



THE BHAWANIPUR

THE BHAWANIPUR EDUCATION SOCIETY COLLEGE

ORATEUR



**SOCIAL
DISTANCING**

A SPECIAL MAGAZINE ISSUE BY

**THE DEPARTMENT OF JOURNALISM
AND MASS COMMUNICATION**



“OM”

dyauḥ śāntirantarikṣaṃ śāntiḥ pṛthivī śāntirāpaḥ
śāntiroṣadhayaḥ śāntiḥ | vanaspatayaḥ śāntir viśvedevāḥ śāntir
brahma śāntiḥ sarvaṃ śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi |
oṃ śāntiḥ śāntiḥ śāntiḥ | |

— Yajurveda, 36:17

May we be blessed with peace from the outer space/heavens, the skies, the earth, the waters, the herbs, the plants, the trees, all the gods and the Supreme Being. May every existence in the universe attain peace. May peace find us all. Let there be peace; let there be peace; let there be peace.



THE BHAWANIPUR



Mr. Miraj D Shah

Vice Chairman
Governing Body,
The Bhawanipur Education
Society College

"The mind is not a vessel to be filled, but a fire to be kindled." — Plutarch

"ORATEUR" Special magazine issue by the Department of Journalism and Mass Communication kindles the imagination of our young learners. Life in lockdown can be a struggle. It is important to balance studies with other activities to keep yourself motivated and look after your mental health. BESC is an attitude that never takes no for an answer, thus, the faculty and students are brimming with a zeal for life, empowering themselves with new skills and creativity.

I congratulate the staff and students who used various mediums of expression to present their ideas. I appreciate every student who shared the joy of participation along with their commitment to the curriculum. The difference between ordinary and extraordinary is that little extra.

'Do more than belong – participate. Do more than care – help. Do more than believe – practice. Do more than be fair – be kind. Do more than forgive – forget. Do more than dream – work.'

Happy Reading!



THE BHAWANIPUR



Dr. Suchandra Chakravarty

Teacher-in-Charge,
The Bhawanipur Education
Society College

I congratulate the Department of Journalism and Mass Communication in bringing out a digital magazine with the active participation of the students, mentored by the faculty members. It is a commendable effort amidst calamitous times. I am sure the contributors have found working on this initiative a welcome respite from the troubles which are weighing up on us all. This issue is therefore a triumph of their indomitable spirit in the face of all odds, and I express my unstinted appreciation for this to the students and teachers of the department. I look forward to more initiatives in the future, which will embrace the changes that are sweeping across our lives in the ways we work, communicate and socialise.



THE BHAWANIPUR

**Ms. Debjani
Ganguly**

**Vice-Principal (Arts),
The Bhawanipur Education
Society College**



“ The pandemic has changed human lives across the globe. Every moment we are confronting stories of death and untold sufferings. Students are the worst victims of the situation as they do not know what shape their lives are going to take in the future. Teachers and well-wishers of The Bhawanipur Education Society College are trying their utmost to help the students come out of this feeling of anguish and despair. The magazine, 'Orateur' is such an initiative that has motivated the students to channelize their creative energy and talent. The students of the Department of Journalism and Mass Communication have done everything since its nascent stage fill the publication of the volume with the guidance of their teachers. The project not only helped them in nurturing their creativity and keeping them engaged in this period of lock down and the consequent monotony, but also provided them a platform for getting a practical experience with the job of publication. As students of Journalism and Mass Communication, they would soon step out into the field of media and publishing. Orateur has provided them with a hands-on experience with the process of media content publishing. I congratulate and convey my sincere thanks to the faculty and students of the Department for conceiving such a brilliant idea and giving it a beautiful shape.



ORATEUR

'Let Creativity Flow Unhindered'

TEAM ORATEUR

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Dr. Suchandra Chakravarty
Teacher-in-Charge
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Ms. Priyam Basu Thakur
Ms. Prakriti Sarkar
Ms. Chalormi Mitra

Mr. Sanmitra Dutta
Mr. Kapil Kumar Bhattacharyya
Mr. Lal Mohan Yadav

MEET THE TEACHERS

OF THE DEPARTMENT

Although she looks a little grumpy and mostly serious, but in reality, she always keeps a smiling face. She likes to play with colours, be it on the canvas or with her outfits. She is straight-forward, emotional and moody too



Ms. Shaswati Das

An old-school teacher, workaholic, stickler, problem-solver and perfectionist. He loves to do everything systematically, is extremely moody but caring, has an OCD for perfection and is always on his feet for the good of students.



Mr. Kapil Kumar Bhattacharyya

A dreamer who dreams one day the world will change, thousand flowers will bloom and humanity will prevail above all. She is associated with cultural activities and loves to recite.



Ms. Priyam Basu Thakur

A creative mind with a bent for teaching. In her spare time, she tries to take refuge inside her writings, music and books. She also loves singing.



Ms. Prakriti Sarkar

A tech-savvy, cool-headed person who loves spending time with gadgets. He is fond of mobile photography and video editing. When it comes to technology, he is the person you should look for. He is also interested in music and sports.



Mr. Sanmitra Dutta

She lives in the Potter world mostly, stepping out once in a while, to share her experiences with others. Occasionally, she sings and recites poems too. Though still a student at heart, she is now taking baby steps towards being a responsible teacher too.



Ms. Chalormi Mitra

Editorial

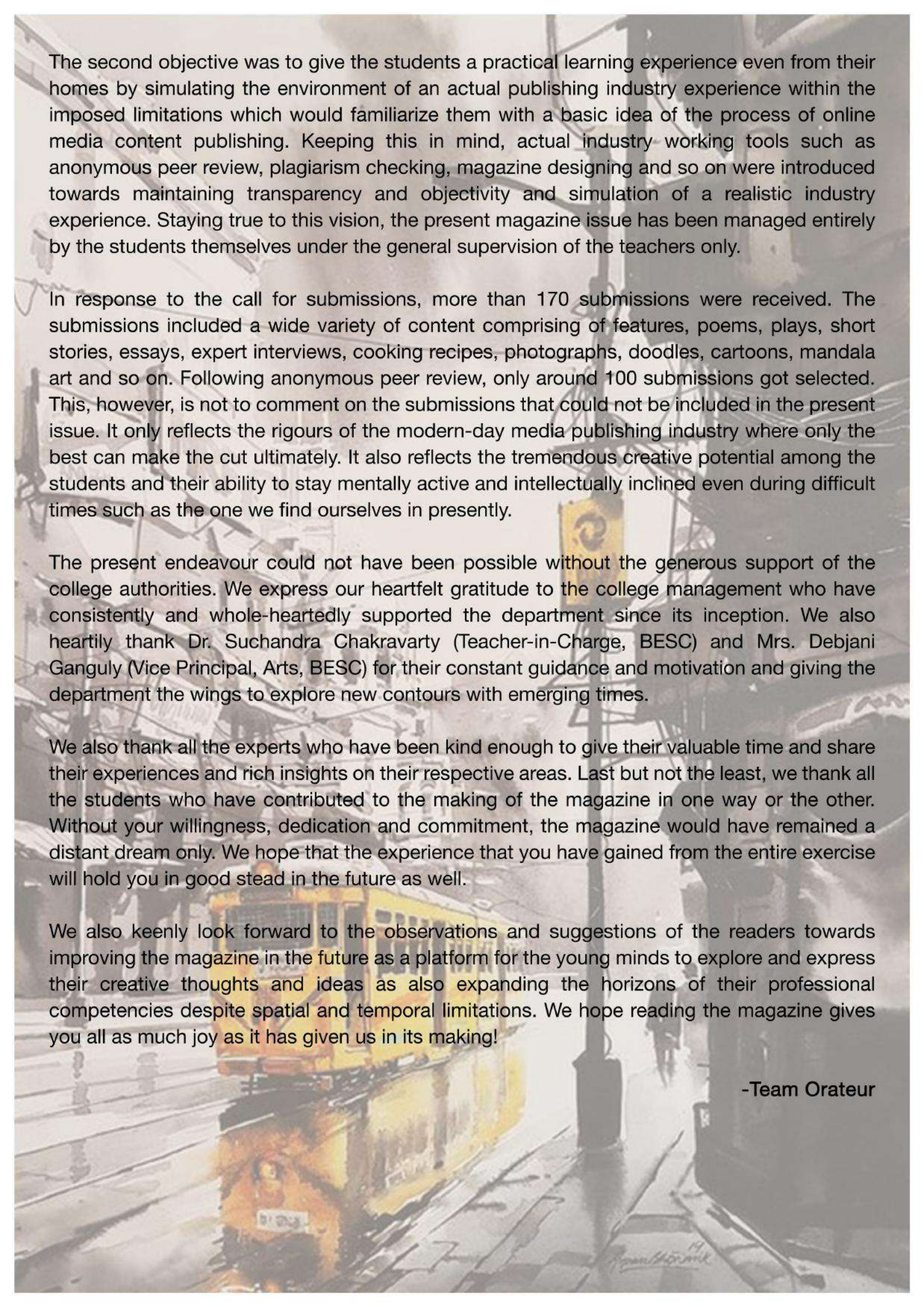
“Time present and time past
Are both perhaps present in time future,
And time future contained in time past.
If all time is eternally present
All time is unredeemable.”

-T.S. Eliot (Four Quartets)

We are living in strange times. It certainly isn't the best of times and yet, it cannot be called the worst of times either for the future remains hitherto unknown to us. Nonetheless, the world has already experienced the most difficult crisis of the new millennium so far. Just as it was impossible to fathom the 'present' in the 'past', it is equally arduous to comprehend the 'future' in the 'present'. What shape the present crisis will give to the future world, only time can tell. But then, such is the nature of time. The past is lost, the present is fleeting and the future always remains unknown. And yet, it is human nature to learn from the past, accept the present and proceed to the future with greater understanding and determination. Thus, though no time is redeemable, all time is eternally present and precious. The present endeavour is also an attempt in that direction.

The Department of Journalism and Mass Communication (JMC) was established in The Bhawanipur Education Society College in the year 2014 under the aegis of the University of Calcutta. Initially, the subject was offered to the students as a General Elective only. From 2016, the Department started offering Honours course to the aspiring students. Today, the JMC family has expanded to more than hundred (100) Honours and General students at the under-graduate level. We, at the Department of Journalism and Mass Communication, believe in offering academic excellence combined with professional competency to all our students which will prepare them for the dynamic opportunities and real challenges lying ahead of them in both higher education and professional opportunities associated with the subject. The focus is on making the students self-reliant by encouraging them to unravel their own potentials as emphasized in the ideal of *uddhared ātman ātmānam* (elevation of the self by the self) in the Bhagavad Gita, driven by innovative teaching techniques that seek to not only enrich the students intellectually but also empower them realistically within circumstantial limitations.

Thus, when the lockdown started in India resulting in a complete breakdown of face-to-face communication between the teachers and the students, a suitable alternative had to be found as the natural enthusiasm among the students towards classroom learning was understandably found to be significantly diminished despite online classes being introduced almost immediately. Under such circumstances, the Department decided to bring out a special magazine issue, titled "ORATEUR" towards engaging the students in the fun of learning. The primary objective behind the initiative was to promote renewed enthusiasm and vigour among the students and ensuring their mental well-being too during the lockdown period by providing them a platform to explore and express their creative thoughts and ideas instead of remaining both physically and mentally stuck in their homes.



The second objective was to give the students a practical learning experience even from their homes by simulating the environment of an actual publishing industry experience within the imposed limitations which would familiarize them with a basic idea of the process of online media content publishing. Keeping this in mind, actual industry working tools such as anonymous peer review, plagiarism checking, magazine designing and so on were introduced towards maintaining transparency and objectivity and simulation of a realistic industry experience. Staying true to this vision, the present magazine issue has been managed entirely by the students themselves under the general supervision of the teachers only.

In response to the call for submissions, more than 170 submissions were received. The submissions included a wide variety of content comprising of features, poems, plays, short stories, essays, expert interviews, cooking recipes, photographs, doodles, cartoons, mandala art and so on. Following anonymous peer review, only around 100 submissions got selected. This, however, is not to comment on the submissions that could not be included in the present issue. It only reflects the rigours of the modern-day media publishing industry where only the best can make the cut ultimately. It also reflects the tremendous creative potential among the students and their ability to stay mentally active and intellectually inclined even during difficult times such as the one we find ourselves in presently.

The present endeavour could not have been possible without the generous support of the college authorities. We express our heartfelt gratitude to the college management who have consistently and whole-heartedly supported the department since its inception. We also heartily thank Dr. Suchandra Chakravarty (Teacher-in-Charge, BESC) and Mrs. Debjani Ganguly (Vice Principal, Arts, BESC) for their constant guidance and motivation and giving the department the wings to explore new contours with emerging times.

We also thank all the experts who have been kind enough to give their valuable time and share their experiences and rich insights on their respective areas. Last but not the least, we thank all the students who have contributed to the making of the magazine in one way or the other. Without your willingness, dedication and commitment, the magazine would have remained a distant dream only. We hope that the experience that you have gained from the entire exercise will hold you in good stead in the future as well.

We also keenly look forward to the observations and suggestions of the readers towards improving the magazine in the future as a platform for the young minds to explore and express their creative thoughts and ideas as also expanding the horizons of their professional competencies despite spatial and temporal limitations. We hope reading the magazine gives you all as much joy as it has given us in its making!

-Team Orateur

FLASHBACK (2019-2020)



Journesis



SEMINAR ON

Quality in Journalism



World Press FREEDOM DAY

TEACHER'S DAY Celebration



Farewell CELEBRATION

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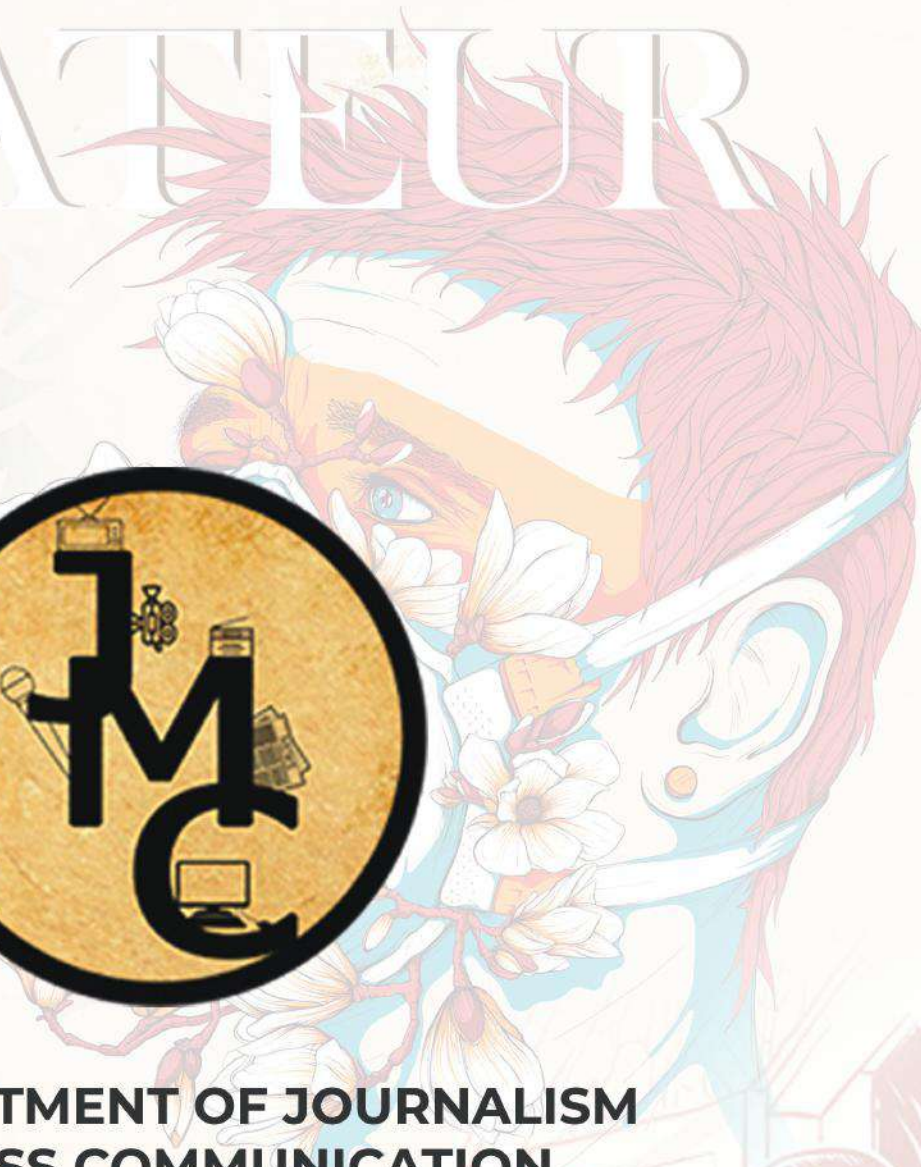
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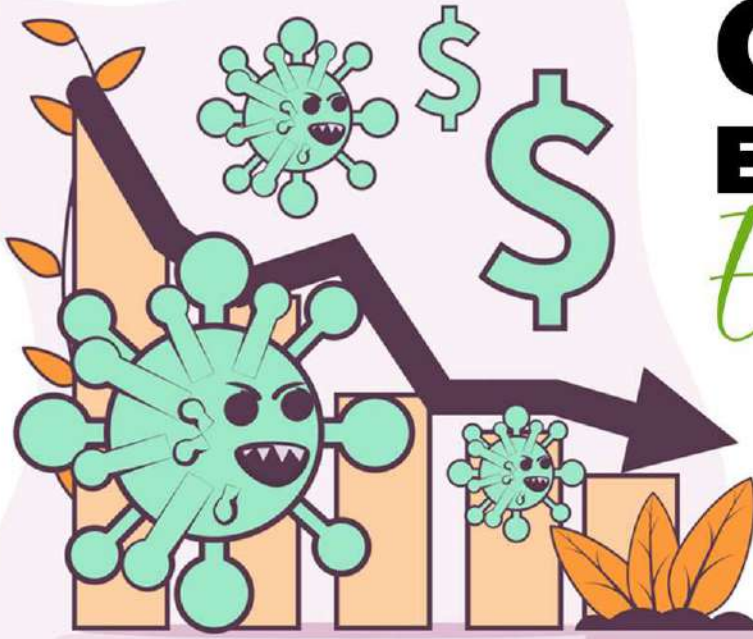
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Inkitt



COVID-19 ECONOMY & *Environment*

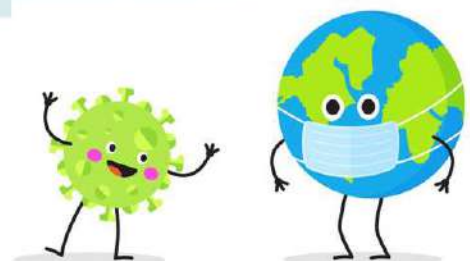


The COVID-19 pandemic is considered to be the foremost pivotal worldwide wellbeing misfortune and the most prominent challenge that mankind has faced since the Second World War. COVID-19 or Coronavirus is widely believed to have emerged from the animal market of Wuhan, China in December 2019 and the virus has significantly changed the way of the world in a matter of few months. Thousands of people have lost their lives and the total number of infected people has crossed a few millions with the numbers only increasingly steadily so far. But it is not just the people whom the virus has contracted that are suffering. The potentially lethal virus has also affected the lives of the billions who have not been infected but have been forced to live in fear since the official declaration of the pandemic. But then, every dark cloud has a silver lining. Amidst all the chaos around, COVID-19 appears to have been a blessing for Mother Nature. Following the declaration of the pandemic by the World Health Organization, many nations declared national lockdown that barred people from going out of their homes as a preventive measure. What it effectively meant was very limited human outdoor activity which gave Mother Nature the opportunity and time to heal from the severe environmental damages caused by humans over the last century. It resulted in reduced carbon emissions meaning less air pollution and global warming containment, reduced noise levels meaning less sound pollution, clearer waters, cleaner beaches and so on.

The results were also reflected in the reports from various parts of the world on how other living creatures were returning to their 'normal' lives. Before the pandemic too, measures were taken to protect the environment but to a very limited effect. On the other hand, an existential risk for humans such as COVID-19 triggered a significant change in the environment so quickly. While COVID-19 indeed appears to have pressed the 'refresh' button for the environment, it certainly shouldn't be seen as a natural way of bringing about desirable change in the environment for this change has come at the heavy costs of the loss of millions of human lives and a crippled global economy. Besides, once the pandemic is over, the 'old normal' will become the 'new normal' again unless humans can take lessons from the positive effects of the pandemic on the environment and take necessary precautions for the preservation and rejuvenation of the environment even in the post-pandemic times. After COVID-19 crisis comes to an end, mankind has to understand and accept the reality that a development economy ought to give due regard to the carrying capacity of nature for 'development' is as much as about having pure air to breathe and pure water to drink as it is about a vibrant and expanding economy. In many ways, every generation borrows resources from the future generations as much as it inherits resources from the past and no development can be considered desirable if it comes at the cost of weaker earth for the future generations. Thus, mankind will only do well to take this bitter but practical lesson from the COVID-19 experience.



Rimjhim Chowdhury
Semester IV
(JMC Honours)





EDUCATION IN THE TIMES OF PANDEMIC



An era of the supposedly 'new' normal initiated by an unprecedented pandemic, that is, COVID-19, an unseen enemy has plunged humanity into silence forcing them to stay indoors in the fear of illness and death. The global crisis has effected 'lockdowns' in many countries to slow down the dreaded virus. On the education front, the lockdowns have forced nation to experiment with online modes to compensate for all the lost study hours and engage students into studying from home practicing social distancing. However, it has also offered a great opportunity to convert institutionalized education into online education for developing countries. The concept of teaching virtually has gained its momentum rather quickly than expected in a country like India. To replace the traditional classroom system in this challenging time is in itself commendable; however, it also holds its share of disadvantages. Online classes might seem feasible to most in digitally advanced countries but in India to have a basic computer system and an uninterrupted internet connection is still a luxury for most. Consequently, most students and teachers are still trying to cope with the hurdles of online education. Online video classes and the distribution of notes on Google Meet, Skype, Zoom, Google Classroom and many other platforms definitely helps students to continue studying in the safe environments of their homes but this also elevates the chances of distraction amongst them caused by their families. These classes offer flexibility in terms of scheduling classes at timings convenient all but also for

risks discipline in students. Another disadvantage of online education is that it deprives the not so technologically and economically affluent students from education. Completing assignments within deadlines and appearing for regular tests is another challenging task for the less fortunate ones. It also increases the risk of vision impairment and severe headaches caused by sitting in front of screens for extended periods of time. Thus, online education surely cannot replace the traditional system of education. And yet, attending online classes is highly advantageous and safe during these times of Coronavirus as it keeps the education flowing without risking the students to the virus. Besides, it is better to have online classes than to have no classes at all. Nonetheless, a middle mode has to be found later when there is a satisfying cure to the global pandemic sparked by COVID-19 considering the hazardous effects of online education on the health of students and the quality of their learning alongside the limitations of digital infrastructure and network access especially in a country like India. For the moment however, the best bet for humanity is to do what it does best and that is to adapt. Therefore, students will have to and must adapt to the 'new' normal way of learning and cope with their education and the virus simultaneously till the global crisis is over.



Ritu Popat
Semester IV
(JMC Honours)



'Humans' Are Dead. Long Live Humans!

Humans exist no more. Yes, humans have died long back. What exists right now is just reality!

A reality filled with essence in its core. It is because of this essence of reality that humans have started believing in their existence. To justify this statement, we need to understand some tidbits of reality. Going by the definition, reality is "the way life really is, not the way it appears to be or how you would like it to be!" The definition says way beyond than it meets the eyes, ears and mind. Just after a child is born, his or her life starts pacing parallel to reality. The reality teaches the child how to eat, drink, sleep and think. This very idea of reality starts working and adds its mere essence to his or her existence. To make normies understand, when the child takes birth, someone in the room plucks the essence from reality and bears it onto him or her, that, this child must or will become doctor or engineer or musician. Thus, the child gets the first approval stamp on him or her and is welcomed into the abode of reality, which later, starts defining his or her existence. What I want you to question is- why don't we think that we humans are born just for existing without any motives driving us? I want you to question this because the reality tells us how to talk, dress, eat, drink coffee when it's cold etc. The reality adds essence to our existence. We believe reality is freedom but I believe it is the opposite!

Taking mundane examples, in order to become a part of reality and enjoy the freedom which it gives us like eating, drinking, travelling etc. as we wish, we humans try to immerse ourselves in this reality and live it whether or not we are good enough for it. Slowly, this very reality starts defining our existence. We start living for reality and reality starts consoling our existence. People know us for what we do or are doing. We move forward absorbing this idea that it is our actions which defines our existence. In the process, we completely forget that these actions wouldn't exist if we didn't exist! Yet we work for identity, fame, etc. to prove that we exist! It was out of nowhere a nomad decided that we humans should work, wear clothes, travel places, and add 'meaning' to life, make it more pleasant. No one has the answer to why we work? If someone says, I work for becoming the richest man, the most intelligent man in the world, it is an essence of reality which exists, not our existence per se. Humans were born free--to feed themselves and live freely, not to succumb to the pressures of reality. But, after reality stroked onto the surface of earth, humans disappeared and there were only bodies trying to make merry as much as possible in consonance with their caged realities. Thus, existence of imposed reality is the non-existence of natural humans.



Yash Jhunjhunwala
Third Year
(JMC Honours)



Features



Self-Care Isn't About Being Selfish

We often come across people saying, "I don't have time to..... (self-care: e.g., exercise, cook, sleep, meditate) because I have to . (work, study, take care of my family, go for shopping). Being too busy is considered the new-normal. But as Herophilus said, "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." Self-care is not at all about being selfish and definitely not a superficial idea. It's about taking out some time for oneself even in being busy in our daily lives. Small things make a difference. Taking out few hour from our daily lives and enjoying doing something for oneself is precious and soulful. Self-care can even be as simple as spending a day doing nothing, not even thinking, just sitting and breathing which might satisfy our inner self. Good health is not only our body being disease-free but a good mental health as well. Self-care begins with giving oneself the liberty permission do the things that one loves to, being comfortable with one's own self rather than running after everything that may prove unworthy eventually. Reminding ourselves that we are worthy of respect, knowing our strengths and weaknesses gives us a whole lot of confidence in ourselves. The metaphor- 'Your life is a glass jar' suits the situation. The most important aspects of human life like relationships and health are the rocks while pebbles are the other material aspects. When the rocks are placed followed by pebbles and sand, the jar fits smoothly but if one starts filling pebbles and sand first and then the rocks, the jar becomes disbalanced and ugly. Similarly, one has to take care of the important things first (people in their lives) and then go for the materialistic things. Even if one gets fired from one's job, it is not the end of the world. But one loses everything if one forgets how to laugh.

So, we must give ourselves a few minutes of the day every day Self-care also helps a person in knowing the inner self better, trusting oneself more and finding purpose to one's life beyond material accomplishments. It also takes a lot of courage to face oneself once every day and not to falling in the trap of spending all the time in the virtual world of social media. So, self-care is self-empowering too. It is the perfect reminder that we are human beings and not machines allowed to be both happy and sad, to be both comfortable as well as uncomfortable at times. Getting acquainted with one's own emotions also helps us in both preparing ourselves for emotional situations in the future as well as understanding other people's emotional dilemmas. Self-care is also a gift for ourselves and for those to who care for us as they deserve to see us safe and happy. Unfortunately, it has taken a pandemic to bring about this realization. Throughout this phase, the essential workers are still working hard. But the, if doctors aren't well, they can't heal others to the best of their abilities; if policemen aren't well, they can't do their duty. Thus, the mantra of the humanity must be helping others through self-care rather than through self-sacrifice.



DEMON SOME FIGHTS THAT REMAINED UNTOLD

"..Our souls may be consumed by shadows, but that doesn't mean we have to behave as monsters."

-Emm Cole

What are demons actually, ever thought about it? According to some, they were creatures with physical existence but is it so? Throughout our lives, this concept has been meddling with our minds. Demons also exist within our heads, they become a part of our personalities and temperament, a part which we try to hide from the others. Every other person in society is battling their demons, demons which arise from anxiety, stress, and pain to name a few. We despise them, loathe them, try our level best to discard them from our lives, from our minds, but they keep coming back. They drive you into darkness, darkness from where retreating is unimaginable. They kill you from the core, disable your strength to think. We often hear people saying, to just let go of our demons, but is it that easy? Sometimes we forget who we truly are in this battle with ourselves, we start a never-ending quest to find ourselves, a voyage which includes pain and suffering, for some this voyage might end up unfolding mysteries with which time got buried deep inside our hearts, and never really got a chance to be excavated, sometimes we give these demons the best of ourselves without even realizing how fragile and naïve we actually are, as Friedrich Nietzsche has said: "Be careful when you cast out your demons that you don't throw away the best yourself".

According to some, your inner monsters are just a to question you as a person, it's an opportunity for many to realise who they truly are, what an individual you have become and what you can become after triumphing over them. There are possibilities than one might think of quitting, but one should always remember whatever our souls are made of its, our choices make us who we really are, whether to choose light or bury ourselves in the graves of the dark, it all depends upon us. Demons have always existed and will continue to exist, it's we who decide what part of us do we want them to ruin, it's we whose choices actually matter. As written by Ana Claudia,

"Don't let your inner demons take the best of your creeds. If God gives you lemons, You must plant the seeds.

Do not be so self-absorbed that you can't see the tree.

If you succumb to the morbid you bury a chance to be free."

- Ana Claudia

Awantika Rai
Semester IV
(JMC Honours)

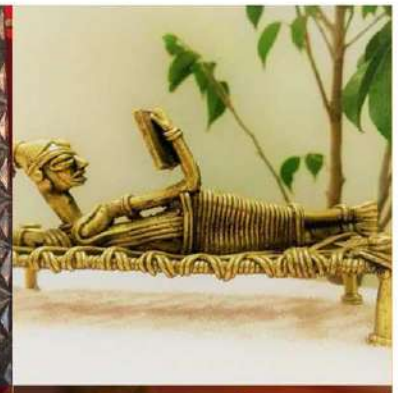


THE RETURN OF THE MAGIC

The 90s kids were still happy to live in their magical world of Hogwarts, until the news came that Snape died in reality. The world that was lit by the most vibrant of lights was as if engulfed by the darkness of the Forbidden Forest. Harry lost the bravest man he knew and the entire school lost one of their best head masters after Dumbledore. But as it is said, lights will always be there to guide you home, a woman arrived in her hooded coat from within the fog of the cold months of December. As she passed through the entrance of the great castle, she could feel nothing but desolation that was hurled by the Final Battle. She could see the laments of the numerous witches and wizards. Harry was sitting on the staircase with Ginny placing her head on his shoulder. No one spoke a word, only moist eyes exchanged glances. The new comer took her hand out of her ragged coat and Harry kept staring at her blankly. She pulled her wand out and pointed it towards the great chandelier that used to brighten the walls of Hogwarts castle a few days back, and then out of the dead silence spoke her voice - *Natricula Memoranstrus*. And a gush of blue light hit the entire roof of the castle with a thunderclap. Everyone came running from the dorms and what they saw in front of them was something unimaginable. The hood from her head was no more. Her pale skin was peeled off to show the most beautiful maiden that the heavens have ever seen. Her body emanated the brightest of shine that erased the darkness from the entire Magical World. It was so illuminated that nobody could keep their eyes open, but Harry could see that from within the lights was visible a silhouette, that was nearing him slowly. And in that moment, Harry knew that he was back. Their potions master was back and with him came back all that Hogwarts had lost. But as Harry looked up again, he saw no sign of that magical person, but only the brightest chandelier he had ever seen. Little did he know, that it was a new chapter. A new chapter that gave him back all what he had before, along with the Dark Lord.

Debotri Ghosh
Semester II
(JMC Honours)





DOKRA SILPA

A Unique Art Form from Bengal

Sudhir Karmakar, a two-time state level award-winner, who has devoted his life to teach children of Bankura town and the nearby villages, the art of horse-making recalls, "I first started learning this skill as a 10-year-old, when my father asked me to pick-up the inherited skill". Sudhir Karmakar belongs to the small community of Dokra Hastajata Kutir-Silpa (handmade-art) artists comprising of 65 strong shilpis whose origins can be traced back to Orissa, all bearing the surname 'Karmakar' and toiling hard under scorching heat for their family's sustainability. Apparently, it all started with making cow bells. But, As the demand for cow-bells dropped, artists in the area started venturing into other prospects like horses, elephants, goddesses and now it seems that the artisans of Bankura have acquired talent bringing forth brass art-work live from one's imagination. Currently, these artists sell brass-art work worth one lakh rupees every day, with the help of the government of West Bengal. The local art had also received its unique Geographical Identification Tag. However, the task is easier said than done. As Mangal Karmakar, another artist, says, "It takes years till one can set his hands and be a perfectionist." He is a very busy man. Still he agrees to give me a demonstration.

First, one needs to create the skeletal structure using mud. Mustard oil is applied to soften the whole structure. The entire process takes nearly one whole day. Once the structure becomes dry, it is time to create design patterns over the mould using lac. Heated wax is used to create external parts of the horse like ears, nose and tail. Once the structure is complete, it is covered up with two layers of plain-mud leaving a gap for molten brass to enter the body of the horse. The next day begins with melting locally-bought brass on a furnace and pouring it into the gap. Once the body of the horse is filled with molten brass, the gap is sealed with mud and placed on top of the furnace in a straight position. A yellowish flame coming out of the furnace hole indicates that it is time to remove the structure from the furnace in a manner that leaves the horse upside-down. "It is an intricate step that can lead to either wastage of raw materials or a well-absorbed brass horse waiting to be cooled off with water and finally hammered to show its niche", says Mangal. However, the process isn't complete until Mangal applies polishing touch to the structure using a machine. But then as Mangal signs off on a note of happiness, "All the hard work feels worthwhile once an artist looks at the final structure created by him."

Nitin Waghela
Third Year
(JMC Honours)



The Information Age: It's Not Only About You

Today, it is an open secret that we live in the Information Age. We have detailed information about Alexa, which movies and shows are there on Netflix, what ammunitions are required for best attack in PUBG and which impractical challenge is trending now on the Internet. On another inappropriate note, some people are also fully aware and vocal about the online purchase made by their neighbours from Amazon or Myntra and that Sharma Uncle's son talks to his 'friends' late at night.

Technology dominates almost all our living space, starting right in the morning till we sleep and mind you, sometimes we sleep with the earphones on. Nothing seems unusual here? Here's the thing - the hustle and bustle, like human beings, has shifted its place from different physically crowded places to one big virtual crowded place.

Internet rocks but keeps you in a box!

At this very moment, if I ask you to choose between your mobile phones & laptops and a family trip to the local beach, what would you choose? You will choose the second option because now you know the value of these mini-escapes. Earlier, we had completely immersed ourselves in the short-lived aspects of the internet. But now, even the internet is unable to soothe the storm inside us. What was ordinary to us then has become extraordinary to us now and vice-versa. Despite the heavy presence of internet, we feel like we are enclosed in a box. We need to meet our friends to feel alive again. We need to have intriguing conversations with strangers to collect interesting anecdotes. Above all, we need to have that cup of tea from our favourite 'Chai ki Tapri' near office or college.

Explore your Information Age before you age.

Internet is very important, we all know this. But ask yourselves, do you live inside the Internet or it lives at the click of your fingers? How many of us, in this present situation, cared to know about our family's native place, our parent's sweet and sour childhood memories or funny and quirky incidents of their old days; our friend's scar on the right hand and the story behind it; or the story of the locality's aunt who lives all alone.

Most of us are missing a silent place from where we can see the sun setting, the birds retreating and the moon and the stars taking over the clear sky. Many are finding ways to mend relationships that were destroyed due to mindless rage. Most importantly, how precisely will we be able to describe ourselves, our feelings and emotions in this condition?

So, ask yourself how much informed you are about your real vicinity in this Information Age? Maybe you will start valuing the genuine elements of life and respecting those who do so much for you without even mentioning it!

"Go and thank those who make your life beautiful and happier simply with efforts, support, small favours and sometimes only with a kind smile!"

Jyotshna Agiwal is an alumna of the Dept. of JMC. A student from the Department's first batch of graduates, she was the topper of her batch. Currently, she divides her time between her higher education in Public Relations and online content writing and blogging. She finds peace in writing and draws strength and calmness and other human values from it. She has her own website, <http://jyotshnawrites.com/>, where she tries to create magic with words.



Short Stories




The Revenge

It was a Friday afternoon; Amie summed up her tasks. She had been away from home for more than a month, flying to different corners of the world and serving passengers with utmost hospitality. The air hostess made eyes turn around, as she walked out of the airport gateway. Her golden curls, eyes made men skip their heartbeats as she walked down the street.

For a moment, she gazed at the sky. The dark clouds hovering above evoked a wry feeling. One could feel the somberness in air. Perhaps the storm is heading her way. She breathed heavily. Something was chocking her throat.

She stood perplexed for a second and then got into car. Last year, her dad gifted the car on her anniversary. Amie drove the car to Camac Street. Surprisingly, her favorite restaurant 'Jimmy's Kitchen' didn't steal her gaze this time. Instead, she stared blankly at the window pane and watched the raindrops gliding down. The fogged window blurred her vision. The world outside seemed somewhat dismal. It made her heart shrink, as if the foreboding surroundings were predicting something inauspicious. Amie decided to visit Church before heading towards home. She took the road down the Baker's Lane and parked her car beside the church.





At times of discomfort, she had always visited this place. Bending down on her knees, she mumbled the Exodus 20:5, " You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generations of those who hate me." Amie's eyes were soaked with tears. She was numb.

The clock ticked seven. Amie was at her home, seated by the window, lost in her thoughts. The place is called Sophocles Gallery, a locality edging towards countryside, about fifteen kilometers from Airport. The place is away from the chaotic city. The drizzle added to the prevailing gloom. All of a sudden there came a loud noise. Amie shuddered with fear. And he was behind her: the beast, the tyrant husband. He caught Amie's hair and pulled her to the ground. He kept showering blows upon her." Michael, you're drunk again?" Not a word fell from his lips. He passed a devilish smile. Amie's bruises turned red and blue. She was weeping, screaming in despair.

At this time, a woman was heading in a quick pace towards their house. Shrouded in the darkness of night she rustled through the fallen leaves like a wind. "That bloody murderer is up with his malicious acts all over again! He had my life, got me through hell and is torturing the new woman too", she muttered. The room in the first floor, where Amie lived forecasted their silhouettes. The surroundings echoed with the muffled screams of Amie. She was slapped, cursed and what not! Entering through the locked door of the ground floor, the woman noticed her photograph on the pyre of fire place. "Tonight, I must have the revenge.", she said. Toppling the photograph as if the air had done it, she proceeded towards Amie's bedroom. The pet dog which was slumbering started howling all of a sudden. It couldn't fathom how Michael's dead ex- wife was able to enter the house through the locked door! They say that Karma always end up having its share. Michael's villainy was supposed to be annihilated someday. But who knew his end was fated this way?



*Sankalita Biswas
Semester IV
JMC Honours*

Penance

I flopped down on the carpet, as I looked through the old photographs. My niece, Mrignaini was on her way out when she stopped to see what I was doing.

“Are those your childhood pictures?”, she asked. I nodded without wasting another glance on her. Mrignaini was my younger sister’s only child, and her lush black wavy hair, and inquisitive, bright eyes always reminded me of my younger sister, Srotoswini. My niece was more like a friend to me, and after Srotoswini’s untimely death three years back – Mrignaini and I grew closer. In fact, I was her legal guardian now.

“Dekhi!”, Mrignaini snatched a photograph away from my hand. [Translate: Dekhi = show] “Be careful! These are very old... I forgot all about these, else I would have preserved them better a long time back”, I sighed.

Indeed, each one of the photographs screamed old memories, as though they were trying to tell me to remember the past and embrace it. What is it about old photographs? You take fresh ones now, then many years down the line when you stumble upon them, and you either tear up or just smile at them. Every memory seems like yesterday but it is not. The living room in which we were in, was well lit due to the sunshine of the bright June morning. I looked around the carpet that had a spread of old photographs of my sister’s too.

I was still unmarried. I didn’t have the urge to settle down with a man like my sister. Srotoswini was the homely soul. My brown curls and hazel eyes were the only distinguishing features between me and my younger sister. The other distinguishing feature was my rage. I would fly into rage and cause destruction but never at my workplace or in public for I couldn’t possibly risk it; Srotoswini was the softer and fragile one compared to me, however her motherly dominating attributes managed to get on my nerves. She tried to help me, though my rage only grew with work pressure and her nagging. And I refused to visit a therapist. After Srotoswini’s divorce, she and Mrignaini moved into my apartment. My fights with my sister only increased – not because I did not like them living with me; I was thrilled, but my darker side got the better of me.

Mrignaini wasn't ever a witness of my anger issues, and thank God she wasn't - else she might have guessed that it was me who strangled her fragile mother. I did not intend to kill her, but it just happened. Luckily, I managed to stage a staircase accident and no one ever doubted me. I started taking therapy in secrecy, and now I'm a calmer person. As I picked up a photograph of a six-year-old Srotoswini, I couldn't help but wonder why I never had a mental breakdown when she died, or why a single tear never left my eye for her. Maybe some things are better left unsaid, and locked up in memories.



*Mrinalini Majumdar
Semester II
(Sociology Honours)*

The Gift of Life

Ananya was playing in the backyard, chasing colourful butterflies and the birds flying above her. Her mother, Natasha sat on the porch, drinking a cup of hot coffee and smiling at her little daughter's innocence. Ananya suddenly stopped as she ran along the flower bed. She scooped up something in her hand and ran to her mother. "Mumma, look what has happened to this pretty fly", she cried. Natasha saw a dead butterfly lying on Ananya's palm.

She softly picked it up from her hand and said, "Princess, it has gone far away to live in a better place. The one with more beautiful flowers than our garden. The little girl looked confused for a moment and then asked, "But, mumma how can it go away? Isn't it here for me?"

Natasha chuckled and pulled her daughter on to her lap. She looked into her curious eyes, took a deep breath and said, "True, its body is here but the tiny creature's soul has left it's body. God wanted the little fly to decorate his garden, just like he wanted Papa to protect his pets in heaven."

Natasha was a little wistful before she continued, "You see my little angel, God has made all of us with the help of Mother Earth and lets us live here for sometime. When this time gets over and we grow old, God calls us back to him. We leave our body as a gift to Mother Nature and go to heaven to reunite with Him.

A look of wonder flashed across the girl's face and she hugged her mother saying, "Mumma, does that mean you and I will have to go away too? I like it here, I don't want to go." Natasha smiled and kissed Ananya's forehead. She said, "Don't be afraid of death, my child. It is bound to come one day. Live your life to the fullest and enjoy the little things so that when it's time to leave, you have no regrets. Besides, we will always meet in heaven one day. And, don't you worry now! We have plenty of time.

The little girl quickly jumped off her mother's lap and laid the butterfly among the flowers. Then she started to swing on her swing set. Natasha drank her coffee and looked over the backyard again. She knew her four-year-old daughter did not understand most of the things that she had told her, but, perhaps one day she would be the one sitting on this chair explaining the same thing to her child. After all, life, death and the journey in between—isn't it what human life is all about?



Diya Shah
Semester II
(JMC Hons)

Experts Interviews





INTERVIEW

TAPABRATA GHOSHAL

Mr. Tapabrata Ghoshal is a Media professional working in premium media houses for 25 years across print and other media verticals in India and abroad. Having worked for team building and talent management, he got extensive exposures in both Urban and Rural markets. After a brief stint in Hospitality industry, he switched to Media business with The Times Group, then India Today, followed by ABP Group and presently in HT Media.

1. Sir, how do you think the COVID-19 crisis has impacted the media industry overall? Also, where, according to you, is the media industry heading in the near future?

Journalism saw changing face of challenges over the years, decades and centuries and the ardent reader audiences wait with curiosity to know the “real story” from a chosen section of people, who fight all odds to bring it on – the Journalists!

Journalists have one thing in common – their Passion, to challenge the status quo and to ensure the best possible coverage. All these are done for their Readers.

They are unstoppable – be it of any genre, when it comes to digging for reality.

2020 brought in a new terminology in front of the Mass – COVID 19, something that was in the medical books but never surfaced. Journalists also did not have this topic covered before. In almost no time this became a global pandemic, dominating the news and changing everyone’s day-to-day life.

This again challenged Journalism and entire world got glued on Medias to know what the Journalists have to report – every hour, every day and over months.

For once, some things in particular became overtly important in making work life run smoothly, which were never on priority list – the digital platform of delivery. With heavy workloads to consider, entire focus came on to the usage of virtual medium for Journalists. Conducting

audio visual interviews, taking bytes of news from ground level, testimonials from experts and opinions of administrative authorities – all these became highly regarded at a time when the ardent Readers started getting habituated on digital devices, while confined at home with restricted exposure to non-virtual media options. Initially, people feared to touch newspapers also – now that things have normalized to great extent.

Social media algorithms are the newest technology impacting journalism for today and tomorrow. A modern age journalist is competing with the social media content flow while juggling their other interests, such as reporting facts as well as seeking to increase readership, viewership and engagement of the Readers and Viewers. Media industry is heading towards social media and

hunting for Real News. One has to depend on the select News media websites who have proven their mettle, to be sure of the authenticity – it is very hard to judge when one is hungry for update on any happening and searches for details on the net.

2. In the recent times, there have been multiple reports of media professionals being sacked, salary cuts and even closing down of media offices. So, do you feel COVID-19 has signalled the inevitable death of traditional journalism?

The threats to Press freedom and safety of journalists come at a time when the economic crisis is pushing many media organizations to the brink of extinction, at exactly the moment they are most needed. The economic fallout from the pandemic has led the International Monetary Fund to predict that 2020 will see the worst economic recession since the Great Depression in the 1930s. The International Labor Organization expects loss of equivalent of 195 million full-time jobs. It's a survival of the fittest to fight the virus and survival of the strongest – organizational sustenance ability only counts

In this context, media organizations across the globe have been hit hard. Despite record audience growth, the health of News Media industry is at risk. Lifeline of every Media house is advertising revenue – which has nosedived at the advent of lockdown and no one has confidence to state the recovery timeline. The losses in revenue at many media companies

have led to layoffs, pay cuts and furloughs around this planet.

Layoffs often inadvertently lack reporters and editors who specialize in public health reporting. The media organizations that are compelled to wind up now may never be able to come back on surface.

How safe is a journalist on job in this crisis situation? Did anyone enquire about their family members on how they feel? What if... who will be the family's anchor? Pandemic is just a word to describe a world crisis. Those who bring details of the crisis to people need enough support and sympathy to keep the fire burning inside them, to stay newsworthy and stay safe.

Pray for their well-being, to keep the act on in future.

3. During the COVID-19 crisis, we have seen a massive increase in fake news circulation and people are losing faith in the digital medium. Is it a good sign for traditional media?

The pandemic has brought to light the importance of Media and access of the masses to “verified information”. Authentic and independent media serve as key source of credible and life-dependent information – they also help people by detecting misinformation.

Professional journalism – publishing verified facts and informed opinion, has given people an alternative to disinformation and misinformation.

Reliability and Credibility are strong words that get branded with news sharing platforms with consistent delivery of genuine reporting. Very difficult it is to be authentic all the time – but that is the only way to remain dependable among all. Media websites dropped their paywalls and provided coverage of COVID-19 pandemic without any charge, in the name of public interest – keeping in mind the present exigency.

Fernando de Yarza López-Madrado, President of WAN-IFRA (World Association of News Publishers), said and I quote, “Under these circumstances, our responsibility as publishers and journalists is more important than ever. It is probably the greatest challenge we have faced in the past 100 years. The citizens of all countries now have a greater need for our journalistic work... Never have we been so necessary. Never has our role of social cohesion, of defending the democratic values, of stimulating solidarity and public awareness been so obvious. Never before has our desire to do the best journalism been so great. Never has our commitment to the truth been so laudable. It is an indispensable social and ethical duty.”

In major countries across the globe, journalism is being considered as an “essential service” and journalists as “essential workers”, with permission to continue reporting and to be exempt from movement restrictions. Next to medical and dire necessary support systems, media comes on top priority list to keep working 24x7.

To keep the public informed,

journalists are putting their own safety at risk with or without personal protective equipment in place. In a sample size of 167 jourmos, 53 were found positive with COVID-19 alone in Mumbai. These dynamic reporters and camerapersons have been continuously exposed to infection, while reporting on the unprecedented impact of the novel coronavirus on people and the economy, with the continuous effort to stay ahead of other media companies – to stay on top of TRP or Readership or Impressions.

In addition to this, Journalists around the world have also faced physical attacks, as well as harassment connected to covering the pandemic – such as reporting on mobs as well as abuses by security forces, as we get to see on various mediums. Some of them also been restricted wherever they raised questions about the limits of official statistics, or provided platforms for debates on burning issues pertaining to the pandemic environment. Journalists face increased pressure, with extended hours and never-ending fact checking, fears over job security, and trauma of reporting on cases of severe illnesses from ground level sources.

People feel that during this period, reporters have a great life, maybe even better than before, for now there is plenty of scope for journalism. But people don't understand how torturous it is, to stand in front of an affected person and take down details of his or her plight. It is horrible, to visit a room fully exposed to the life threatening virus, simply to gather

information from the ailing, of details they would gladly forget, but cannot bring themselves to, it gives one the clear sense of being like a criminal – it hurts, but that's the job of being Newsworthy.

4. What innovations can we expect from traditional media in the near future?

Act of media is act like a vehicle for reaching out to an audience from the source. The media vehicle can be different, but content will be the same. In 100 years, it has not changed.

Lifebuoy ad during Spanish Flu in 1918 and Corona Virus in 2020 have not used any different message. Content remained same, only the aesthetics changes with advent of modern technology. That time it was in print medium only and now seen across print and digital platforms, making it more colourful and attractive.



It's all about habit of the target audience that changed over the decades. Expecting traditional media

to change in near future means we are talking about the change in habit.

Media work process will keep evolving with new age technologies. Photography, news editing, layout making and entire production process will have human involvement from sourcing till consumption, only that the future ready computers and highly efficient processors will make the job faster and finer. English language newspapers are struggling with downward demand graph and aggressively trying to add value to retain readers through e-paper version and news websites. Regional language newspapers are feeling the heat already and following the next best solution to sustain through virtual medium. It is because of the comparatively slower changing habit of regional language readers for which they are still floating above surface. Consumption of news will majorly have virtual medium for easy access and economical for readers – that's future, when augmented reality & virtual reality will take over hard copy newsprint.

5. Increasingly, we are seeing a shift towards Work-From-Home in many sectors considering the COVID-19 crisis? Can the media sector also consider Work-From-Home as a viable option?

There are mixed ideas about work from home process. Some feel it's not a productive concept and not in much of practice, especially in orthodox business genres. Others feel it's a good way of work-life balance, by staying virtually connected to office every minute – that was outlandish before

internet era. Productivity can increase from cutting useless meetings and other time wasters that is ubiquitous in an office environment – that has the ability to work with anyone in the world. It's also believed that some of the best decisions and insights come from hallway and cafeteria discussions, meeting new people and impromptu team-meetings.

Decades back, IBM got property expenses saving of about \$100 million annually by remote-work program. Yahoo was all over the news when it stopped its working-from-home program. In fact, IBM also went back to office work format later.

If a 100% work-from-home environment isn't in the cards, employees may work from home once a week or a few days out of the month. Almost anyone who has had the chance to work from home would never dream of giving it up. But productivity will be variable in different industries.

India can set a trend like one-fourth of US workforce, but will move to that kind of level over time. Work from home will also help women and physically unwell staffs, as it will make it easier for them to contribute without travelling every day during the office hours – places like Mumbai, where 80% of working population commutes for work and out of them 80% travel for more than 30 minutes. Over 30 lakh vehicles ply on roads every day for office

work – that's the highest in India for a city on a weekday. Almost 1.5 million tonne of CO2 can be reduced by cutting down on travel to workplaces – equivalent to 63 million trees. There's cost of seating in office also. 500 people can cost 10 crores in annual rent, which is 2 lakh per employee, excluding cost of staff transportation/ parking, air-conditioning, furnishing and cafeteria. Working for media is a people centric job. One has to step out of home to gather information and do reporting from the ground level. Direct field work can be done by journalists, but that is not complete without personal interactions and brainstorming sessions on topics with relevant colleagues to make the headlines.

6. Lastly, how difficult will it be for the upcoming graduates of Journalism/Mass Communication to enter the media industry after the COVID-19 crisis? What will be your advice for them?

Take your desired career seriously and stay focussed with new age technologies and evolution of Artificial Intelligence in your stream of work to stay ahead.

Journalism needs hard core passion to perform to the best level of delivery. Try to get attached with a good organisation to learn the right process and burn your midnight oil to explore how you can be better than others in the league – the earnest way. More you challenge yourselves, sharper you will be to rough it out.

Mass Communication is no more professional dependant – we can communicate anything to mass through social networking and other available mediums. This will require immense degree of public relationship – the prudent way. Remember, communication is not enough, unless it's Connected Communication.

Do your SWOT analysis to identify strengths and areas of development? Prefer to work with industry experts and learn the dynamics from ground level execution. No one will guide you unless you show your hunger – that takes time and perseverance. Always try to add value to your job, regardless of the task given.



Interview Taken by
Dhristi Shah
Third Year
(JMC Hons)

INTERVIEW

SHISHIR ROY

ANANDABAZAR PATRIKA

Mr. Shishir Roy studied English language and literature and then took a course on film direction and screenplay writing. He joined Anandabazar Patrika in 2012 and at present is working as one of the Chief Sub-Editors.



1. Hello Sir, as a journalist, how has the COVID-19 crisis changed your professional experience?

Any and every professional experience has been affected (or effected) by COVID-19, and journalism is no exception. It's a job that presupposes close and intense contacts with people from all walks of life, and that's what's been either come to a halt or stopped to a great extent. 'Work from home' is what happened and has become next to a norm, although a journalist will miss in that mode the 'kick' of interacting with and/or responding to life and happenings around. A journalist who's into reporting and thus is bound to be out on the street is braving a lot of health-oriented and other socio-psychological challenges. A person who's more into editorial work (like me) is connecting from his home. Technology bridges the gap, but cannot provide all that a journalist would love to have on his platter. The mental connect is somewhat amiss I think.

2. How do you think the pandemic will affect journalism in general in the upcoming days?

Already we're talking about two worlds and two times-- 'pre-Corona' and 'post-Corona'. We're supposed to see a paradigm shift in our work culture once all of this is over. These three months or so busted many a myth. It showed that a lot many things in journalism could be done from your table, the makeshift workstation at home, and that too without compromising the quality of work. Will that continue post-COVID? I don't know, but that it can be done is a revelation. Does that mean a lesser number of journalists will do? Not really. You still need a lot of skilled people, reporters and editors and feature-writers and page-designers and technicians and management guys, all of them, to run a newspaper (be it print or digital). The post-Corona journalism scenario should be more intensive. And competitive, too. People in general

and employers are witnessing some sort of 'alternative journalism' now, so those modes will be tested as well. It's going to be an interesting-- if not intriguing-- time for journalists.

3. During the COVID-19 crisis, we have seen a massive increase in citizen journalism as well as fake news circulation. Is it a bad or good sign for traditional journalism?

One cannot rule out the importance of Citizen Journalism in times like these. The aftermath and repercussions of a pandemic or a super cyclone has to be covered in its entirety, and that's where citizen journalism can contribute. We're bearing witness to a calamity of the gravest kind in which even the reporters and news persons can be at times vulnerable and helpless. One may not reach the remotest places in time, but the news, the information, the happenings must be reached, addressed to and published. Citizens come in handy in situations like these. But one has to ensure the authenticity and credibility of this mode. One has

to double check if the information is colored by bias or prejudices, or politics or passion. Citizen journalism may run the risk of lacking in opinionated and/or objective viewpoints. As of now, it can at most complement-- but not replace-- normative or institutional journalism.

4. As a journalist, how do you think fake news circulation can be minimized or prevented?

Fake news is a blight on journalism. We're living in an era of information boom, and an excess of (and easy access to) information unfortunately entails an increase in fake news as well. One has to be very careful, lest he or she should unwittingly be a party to its vicious network. Fake news has some tell-tale markers-- sensational or instigating headlines, dubious content, superlative allegations or garbed eulogies, a conspicuous absence of authentic or definite information, incommensurate pictorial elements, and so on. A journalist can detect anomalies like these but the reading public-- let alone the mass-- cannot or may not always find them. At present there are designated sites or portals that run these 'Fact checks' sort of thing, but they're not in adequate numbers. So we've to rely on the intelligence and conscientiousness of the recipients. The governments should also take this thing up very seriously.

5. What innovations can we expect from traditional journalism in the near future?

Let's clear doubts, if any: what is 'traditional journalism'? If we're suggesting age-old machinery, modes and procedures of what we call 'news making', can we still dub it 'traditional'? Journalism is a dynamic discipline, and it's always coped with times. We may say these are unprecedented happenings around us, but wasn't journalism there during Bubonic Plague or Black Death, or during Spanish Flu, so to say? Of course it had bumps on its way, but it took all in its stride and inched or raced forward. Innovations are nothing new to journalism-- for example, Caption stories, photo features, structural and stylistic changes, or 'Citizen journalism' in itself are examples of innovation through the ages. In the wake of the pandemic, newspapers and news makers relied a lot on personal stories, visual features, 'showing' rather than 'telling' mode; all of these are novel avenues that will become trends in near future or thereafter.

6. In the recent times, there have been multiple reports of media professionals being sacked, salary cuts and even closing down of media offices. There has also been a steady increase in digital journalism. So, do you feel COVID-19 has signalled the inevitable death of traditional journalism?

These are hard times, and salary cuts and layoffs and forced resignations are happening in almost every sector. When economy nosedives like this, every service sector is

shaken. I think journalists losing their jobs is a sorry derivative of the desperate cost-cutting drive taken up by the owners and employers. It's not a result of 'print versus digital' shootout. If we are concluding that digital journalism is on the rise vis-a-vis print (or traditional, whatever) journalism, maybe we're generalizing or oversimplifying things. In India the digital platform as yet hasn't reached the majority of the population. Even a considerable access does not seem to be very much on the cards, since that depends on the governmental policies and implementation of the same. I think Indians in general and Bengalis in particular still prefer 'reading' a newspaper, as opposed to surfing web media or getting news feeds on social media. It's still a thriving 'tradition', in a way. People quote from their preferred newspapers, public opinion is formed and shaped accordingly. None can deny that these days we're more exposed to digital media, but when it comes to the credibility factor, I think print media still gets the go-ahead. A deluge of what we call 'fake news' is making things worse for digital media. Somehow or other, Indians believe that when it's printed, it's more credible. You may laugh at it, but you cannot deny the psychological hold print media still possesses.

7. Increasingly, we are seeing a shift towards Work-From-Home in many sectors considering the COVID-19 crisis? Can Work-From-Home be considered as a viable option for traditional journalism?

That only time can tell. But as I pointed out earlier, this lockdown and work-from-home has been an eye-opener. Many a newspaper decreased the number of pages, but there was not a single day that a newspaper was not published. Even when journalists worked from home, the quality of the news and editorials and opinion pieces did not slacken. Technology, communication and good will-- all of these made sure that all's well on the work front, even when the workstation is at your bedroom maybe. I don't know, but if in near future a number of media houses makes it a point to employ/reinstate journalists who're stationed at home, things can work well for them, too. At least for some select departments, why not?

Be open to possibilities-- be it print or electronic or web media. Each and every stream has its limitations, and let's say it-- beauties. In academics we talk a lot about interdisciplinary approaches, and once you start your stint as a journalist, you'll see the 'intra-disciplinary' connections among print, electronic and/or web media. Be a good listener, lend your ears to all. See laterally, and grow the hindsight, too. When it comes to viewpoints, be an omnivorous. Even if the world seems a 'closed' chamber, a journalist MUST have an 'open' mind. That will take you forward.

8. Lastly, how difficult will it be for the upcoming graduates of Journalism/Mass Communication to enter the media industry after the COVID-19 crisis? What will be your advice for them?



Interview Taken by
Shaibalina Choudhury
Third Year
(JMC Hons)



INTERVIEW

JAISHANKAR GOPALAN

Mr. Jaishankar Gopalan, the Vice President of Knowledge Centre, did his post-graduation from IIM, Kolkata. A career counsellor by profession, he has coaching expertise in several fields including Engineering and Research, Finance, Marketing, etc. He is known for his ideas and knowledge in Leadership Development, Marketing Strategy, Decision Making and many more. He has also shared his experiences and ideas in prestigious stages such as TedX.



1. Sir, can you tell us about any particular skill/s among the students which are in particularly high demand among hiring companies?

At present, with the downturn in the economic activities, the companies providing essential services are stabilizing themselves. In as far as hiring is concerned, they are hiring to strengthen their online presence as well as their technology. This has opened up a lot of jobs related to web application development in the IT companies. Apart from the IT companies, the core companies are recruiting for the IT administration as well as regular functions of Sales and Marketing, Accounts, HR and other functions with the added skills of being able to use technology in the same functions. For e.g. If there is hiring happening in the Sales department, one is expected to be

confident of telecalling, managing data base of customers, corresponding with them with e-media and being able to transact using online payment methods.

So, in a nutshell, hiring is happening for all job functions. The sense of preparedness of the candidate to be ready to hit the road running, is what the companies are now expecting. Every student preparing for employment, should be ready to take baby steps and get a foothold in the job. It is also necessary to ensure that the employment is a way to showcase the skills of the employee, as well as add value to the organization, business, industry and society at large.

2. We often see many students applying for a wrong job because s/he cannot identify her/his skill

set/strength. So, how can a student identify her/his skill set/strengths?

This is a vital factor. It is a waste of time for the company HR executive who has to check the Bio Data, slot interview/s and then reject. In the process, selecting a right candidate becomes delayed. From the students' perspective, he/she is in a tearing hurry to get into a job by any which way. A few rejections can cause a lot of stress or negative feelings to be reinforced.

Every student knows that the academic results for which they prepare, is more a test of the knowledge acquired. Degrees are important as a qualification, to show or write in the bio data. But the employer or business, needs to see value in the work done. There could be 3 different categories:

1. The qualification is in one skill, you are in a job which requires some other skill, and you are good in some other skill.
2. The qualification is in the skill that you are good in, and you have got a job which requires a different skill, and
3. the qualification, the job, and the skills you know you are a good match.

Almost all the people who are happy and successful are those who fall in the third category. They are aware about the skills that they are good at, quite early in life, may be as early as Class VIII and are sorted as to why, how and what they need to do to make their lives meaningful not only for themselves but also for all those who are around.

- a) They are guided by their surroundings of parents, school, teachers and seniors to identify their strengths and furthered in the same path or
- b) They have tried participating in very many activities, in school and outside, be it academic or non-academic, to gauge what they enjoyed and also fared well.
- c) They take professional assistance, from career coaches, to do a proper scientific assessment to identify their strengths.

Mostly 95% students and parents, feel that they will decide, as and when required. This is to be avoided. This last minute, approach, or relying on what the student, or the elders want the student to become, leads to confusion at the time of applying for a job. All this can be avoided with early and proper planning at High

school, or even during graduation, by seeking professional help, to know the strengths, interests and personality. The choice of jobs become appropriate, and getting jobs becomes easier, and the job itself becomes enjoyable. As the saying goes, "If you know what you are good at, you will never be jobless".

3. Many Indian students wish to work/study abroad. What are the key differences in the prospects and challenges of a career in India and abroad in general and particularly now when many countries are thinking of putting restrictions on the coming of foreigners?

One of the reasons for going abroad has been for higher studies, especially, in the scientific, humanities and social science fields. This had been, to some colleges and universities, where the facilities were much more advanced, than in India. And mostly they were in subjects, which were relatively old and prevalent. The reason was obvious. These were countries and universities, who had gathered more domain knowledge in these subjects, over the decades. So, students, who had the aptitude and interest, would be joining these colleges and universities with a clear goal to get better and higher levels of knowledge. In fact, many of these institutes, would search for such brains, to join their colleges, so as to ensure they could be leaders in those subjects.

In emerging and interdisciplinary subjects, India has been a world

leader in terms of educating the students. There are quite a few examples, in the field of computing, biotechnology and such emerging fields.

The other reason for going abroad was for employment in vocational, business support, as well as clerical and menial jobs. The reasons were the large demand for such labour forces. People also got employed, for better life style. Professionals, who were well qualified in their own field, would be attracted by large corporate for international assignments.

The present trend, in as far as studies is concerned is more of getting an international exposure, in some country of choice. These are mostly English-speaking countries, where students go. Parents compare the expenses in private institutes in India, and can afford to send their wards to international locations. While the point related to exposure is agreeable, the course content and its application in the employment or business scenario, has to be kept in mind. If the objective is exposure without any value addition, it becomes inconsequential.

On the other hand, if the student is determined, to make a career and settle abroad, then there is a channelizing of the thoughts to sharper objective with appropriate actions. There is a necessity to think through with clarity about this.

In the present scenario, while there will be opportunities, it is necessary to weigh all the choices properly and may be use professional help to ensure that the appropriate decision is taken. It is a matter between course, career, utility and money spent. One has to

remember, with the technology enhancement, many courses have become online. Education has to be utilitarian to the society to which the learner belongs to and will apply the acquired knowledge. In this aspect, the subject matter expert and the student, both have to come from the socio-economic level to make it meaningful.

Political compulsions, for their selfish ends are changing the collaborative approach of humans across the world. This is going to affect the movement of people, across geographic and political borders, in the near future. The impact is going to be on the aspirations of the young India, which has been preparing for taking all opportunities across the world. Till the changes happen in policies and mindset, the students must continue to be a major force for the local economy, but must continue to prepare for opportunities in countries abroad with the hope that the policy makers will see reason in collaborative principles rather than restrictive practices.

4. Currently, what are the most promising career options for students and are there any particular career fields which can be very challenging after the pandemic? Can you also throw some light how?

First and foremost, the GIG economy has come to stay. This means that the need to be able to do multiple tasks or jobs is going to be a necessary given, for the new normal. Either the student has to choose a job at the earliest, they get based on the availability, and then start using their competencies to search or do more than one job, or get a main job with their competency and

do other jobs which are available. Every industry whether large, medium or small has to find their bearings to stabilize, to get back on their feet. They will be looking for people who can multitask, albeit with different productivity norms.

While essential goods manufacturing and service industries, will seek to grow in this environment, ancillary units, as well as principle companies, will have requirements for all kinds of personnel. For e.g.: The medical sector, Information Technology based sales and distribution organizations, aggregators, online education and processing offices, data sciences, finance, rural and agrarian related industries will all require talents. There may be challenges in terms of salary, but jobs will be available in many of these sectors.

It would perhaps, help to have an attitude to start with a job irrespective of salary limitations, and develop an economic value addition in terms of job done, versus value added, to the organization, and therefore the commensurate salary. There will be a new definition of job role and responsibility, as well as salary grades.

A general advice, is to start with baby steps and do a lot of odd jobs while studying. Take every step at work, as a learning opportunity, as to how to do the work in the new environment. Learn how to multitask. Learn how to collaborate with team members to utilize each other's, competency. Learn how to learn on the go. Learn to try again

if the desired result is yet to be reached.

5. What advice would you like to give to the upcoming graduate students looking for career options, particularly, in light of the global pandemic?

In all probability, I have mentioned most of it, earlier. To sum it up, one line which struck me during this period of pandemic was "IT IS OK, TO BE NOT OK" sometimes. There is a need to have sense of being prepared irrespective of the environment. Being in Control, and as the saying goes in the Military "80% of the time, in times of Peace, the military have to be disciplined and be in a state of readiness for WAR and 20% of their lives when they are at WAR they have to be getting ready for PEACE.

The state of being prepared would mean:

- a) BE DISCIPLINED
- b) LEARN HOW TO SELF LEARN
- c) COLLABORATE WITH FAMILY, FRIENDS and NEIGHBOURS
- d) TRUST EVERY ACTION
- e) LASTLY, ACT SELFLESSLY TO SERVE THE NEEDY.



Interview Taken by
Dhristi Shah
Third Year
(JMC Hons)

INTERVIEW

RUCHI BAKHAI

Ruchi Bakhai is an Entrepreneur, Founder of EduPsych and an experienced Psychologist having cumulative counseling, corporate training, and transformational coaching experience of over 5+ years. She calls herself, 'passionately curious' - to have the curiosity, the desire, the thirst for wanting more, the challenge to try the 'new' so as to experience what her schema can bring to her, -- has become one angle of the life that she lives. That is exactly how she cultivated her 'jungle gym' like career. She has conducted over 1000+ sessions (including but not limited to students, corporate professionals, entrepreneurs, homemakers, couples and the elderly) and conducted over 18+ Trainings and Workshops. Ruchi also shoulders the responsibility of being the Founder and Leader of Lean In Kolkata - a network that offers mental health support, and personal & professional growth opportunities.

1. How do you think has the mental health of people been affected during this pandemic? According to you, how shall people cope up with this situation of mental health?

We, humans, are social beings and creatures of habit. Any disruption or change of plans whatsoever can send us spiraling down, throwing a fit. With the world pandemic and ensuing lockdown, humans - social animals, were forced to adhere to social distancing and accept the new normal - something that resulted in a lot of anxiety, fear and depressive episodes caused by these unprecedented times. It has been even more difficult for people who

have been battling a mental illness and a life change. We have seen a rise in mental health issues during this lockdown. Other than the social and financial fissures ensued by the lockdown, the pandemic has unleashed its havoc and mental health has been the most affected. It has been noticed that the COVID-19 situation has become a breeding ground for stress, anxiety, depression, panic attacks and a feeling of hopelessness.

However, India also offers, by virtue of its social structure, a variety of personal and social resources that help cope with such crises. Family is one such vital resource, and being in close touch with relatives, in real

life or virtually via social media or the Internet, alleviates stress considerably. In fact, the extended time spent with family members, free of the stress of normal working and school days, may well have strengthened family bonds and restored balance to life, leading to an actual improvement in the quality of life during the lockdown.

Of course, the opposite situation prevails with those who do not get along well with their families, inducing more conflict and promoting poorer outcomes during this period. In addition, there are many factors which operate at an individual level, such as the kind of job (menial, farming, semi-skilled, skilled, office workers and managers, and professional



workers), the availability of material resources if required, and the psychological make-up of the individual (resilience, coping, and optimism).

Fortunately, there are means of sailing through these testing times too. Here are some tips and suggestions that I hope you will find useful:

1. Keep informed about advice and recommendations by national authorities but DON'T use up ALL your time to gather information.
2. Have a routine - one that caters to the 'new normal' and includes some things from your past routine life.
3. Make sure you maintain a regular sleep pattern every day. You need to switch off and rest to boost your immunity.
4. Ensure that you take your regular baths and put on your work clothes. Your brain needs to know that you're doing the regular, that you have control. Working from home in your comfy pants will knock you off even before you know it.
5. Have an anchor - a start time to your day and an end time.
6. Make time for social contact and NOT just be a social media monger.
7. It's natural for you to want an overdose of alcohol or any other substance that you're addicted to as you're feeling more anxious now than ever. Hydrate yourself well by consuming 4 liters of water every day and ensure you engage in a 30-minute cardio workout session so that it becomes easier for you to control your urges.
8. Engage yourself in household chores like cooking and cleaning.

Nothing can beat your boredom, monotony, anxiety and sometimes even Depression than cooking and cleaning - a skillful and organizational task that improves your mental health.

9. Learn gardening. If not, touch plants and walk barefoot on grass. Coming in touch with Nature is a natural antidepressant.

Most importantly, make your mental health a priority. Seek help and help will always be provided. All you have to do is to ask.

2. Students these days suffer from a lot of stress and anxiety. What is your advice to them?

We live in highly strenuous, challenging and unprecedented times. It's only natural for us, especially students to experience an increase in cortisol rates and feel very anxious. When the future looks bleak and an overly competitive world makes us want to be on our toes all the time, it's quite common to be stressed and anxious. Unfortunately, students are particularly vulnerable to stress and depression. Here are some tips and suggestions for students to manage stress or de-stress themselves:

1. Charting out a self-care routine can help initiate the tedious-looking stress management system.
2. Proper time management is one of the most effective stress-relieving techniques. When the majority of your chores are matching timelines, there are lesser chances of an increase in cortisol rates.
3. If you ignore your body, you are

inviting stress. So, engage in a disciplined exercise regime. No, you don't have to buy expensive gym subscriptions! Even doing common household chores like washing, cleaning, and other chores could be a starting point.

4. Believe in the concept of taking baby steps. This is a killer of overwhelm and hence teaches you to use your time more productively. Also, no matter how hard you try, you can never master multi-tasking without inviting stress.

5. Spending time with friends and loved ones is an antidote to stress like no other! Loneliness can add stress in your life. By letting out all your thoughts to someone you trust, you immediately feel a lot better.

6. Make mental healthcare a priority. Regular or timely visits to your therapist/psychologist/counselor can be a life saviour-like no other.

3. What are key points in having a happy and healthy mind?

It begins with acknowledging and accepting the importance of the most important organ in our body - the brain. Though the human brain is a powerful machine, it needs proper support from the entire body and also a fair amount of rest. Here are five tips towards ensuring a happy and healthy mind:

1. **Be Physically Active:** Being physically active helps both biological metabolism and the human mind. It also helps in gaining high levels of endorphins - the happiness hormone.
2. **Eat Right:** Eat fresh fruits and vegetables. Fresh fruits and vegetables help the brain in functioning properly

through their nutrient value.

3. Drink More Water: In addition to proper food, the human body also requires proper amount of water to function efficiently. So, pay heed to the amount of water you drink. Ensure not to get dehydrated.

4. Form a Support Network: Stay in touch with your near and dear ones regularly. It need not necessarily be a video call always. At time, all it takes to start a conversation is a small text.

5. Practice Gratitude: Be thankful to all, humans and other creatures. Always remember that you are a part of this huge universe and you can never be happy alone. So, thank everyone for adding happiness to your life.

4. It is said that the word "Depression" is being a bit misused these days. What is your say on this?

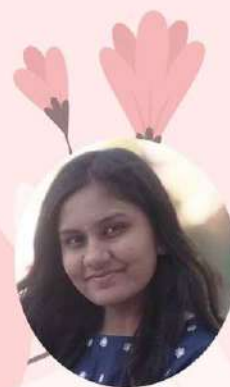
Depression as an illness is misunderstood more than being misused as a term. It's when you don't understand something, the human mind - the inquisitive one, tends to make us humans all the more curious to "know" and find the answers, which results in mistakes, errors, misjudgements and misconceptions. It is time we make our mental health a priority and make it so easy a conversation that the next time you go hangout with a friend at a coffee place, you are OPEN to talking about your feelings. You are ready to be vulnerable. You are ready to begin your healing journey. Probably, we would wake up to a day when we can identify our triggers, know how to combat them and be able enough to distinguish between sadness, unhappiness, feeling depressed and being depressed.

5. Students often have a tough time dealing with rejection from a job, failing a term paper, etc. How do you think their family and friends should respond in such times?

Building resilience in the face of failures is an important skill and it must be taught, encouraged and supported. We need to NOT fall victim to the "newsfeed culture", where everything we consume is suited to our preferences, likes and choices. This can be achieved when children are encouraged and challenged equally if not more. We need to make our children gritty. To be able to cry, feel bad when we fail and learn how to process the negative emotions and be up for another challenge and another failure. That's how you build the muscle of resilience!

As adults, parents, mentors or leaders, we need to be prepared for failures - not to avoid failures, but to fail and learn how to deal with our emotions. Because resilience is not something you are born with, it's a muscle that you need to build in the face of failure. It's time we teach our kids to not only choose between "the right way" and "the wrong way", but learn how to channelize through the "difficult way".

When we are armoured tight, we can help the other build the courage - the resilience to fight back. Also, it's very important to teach our kids how to fall. Yes, you read that right. If you learn how to fall on your back, you can look up. If you can look up, you can get up. And if you can get up, you can WIN.



Interview Taken by
Dhristi Shah
Third Year
(JMC Hons)

The image features a central text element surrounded by a decorative border of watercolor-style leaves. The leaves are in various shades of green and yellow, with some showing detailed vein patterns. The background is a light, textured white with faint green washes.

POEMS

A Year to Fear

*"Happy 2020", they said,
Not that happy as we contemplated.
Pandemic spreading worldwide,
Killing thousands due to hunger strike
Not yet done, but more to come.*

*All institutions shut down,
Modes of transport discontinued,
Migrants making their way home barefoot
With teary eyes; little children crying out of pain.
Yet not done but more to come and wait.*

*Cyclone hit in Bengal, the worst of them all,
Thousand trees uprooted, houses wrecked,
People scared to death; ray of hope faded
For their lights diminished, remained they ravenous.
But we've had enough, oh! 2020, why can't you be less villainous?*



Asmita Ghosh
Semester IV
(English Honours)

The Beach Song

*Palm trees are growing
And a warm breeze is blowing,
Walking down the shore
As the sun goes down.
The endless sky above
Painted in dusty pink and soft lavenders;
The evening fresh waves
Wash up on the beach
Washing away my footprints,
And tickling my feet.
Sand creatures cause the sand to bristle,
Seagulls gliding in the air
With screams and whistles.
Kids building stormy sandcastles
And I'm too restless to sit,
Lost in my own thing
Looking for beach glasses and shells,
And some buried treasure.
Maybe it is the memories,
The change of pace that brings us there.
The sense of holiday,
Maybe the aura of the place,
So fresh, so serene.*



Rimjhim Chowdhury
Semester IV
(JMC Hons)

The Void

*There was a day when we swayed away from door to door
with excitement and gay.*

*There was a time when we reported at nine to meet on time for it
was our very first day.*

*There was a day when we clashed into each other on our way to
burst into laughter with Cheese Maggie on its way.*

There was a day when we met every day to tease our "family" all day.

*There was a time when the clock struck ten to call up begin a story
and to bring it to the end.*

*Not a day but everyday was a special one with the cool breeze of the
canteen and the sweat from the scorching sun.*

*Each day was endured with struggle where our pedagogue would
unlock us from the den.*

Today it seems different as not a person but a device is filling the void.

Where we exchanged food now, we exchange time,

It turns all upside down to what we knew then to what we know now.

*Now it's us locked up in a room, not staring at each other,
but our memory in the gallery.*

Shelly Maloo

Third Year
(JMC Hons)



A Fading No One

*I am broken, lying helplessly, surrounded by the world,
yet you admire the daylight.*

Wretched existence consumes life,

Growing distant, nights after night.

Don't bother searching for somebody like me,

The one you remember is no longer alive.

You stand here corrected, no longer cease to care.

I am unbreakable yet paralyzed.

stay still, it's not in my nature to harm;

Your words no longer vandalize.



Ramsha Rahman

*Semester IV
(JMC Honours)*

Mirror Lies

*Glancing through the windows,
My eyes fell on the mirror.
Seeing my reflection
Took me for a ride
I thought to myself:
"How this mirror lies!"*

*It showed my face with a little smile,
But it didn't reveal the darkness inside.*

*It saw me staring at it
Like I watched the stars all night.*

*But it didn't display
How my face was brightened by those little lights.*

*It doesn't show who I am or want to be,
It defines me just like the society.*

*I'm telling you again
That this mirror only lies!*

*It fables so easily,
That the gospel may be questioned tonight!*

*Never trust a mirror
As all it does is shows your skin
And if you think it matters,
Then maybe it's time for you to start looking within.*

Avantika Suhasaria

*Semester IV
(JMC Hons)*



Unfair

*Drunk on life,
I'm trying to find me
In this lifetime,
Where everything seems so perfect.
Crowded with puzzling minds,
Where smiles are less
And eyes speak more.
It seems as if a story is being told.
Listen carefully and let me go.
I shall find myself
When everything seems to be going astray.
I will walk on the roads
Where life once existed,
Where it was hard
Yet there was comfort!
I shall find myself
On those roads
Where no one walked, thinking
"Life is being so unfair!"*



Avantika Suhasaria

*Semester IV
(JMC Honours)*

Spring Never Comes for Women

*I have a thousand words to verbalize.
But they yell, "You're a woman, you must realize."
My heavy breaths and sleepless nights.
A caged world and hollow fights.
The society paints my face,
The ownership of man is what my body awaits.
The insanity of self-possession rips me apart,
Oh, hush! Nurturing opinions is utterly barred.
Mother lathers paste of turmeric to lighten my skin,
But who cares about my swollen scars within?
I stained my clothes on the very first menstrual day,
The memory of mockeries still haunts me today.
The woeful plight exists till date,
"Spring never comes for women" is what they say.*



Sankalita Biswas

Semester IV

(JMC Hons)

Hope

A serene atmosphere surrounds the houses,

The dreary night taking its leave.

The pungent smell grouses,

Rinsed away by the drizzling mist.

Pitter-patter as it drips,

Flickering the faded lights

As if to say Goodbye.

Shortly thereafter,

A single light blooms across the vast sky,

The clouds giving way to a canvas,

Tinted extraordinarily with hues,

Catching the breaths of all species,

The calm after the storm,

Dwells around as if to stay.

With the break of dawn,

Chattering replacing the seamless silence;

Birds tapping on the windows,

Little beings emerging to play;

Nature's approach conveying,

'Do refuse to lose hope, for I'm always on your side!'

Alokananda Sen

Semester IV

(JMC Hons)



PALS

*Pals are the jewels of our lives
But among those pals
One special personality thrives*



*That friend stands beside us
Every time in every situation
That friend holds our hand
When our life is in a great fixation*

*I too came across someone close
Who always made me feel special
I am happy with that person whom I chose
As he is not someone occasional.*



Aliza Reyaz

Semester - II

(Political Science Hons)



TEACHERS

*In this fast-moving world when I felt lonely,
One of the teachers who corroborated me was YOU.
In this cruel world when everyone tried to curb me,
One of the teachers who understood me and helped me
To shine was YOU.*

*A bit strict but really benevolent and polite,
Sharing problems with you makes me feel light.*

*I feared the hindrances that come my way,
But you helped me to be serene and stay.*

The withered portion of my life did sprout,

This is because you cleared my life's every doubt.

Confidence and veracious are your life's keywords,

You always say with this we can be free as birds.

Incredulous personality with innovative ideas combined,

This is truly your image on our minds

Your placid and amiable gesture

Gives the sign of your unassuming nature.

Exultant to see you every time,

Your presence prevents me from committing a crime.



Aliza Reyaz
Semester - II
(Political Science Hons)



SUMMER

*Here comes that time of the year,
When the cool breeze leaves us,
And the rains are near.
In between lies the phase,
We call it summer,
Summer is its name.*

*When the sun is right up,
And as our last bell rings,
'Here comes the summer'
Is what we all sing.*

But,

*I miss the days we used to play,
The sandcastle, the beach
And the sound of the swings.
I miss the childhood hoax,
Where we travelled the world in our paper boats.
I see summer every year.
But miss the summer holidays,
Where our smile was without fear.*

Bansari Hindocha

Semester 10

(JMC Hons)



A Sweet Message for My Dad

*I have created prints of my very little feet,
So you will keep in mind -once I used to be, therefore tiny and sweet.
I will grow, as a result of the years that go past,
But my love for you will always last.*

*There's a special feeling,
When I take you into account, dad.
It's a pleasure to remember all the happy moments we have had.*

*There's a fairly, special caring,
That is meant for you alone.
There's a place somewhere in my heart, which
Only you will own.*



Diya Shah

Semester - II
(JMC Hons)



Just a Slight Change

*I don't know if anyone has thought about it yet,
How to face situations without any regret,
To be able to withstand adversities,
To be resilient enough after all calamities;
To make obstacles your strength,
And gain fitness with wealth.*

*No one is the best leader except you,
No one is the best teacher except you,
So embrace the belief of yourself within
And work hard without any fear betwixt.*

*Nourish people with love,
And love peacefully like a dove,
But one thing is a must;*

*Don't let someone take advantage of your trust
However, if someone does so do take a stand-*

*It is upon you how to carve your niche upon the land;
Don't prove yourself with arrogance but with firmness,
Because a slight change with forgiveness can make such a difference!*

Navyaa Baid
Semester IV
(English Hons)



Of Hope

*There's something blissful in the wind,
It kissed my cheeks today.
I smelled hope in it,
Purely enchanting and heavenly,
So I breathed it.
Letting it run through my veins,
Tracing the darkest cracks and lanes.
For I believe hope will pave the paths.
For the blooming of new ways.
For now hope is,
My new home!*



Subhangi Namhata

*Semester II
(JMC Hons)*

IT'S MOVIE TIME!



BREAKFAST AT TIFFANY'S

Film: *Breakfast at Tiffany's* (1961)

Director: *Blake Edwards*

Written By: *George Axelrod*

Genre: *Classics, Romance, Comedy, Drama*

Starring: *Audrey Hepburn, George Peppard*

Duration: *115 minutes*

Studio: *Paramount Pictures*



Breakfast at Tiffany's, based on the Truman Capote novella by the same title, stars Audrey Hepburn in one of her most plenteous roles as Holly Golightly, an amorous, imprudent socialite (with an iconic little black dress). She is kept company by a cat named Cat and her neighbor cum potential love interest, Paul Varjak, a battling author as well as a host of flamboyant characters including dodgy dates, a mobster imprisoned in jail, Hollywood specialist, a diligent ex-husband and an irritable neighbor living upstairs, Mr. Yonioshi (played by Mickey Rooney, whose clichéd caricature of a Japanese man has attracted a lot of criticism). Hepburn is astonishing as the bubbly, spontaneous girl-about-town, whose humble stature gives a false representation of larger-than-life screen nearness. In contrast to Holly, George Peppard's smoldering disappointment and visible earnestness as the writer Paul is the perfect complement to her. Holly's foolish tricks and the resultant circumstances she finds herself in are a charm to observe, as is the everlasting banter. However, beneath the comedic components, there is a sense of despair and melancholy – Holly was a child bride who abandoned her domestic town and is presently attempting to save up money to support her brother Fred when he returns from his army service. There is a component of powerlessness to Holly – it is inferred that she is working as an escort, but she at times shows up to be a fair and youthful lady overpowered in an enormous, bustling New York City. Neither Holly nor Paul appears to represent real individuals. Their attraction which is the central point of the film may be a character unto itself. Paul sees Holly as frightened, helpless, and requires protection and appreciates his part as a potential knight in shining armor to his lady in trouble. She is drawn to him since he sees past her veneer of fabulousness to the frightened young woman she is inside and which she tries (not that true at all) to cover up. Moreover, another reason she is attracted to him is the reality that he stands up to her even when she treats him poorly. This likely does not happen to her frequently, and it interests her. Breakfast at Tiffany's is a delightful 60's film that serves as a superb exhibit for the extraordinary Audrey Hepburn. Her depiction of Holly Golightly, led to the creation of one of the most memorable characters in film history. This is an unforgettable film and it is Hepburn who makes it possible. She is at the center of everything that goes on in the film and one cannot help but be charmed by Holly Golightly and the charm and charisma with which Audrey Hepburn portrayed her.

Rimjhim Chowdhury
Semester IV
(JMC Honours)



Your Name

Film: Your Name
Director: Makoto Shinkai, Hayao Miyazaki
Duration: 107 minutes
Genre: Animation/Romance
Production: CoMix Wave Films
Starring: Ryunosuke Kamiki, Mone Kamishiraishi, Ryo Narita, Aoi Yūki, Nobunaga Shimazaki

Your Name, originally known as 'Kimi No Na Wa', is 2016 Japanese animated romantic fantasy drama film written, and directed by Makoto Shinkai. In the first part of the movie, it might not seem as interesting and may appear as a standard romance. However, the plot twist in the middle was indeed breathtaking. The story revolves around Mitsuha, a high school girl living in a small town of Japan, and Taki Tachibana, a high school boy living in Tokyo. The story takes a surprising turn when they find themselves in each other's body. The setting of 'Your Name' somehow feels both lived-in and magical at the same time through its beautiful portrayal of the spaces ranging from Tokyo's train system, to the gorgeous skyscrapers that touches the sky and even just a series of streets on a mountainside. It was quite fascinating to watch their spirits swapping their bodies back and forth, every other morning, but something darker lurks in the dazzling tale. Scenes of astral magic and natural disaster transport the viewers to another realm. Throughout the story the binaries of science and superstition, past and present, night and day have been placed delicately which makes the film worthwhile and interesting. Whether one is an anime fan or not, this movie is worth watching, starting from the plot to the level of detailing, the form and the content, all add up to its brilliance. A must watch!

Awantika Rai
Semester IV
(JMC Honours)



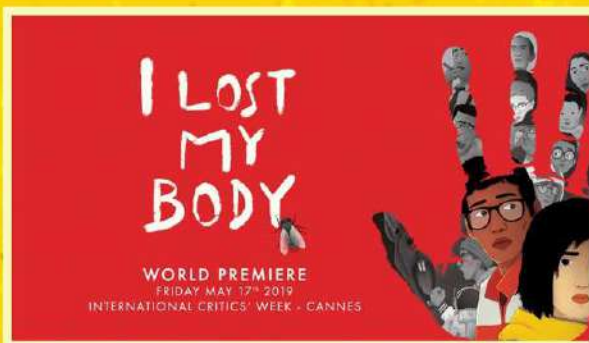
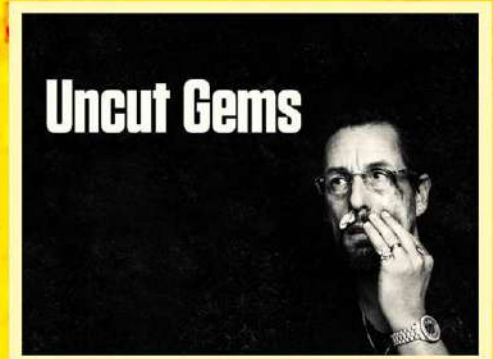
Five Must-Watch Films on Over-the-Top (OTT) Media

The lockdown due to the current pandemic has forced us to shut ourselves indoors and has led to the shutdown of movie theatres and other sources of entertainment. Streaming sites hence proved to be our last resort of entertainment. Here is a list suggesting five must-watch films on Over-the-Top (OTT) Media which you may have missed among the wide array of films released last year.

Uncut Gems (2019) (Netflix) by Safdie Brothers

Duration- 135 mins

An electrifying, anxiety fueled, fast paced crime-thriller starring Adam Sandler which revolves around a gambling addict jeweler which will definitely leave you breathless.



I Lost My Body (2019) (Netflix) by Jérémy Clapin

Duration- 81 mins

Lose yourself in an imaginative, unique and melancholic journey of a severed hand which relives its time being attached to a body.

Crawl (2019) (Amazon Prime) by Alexandre Aja

Duration- 87 mins

Witness the perfect blend of horror and thrilling elements in this old school Man vs. Beast film.



Jallikattu (2019) (Amazon Prime) by Lijo Jose Pellissery

Duration- 94 mins

A madly humorous and chaotic film about a buffalo that escapes and causes havoc in a remote village of Kerala.



Sonchiriya (2019) (Zee 5) by Abhishek Chaubey

Duration- 143 mins

A dacoit drama set in the rugged terrain of the Chambal Valley starring Sushant Singh Rajput, Bhumi Pednekar, Manoj Bajpaiyee.



Riddhadev Bandyopadhyay
Semester IV
JMC Honours

“Spirited Away”: Ten Reasons to Watch It

Nineteen years after its initial release in Japan on 20th July, 2001, Spirited Away still holds a special position in the heart of not just every Studio Ghibli fan but also every cinema lover. Studio Ghibli movies are often filled with hidden meanings and need a keen eye and more than one watch to understand and find Easter eggs. But no matter how many times you watch Spirited Away, you'll always find something new and interesting. Here are 10 facts that make it one of the most celebrated animated films of all time.

The most famous fan theory: The most widely shared theory of all times has to be the one where it says that the whole movie is a metaphor for prostitution. In the Edo period, bathhouses were used as brothels in Japan and guess what they called the owners of the brothels? ‘Yubaba’. Yes, the name of the bathhouse witch. Also, it was common for these women to give away their names to the owners and adopt a new given name. This explains why Yubaba made Chihiro sign away her name and gave her a new name- Sen. This entire theory makes Chihiro’s meeting with Noface all the more creepier since now we understand that Noface was literally trying to buy Chihiro all the while.

The closing scene: The closing scene is the same as one of the opening scenes played in reverse (the one where they are walking through the tunnel).

The river spirit scene was inspired from real life: The scene where the stink spirit comes to the bathhouse to get clean and Chihiro pulls a bicycle out of the creature was inspired from the film’s director Hayao Miyazaki’s real life experience where he cleaned a local river and found an actual bicycle stuck which he and ten others had to pull out then.

Extra dialogues: The English dubbed version has extra dialogues added to explain certain things better. For example, when Chihiro sees the bathhouse, the dialogue “oh, it’s a bathhouse” was added for better understanding of scenes.

Miyazaki did everything: Miyazaki drew over 1000 storyboards for frame by frame animation. But he’s a realist and permitted the use of computers for some of the busy work although every frame first began with the human hand drawing.

Inspiration for Chihiro: Miyazaki took the inspiration for the main protagonist from one of his friend’s 10-year-old daughter. He wanted to make a movie specifically for 10-year-old girls since he thought there were not many representations.

No script: One of the most interesting features of Miyazaki’s movies is that they are made without a script. He keeps making the storyboard and writes the script simultaneously but the process of animating the film starts early.

The concept of ‘ma’: Miyazaki’s films usually have extra scenes showing the characters just taking a moment of calm. In an interview, Miyazaki said, “If you just have non-stop action with no breathing space at all, it’s just busyness. But if you take a moment, then the tension building in the film can grow into a wider dimension. If you just have constant tension at 80 degrees all the time you just get numb.”

Box office record: The movie earned 30.4 billion yen, making it the highest grossing film in Japanese history, overtaking Titanic at the box office.

Names suggest the characters: Boh means little boy or son, Kamaji means old boiler man, Yubaba means bathhouse witch, and Zeniba means money witch.

Shivani Singh
Semester IV
(JMC Hons)





BINGE WATCHING

VERBA SECRE
TORVM HERMETIS.

2019

1953

1986

DARK

CREATED BY: BARAN BOODAR AND JANTJE FRIESE
STARRING : SEAN BEAN, MARIA BELLO, RICHARD ELFYN
MAURICE ROËVES, ABIGAIL STONE

"We trust that time is linear, that it processes eternally uniformly into infinity. But the distinction between the past, present and future is nothing but an illusion. Yesterday, today and tomorrow are not consecutive. They are connected in a never-ending circle."

Dark is the first Netflix Original series in German co-created by Baran Boodar and Jantje Friese. The series is set in the autumn of 2019 in the fictional town of Winden, Germany. It revolves around the aftermath of a child's disappearance which reveals the strange history of the town and brings to light the hidden connections among four estranged families. The series focuses on time travel and revolves around five time periods. So, it is a show that one would not just watch but also solve. The characters and their stories are parts of the puzzle which the audiences are to decipher. The opening theme "Goodbye" by Apparat and the grey skies and cold rain right at the beginning of the show set up an uneasy and uncanny atmosphere. By the time the show moves on, two timelines are added which connect 2019 with 1987 and 1953. Season two further complicates the juggling of timelines by adding two more, i.e., 1921 and 2053. All the characters are significant and all their dialogues create a track for the incidents that follow. The resemblances between the past and the present selves of the character are uncanny. The mise-en-scène and other elements of the series are worthy of mentioning. Dark is a series which is both hard to watch and impossible to stop watching. The show is extremely demanding and even though it is a difficult task tracing all the characters, but, then again that is exactly what makes the show unique.

Aastha Dalal
Semester IV
(JMC Honours)



An Intense Gripping Crime Thriller

पाताल लोक

Created by: Sudip Sharma

Starring: Jaideep Ahlawat, Neeraj Kabi, Gul Panag,
Ishwak Singh, Swastika Mukherjee,
Abhishek Banerjee

Amazon Prime has produced some of the popular crime thrillers and Paatal Lok is no exception. The show revolves around a low-ranked police officer, Hathi Ram Chaudhury (Jaideep Ahlawat), who is appointed to lead an investigation of a high-profile case revolving around a failed assassination attempt of a famous prime-time journalist, Sanjeev Mehra (Neeraj Kabi).

The series takes you through the social lives of each character and it is through these characters that it addresses various social evils like class hierarchy, casteism, islamophobia, religious fundamentalism and atrocities against the LGBTQ community. Paatal Lok is an area in Delhi where the people belonging to the lower strata reside. The protagonist, Hathi Ram Chaudhury, is not a regular rough and tough cop and compromises the case in a way. He shows us what we already know but are afraid to speak about. The repeated reference to 'Swarg Lok', 'Dharti Lok' and 'Paatal Lok' gives an idea of various stratum of the society and how all the three worlds are interconnected. It is a treat to see this kind of casting where every character fulfills their purpose in the plot. The screenplay is rightly paced, with various twists and turns and manages to deliver a hard-hitting message. High on drama, Paatal Lok keeps you engaged from the very beginning till the end.

Ankita Chakraborty
Semester IV
(JMC Honours)



'It's pure rock'n'roll' : ANOTHER ENTHRALLING ROLLER-COASTER RIDE

Name: Money Heist

Created By: Álex Pina

*Starring: Úrsula Corberó, Álvaro Morte, Itziar Ituño, Pedro Alonso,
Paco Tous, Alba Flores*

As the name suggests, the series revolves around heists and primarily focuses around 'The Professor', whose impeccable planning and mind-bending strategies leave the viewers in awe. He carries the heists along with a group of people who are selected, of course by him based on their distinctive skills. The basic strategy of these heists revolves around taking hostages to help them make negotiations with the government. The show is a

cat and mouse chase between the Professor and the authority. Apart from this, the show also showcases the personal lives of all these characters. Given the fact that everything might not go as planned, the Professor is always there to save the day with his strategies and alternative plans. All these turning points majorly help in keeping one's mind and eyes glued to the screen. The robbers are named after various cities, but their mannerisms and stories help strengthen their connection with the viewers as the episodes progress. Although the main agenda of this plot is carrying out a heist that is ethically as well as criminally an offense but the flow of the episodes will not for once make you feel that way. Generally, people do not sympathize with thieves but the characters will make you believe they are against a capitalist government. It is a show that makes the audiences sit at the edge of the chair till the end. The show keeps the audiences high on adrenaline. The flow of the show is crafted in such a unique way that you are bound to binge-watch through all of the episodes without getting bored.

Krishani Poddar
Semester IV
(JMC Honours)





Simply
Delicious





Chicken momo

*Are you craving for momos during lockdown?
Super soft outer covering
with moist and juicy filling makes these
the perfect go to snack!*

INGREDIENTS:

CHICKEN KEEMA
ALL PURPOSE FLOUR
SALT (AS PER TASTE)
1 TSP BAKING POWDER
1 TABLESPOON OIL
ONION, GARLIC, GINGER
SPRING ONION
CHOPPED CORIANDER
GREEN CHILLI, RED CHILLI
TOMATO
SOYA SAUCE
VINEGAR
BUTTER
CHILLI FLAKES
PEPPER

TO MAKE THE STUFFING:

1. Take the Chicken Keema in a bowl and add Soya Sauce and Vinegar to it.
2. Add dry seasonings like salt, pepper and chilli flakes according to your preference.
3. Add some roasted garlic, ginger, and add butter to it. Then add the veggies mentioned above.
4. Add some oil and mix the keema thoroughly. When the stuffing is ready, cover it with a lid and let it marinate for at least 45 minutes to let the chicken absorb all the flavours.

TO PREPARE THE DOUGH:

Put 2 cups of flour in a bowl and add a pinch of salt, sugar, baking powder and a bit of oil. Knead the dough and cover it with a wet cloth to prevent it from drying. Then place one dough on a rolling board and roll it out into a thin disc. The center portion should be thin compared to the edges.

Then put the stuffing in the dough and give shape to it. Make sure you conceal the edges of the dough so that no meat comes out. Steam the momos for at least 20 minutes on medium flame, until they look translucent and shiny. When this is all done, **serve it with spicy red chutney!**

Ankita Chakraborty
Semester IV
(JMC Hons)





Chinese Bhel

PREP & COOK

FOR THE NOODLES:

Take Hakka noodles and boil it properly. Once it's boiled, fry it in oil until it is fried properly. Keep aside.

FOR THE SAUCE:

In a bowl, mix together 3 tablespoon tomato ketchup, 2 teaspoons sweet chilli sauce, 2 teaspoons soya sauce and one teaspoon vinegar. (You can try and use whatever sauces available like schezwan, etc). Keep the bowl of mixed sauces aside.

FOR THE VEGETABLES:

Cut capsicums, tomatoes, onions, spring onions, carrots and cabbage. On a gas stove, heat a pan with very little oil and add some garlic paste. Sauté the vegetables just for one minute and turn off the gas. Add the fried noodles little by little and then keep adding the sauce and mix well. Top with some spring onions and serve!

INGREDIENTS

Hakka noodles
Capsicums
Onion
Garlic paste
Spring onions
Carrots
Cabbage
Vinegar
Soya sauce
Tomato ketchup
Sweet chilli sauce

Mahek Daga
Semester II
(JMC Hons)





KHAMAN DHOKLA

This is a popular Gujarati recipe that has become a regular feature in many Indian homes. Simple to make, delicious to eat, this quick recipe will add rich flavors to this tempting snack.

INGREDIENTS:

- | | |
|------------------------|---------------------------------------|
| 1 cup curd | 1 bunch of coriander leaves (chopped) |
| ½ cup gram flour | 2 tsp grated coconut |
| ½ tsp soda-bicarbonate | 4-5 curry leaves |
| ½ tsp turmeric powder | |
| a pinch of sugar | |
| 1 tsp lemon juice | |
| 1 tsp fruit salt | |
| salt and green chilli | |
| 1 cup water | |
| 1 tsp mango powder | |
| 1 tsp oil | |
| 1 tsp mustard seeds | |

Astha Shah
Semester IV
(JMC Hons)



PREP AND COOK:

Grease the microwave safe flat dish with little oil.

Beat all the ingredients together. Pour the mixture into the greased dish.

Microwave at 60% power for 5-6 minutes.

When ready, pour 1 cup water with mango powder over it and cover it.

In a microwave safe bowl microwave oil at 100% power for 30 seconds.

Add all the ingredients (except grated coconut and green coriander) and microwave for 2 minutes.

Spread the tempering evenly on dhokla and cut it into pieces.

Garnish with grated coconut and chopped coriander. Serve with chutney!

INGREDIENTS

MILK
SUGAR
BASMATI RICE
MANGO PULP
PISTACHIO
PEANUTS
KAJU



Mango Phirni



Krishani Poddar
Semester IV
(JMC Hons)



PREPARATION AND COOKING

SOAK THE BASMATI RICE IN WATER FOR ONE HOUR.

GRIND THE SOAKED BASMATI RICE IN A GRINDER FOR LESS THAN 30 SECONDS BECAUSE WE DON'T NEED FINELY GRAINED BASMATI RICE.

BOIL THE MILK, THEN ADD THE BASMATI RICE PASTE TO IT BUT KEEP STIRRING TO AVOID FORMING LUMPS.

ADD SUGAR, A PINCH OF SALT AND MANGO PULP AND KEEP STIRRING.

COOK IT ON MEDIUM LOW FLAME FOR 20 MORE MINUTES.

ADD PEANUTS, PISTACHIOS AND GROUNDED KAJU TO YOUR MANGO PHIRNI (THIS STEP IS OPTIONAL)

NOW SPOON THE MANGO PHIRNI INTO BOWLS AND GARNISH IT WITH SOME PISTACHIOS OR KAJU AND.

LET IT COOL DOWN TO ROOM TEMPERATURE.

AFTER IT COMES DOWN TO THE ROOM TEMPERATURE, REFRIGERATE IT FOR 30-45 MINUTES. **AND YOUR DELICIOUS MOUTH WATERING FIRNI IS READY!**



ROTI PIZZA

INGREDIENTS

ROTIS
TOPPINGS OF YOUR CHOICE
MOZARELLA CHEESE
SALT
GREEN CHILLI PASTE
OIL
MAYONNAISE
PIZZA SAUCE



Debotri Ghosh
Semester II
(JMC Hons)



PREP & COOK

You can make a new set of atta roti or can use your left over rotis from the previous day

First you need to arrange your toppings of your preference which you are going to use on the roti pizza

Then saute the topping with oil, green chilli paste, salt and mayonnaise

Take your atta roti and spread the pizza sauce nicely
Grate some mozzarella cheese

Put the saute toppings on the roti. Again, grate some mozzarellacheese on it. This will help the toppings to stick to the roti while baking the pizza

If you are baking your pizza in microwave then pre-heat your microwave at 200°C for 10-20 minutes

Then put the roti pizza inside the microwave and bake it for 30 minutes at 200°C until the cheese melts and you get your preferable crust pizza

If you don't have microwave you don't need to worry, you can also bake the pizza on your oven, just pre-heat your non-stick for 10-15 minutes at high flame

Then bake your roti pizza on the non-stick pan for 30-40 minutes at medium flame

WE HOPE YOU ENJOY THIS EASY HOMEMADE ROTI PIZZA AND STOP YOUR CRAVINGS OF HAVING A PIZZA!

Chicken Kebab

Serve this flavorful and mouth watering recipe on any occasion whatsoever because no sane soul could possibly neglect Chicken Kebabs!

INGREDIENTS

Yogurt ,ginger and garlic paste
red chili powder, cumin powder, coriander powder and garam masala
tandoori chicken masala, mustard oil, lemon and salt to taste



PREPARATION

Marinate the chicken using the above ingredients and keep it in the fridge for 2 hrs. Add lemon 30 mins prior to the cooking.

COOKING

Heat up some oil and butter to a pan for frying. Add the marinated chicken to it. Cover and cook till the chicken is tender.

SERVE

Check for salt and add pepper to it. Garnish it with chopped coriander leaves and serve sizzling hot with green chutney.

Thread four pieces of the cooked kebab onto a metal skewer or bamboo skewer. Fire up your stove top and grill the chicken kebab until the sides are charred. While grilling, brush the chicken with oil, and voila, your dish is ready!

NOTES : If you use bamboo skewers, soak them in cold water overnight so they don't get burned during the grilling process.

Priyanka Nandy
Semester II
(JMC Hons)



Crispy Chilli Babycorn

Tasty, flavorful and easy Indo-Chinese starter recipe, crispy baby corns tossed in a sweet and spicy sauce along with cubed bell pepper, one of the very easy baby corn recipe served as appetizer/starter or combined with steamed rice or noodles for a meal!



METHOD

DICE THE BABY CORN INTO PIECES THEN BOIL IT FOR ABOUT 5-7 MINUTES, STRAIN IT AFTER IT TURNS SOFT.

TAKE A SEPARATE BOWL AND ADD 5 TABLESPOONS OF ALL PURPOSE FLOUR, 2 TABLESPOON OF CORNFLOUR, ½ TEASPOON TURMERIC POWDER AND DESIRED AMOUNT OF SALT AND MIX THEM WITH ½ CUP WATER, MAKE SURE THE BATTER HAS NO LUMPS.

PUT OIL INTO THE PAN AND THEN DIP THE DICED BABY CORNS INTO THE BATTER.

DEEP FRY ALL THE BABY CORN IN MEDIUM FLAME UNTIL THE COLOUR TURNS GOLDEN.

IN ANOTHER PAN PUT 2 TABLESPOONS OF OIL, ADD FINELY CHOPPED GARLIC AND CHILLI INTO IT, TOSS IT IN LOW FLAME FOR SOME MINUTES.

THEN PUT 5-6 TABLESPOONS OF TOMATO SAUCE AND 1 TABLESPOON OF SOYA SAUCE INTO IT, ADD THE CORNS INTO IT AND KEEP TOSSING UNTIL SAUCE COVERS THE BABY CORNS COMPLETELY.

ADD SOME SESAME SEEDS AND TOSS IT. AND YOUR DISH IS READY.

INGREDIENTS

BABY CORN
GARLIC
GREEN CHILLIES
ALL-PURPOSE FLOUR
CORNFLOUR
TOMATO SAUCE
SOYA SAUCE
SALT
TURMERIC POWDER
SESAME SEEDS

Rushali Roy
Semester II
(JMC Hons)





Banana CHOCOLATE ICE CREAM

The best time for ice cream is
always!

3 bananas
(chopped & frozen)

1 cup milk/
cashew or
almond milk

2 tbsp cocoa
powder

1 tsp coffee
powder

8-10 dates
(deseeded)

1 tsp Vanilla
essence/
cardamom
powder

Preparation & cooking

Peel the bananas, chop them into pieces and freeze them for 3-6 hours until frozen.

Put all the ingredients in a blender and give a good blend until smooth. Scrape down the sides as necessary. You can add the milk little at a time if you want to adjust the consistency as per your liking.

Transfer the mixture into an airtight container and freeze overnight or at least 6 hours. Take out after 6 hours. **Serve and enjoy!**

Rimjhim Chowdhury
Semester IV
(JMC Hons)





Priyanka Nandy
Semester II
(JMC hon's)



GUJARATI MASALA KHA KHRA

INGREDIENTS

A Masala Khakhra is the perfect waist-friendly snack. It is crispy, flaky, spicy and delicious, and it's made with healthy chickpea flour, whole wheat and veggies.

- 1 CUP OF WHEAT FLOUR
- 2 TBSPS. OF GRAM FLOUR (BESAN)
- A PINCH OF CARROM SEEDS (AJWAIN)
- A PINCH OF TURMERIC (HALDI), ASAFOETIDA (HING)
- 2 TBSPS. OF OIL/GHEE
- SALT

PREPARATION & COOKING



STEP 1

MIX EVERYTHING WELL. ADD MILK TURN BY TURN TO MAKE A NOT SO HARD DOUGH.
REST THE DOUGH FOR 15-20 MINS.



STEP 2

CUT OUT ROUND SHAPES (PEDAS) OF THE DOUGH.
ROLL THEM INTO A THIN DISC AS POSSIBLE. (JUST LIKE PAPAD)



STEP 3

HEAT A TAWA. PUT ONE KHA KHRA ON THE HEATED TAWA AND PRESS IT USING A CLOTH TO MAKE IT CRISPY.
YOU CAN ADD GHEE OR OIL IF YOU LIKE.



STEP 4

MAKE SURE THE GAS IS ON LOW FLAME THROUGHOUT THE PROCESS.
AND YOUR KHA KHRA'S ARE DONE!

CHOCOLATE DOUGHNUT

These easy homemade baked chocolate donuts are topped with a delicious chocolate glaze and sprinkles! Perfect for breakfast or a sweet treat!



Cooking time: 1 hour

Krishani Poddar
Semester IV
(JMC Hons)



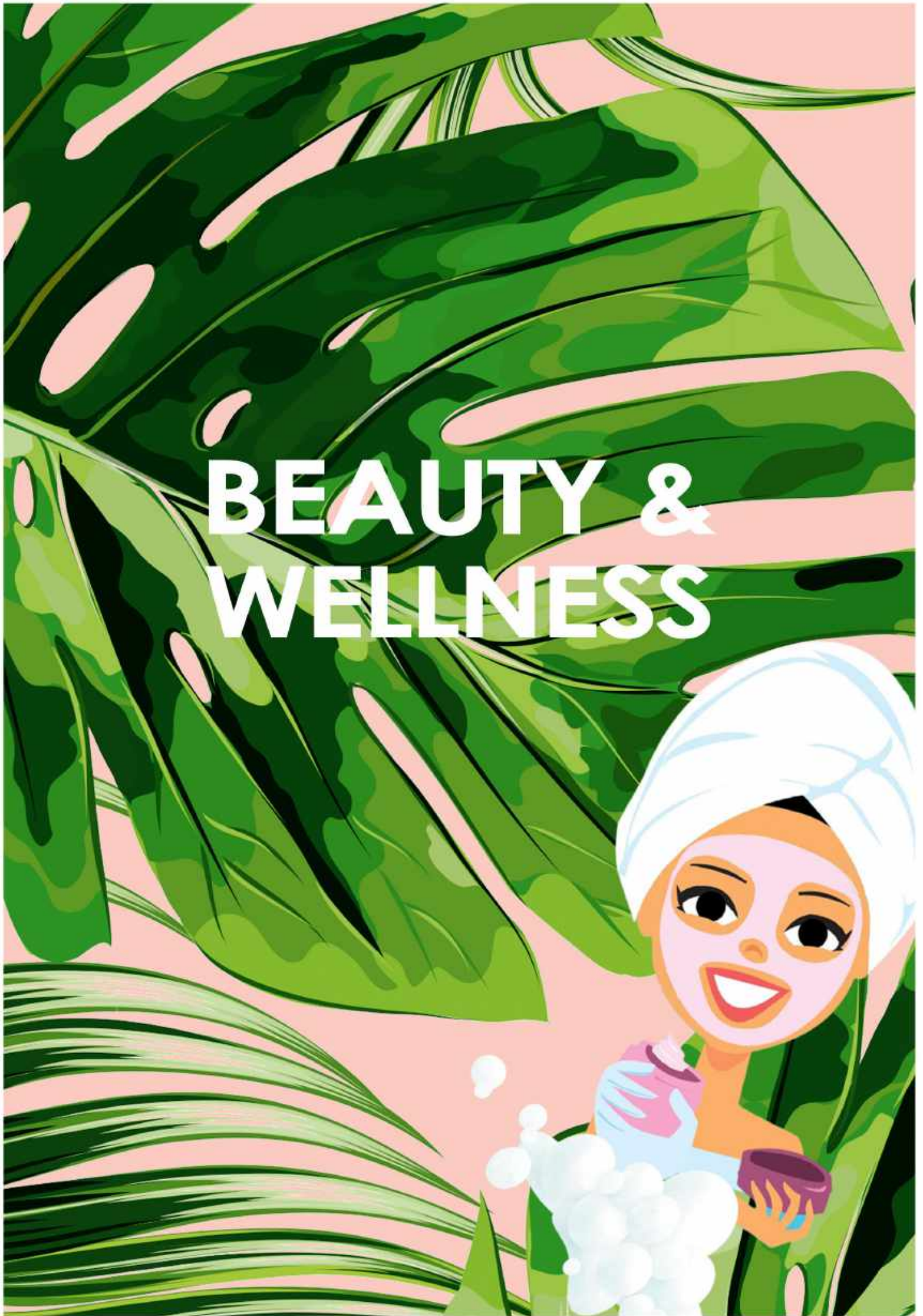
PREPARATION & COOKING

- Knead dough using maida, powdered sugar, curd or eggs, cocoa powder, baking powder/Eno, melted butter / ghee / oil and pinch of salt.
- If your dough is too sticky, add maida to it and if it is too dry, add some water. Make a soft dough. (Knead time: 12- 15 minutes)
- Now apply butter or oil to the dough, cover it and let it rest for 1 hour or 1 hour 30 minutes.
- After an hour or so, you will see your dough has risen from inside. Now knead the dough for one minute more.
- Then roll out your dough flat but it should be thicker or double than a regular chapati.
- Now use two different sized round bowls and cut the rolled-out dough and form a shape like doughnuts.
- Then let it rest for 10-15 minutes more before frying.
- After 15 minutes, deep fry your doughnuts using oil. Each doughnut will take around 2-3 minutes to get fried. Fry it on medium flame, so that the doughnuts are cooked from inside as well.
- Your chocolate doughnuts are ready now and if you want you can glaze them with nutella / powdered sugar / chocolate syrup or Chocolate glaze.

GLAZE

MAKE THE CHOCOLATE GLAZE BY MIXING MILK, SUGAR, COCOA POWDER AND CHOCOLATE SYRUP AND BOILING IT FOR A MINUTE.

BEAUTY & WELLNESS



Face Mask

For normal, dry, oily and combination skin

INGREDIENTS

Rice flour (3 tbsp) Sandal wood powder (2 tsp, optional)
Yogurt (2 tbsp) Aloe vera gel (1 tbsp, optional)
Honey (1 tbsp) Tomato juice (2 tbsp)
Turmeric powder

HOW TO USE

- Mix all the ingredients well in a bowl and make a thick paste.
- Apply the mask all over your face and neck area properly.
- Keep it for 15-20 mins. Let it dry.
- Wash it well and apply some moisturizer / face cream / rose water or aloe vera gel. It helps your skin glow and reduces the tan.
- Use it twice a week for a month to witness good results.



Face Pack

Anti-acne face pack for all skin types

INGREDIENTS

Aloe vera (1 tbsp)
Honey (1 tbsp)
Turmeric (1 tsp)
Small container (1 piece)

HOW TO USE

- Mix all the above-given ingredients well in a bowl.
- Apply the paste on acne active areas.
- Keep it for 15 mins and rinse well with lukewarm water.
- Apply this paste every alternate day to get an acne free skin.



SIMPLE AND NATURAL FACE SCRUB AT HOME



Bring Back Your Nature Beauty



INGREDIENTS

Coffee powder (2 tsp)
Honey (1 tbsp)
Sugar (1 tbsp)
Aloe vera gel (1 tsp)
Coconut oil (1 tsp, only
for normal or dry skin)
Rosewater (optional)
Any face cream or
moisturizer (optional)

HOW TO USE

- Take a bowl, mix the given amount of coffee powder, honey, sugar and aloe vera gel.
- If you have normal or dry, you should add the given amount of coconut oil to the scrub.
- Scrub your face with the mixture for 4-5 mins and then wash it well with water
- Gently pat your face with a clean towel and apply any moisturizer, face cream or rosewater for the final effect.



HAIR TREATMENT

*Get spa-like hair at home
with these simple ingredients!*

Bring Back Your Nature Beauty

INGREDIENTS

- Yogurt (2 tbsp)
- Aloe vera gel (1 tbsp)
- Lemon juice (1 tbsp, optional)
- Tea leaves soaked overnight in water (6 tbsp water with 2 tsp tea leaves)
- Coffee powder (1 tsp)
- Rice water (as per hair requirement; soak the rice in some water and then keep it for a few hours, strain it and take the water out in a container for later use)

HOW TO USE IT:

- Take a bowl, mix the Yogurt and Aloe Vera gel. If you have dandruff or flakes problem, then add the amount of lemon juice given above as it helps you get rid of it. This ingredient is optional and should be added according to your hair issue.
- Strain the tea leaves water, then add that water and coffee powder in the mask and mix it well.
- The tea leaves water and coffee powder give a soothing effect and adds natural shine and a beautiful natural colour to your hair.
- Apply the mixture all over your hair properly and keep it for 15-20 mins.
- Shampoo your hair well and use the rice water after shampooing as a hair conditioner. It helps in detangling the hair, makes it smoother, stronger and shiner and increases hair growth too. Keep the rice water for 2-3 mins and then wash it.
- Cover your hair with a towel and dab it. Let it dry naturally and you are good to go!



BODY & FOOT SCRUB

INGREDIENTS

Granulated sugar (1 cup, either white or brown preferably organic)

Oil (1/2 cup, olive oil/coconut oil works great)

Vanilla extract/Vanilla or chocolate essence (10 drops, optional as it adds a beautiful smell)

A Glass jar or an airtight container (1 piece)

HOW TO USE

Mix all the given ingredients well in a bowl.

Use as needed before the shower.

Scrub your skin gently for 4-5 mins and rinse well with lukewarm water.

This scrub will add some moisture to your skin and make it feel like silk.

🌸 Bring Back Your Nature Beauty 🌸

LIP SCRUB

INGREDIENTS

Coconut oil (1tbsp)

Honey (1 tbsp)

Sugar (1 tbsp)

Small container (1 piece)

HOW TO USE

Mix all the above-given ingredients well in a bowl.

Use as needed before the shower.

Scrub your lips for 4-5 mins softly and rinse well with lukewarm water.

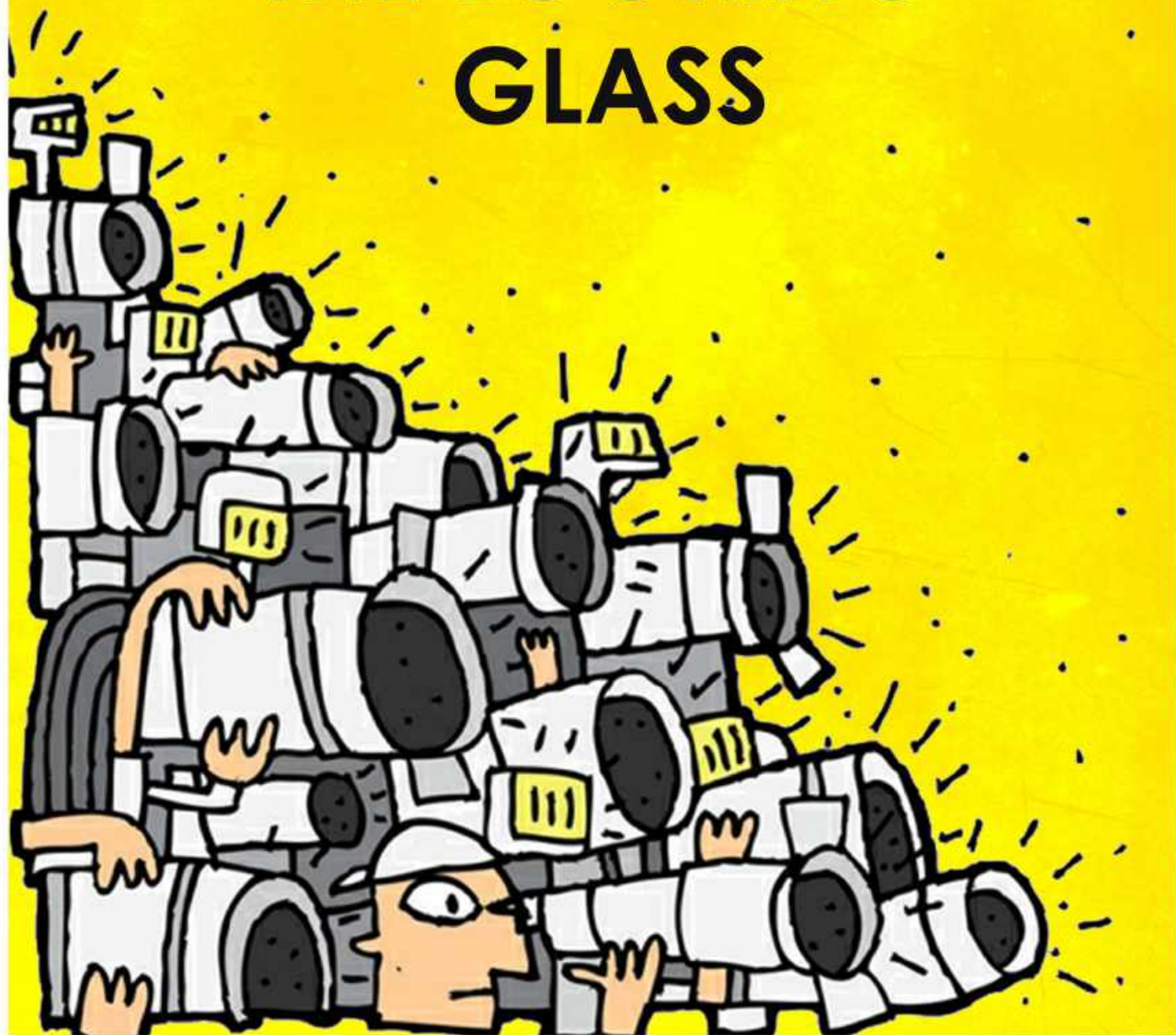
The scrub will add some moisture to your lips and also remove the dead cells.



Raksha Choraria
Natasha Sethia
Shelly Maloo

Third Year
(JMC Hons)

THROUGH THE LOOKING GLASS



Bloom Travel | let the light in
Freeze Fall | And burn as well
Just don't stop, there is beauty
in every weirdness and every
inch of you, explore till you
unravel your mistakes and
smile or none but yourself.
you can not look unless you
actually want to see .



RAMSHA
RAHMAN
SEMESTER IV
(JMC HONOURS)





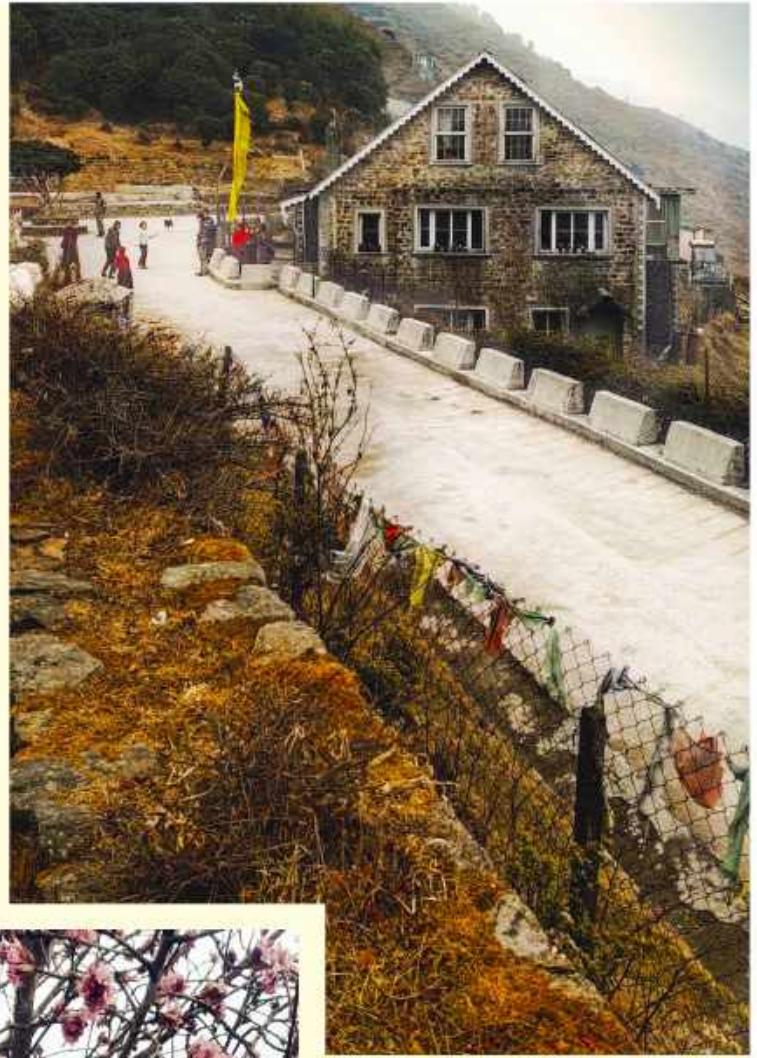
THE SEARCH FOR CALMNESS IN THIS CHAOS



AAHAN RAI
SEMESTER IV
(JMC HONOURS)



KAL PE SAWAL HAI, JINA FILAL HAI
KABHI DIL SE PUCHLO AUR BATAO KYA HAAL HAI ?



RAMSHA RAHMAN
SEMESTER IV
(JMC HONOURS)





Paintings



*Aastha Dalal
Semester IV
(JMC Hons)*



*Yukta Shah
Semester IV
(JMC Hons)*





*Asmita Ghosh
Semester IV
(English Honours)*



*Yukta Shah
Semester IV
(JMC Hons)*

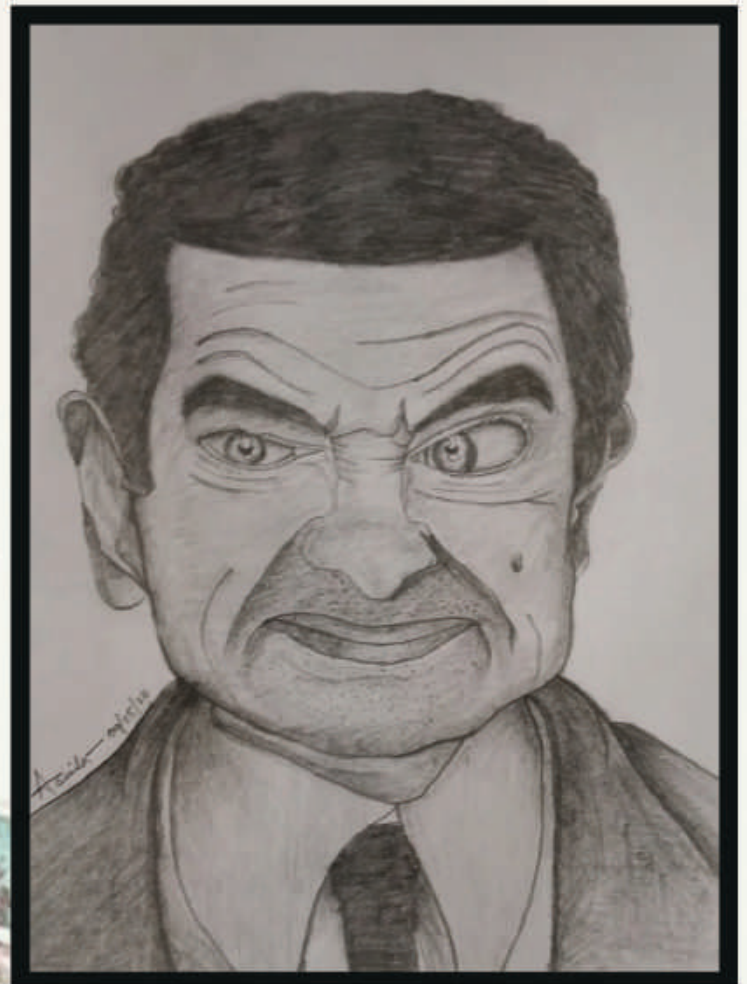


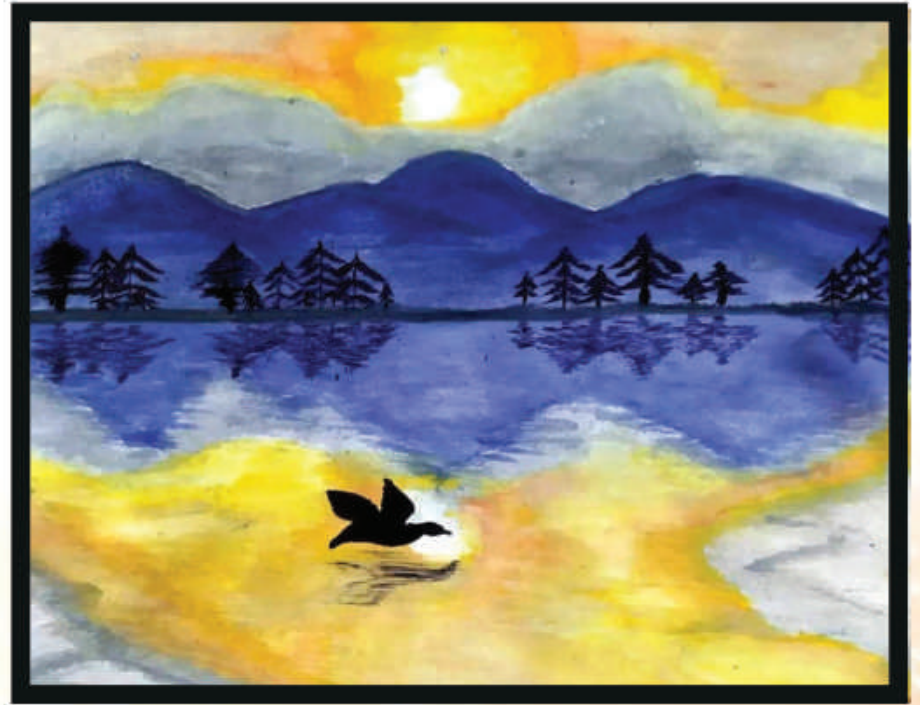


*Aastha Dalal
Semester IV
(JMC Hons)*



*Asmita Ghosh
Semester IV
(English Honours)*





Asmita Ghosh
Semester IV
(English Honours)



Fatima Zeya
Semester II
(JMC Hons)

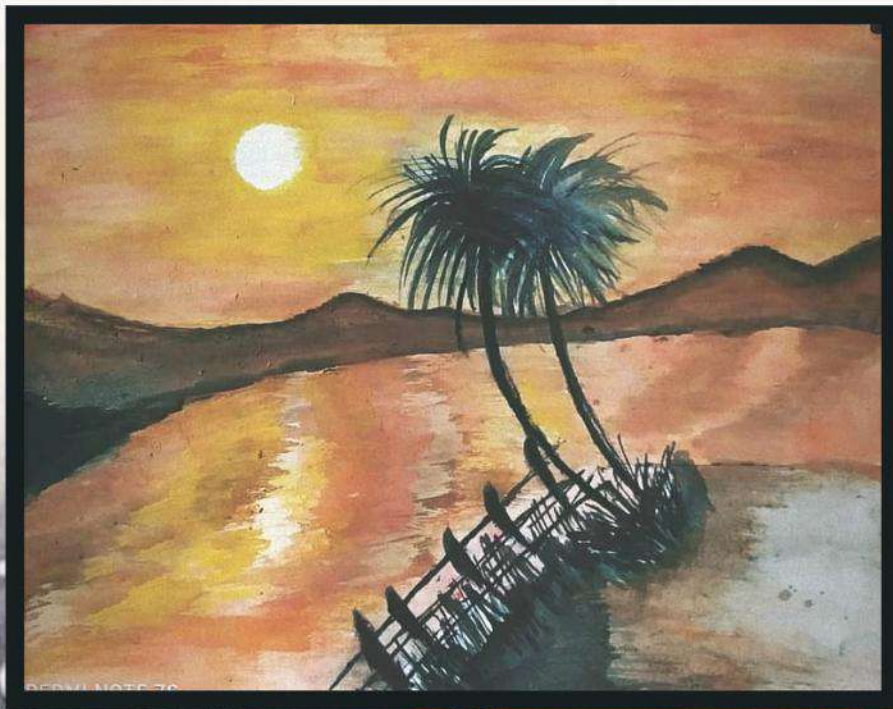


*Fatima Zeya
Semester II
(JMC Hons)*



*Priyanka Nandy
Semester II
(JMC Hons)*



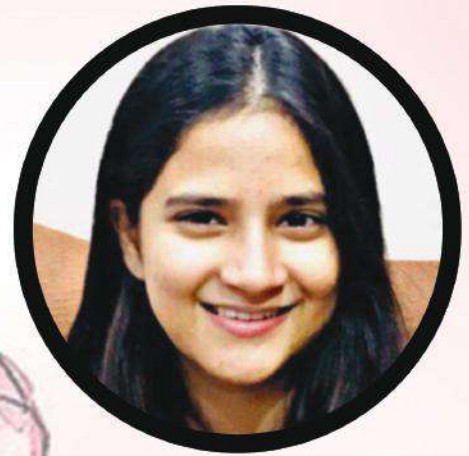


*Fatima Zoya
Semester II
(JMC Hons)*



*Priyanka Nandy
Semester II
(JMC Hons)*





Priyanka Nandy
Semester II
(JMC Hons)

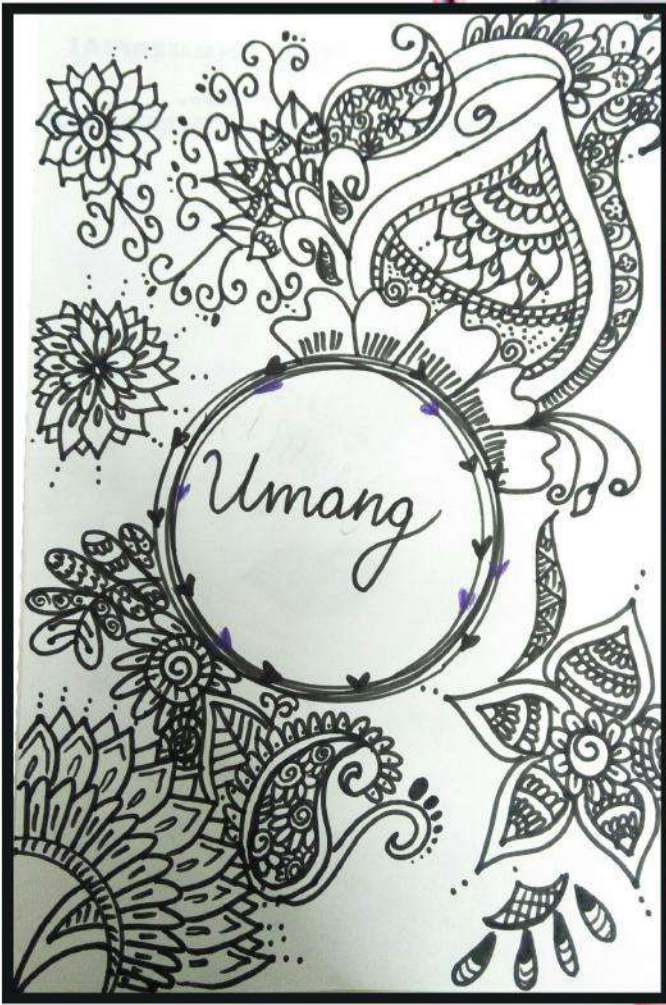


Aastha Dalal
Semester IV
(JMC Hons)





ILLUSTRATIONS



RUSHALI ROY
SEMESTER II
(JMC HONS)



RIMJHIM CHOWDHURY
SEMESTER IV
(JMC HONS)



"A sunflower field is like a sky
with a thousand suns." - Corina
Abdulrah-Negura



YUKTA SHAH
SEMESTER IV
(JMC HONS)



AANISHA BAROOAH
SEMESTER IV
(ENGLISH HONOURS)





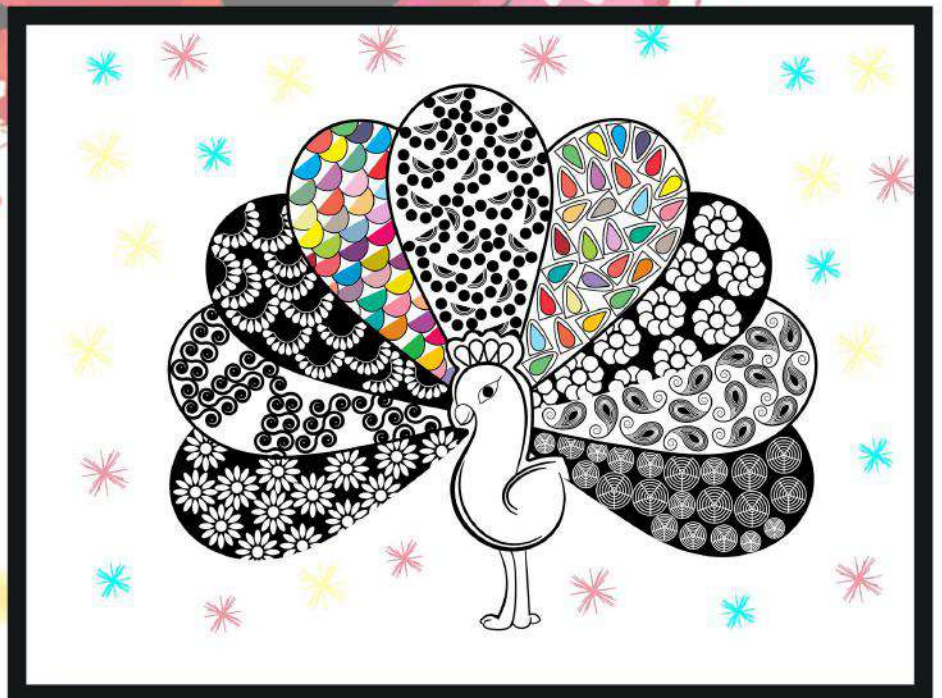
"The butterfly is a flying flower. The flower a tethered butterfly." - Ponce Denis Ecouchard Lebrun

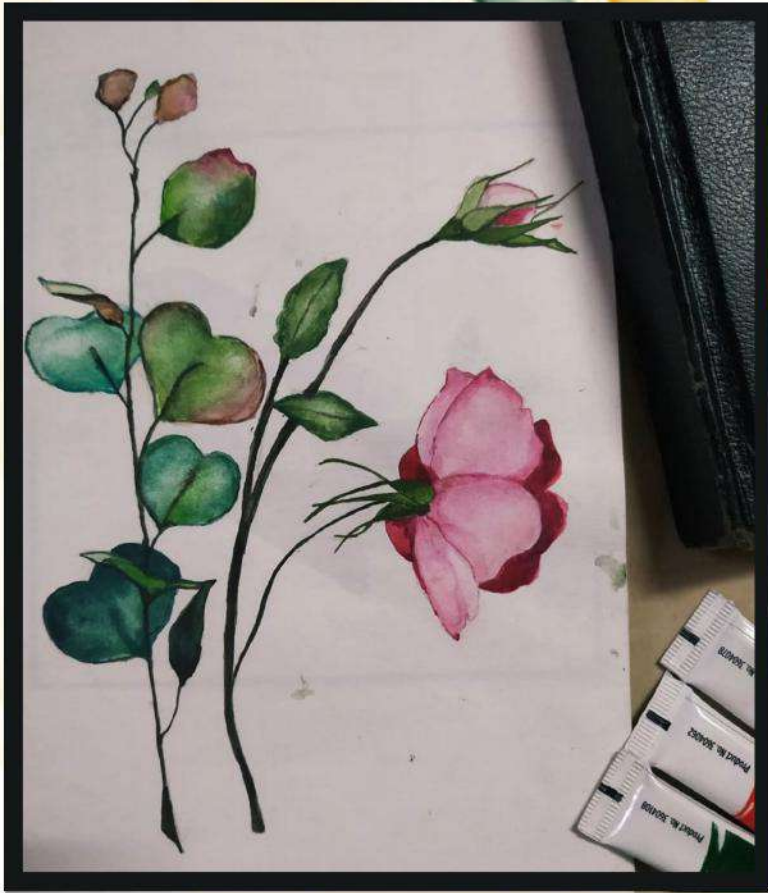


RIMJHIM CHOWDHURY
SEMESTER IV
(JMC HONS)



HARSHITA SINGHI
SEMESTER II
(JMC HONS)





HETVI KOTHARI
SEMESTER IV
(JMC HONS)

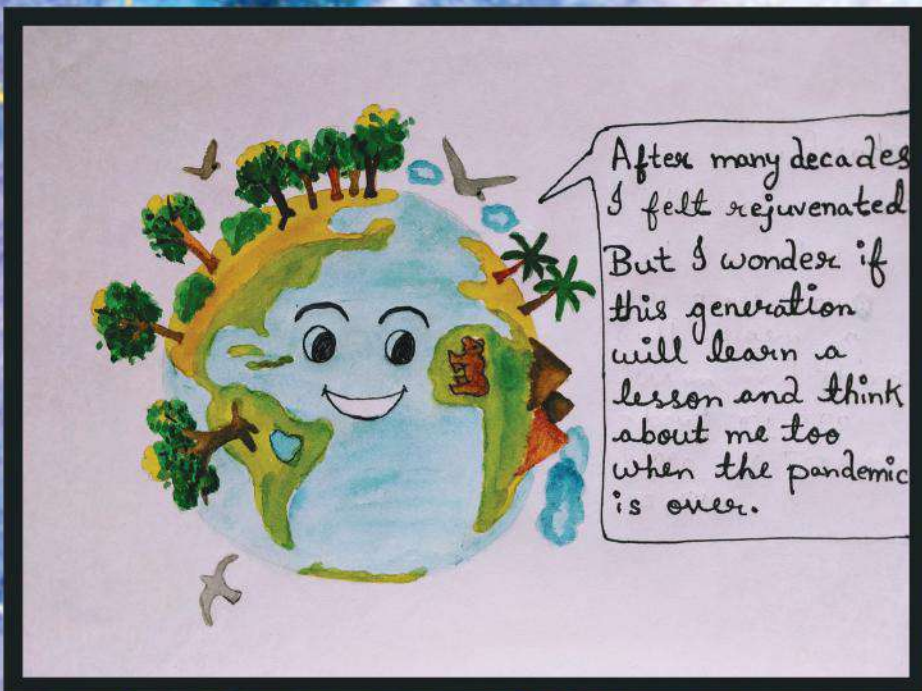
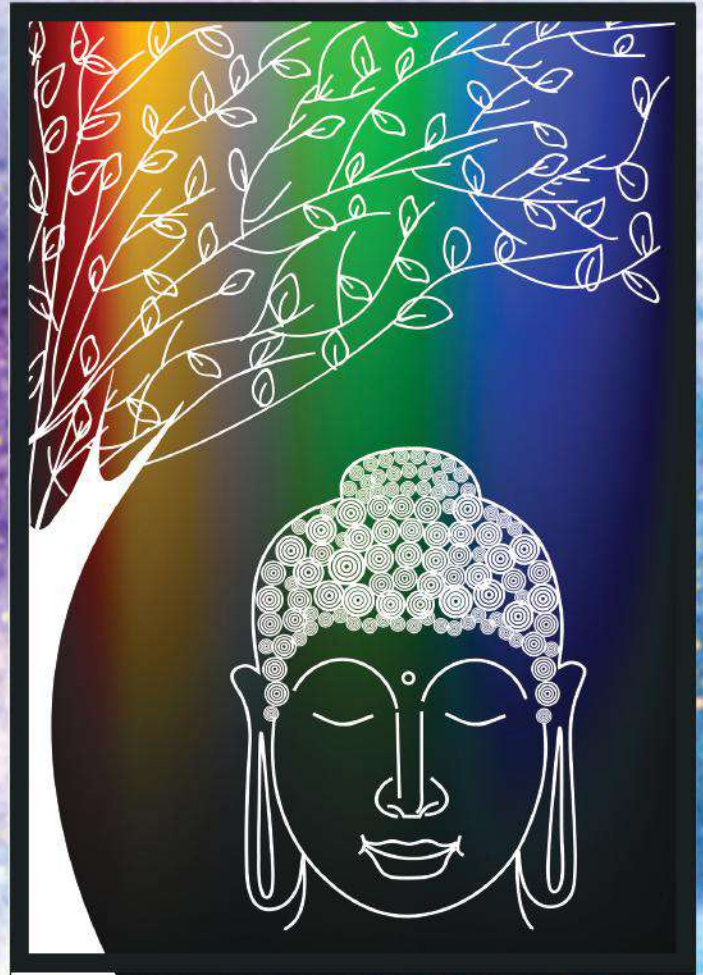


AANISHA BAROOAH
SEMESTER IV
(ENGLISH HONOURS)

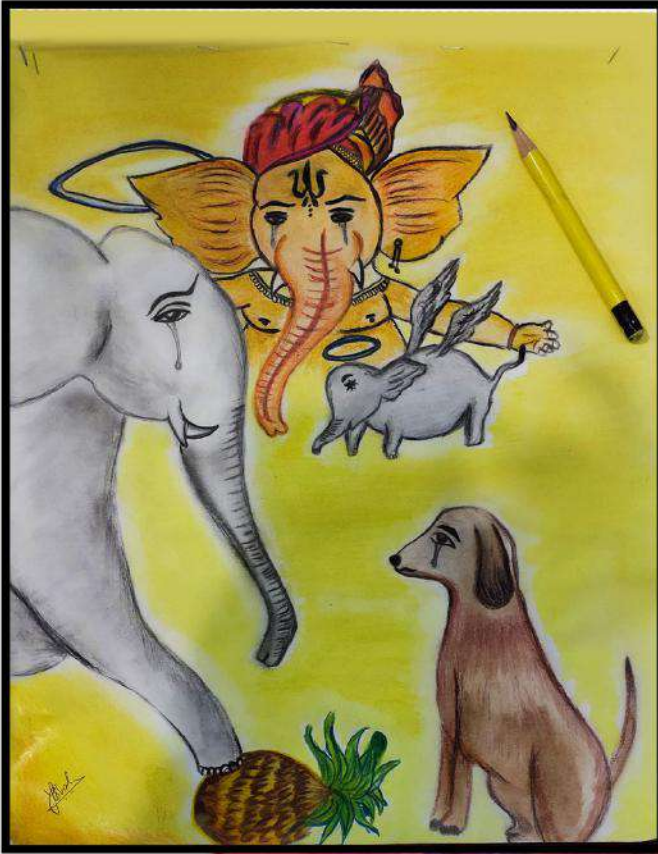




HARSHITA SINGHI
SEMESTER II
(JMC HONS)



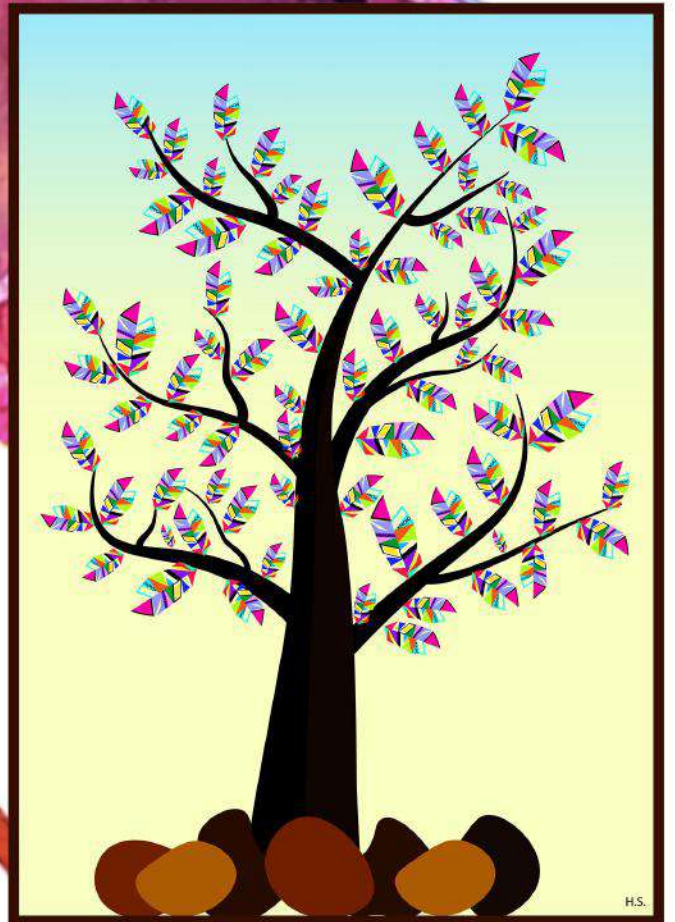
AMRITA SHUKLA
THIRD YEAR
(JMC HONS)

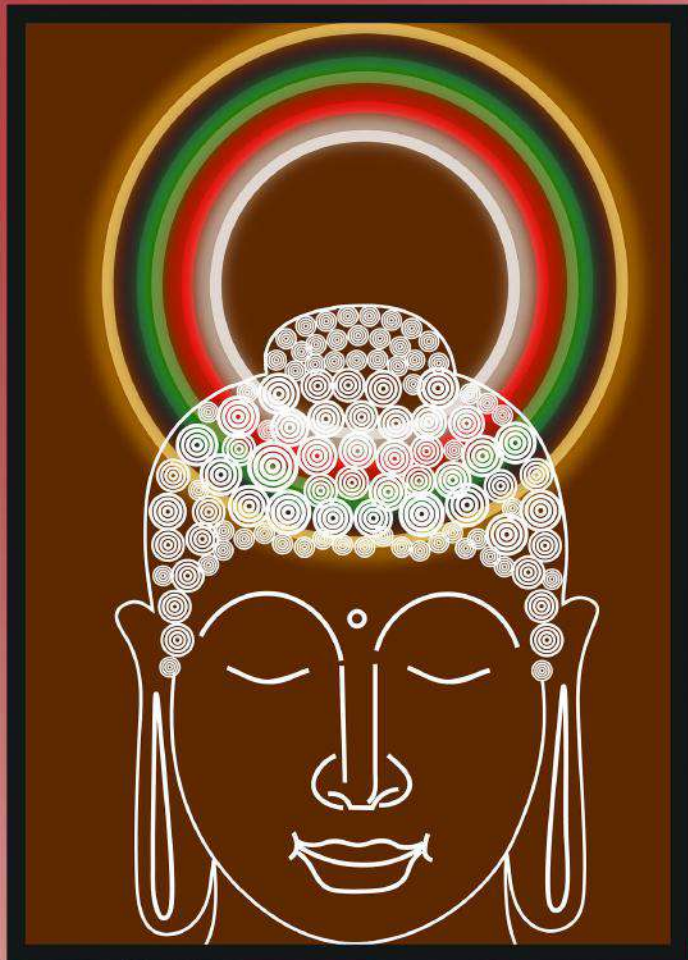


YUKTA SHAH
SEMESTER IV
(JMC HONS)



HARSHITA SINGHI
SEMESTER II
(JMC HONS)





HARSHITA SINGHI
SEMESTER II
(JMC HONS)

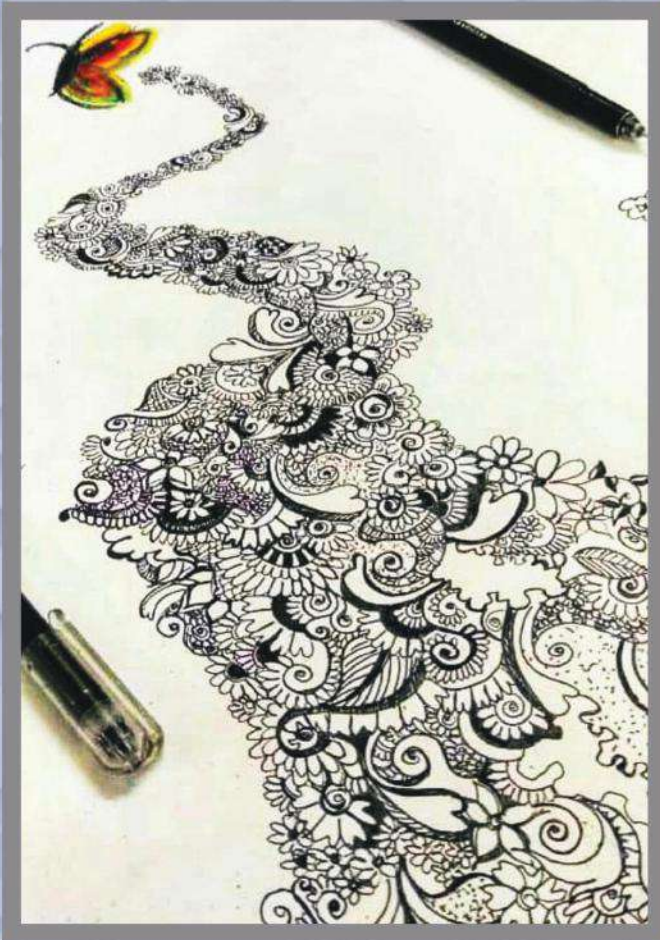


HETVI KOTHARI
SEMESTER IV
(JMC HONS)





Doodles



Dhristi Shah
Third Year
(JMC Hons)

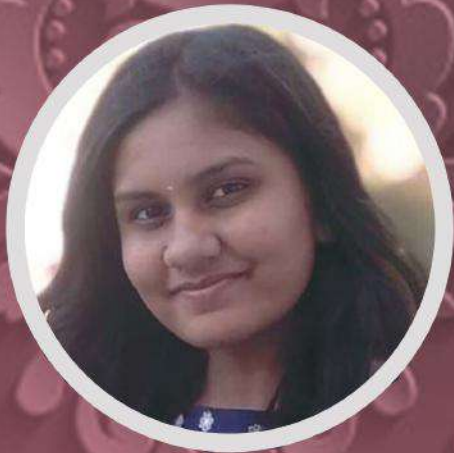


Priyanka Nandy
Semester II
(JMC Hons)

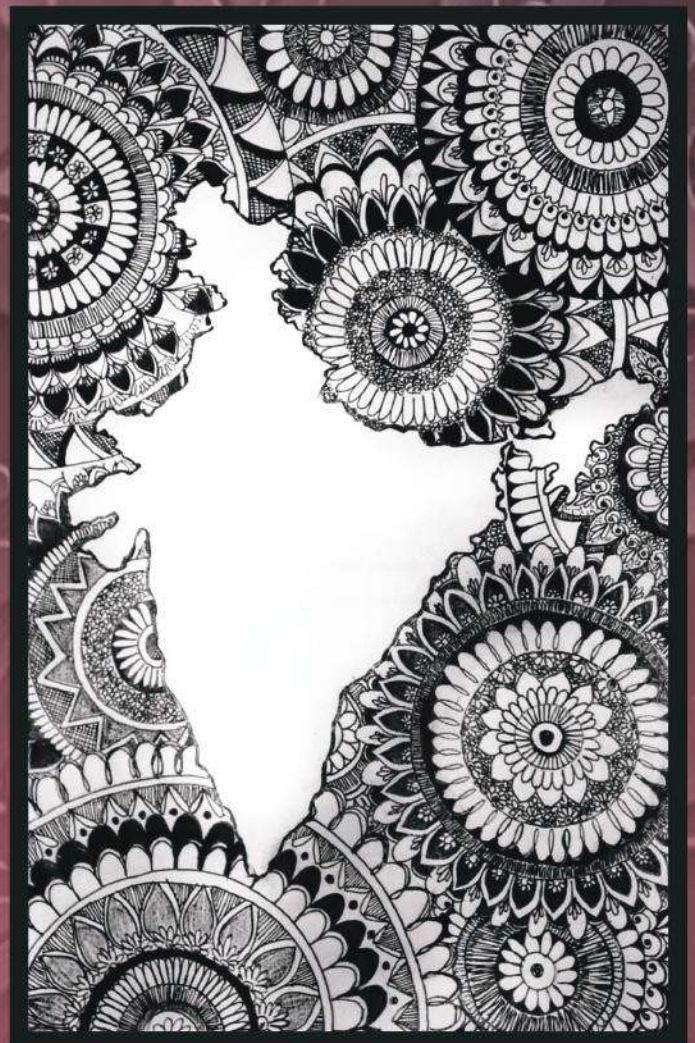


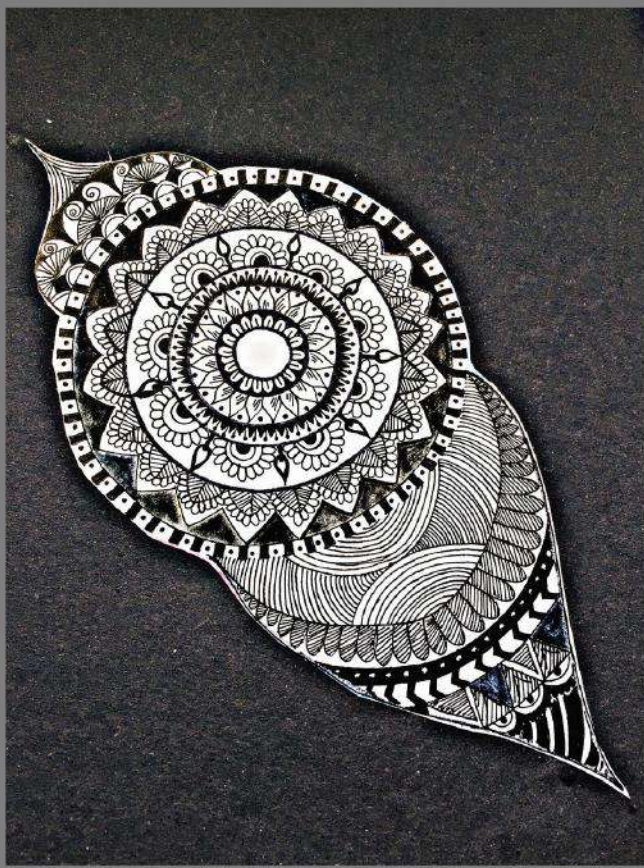


Diya Shah
Semester II
(JMC Hons)



Dhristi Shah
Third Year
(JMC Hons)





Priyanka Nandy
Semester II
(JMC Hons)



Rushali Roy
Semester II
(JMC Hons)



BEHIND-THE-SCENES

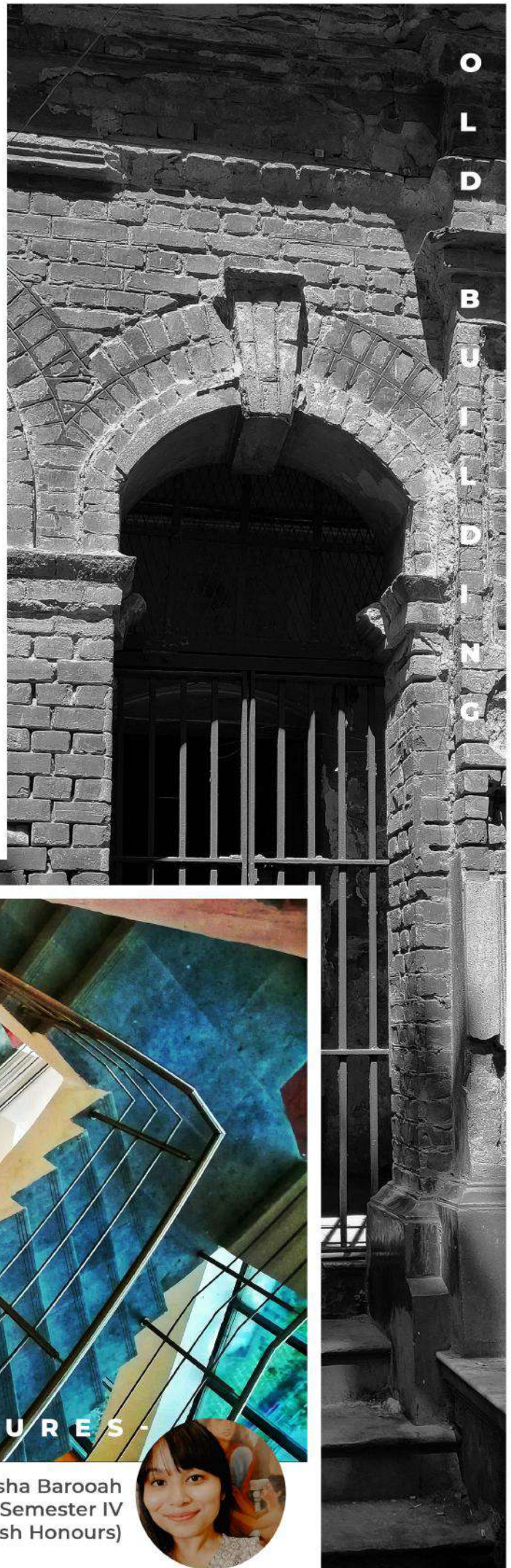




Sagnik Sarkar, Semester II
(JMC Honours)

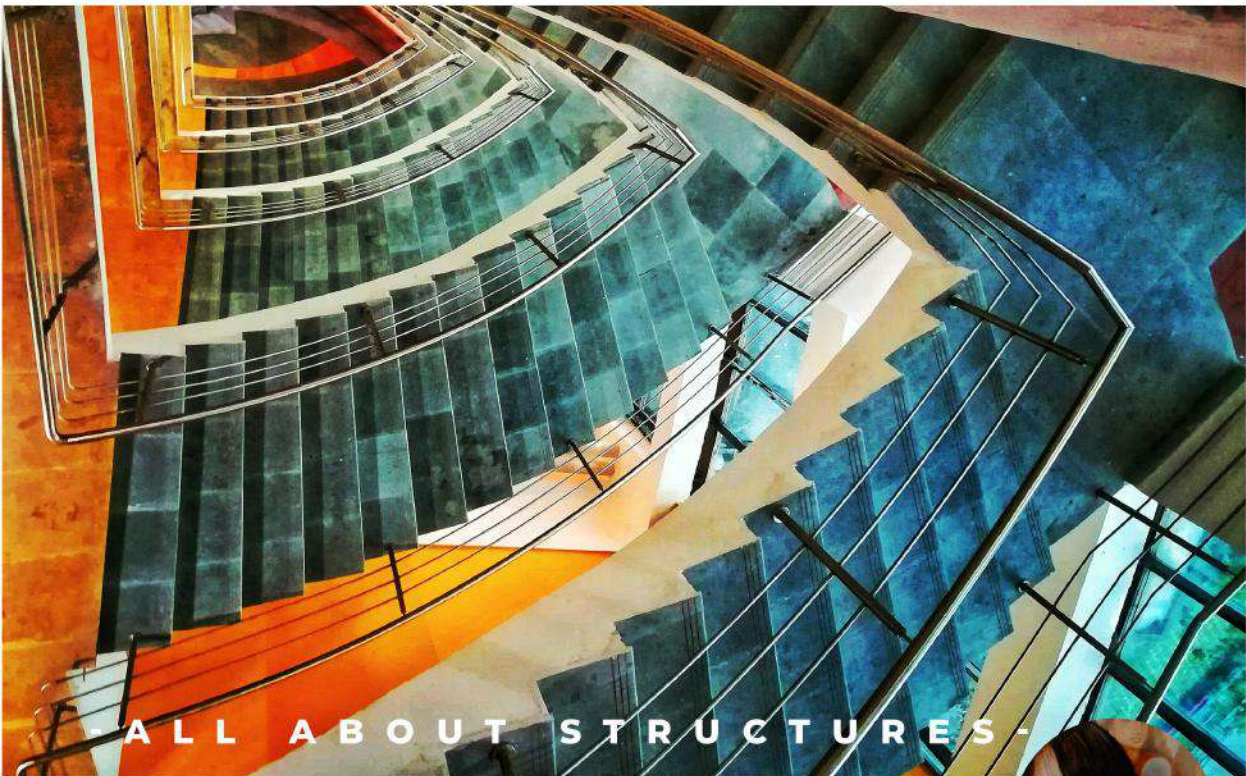


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A L L A B O U T S T R U C T U R E S -

Aanisha Barooah
Semester IV
(English Honours)





Dhristi Shah
Third Year
(JMC Honours)



NOTHING
LAST

FOREVER,
even that 1% of germs
dettol couldn't kill



Manisha Mandal
Semester II
(JMC Honours)



*Mother Nature will save herself.
Everytime humans a tt empt to tear
out her beauty, she will survive...*


Earth laughs in flowers




Aanisha Barooah
Semester IV
(English Honours)




ALL DRESSED UP
WITH NOWHERE TO GO



Nabaneeta Pal
Semester II
(JMC Honours)

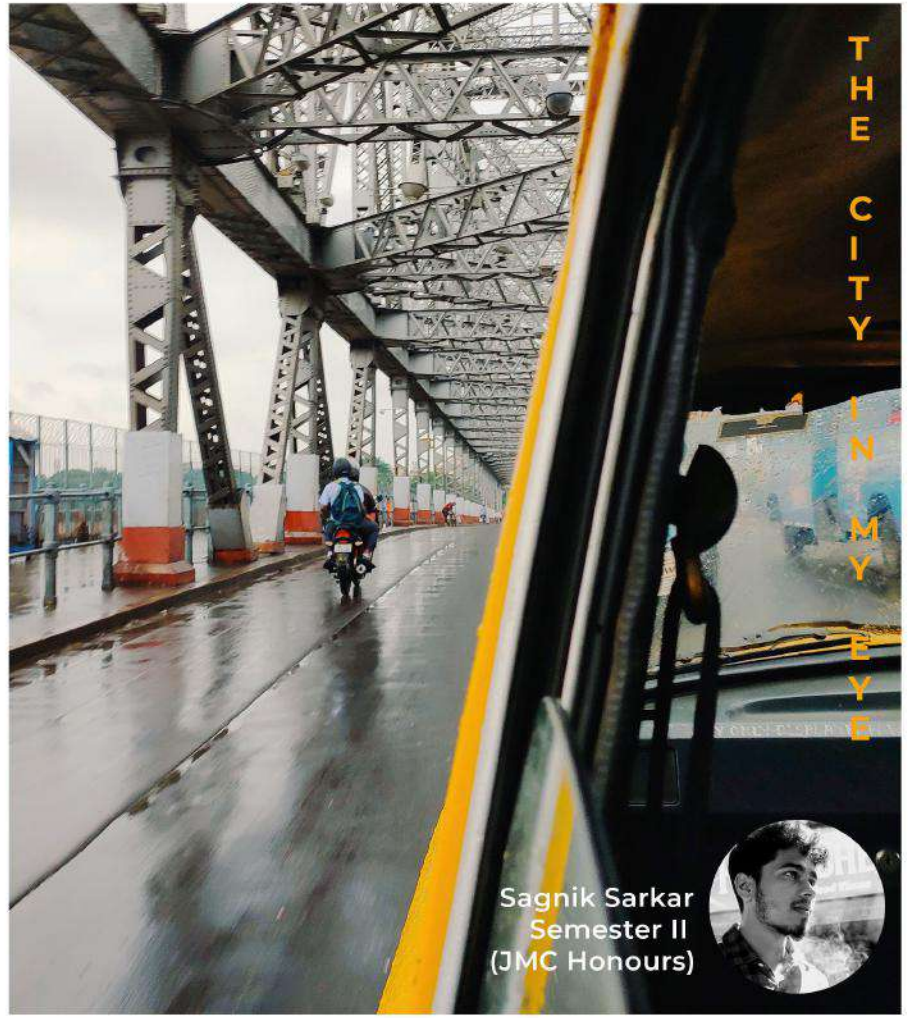


THE BUSY BEE
HAS NO TIME
FOR SORROW



Aanisha Barooah
Semester IV
(English Honours)

LIFE IS MADE OF SMALL MOMENTS LIKE THIS



THE CITY IN MY EYE

Sagnik Sarkar
Semester II
(JMC Honours)



Aanisha Barooah
Semester IV
(English Honours)



OLD PLACES HAVE SOUL



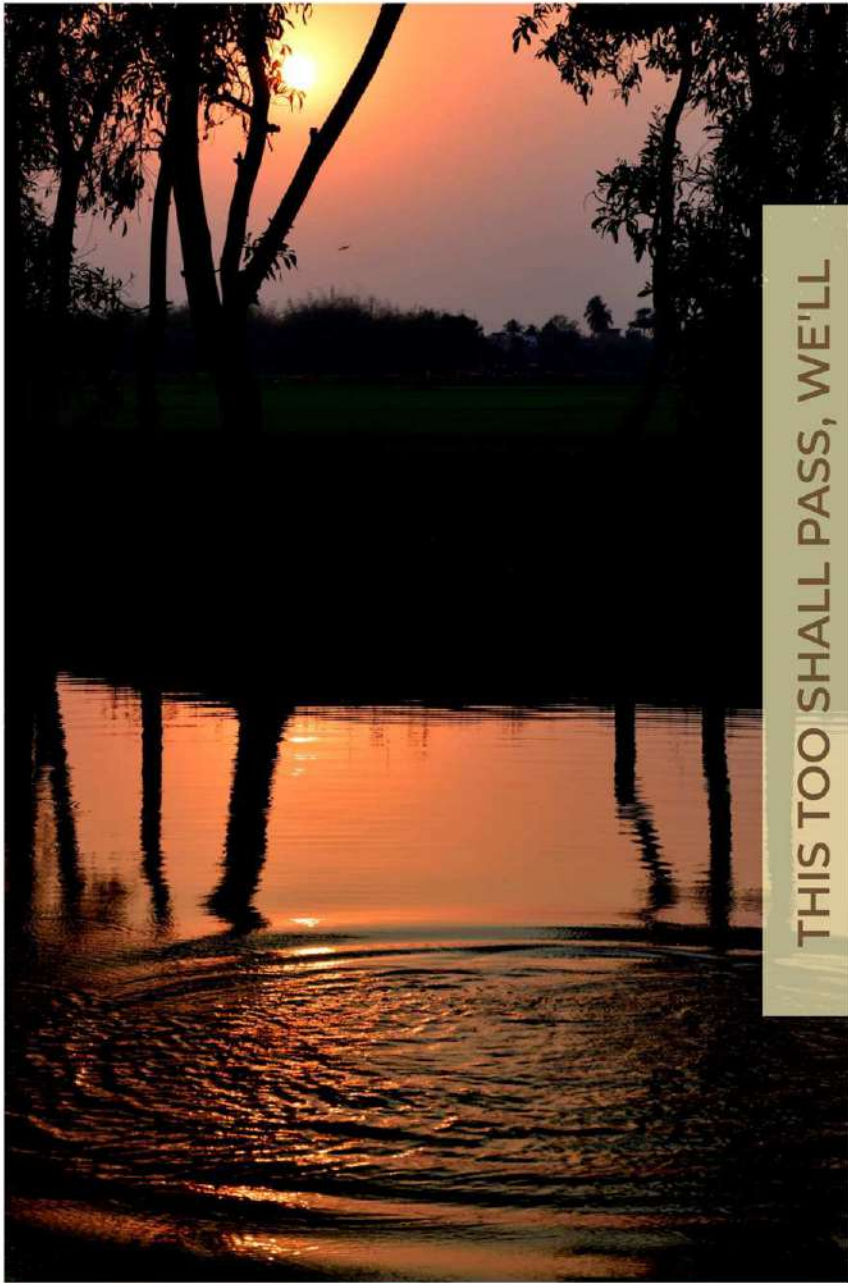
Aahan Rai
Semester IV
(JMC Honours)

Everything you can Imagine is real



Monomalya
Bhattacharyya
Semester IV
(Pol. Sc. Honours)

Girl standing on bridge



**THIS TOO SHALL PASS, WE'LL
WATCH THE SUNRISE AGAIN.**

**Nabaneeta Pal
Semester II
(JMC Honours)**

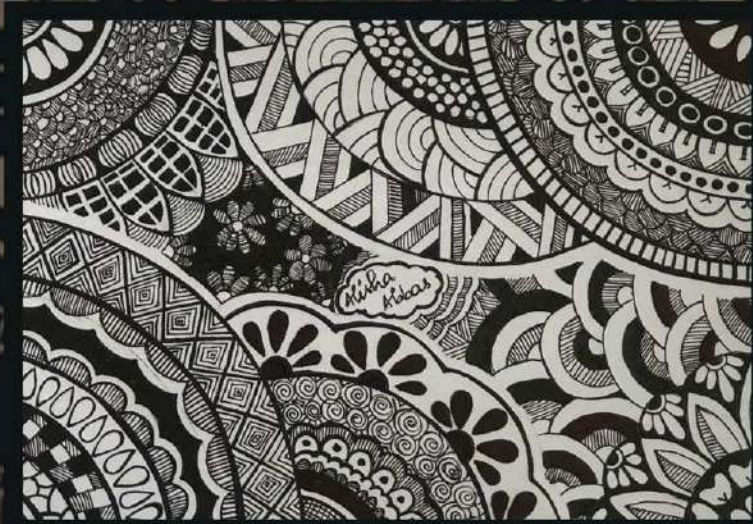
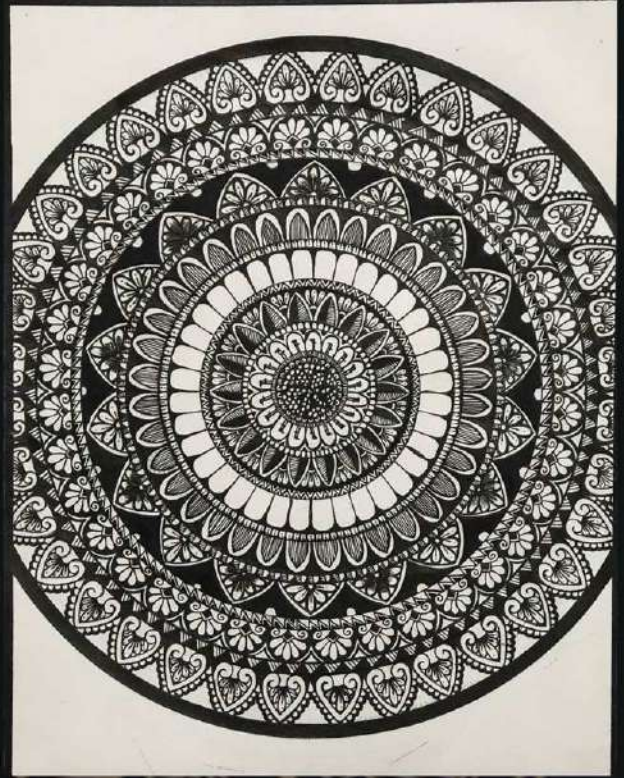


WE ARE NOT STUCK AT HOME, WE ARE SAFE AT HOME



Mandalas





Alisha Abbas
Semester IV
(JMC Hons)



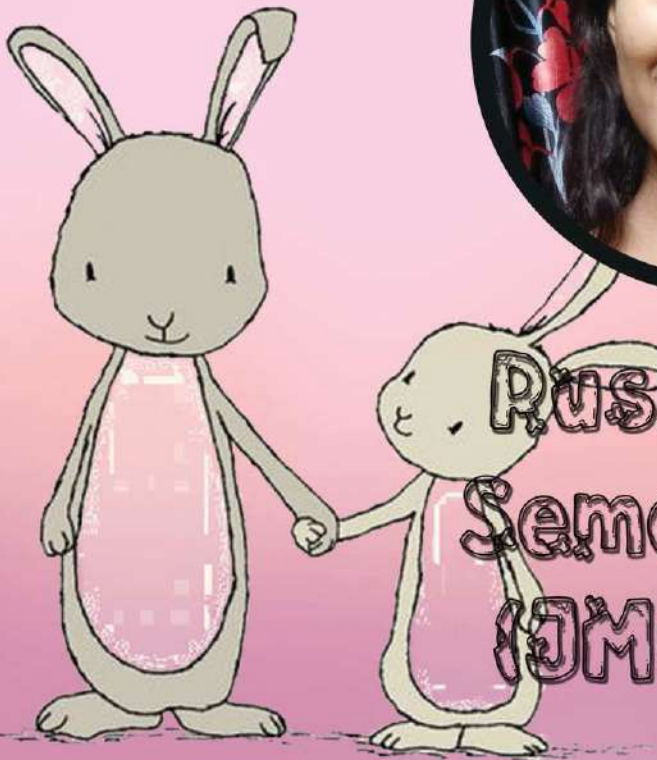


Aastha Dalal Semester IV (JMC Hons)



Cartoons





Rushali Roy
Semester II
(JMC Hons)

Sketches





Shivani Singh
Semester IV
(JMC Hons)



Yukta Shah
Semester IV
(JMC Hons)



Brain Twisters!

1. I do not consist of white flags
I am a pretty crime and usually
Forgotten with the passage of time.
2. I am bumpy but not vicious
I am certainly as proud as Horatius
No one claims to be me, as big as the sea
3. I am sitting here in this world all
alone except for
My little daughter. No parents to guide, no wife to stand by.
Where am I sitting?
4. I have cities, but no houses.
I have mountains, but no trees
I have water, but no fishes.
What am I?
5. My body has a lot of holes, but still I can hold water.
What am I?
6. I have many keys,
Though I am unable to open any lock.
What am I?
7. I am an eye-catching content
I rely on sensational headlines to
Attract you. I aim at generating
Advertising revenue.
Who am I?

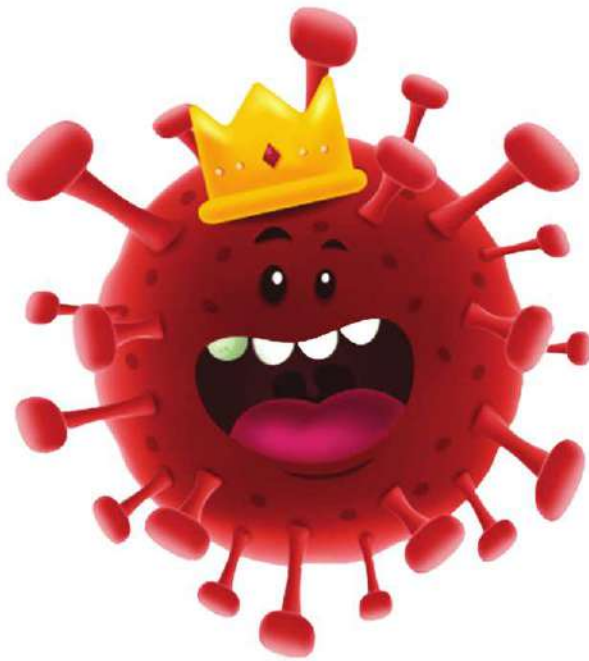
1. Scrimmage ; 2. Bumptious ; 3. In the driver's seat ; 4. Map ; 5. Sponge ; 5. Piano ; 6. Click - bait ; 7. Dice

Diya Shah
Semester II
(JMC Hons)



COVID KINGDOMINATION

(AN IMAGINARY CONVERSATION BETWEEN THE
COVID KING AND COVID MINISTER)



COVID KING



COVID MINISTER



K: MINISTER, HOW IS MY EMPIRE EXPANSION GOING ON?



M: GOOD, SIR. GRADUALLY, WE ARE GOING TO RULE ALL OVER THE WORLD BECAUSE WE HAVE SUCCESSFULLY ESTABLISHED OUR PRESENCE IN ALL THE MAJOR COUNTRIES OF THE WORLD.



K: WHICH ARE THE COUNTRIES WHERE WE HAVE NOT ESTABLISHED OUR PRESENCE YET?



M: KIRIBATI, MARSHALL ISLANDS, MICRONESIA, NAURU, NORTH KOREA, PALAU, SAMOA, SOLOMAN ISLANDS, TONGA, TURKMENISTAN, TUVALU AND VANUATU.



K: WHAT PROBLEMS ARE WE ARE FACING IN THESE COUNTRIES?



M: SIR, MOST OF THE NATIONS ARE ISOLATED ISLAND CHAINS IN THE PACIFIC OCEAN. SO, WE ARE NOT GETTING ANY CONNECTION TO REACH THERE.



K: TRY TO REACH THERE AS SOON AS POSSIBLE.



M: SIR, WE ARE TRYING AND HOPEFULLY WE WILL REACH THERE SOON.



K: IS MY EMPIRE EXPANDING RAPIDLY?



M: EARLIER, THE EXPANSION RATE WAS HIGHER BUT NOW THE RATE HAS COME DOWN A BIT.



K: WHY?



M: INCREASINGLY, PEOPLE ARE BECOMING AWARE OF RAPID EXPANSION. ACCORDINGLY, THEY HAVE STARTED TAKING SOME PRECAUTIONARY MEASURES ALSO.



K: MY AGENTS SPREAD THROUGH RESPIRATORY DROPLETS AND CONTACT ROUTES AND HUMANS CANNOT STOP BREATHING. SO, WHAT PRECAUTIONS CAN HUMANS TAKE?



M: FIRSTLY, MANY NATIONS DECLARED LOCKDOWN WHICH MEANT PEOPLE MUST STAY INDOORS AND GO OUT ONLY FOR ESSENTIAL PURPOSES.



K: WHAT'S NEXT?



M: SECONDLY, EVEN WHEN HUMANS ARE MEETING WITH OTHERS, MANY OF THEM ARE MAINTAINING SOCIAL DISTANCING.



K: WHAT IS SOCIAL DISTANCING?



M: SOCIAL DISTANCING MEANS MAINTAINING A DISTANCE OF AT LEAST SIX FEET BETWEEN TWO HUMANS. WHEN THEY MAINTAIN THIS DISTANCE, IT IS IMPOSSIBLE FOR OUR AGENTS TO TRANSMIT FROM ONE PERSON TO ANOTHER.



K: OH, I SEE. THEN, TELL OUR AGENTS TO STAY IN THE OBJECTS BETWEEN THE HUMANS LIKE ON THE SURFACE OF DIFFERENT OBJECTS. HUMANS CAN MAINTAIN DISTANCE AMONG THEMSELVES BUT CAN'T MAINTAIN DISTANCE WITH DIFFERENT OBJECTS WHICH THEY NEED TO USE REGULARLY.



M: BUT SIR, HOW WILL IT HELP US?



K: WHEN HUMANS WILL TOUCH DIFFERENT THINGS, OUR AGENTS WILL JUMP ON THEIR HANDS AND THEN TO THEIR EYES, NOSE AND MOUTH TO ENTER THE BODY.



M: OKAY SIR, GOT IT.



K: OKAY. BUT, NOTHING TO WORRY. HOW LONG WILL HUMANS STAY IN LOCKDOWN AFTER ALL, HUMANS ARE SOCIAL BEINGS. SO AFTER A CERTAIN PERIOD, THEY WILL COME OUT OF THEIR HOMES FOR DIFFERENT REASONS AND RESTART SOCIALIZING.



M: YES, WE HAVE COME TO KNOW THAT MANY NATIONS ARE SLOWLY REOPENING SEVERAL WORKPLACES LIKE IT WAS BEFORE THE LOCKDOWN.



K: THIS IS WHAT WE WANT - MORE AND MORE HUMANS GETTING TOGETHER.



M: BUT SIR, THEY HAVE PREPARED PROPER GUIDELINES TO PROTECT THE HUMANS AND TO PREVENT OUR AGENTS FROM SPREADING QUICKLY.



K: WHATEVER THE GUIDELINES MAY BE, HUMANS WILL NOT BE ABLE TO FOLLOW IT PROPERLY.



M: HOW YOU ARE SO SURE ABOUT IT?



K: I AM SURE BECAUSE THEY ARE NOT IN THE HABIT OF THOSE GUIDELINES AND THEY WILL MAKE MISTAKES. FOR EXAMPLE, MOST HUMANS ARE NOT USED TO WEARING MASKS, ESPECIALLY IN HOT COUNTRIES. THIS WILL BE THEIR WEAK POINT, AND THIS WILL BECOME OUR STRONG POINT.



M: I NOW GET IT, SIR. HUMAN MISTAKES WILL HELP US TO EXPAND OUR EMPIRE AND RULE OVER THE ENTIRE WORLD.



K: OF COURSE. IT MAY TAKE SOME TIME. BUT, WE SHALL SURELY RULE OVER THE ENTIRE WORLD IN DUE TIME.



AMRITA SHUKLA
THIRD Year
(JMC HONS)

COVID-19 GUIDELINES



SYMPTOMS

FEVER

DRY COUGH

SHORTNESS OF BREATHE

PREVENTION



Wash Your Hands



Stay at Home



Cough into your Elbow

CONTAGION



Coughing or Sneezing



Contaminated Object



Human Contact



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