़ाई  
सभी दुकानें बंद हैं, बस खुली है तो राशन की  
दुकान,  
अब तो खाली से लगते हैं चौराहे और  
मैदान॥

अस्पताल में डॉक्टर इस वक्त सभी के लिए  
हैं भगवान,  
खाकी वर्दी पहने पुलिस वालों को भी हमारा  
प्रणाम॥

घर में रहकर सब दे रहे अपना योगदान ,  
इसलिए तो है देश मेरा महान महान॥

आपसी वैर- विरोध ने भी मुसीबत और बढ़ाई  
है,  
पर देश की सीमाओं पर हमारे वीर जवानों ने  
भी खूब देश भक्ति निभाई है॥

जिंदगी की ज़ददोजहद में हर कोई लड़ रहा  
अपनी लड़ाई है,  
अब जाकर मानव को समझ आई है॥

प्रकृति से प्रेम करने में ही सबकी भलाई है,  
कोरोना ने भी हमको यही बात याद दिलाई  
है॥

ज्यादा पाने की चाह में मानव ने की  
अपनी तबाही हैं,  
अब तो समझ जाओ प्रेम प्यार से रहने में ही  
सब मुल्कों की भलाई है॥

समय रहते ही चेत जाओ , जीव -जंतुओं पर  
भी तरस खाओ,  
तुम्हारे हिस्से का जितना है बस उतना ही  
पाओ॥

करो ना तुम लालच की हदें पार,

वरना हर तरफ खड़ा मिलेगा कोरोना तैयार  
कोरोना तैयार ।।

\_आर्शीया रोच

बी ए( प्रथम वर्ष)

## बैजनाथ मंदिर हिमाचल प्रदेश : अनुभव करे शिव- शक्ति की ऊर्जा

हिमालय की भव्य धौलाधार श्रेणी से घिरा बैजनाथ मंदिर, इसकी शानदार वास्तुकला के साथ-साथ विस्तृत और जटिल नक्काशी के साथ विद्यमान है। यह हिमाचल प्रदेश के कांगड़ा जिले में एक छोटे शहर बैजनाथ (जिसे शिव भूमि भी कहा जाता है) में स्थित है। ऐसा माना जाता है कि कीरग्राम जो कि बैजनाथ का प्राचीन नाम है, भगवान शिव को बहुत प्रिय था।

“इस मंदिर में शिव की ऊर्जा है, ऐसी ऊर्जा, हर जगह होती है, लेकिन मंदिरों में यह अधिक तीव्र होती है। यदि आप अपने परिवेश की ऊर्जा में परिवर्तन के बारे में थोड़ा भी सचेत हैं, तो आप इस स्थान की दिव्य और अद्भुत ऊर्जा को महसूस करेंगे ।”

### कैसे बनाया गया था यह मंदिर ?



त्रेता युग  
में,  
लंकाधिपती  
रावण शुरु  
से ही  
महादेव के

बड़े भक्त थे। अपनी कठोर तपस्या और भक्ति से उन्होंने महादेव को प्रसन्न किया, और विभिन्न वरदान प्रदान किए गए। उन्होंने कभी भी अमरत्व, शक्ति या किसी अन्य भौतिक वरदान की तरह कुछ नहीं मांगा, बल्कि उन्होंने महादेव से “भक्ति का वरदान” मांगा। महादेव के लिए यह उनका प्रेम और भक्ति थी। कुछ समय बाद उन्होंने कामना की कि महादेव उनके साथ लंका आएँ और उनके साथ हमेशा रहें। महादेव रावण के बहुत अनुरोध के बाद सहमत हुए लेकिन स्पष्ट रूप से कहा कि मैं आपके साथ एक लिंग के रूप में आऊँगा और याद रहे कि आप मुझे पृथ्वी पर जहाँ भी रखेंगे मैं वहाँ हमेशा के लिए स्थापित हो जाऊँगा।



वह कैलाश से अपनी बाहों में लिंग को ले कर चला।

जब वह कीरग्राम पहुँचा, तो उसका सामना एक ग्वाला जिसका नाम बेजू था से हुआ, जो ग्वाले के वेश में भगवान गणेश थे और उसने उससे कुछ पानी मांगा। गणेश ने वरुण देव से मदद ली, वरुण जल के देवता हैं और सभी नदियों, झीलों, महासागरों और पानी के अन्य जलाशयों की रक्षा करते हैं। वरुण ने एक घड़े के अंदर एक तालाब का सारा पानी डाला और गणेश से कहा कि जब रावण इसे पीएंगा, तो सारा पानी अपने मूल रूप और विशालता में आ जाएगा। जैसे ही रावण ने पानी पिया, उसे लघुशंकर करने जाना पड़ा और उसने बेजू से लिंग को तब तक पकड़ने के लिए कहा, जब तक की वह वापिस लौटकर नहीं आता। जब रावण गया तब गणेश ने लिंग को नीचे रख दिया और उस समय से लिंग वहाँ स्थित है। और इसका नाम बैजनाथ रखा गया।



जैसे कि अन्य मान्यता है कि बैजनाथ मंदिर भगवान शिव के वैधनाथ संस्करण के रूप में "बैजनाथ" हैं।

लिंग के चारों ओर मंदिर का निर्माण कब हुआ वास्तव में निश्चित नहीं है क्योंकि हमें कई संदर्भ मिलते हैं।

1. "बैजनाथ प्रशस्ति" प्रसिद्ध शारदा और टांकरी लिपियों में पहाड़ी भाषा में लिखे गए हैं, इनसे हमें यह जानकारी मिलती है कि मानुक और उनके भाई आहुक ने इन दो समृद्ध व्यापारियों ने निर्माण किया।

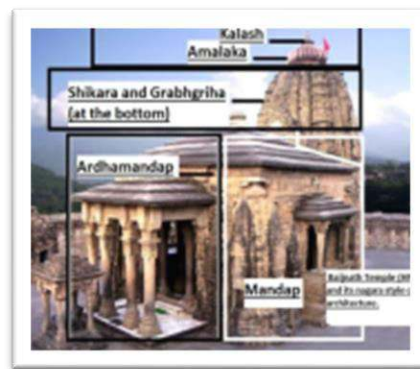
2. प्रशस्तियों से ही हमें पता चला कि कटौच वंश के राजा संसार चंद (1765-1823) ने इस मंदिर का जीर्णोद्धार करवाया और यह तब सामने आया जब अलेक्जेंडर कनिंघम ने एक प्रशस्ति को देखा जिसमें उल्लेख किया गया था कि मंदिर कि जीर्णोद्धार संसार चंद द्वारा 1786 में कराया गया था।

3. स्थानीय लोगों की मान्यता है कि इस मंदिर का निर्माण पांडवों द्वारा किया जा रहा था, वह भी एक रात में।

4. मंदिर के लकड़ी के दरवाजों पर 1840 की एक और निर्माण तिथि का उल्लेख है।

निर्माण की कई तारीखों का मतलब यह भी हो सकता है कि तिथियाँ नवीकरण या मरम्मत की तारीखों का जिक्र करती हैं क्योंकि यह क्षेत्र भूकंप से ग्रस्त है और इसने कई भूकंपों और नुकसानों का सामना किया।

## आर्किटेक्चर



मंदिर शिखर की वास्तुकला, नागर शैली में 80 फीट ऊंची और विस्तृत नक्काशी और देवी-देवताओं की आकृति के साथ बनाई गई है। कई



इतिहासकारों का तर्क है कि शिकारा पर किसी तरह की अपरिभाषित आइकोनोग्राफिक या चित्रलिपी लिपि है। यह भी माना जाता है कि इस मंदिर में शिव और पार्वती का विवाह हुआ था और एक उत्कीर्णन भी दिव्य विवाह को समर्पित है। पूरे मंदिर में भगवान हनुमान और भगवान गणेश के उत्कीर्णन के साथ कई और भगवान और देवी-देवताओं की नक्काशी भी है। बाहरी दीवारों पर श्लोक लिखे हैं। मुख्य मंदिर के बाहर एक और छोटा लिंग है और कुल मिलाकर दो नंदी मंदिर में रखे गए हैं। मंदिर के पीछे, बिनवा खड्ड नाम की यह सुन्दर पानी की धारा है। स्थानीय लोगों के अनुसार यह धारा एक नदी के रूप में शक्तिशाली हुआ करती थी लेकिन अब केवल एक धारा बची है। अब, प्रकृति में इन दुर्भाग्यपूर्ण परिवर्तनों के लिए किसे

दोषी ठहराया जाए, ग्लोबल वार्मिंग भी एक कारण है।

-आभ्या वर्मा  
बी ए (द्वितीय वर्ष)

## चूड़धार मंदिर हिमाचल प्रदेश :

प्रकृति की गोद में बसे हिमाचल प्रदेश में तमाम तीर्थस्थल हैं। जिनके दर्शनों के लिए देश-विदेश से श्रद्धालु पहुंचते हैं। इन्हीं में से एक बेहद खास तीर्थ स्थल है सिरमौर जिले में। यहां दर्शन के लिए देश ही नहीं विदेश से भी श्रद्धालु आते हैं। इस स्थान की अपनी अलग ही महत्ता है। आइए जानते हैं कौन सा है यह स्थान और इसकी क्या प्रतिष्ठा है।



हिमाचल प्रदेश के सिरमौर जिले में सबसे ऊंची चोटी चूड़धार को ही शिरगुल महाराज के नाम से जाना जाता है। चोटी पर 'शिरगुल महाराज' मंदिर की भी स्थापना की गई है। इन्हें सिरमौर और चौपाल का देवता माना जाता है। यह मंदिर प्राचीन शिखर शैली में बना है, जिससे इसके स्थापना काल का पता चलता है।



### भूगोलिक स्थिति :

चूड़धार पर्वत हिमाचल प्रदेश के सिरमौर जिले में स्थित है। चूड़धार पर्वत समुद्र तल से 11965 फीट (3647 मीटर) की ऊंचाई पर स्थित है। यह पर्वत सिरमौर जिले और बाह्य हिमालय (Outer Himalayas) की सबसे ऊंची चोटी है। सिरमौर, चौपाल, शिमला, सोलन उत्तराखंड के कुछ सीमावर्ती इलाकों के लोग इस पर्वत में धार्मिक आस्था रखते हैं। चूड़धार को श्री

शिरगुल महाराज का स्थान माना जाता है। यहाँ पर शिरगुल महाराज का मंदिर है।



## चूड़धार कैसे पहुंचा जाए



चूड़धार पर्वत तक पहुंचने के दो रास्ते हैं। मुख्य रास्ता नौराधार से होकर जाता है तथा यहां से चूड़धार 14 किलोमीटर है।

दूसरा रास्ता सराहन चौपाल से होकर गुजरता है। यहां से चूड़धार 6 किलोमीटर है।

## क्या हैं मंदिर को लेकर कहानी

कहा जाता है कि आदि शंकराचार्य जब हिमाचल प्रवास पर आए थे, तब उन्होंने इस ऊँची पहाड़ी पर एक शिवलिंग की स्थापना की थी और तभी से यह मंदिर प्रचलित है। इस पहाड़ी पर एक विशाल पत्थर है जिसको लेकर पौराणिक कथाओं में कहा जाता है कि यहां भगवान शिव अपने परिवार के साथ निवास करते थे।

इस मंदिर के बनने के पीछे एक पौराणिक कहानी जुड़ी है। मान्यता है कि एक बार चूरु नाम का शिव भक्त, अपने पुत्र के साथ इस मंदिर में दर्शन के लिए आया था। उसी समय अचानक बड़े-बड़े पत्थरों के बीच से एक बहुत बड़ा सांप बाहर आ गया। चूरु और उसके बेटे को मारने के लिए सांप उनकी तरफ दौड़ा। उन्होंने अपने प्राणों की रक्षा के लिए भगवान शिव से प्रार्थना की। भगवान शिव के चमत्कार से विशालकाय पत्थरों का एक हिस्सा उस सांप पर जा गिरा, जिससे वह सांप वही मर गया और चूरु तथा उसके पुत्र के प्राण बच गए। कहा जाता है कि उसके बाद से ही यहां का नाम चूड़धार पड़ा और लोगों की श्रद्धा इस मंदिर में और अधिक बढ़ गई और यहां के लिए धार्मिक यात्राएं शुरू हुईं। एक बहुत बड़ी चट्टान को चूरु का पत्थर भी कहा जाता है जिससे धार्मिक आस्था जुड़ी है।

यह भी कहा जाता है कि चूड़धार पर्वत के साथ लगते क्षेत्र में हनुमान जी को संजीवनी बूटी मिली थी। सर्दियों और बरसात के मौसम में यहां जमकर बर्फबारी होती है। यह चोटी वर्ष के ज्यादातर समय बर्फ से ढकी रहती है।

चूड़धार पर्वत का उल्लेख जॉन केय द्वारा पुस्तक, **द ग्रेट आर्क** में किया गया है, जिसमें इसे 'द चूरु' कहा गया है। इस चोटी से ही जॉर्ज एवरेस्ट ने 1834 के आसपास हिमालय पर्वतों के कई खगोलीय आंकड़े जमा किए। उस समय वह भारत के सर्वेक्षक जनरल थे। मालूम हो कि माउंट एवरेस्ट को अपना नाम जॉर्ज एवरेस्ट से ही मिला है।

## पर्यटन की संभावनाएं



हर साल गर्मियों के दिनों में चूड़धार की यात्रा शुरू हो जाती है। यह चोटी ट्रेकिंग के लिए बेहद ही उपयुक्त है। परंतु यह चोटी दुर्गम तथा कम प्रचलित होने के कारण बाहरी पर्वतारोहियों के बीच में उतनी महत्वपूर्ण जगह नहीं बना पाई है। धीरे-धीरे बदलाव आना शुरू हो गया है क्योंकि यहां ट्रेकिंग की अपार संभावनाएं हैं।

## बावड़ियों को लेकर कहानी

[शिरगुल महाराज मंदिर](#) के पास दो बावड़ियां बनी हुई हैं, जिनको लेकर लोगों में गहन आस्था है। कहा जाता है कि इन बावड़ियों में स्नान के पश्चात ही शिरगुल महाराज के दर्शन का फल प्राप्त होता है। इन दोनों बावड़ियों में से एक-एक लोटा जल लेकर अगर अपने सर पर डाला जाए तो आपके मन की मुराद शिरगुल महाराज पूरी करते हैं। इतना ही नहीं, सिरमौर जिले में जब भी किसी नए मंदिर की स्थापना होती है तो इन बावड़ियों में से जल भर देवी देवताओं को स्नान कराया जाता है।

## समस्याओं को मिलता है समाधान

शिरगुल महाराज मंदिर में दर्शन करने आए भक्तों के मन में अगर किसी प्रकार की समस्या या उलझन है तो वहां इसका समाधान यहां पानी की कोशिश करते हैं। बता दें कि शिरगुल महाराज मंदिर के पुजारी भगवान को साक्षी मानकर भक्तों के प्रश्नों का समाधान करते हैं।

विभूति पँवार

स्नातक(तृतीय वर्ष)

संपादक



## काश

पालने की डोरी  
वो बचपन की लोरी  
मुंह की वो लार  
और  
सबका दुलार  
जो गया बीत वो फिर न आएगा  
काश ही काश रहा जाएगा

खुशी का खिलौना  
मखमल का बिछौना  
वो गमले की माटी  
वो बचपन के साथी  
वो मन की बेफिक्री  
खाने, पीने, सोने में दुनिया थी  
फिरती  
जो गया फिर न आएगा  
वो सुकून क्या फिर मिल जाएगा?  
काश ही काश रह जाएगा

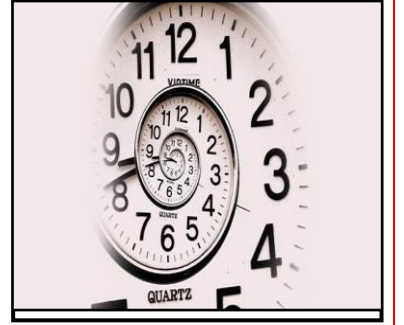
जीवन की आखरी सीढ़ी  
देख रही बढ़ती नई पीढ़ी  
उम्र भर किया काम  
अब दिल चाहे आराम  
जन्मदिन भी अब न भाए  
जैसे  
जीवन की माला में से एक मोती और गिर  
जाए  
आखिरी सांस जब बटोरेंगे  
पूरे जीवन को अपने सजाएंगे  
जीवन का अर्थ तो तब समझ आएगा  
जब होगा तो तब  
पर चलने का वक्त आ जाएगा

क्या जीवन को कोई समझ  
पाएगा?  
या हर व्यक्ति खुद पर हंस चला जाएगा  
काश ही काश रह जाएगा?

\_आभ्या वर्मा

## वक्त

वक्त माना कि थोड़ा सख्त है ।  
मगर यह भी तो बस वक्त है  
थोड़ा पिघल जाएगा यह भी गुजर जाएगा  
वक्त जो ठंडा पड़ा है  
थोड़ा सा अकड़ा हुआ  
है  
वक्त भी गरमाएगा  
यह भी गुजर जाएगा  
वक्त से यूँ ज़िद्द ना कर  
बस सब रख और कर्म कर  
थोड़ा सा झुक जाएगा  
यह भी गुजर जाएगा  
माना कि थोड़ा सख्त है  
मगर यह भी तो बस वक्त है  
थोड़ा पिघल जाएगा  
यह भी गुजर जाएगा



\_तमन्ना बस्ता

बी ए (तृतीय सत्र)

## राष्ट्रभाषा हिन्दी

### क्या लिखूं ?

कॉलेज की मैगजीन छप रही है

मिला मुझे समाचार ।

सोचा मैं भी लिख डालूं ,

कविता व आर्टिकल दो चार ।

क्या लिखूं कैसे लिखूं ?

समझ नहीं कुछ आता ,

यूं ही बैठे - बैठे सारा समय हैं

गुज़र जाता,

कविता लिखूं कहानी लिखूं या लिखूं कोई  
खेल

इस सोच में बैठा रहा ,सिर घुटनों पर टेक

सोचा कुछ अनुभव ही लिख डालूं

सरस या गमगीन ।

पर लिखूं कैसे ?

मैं ठहरा अनुभवहीन ।

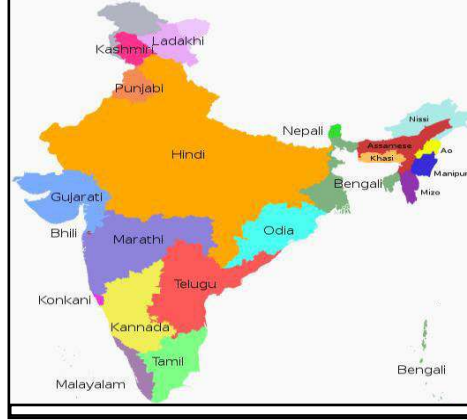
इन्ही सोच विचारों मे खोकर ,तुकबंदी मेंने  
कर डाली

सारी रचना लिख कर मैंने कर दिया अपने  
को खाली ।

—रंजना देवी

प्रथम वर्ष

प्रकृति की पहली ध्वनि ॐ है



मेरी हिन्दी भाषा भी,

इसी ॐ की देन है

देवनागरी लिपि है

इसकी, देवो की कलम

से उपजी

बांग्ला, गुजराती,

भोजपुरी, डोगरी, पंजाबी

और कई

हिन्दी ही है इन सबकी जननी ।

प्रकृति की हर एक चीज़ अपने में सम्पूर्ण  
है

मेरी हिन्दी भाषा भी अपने में सम्पूर्ण है

जो बोलते है वही लिखते है

मन के भाव सही उभरते है ।

हिन्दी भाषा ही तुम्हें, प्रकृति के समीप ले  
जाएगी

मन की शुद्धि तन की शुद्धि, सहायक यह  
बन जाएगी

कुछ हवा चली है एसी यहाँ

कहते है इस मातृभाषा को बदल डालो

बदल सको क्या तुम अपनी माता को ?

मातृभाषा का क्यों बदलाव करो ।



देवों की भाषा का क्यों तुम तिरस्कार करो  
बदल सको तो तुम अपनी सोच को बदल  
डालो

हर एक भाषा का तुम दिल से सम्मान  
करो ॥

—विभूति पँवार  
स्नातक (तृतीय वर्ष )  
संपादक

## पिता पर खूबसूरत कविता

पिता एक उम्मीद है, एक आस है  
परिवार की हिम्मत और विश्वास है  
बाहर से सख्त अंदर से नर्म है  
उसके दिल में दफन कई मर्म हैं।  
पिता संघर्ष की आंधियों में हौसलों की दीवार  
है  
परेशानियों से लड़ने को दो धारी तलवार है,

बचपन में खुश करने वाला खिलौना है  
नींद लगे तो पेट पर सुलाने वाला बिछौना है  
पिता जिम्मेवारियों से लदी गाड़ी का सारथी  
है  
सबको बराबर का हक दिलाता यही एक  
महारथी है  
सपनों को पूरा करने में लगने वाली जान है  
इसी से तो माँ और बच्चों की पहचान है।  
पिता ज़मीर है पिता जागीर है  
जिसके पास ये है वह सबसे अमीर है,  
कहने को सब ऊपर वाला देता है  
पर खुदा का ही एक रूप पिता का शरीर है।

तमन्ना बसटा  
बी ए (तृतीय वर्ष)



## एक सफ़र

एक सफ़र शुरू करना है ,  
खुद से खुद तक चलना है ।  
खुद ही से शुरू खुद ही में खत्म करना है ,  
खुद को जानना खुद ही को परखना है ।  
खुद ही बहकना खुद ही सम्भलना है,

हर मोड़ पर खुद को खुद ही टटोलना है।  
खुद ही सेहना खुद समझना है,  
खुद ही रूठना खुद ही को मनाना है ।  
एक सफ़र शुरू करना है ,  
खुद से खुद तक चलना है ।

सिमरन सिन्हा  
बी ए (द्वितीय वर्ष)

## NCC day celebration

यह माँ और उसके बच्चे का रिश्ता ही अनोखा है। वह बच्चे से तब से प्रेम करती है जब से उसने उसको देखा भी नहीं होता, जब वह उसके गर्भ में होता है। यह माँ तभी उसके लिए मर मिटने को तैयार रहती है।

गर्भ में पल रहे बच्चे का भी प्रेम कम नहीं है ,9 महीने के दौरान माँ को जब चोट लगती है तो यह गर्भ में बैठा उसका बच्चा उसको 'स्टेम सेल्स' भेज कर घाव भर देता है

एक माँ, कभी अपने दो बच्चों में भेदभाव नहीं करती समान प्रेम ,समान अधिकार और समान ममता मिलती है उनको।

बड़े होने पर भाई भाई में कितनी भी लड़ाई हो जब बात माँ की होती है ,वे दोनों साथ खड़े रहते हैं

कुछ इसी प्रकार का रिश्ता है भारत माता और उसके 130करोड़ बच्चों का!

भारत एक ऐसा देश है जहां 29 राज्य, 22 भाषाएं और 130 करोड़ की आबादी है ।

जहां आपसी रंजिश और दंगों की कोई कमी नहीं है, पर जब बात माँ और मातृभूमि की आती है यह आपसी रंजिश एकता में बदल जाती है ।ऐसी एकता जो बड़ी से बड़ी आपदा को घुटनों पर ला दे

जब माँ की बात आती है कंधे से कंधे मिल जाते हैं ,जज़्बात एक हो जाते हैं ,नसों में दौड़ता लहू खौल उठता है और दुश्मन डर कर भाग जाता है।

इस देश की यही खास बात है यहां 130 करोड़ देशवासी अलग भाषाएं होते हुए भी साथ मिलकर रहते हैं, साथ मिलकर लड़ते हैं और साथ मिलकर खाते हैं। साथ मिलकर हर परेशानी को दूर करते हैं और साथ मिलकर त्यौहार मनाते हैं।

होली हो, ईद हो ,क्रिसमस हो या गुरुपर्व हो हवाओं में समान प्रेम, इज्जत ,भावनाएं और





त्यौहार की खुशी की लहर आती है।

130 करोड़ देशवासी साथ अनाज बोते हैं, साथ काटते हैं और साथ पका कर खाते हैं,  
और इसी को अनेकता में एकता कहते हैं!!

भारत का साहित्य, संस्कृति, सौंदर्य, समन्वय, समानता, भारत की एकता महान हैं!!

जय हिंद!!

जय भारत!!

- गति सिंह

बीकॉम (प्रथम वर्ष)

## साहित्य



हिंदी साहित्य से हमेशा बहुत लगाव रहा है। बहुत आनंद आया मानव कौल द्वारा लिखित "बहुत दूर कितना दूर होता है" की यात्रा में। कुछ शहरों का विवरण इतना अद्भुत है कि हम साथ सफ़र कर लेते हैं और कब कश्मीर की यादों से फ्रांस की गलियों के चित्र आंखों के सामने जीवंत हो उठते हैं पता ही नहीं चलता। हालांकि वर्तमान स्थिति में वहां जाने की इच्छा प्रबल है और संभावना कम।

परंतु इस किताब को पढ़ते हुए कब हम पाठक से सहयात्री बन जाते हैं यह अपने आप में एक अनूठा अहसास है। यह किताब हर उस इंसान के ज़हन में बसने का अधिकार रखती है जिसे यात्रा करना और ज़िंदगी को अपने तरीके से जीना पसंद है।।

एक अलग रूहानियत है इनके लिखने के अंदाज़ में।

\_कीर्ति शर्मा

बी.ए (भूगोल तृतीय वर्ष)

## हर खुदखुशी एक तरह की हत्या ही होती है!

खुद की जान लेना बहुत मुश्किल है पर जब आपका दिमाग ही आपकी मौत का षड्यंत्र रचने लगे तब आप कई बार असहाय महसूस करते हैं, और एक दिन खुद अपनी मौत का फंदा बांध लेते हैं।

हम कई ऐसी चीज़ें खुद में भरते जाते हैं जिससे ठेस पहुंचती है हमें और एक दिन यह सारी चीज़ें अवसाद की छवि ले कर उभरती है, जो हमारे अस्तित्व से काफ़ी बड़ी दिखने लगती है धीरे-धीरे वह छवि हमारे अंदर की ही चीज़ों को खाती जाती है, हम अंदर ही अंदर खुद के लिए

कम होते जाते हैं, हम अंदर ही अंदर खत्म होते जाते हैं। और अवसाद की छवि हमें इतनी ज़ोर से ढकेलती है कि हम ज़िंदगी की छत पर से नीचे गिर जाते हैं और हम दुनियां के लिए भी नहीं बचते।

पैसा, शोहरत, कुछ काम नहीं आता क्योंकि आपके अकेलेपन में पैसा नहीं होता आपकी बातें सुनने को, शोहरत की भी ज़बान नहीं होती। आपके भीतर का अकेलापन आपको भारी भीड़ में भी काटते रहता है आप हंसते-मुस्कराते वक़्त भी दुःखी होते हैं क्योंकि कई बार आप बस हंसते हैं, खुश नहीं होते दोस्त यार भी कई बार काम नहीं आ पाते क्योंकि तब तक हम अवसाद को ही अपना दोस्त समझने लगते हैं हमारी ज़िंदगी कालेपन की ऊंची चट्टानों से घिर जाती है, जिनको सूरज की किरणों भी पार नहीं कर पाती, चांदनी रात भी नहीं ही दिखती है और तारों की रोशनी भी फीकी पड़ने लगती है।

धीरे-धीरे हमें उस कालेपन से प्यार हो जाता है, अकेलापन ही अच्छा लगने लगता है और अवसाद से दोस्ती गहरी होने लगती है। हमें कई लोग समझाने की कोशिश करते हैं कि इन सब से बाहर निकलो- आओ, मिलो, बैठो, बातें करो, हँसो, - पर हम ऐसा नहीं करते क्योंकि हम समझ ही नहीं पाते हैं कि हमारी संगति बुरी है और यह दोस्ती बुरे रास्तों का दरवाज़ा खोलेगी। हम कई सारे ऐसे काम करने लगते हैं जिनको हम पहले अपने "बुरे सपने" में किया करते थे हम टूटने लगते हैं, बिखरने लगते हैं, बेचैनियों से घिर जाते हैं, पर हम तब पर भी इन सारे विषयों पर किसी से बात नहीं करते क्योंकि हमारे नए दोस्त (अवसाद) ने हमें किसी से बात करने को भी मना किया होता है।

यह सही बात है कि बुराइयों की दीवार काफ़ी ऊंची होती है और चारों ओर सबसे पहले बुराइयां ही दिखती हैं, पर यह भी सच है कि इस ऊंची दीवार के पीछे पतली ही सही पर कोमल सी अच्छाइयों की भी चादर मौजूद है बुराइयों के दीवार को लांघना बहुत ही मुश्किल है, और उसे लांघने से ज़्यादा तोड़ने की कोशिश करनी चाहिए क्योंकि अगर आप लांघ भी लिए तो वह दीवार आपके भीतर खड़ी ही रहेगी, ढहेगी नहीं जो आगे शायद और ऊंची उठे और आपको घेर ले लेकिन हमें यह कभी नहीं भूलना चाहिए कि अच्छाइयों की चादर हमारा इंतज़ार कर रही है कि हम इन दीवारों को तोड़ कर बाहर आएँ और इस चादर से लिपट जाएँ। क्योंकि जब बुराइयां किसी की जान ले लेती हैं, तब अच्छाइयों की भी उम्मीद घटती जाती है।

आज के समय में सुकून और शांति ढूँढना कठिन तो है, पर वह मौजूद है खुशियां भी यहीं है, हमारे सामने बैठे हुए, बस अदृश्य हैं। इन्हें तलाशने की ज़रूरत है, खुद को परखने की ज़रूरत है हँसी को नहीं, खुशी को ढूँढने की ज़रूरत है।

कोई आदमी अपने जीवन का दर्द बाँटे तो उसे सुनिए। कई बार हम खुद में इसलिए मर रहे होते हैं क्योंकि हमारी कोई सुनने को नहीं। अपने दोस्तों, परिवारों में बातचीत कीजिये।

कोरोना काल का समय तो और भी असहनीय है क्योंकि एक तरफ अवसाद से झूझ रहे आदमी के जीवन का कालापन और अकेलापन दोनों ही और ज़्यादा गहरा हो रहा है, और दूसरी ओर हंसता-खेलता इंसान उदासीनता का मरीज होता जा रहा है और इस समय हमें socially अपनों



से जुड़े रहना चाहिए। इसलिए physical distancing करें social distancing नहीं। खुशियों को बटोरिये क्योंकि अवसाद खुशियों से ही डरता है रात के 3 बजे जब सांस लेना भी मुश्किल लगे तब अपने किसी यार को फ़ोन घुमाइए जो आपकी मनोदशा समझ सके, जो ज़िन्दगी की खूबसूरती और आपके जीवन की जरूरतें बताए। जैसे हो सके, अपना खयाल रखिये क्योंकि कई बार आपको भी नहीं पता होता कि आपके जीवन के बिजली से कितने लोगों के घर में रोशनी है।

-रुनझुन

(द्वितीय वर्ष)

## बेटी

जब-जब जन्म लेती है बेटी,  
खुशियां साथ लाती है बेटी।

ईश्वर की सौगात है बेटी,  
सुबह की पहली किरण है बेटी।

तारों की शीतल छाया है बेटी,  
आंगन कि चिड़िया है बेटी।

त्याग और समर्पण सिखाती है बेटी,  
नये-नये रिश्तों को बनाती है बेटी।

जिस घर जाए, उजाला लाती है बेटी।  
बार-बार याद आती है बेटी।

बेटी की कीमत उनसे पूछो,  
जिनके पास नहीं है बेटी।

-जैसमिन कौर

बी.ए.(द्वितीय वर्ष)

## सुकून

होता है सुकून जहाँ सबसे ज्यादा,  
वहीं होती है बेचैनी भी ।

जैसे ,

चिलचिलाती धूप में पेड़ की छाव,  
सूखे पत्तों पर ओस की बूंदें,  
तपती ज़मीं पर बारिश का यूँ गिरना और  
बिखर जाना,

उससे आती मिट्टी की वो मिठास भरी  
खुशबू ।

सब एक दूसरे के संगत ही तो हैं ।

एक साथ ना सही !

एक दूसरे का साथ तो है ।

\_सिमरन सिन्हा  
(द्वितीय वर्ष)

## मैं कुछ अजीब लिखना चाहती हूँ,

लिखना चाहती हूँ वो उम्मीदें , वो ख्वाब  
जो पल भर में हकीकत हो जाएं।

कुछ कहानियां और उनके वो कुछ किस्से  
जो बिन कहे हर किसी के अल्फ़ाज़ हो  
जाएं।

मैं लिखना चाहती हूँ,

लिखना चाहती हूँ वो कुछ अनबुझे सत्य  
जो मुझे झूठ की दहलीज तक लेकर आएँ,

ऐसे कुछ वो बेखौफ मंज़र  
जो मुझे अनहद से मिलाएं।  
सचमुच ,  
मैं कुछ नहीं  
सब-कुछ अजीब लिखना चाहती हूँ,  
कवि या लेखकों की नज़रों में  
जो बेमतलब से लगें,  
वो शब्द लिखना चाहती हूँ ,  
महफ़िलों में शोर के पीछे  
छिपी उस ख़ामोशी का सबब लिखना  
चाहती हूँ।  
अगर सच कहूँ तुम्हें तो सुनना ,  
मैं असल में शब्द नहीं  
शब्दों में छुपे एहसास लिखना चाहती हूँ।  
मैं कलाकार की कृति नहीं,  
कृति के पीछे का सैलाब लिखना चाहती हूँ।  
लिखना चाहती हूँ मां की ममता ,  
पिता का बड़प्पन।  
बचपन के रंगीन किस्से ,  
जवानी का ये अल्हड़पन।

मैं सच में सब अजीब लिखना चाहती हूँ,  
लिखना चाहती हूँ जहां एक ओर समाज  
को,  
तो उनके अनोखे दायरों को भी  
मैं लिखना चाहती हूँ  
इन उलझे सवालों के कायदों को भी।  
मगर क्या मैं सच में लिखना चाहती हूँ ?  
क्या लिखना चाहती हूँ  
इनसे मिले फायदों को भी?

-कीर्ति शर्मा

बी ए (तृतीय वर्ष)

## रोज़ रात जब बिस्तर को छूती हूँ,

तो दिमाग में वो बातें घूमने लगती हैं  
जो दिन भर एक बक्से में कैद रहती हैं.  
पर रात के सन्नाटे में वो बातें यूँ चीख  
उठती हैं,  
जैसे गली के भूखे कुत्ते भौंकते हैं.

मैं रोज़ सुबह उन बातों को  
दूसरे बक्से में डालती हूँ  
जो पहले वाले से ज़्यादा मजबूत होते हैं,  
बस इसी आस में कि शायद वो यह पिटारा  
न खोल पाएं.  
पर फिर भी,  
वो बाहर निकल ही आते हैं,  
अपनी छवि को और गहरा, और कठोर कर.  
मैं फिर भी हार नहीं मानती,  
उन बातों को मैं अपने दिमाग के कूड़ेदान  
में फेंक देती,  
और उनके आने के सारे रास्ते बंद कर देती,  
पर फिर भी,  
जब रात में, बिस्तर पर सुकून की सांस ले  
कर,  
आँखें बंद करती हूँ,  
तो एक तेज़-तिकी रोशनी बन,  
वो बातें अंखों में चुभने लगती हैं.

और अगली रात,  
मैं यह सोचती हूँ,  
कि आज दिमाग में कोई बात न आने  
दूंगी,  
कुछ न सोचूंगी,  
तो थोड़ा बेहतर लगता है.



पर कुछ ही समय बाद समझ आता है,  
कि "कुछ न सोचना" भी अंततः कुछ  
सोचने की ही प्रक्रिया है।

-रुनझुन (द्वितीय वर्ष)

## एक नमन देश के नाम,

मेरे देश की माटी,  
तुझे शत-शत प्रणाम ।  
जगतमुकुट जगदीश दुलारा ,  
तू है सारे जग से न्यारा ।  
गंगा यमुना सरस्वती,  
पग तेरे पखार रही,  
हिमालय की ऊंची शिखर,  
तेरा सौंदर्य निखार रही।  
शेखर ,भगत ,सुभाष ,सहित,  
पुत्र सदा समर्पित तेरे,  
हाथ लिए शीशों की माला  
सर्वस्व सदा समर्पण किए।  
बखान तेरा क्या कर पाएंगे,  
तेरी महिमा क्या हम गाएंगे,  
प्रेम मूल की धरा कहलाए,  
ललित प्रकृति का टीका  
बन मुस्काए।  
इतिहास तेरा गौरवशाली,  
बलिदानों की छटा निराली,  
वेदों के मंत्रों से गुंजित,  
विश्व गुरु की लिए पताका,  
ऋषियों जैसे शांत,  
आध्यात्म की अभिलाषा।  
क्षमा दया से भरा हुआ है,  
तेरा पावन हृदय सदा,  
शत्रु पर भी सदा तूने,

प्रेम अपना समर्पित किया।

हे देव भूमि हे मातृभूमि  
मेरा नमन स्वीकार सदा।  
हे देव भूमि हे मातृभूमि,  
मेरा नमन स्वीकार सदा।

~ गति सिंह

(प्रथम वर्ष)

## “गुड़िया के जन्मदिन पर विशेष”

तुम महको बागों मे  
फूलो की खूशबू जैसी  
चहको पिता के आंगन मे  
चिरैया जैसी  
महफूज रहो माँ के आँचल मे  
कई नेमतों जैसी  
जैसे माँ छुपाकर रखती है  
कई संस्कार, पीहर की यादें,  
पति के अभिमान, दो कुलों  
की मर्यादा को अपने आँचल मे।  
तुम फलो-फूलो वट वृक्ष की तरह  
जो सदा सर्वदा खड़ा रहता है अडिग अपने  
पथ पर  
पिता की तरह सब कुछ लुटाने को तत्पर,  
जड़े जमाने को आकुल, व्याकुल अपनी  
संतान के भविष्य सवारने के लिए,  
तुम रहो सदा आयुष्मती का  
आशीर्वाद लिए,  
उस अमरबेल की तरह

जो बढ़ती रहती निरंतर  
"सर्वे भवन्तु सुखिनः"की कामना लिए  
बढ़ो तुम भी जीवन के पथ पर

माँ की लाडली  
पिता का गौरव बनकर।

-डॉ. मीनाक्षी शर्मा  
सहायक आचार्या (हिन्दी विभाग)

सदा -सर्वदा तुम्हारी  
कुशलक्षेम की कामना लिए॥

## अपना परिचय

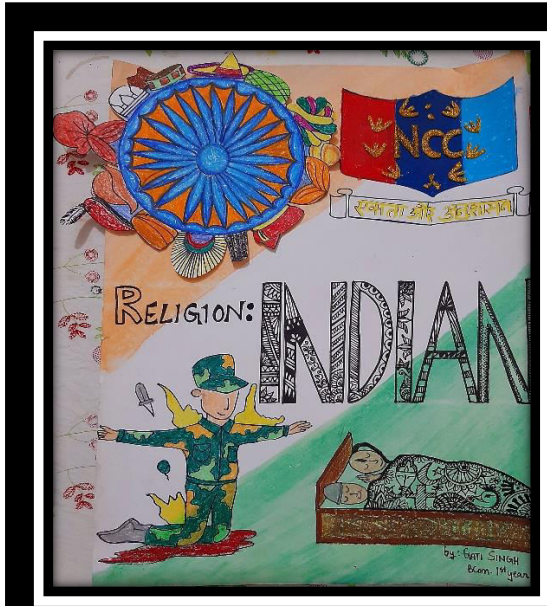
जीवन की गति, मानो रुक सी गई  
थम गया साँसों का आना-जाना  
तोड़ दी अर्थव्यवस्था की रीढ़  
छूट गया लोगों का आशिआना  
टूट गया कांच की तरह सपना,छूट गए  
अपने  
बंध गए परिंदों की तरह,  
जबरदस्ती,प्रकृति का कहर ढो रहे  
जैसे प्रकृति ढोती रही आज तक मजबूरियां ,  
सहती रही क्रूर प्रहार  
करती रही "सर्वे भवन्तु सुखिनः" की  
कामना  
और हम क्रूर और क्रूर होते रहे  
आज एकांत में फोन मात्र सहारा  
अपनों से डरते, अपने अंदर घुटते-टूटते  
फिर रहे अपने आँगन में एकांत,  
इधर-उधर  
कर रहे जोड़-तोड़, अपनी जमा पूंजी का  
सुन रहे टी वी. पर समाचार  
कितने मरे, कितने हुए पॉजिटिव  
कितने हुए बेघर, कितने हुए लाचार  
झेल रहे दंश अकलेपन का,  
बंध गए सीमित आयामों में

छूट गया मोह शॉपिंग माल,  
बर्गर ,पिज्जा ,नान ,चोमिन  
मोमोस वगैरह-वगैरह, बन रहे देसी पकवान  
हो रहे रूबरू अपनी परंपराओं से (बाध्यता में)  
समझ रहे भूगोल अपनी खेती का  
सीख रहे अनुशासन गाँव का  
भूल गए थे जो आत्मीयता ,  
आधुनिकता की आबो- हवा में  
भूल गए थे अपना परिचय  
नाप रहे अपनी नींव की गहराई  
पीढ़ी दर पीढ़ी अपनी वंश परंपरा  
खो चुके थे जो, शहरी होने की चाह में  
समझ गए या,समझा दिया  
कोरोना ने, अपनों की महता  
घर की प्राथमिकता और सबसे गंभीर  
अपना अपने-आप से परिचय

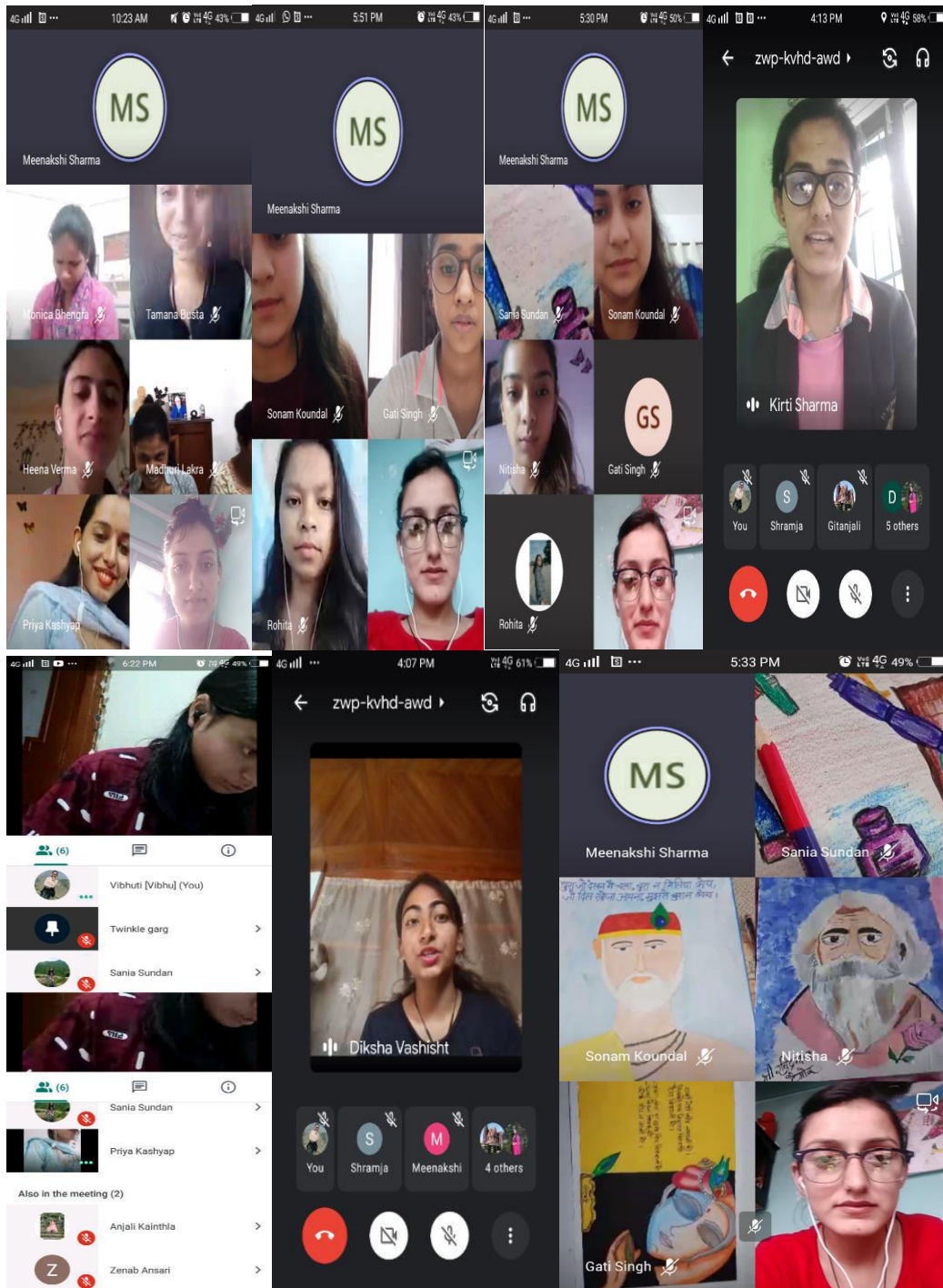
\_डॉ. मीनाक्षी शर्मा  
सहायक आचार्या  
हिन्दी विभाग



# गति सिंह

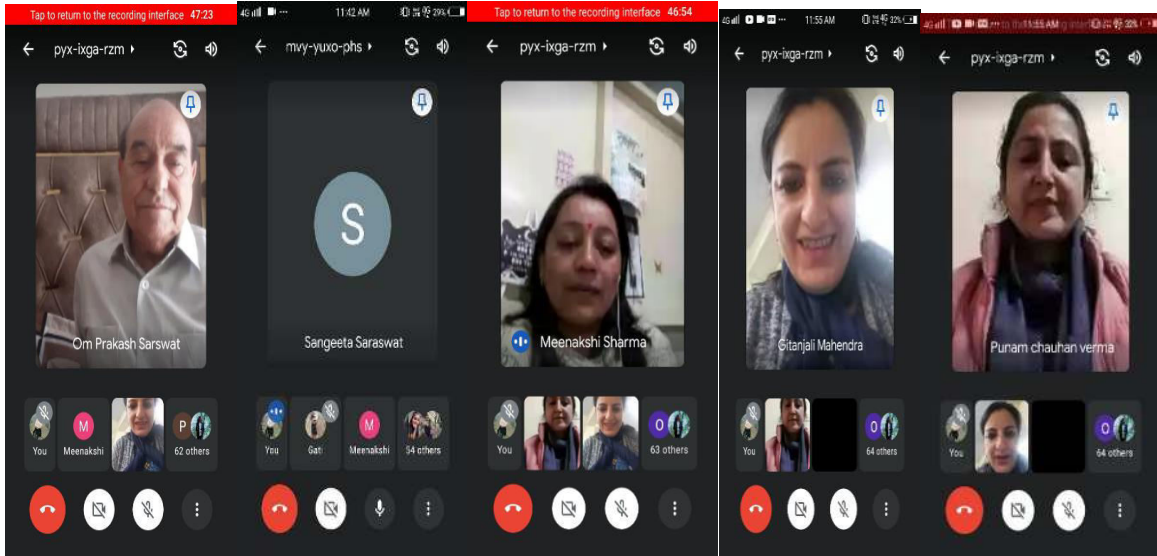


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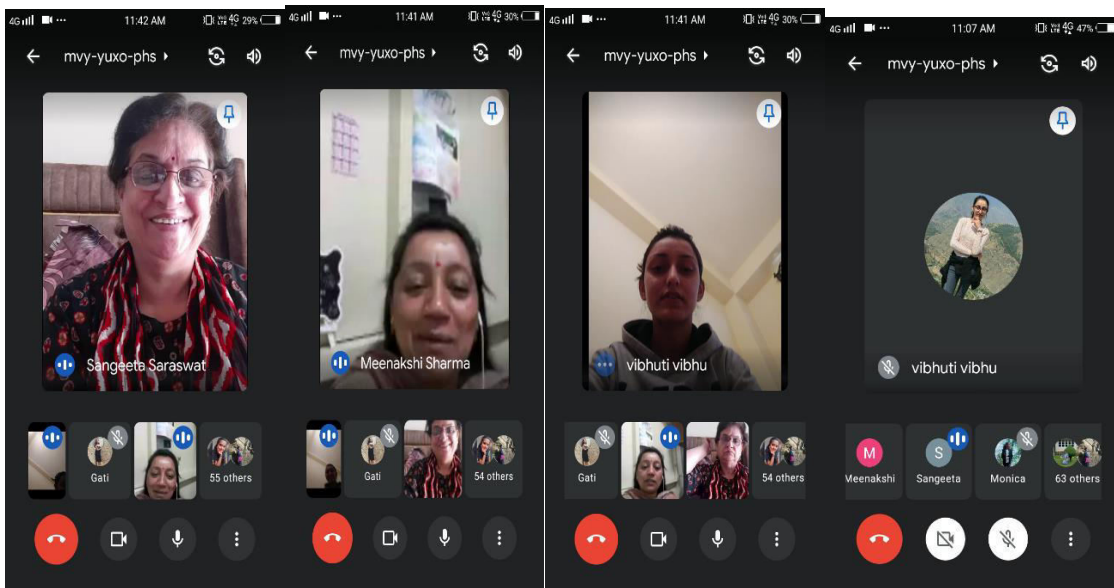




# अंतर विषयक संगोष्ठी



# विशेष वक्ता व्याख्यान



# *Fare Thee Well* *Batch of 2020-21*

*Goodbye may seem forever,  
farewell is like the end,  
but in my heart is a memory,  
and there, you'll always be.*



*B.Sc. Biotechnology 3rd Year*





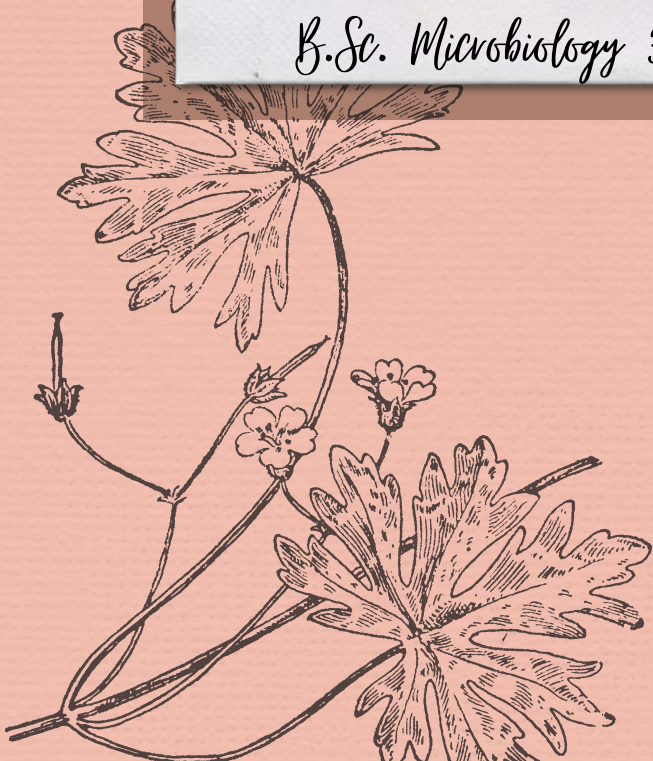
*B.Sc. Microbiology 3rd Year*



*B.Sc. Medical 3rd Year*



*B.Sc. Non-Medical 3rd Year*







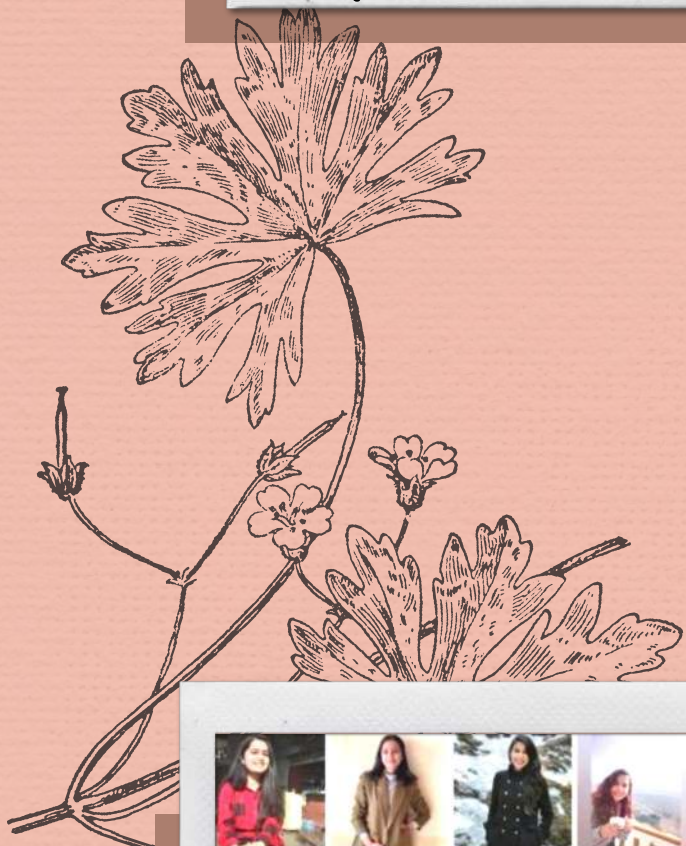
*B.A. Economics Honours 3rd Year*



*B.A. Geography Honours 3rd Year*



*B.A. English Honours 3rd Year*







*B.A. Psychology News 3rd Year*



*B.B.A. 3rd Year*



*B.C.A. 3rd Year*





*B.Com 3rd Year*



*B.A. Passcourse 3rd Year*





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Somya Singh, B.A. English Honours 1st Year

Riya Verma, B.A. English Honours 1st Year

Pranjal Tengta, B.A. English Honours 2nd Year

Jaisal Shekhawat, B.A. English Honours 2nd Year

Shreya Chauhan, B.A. Geography Honours 2nd Year

Savi Sood, B.A. 3rd Year