

SOLA CHRONICLE

NEWSLETTER FROM THE HEART OF THE
SCHOOL OF LIBERAL ARTS



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SoLA Chronicle

The Newsletter of the School of Liberal Arts, 21-22 is an initiative by the 2021-24 Batch of Liberal Arts to showcase the thrill and joy of college life and the blossoming talent of the student-body, who are being readied to take on the world!

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SoLA Chronicle

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Mr. Amit Agarwal

CHAIRMAN

IMS UNISON UNIVERSITY



About

An illustrious Management graduate and eminent scholar with an eye for perfection to the finest point, Mr. Amit Agarwal is a visionary leader who believes in the 'Walk the Talk' philosophy and always leads by example. His hard work resulted in the establishment of new Institutes in Dehradun and NCR, to make the Unison Education Foundation carve its name and position in north India, in a very short span of time. A philanthropist par excellence, he envisions a dream of establishing high-profile partnerships and research collaborations with leading universities of the world, taking the University to global forums, and creating state-of-the-art infrastructure for future generations. He envisions creating and nurturing self-motivated professionals who will make a significant contribution to the global society as a whole.

"Change is the only constant. We believe in adapting to today's dynamic environment and facing new challenges. As a result, we are proud to introduce IMS Unison University - a name that will stand for excellence in the field of professional education.

Our growth as a university is the result of years of arduous work in shaping students to face the cutthroat corporate competition and emerge as leaders in their respective fields. We aim to redefine education through our activity-led programs and firsthand training exercises. We conduct various extracurricular activities for the overall development of our students, which gives them an edge over others when they step outside. Proof of our success in the past few years is our alumni, who have achieved great heights of success. Many of them hold important and decision-making positions in renowned organizations all over the world. We strive to continue their legacy.

As a university, we pledge to educate the youth of India and help each one of them become successful and responsible individuals. Our faculty ensures that the foundations are strong and our world-class facilities take care of the rest. We are a university focused on harnessing the skills of our students and teaching them the art to excel in their respective fields.

I welcome you aboard to experience a transformational journey at IMS Unison University and wish you luck for a bright future."

Prof. Gurdip Singh

CHANCELLOR

IMS UNISON UNIVERSITY



About

Prof. Gurdip Singh is a distinguished academician having over 36 years of teaching and research experience with the prestigious University of Delhi where he held the position of Head and Dean, Faculty of Law (2010-2013). He has also served at Dr. Ram Manohar Lohia National Law University, Lucknow as Vice Chancellor. He has been nominated as a member of the Governing Bodies and General Councils of several Universities and Institutions and have been an Expert Member in various UGC Committees. Over the years, he has been recipient of several prestigious fellowships in India and abroad. He has been awarded with 'National Law Day Award-2013' at Vigyan Bhawan, New Delhi and recently been honored by Himachal Pradesh National Law University, Shimla as 'Distinguished Professor', in recognition of his pivotal role in improving the standards of legal education in India.

"I feel profound happiness to be a significant part of IMS Unison University. Over the years, the university has evolved into a temple of learning and continues to achieve great accolades in research and innovation. The university offers a holistic learning environment coupled with advanced research opportunities driven by a futuristic vision. The programs offered are designed in a way which equips the students with the knowledge and multi skill-set necessary to respond to the global needs of the humankind. Going forward with this vision, the School of Liberal Arts (SoLA) one of the youngest wings of the university is no exception. The programs are enriched to transform the students and shaping them to be more active and inclusive towards the society. SoLA encourages these young minds not only to be ready for the globalized world but also for the development of the society.

I heartily applaud the social outreach programs and the events organized at SoLA such as the Goonj, Cloth Collection Drive; Street Play on World Mental Health Day; Awareness drive with a Youth Development, NGO (PYDS, Purkal); Sensitization drive at National Institute for the Empowerment of People with Visual Disabilities (NIEPVD), Dehradun; and Educational drive on World Museum Day at Forest Research Institute (FRI), Museum, Dehradun. I am delighted that such events highlight the core values of the university which inspires the students to be more inclusive towards the society. Keeping this spirit active, the SOLA second year B.A (Hons) students have produced the first ever Newsletter and have done an excellent job. I encourage students to sustain this culture of learning beyond academics and mark the legacy for the upcoming batches. I invite you students to stay engaged in this vibrant IMS Unison University community and explore the world of opportunities for yourself."

Prof. Gautam Sinha

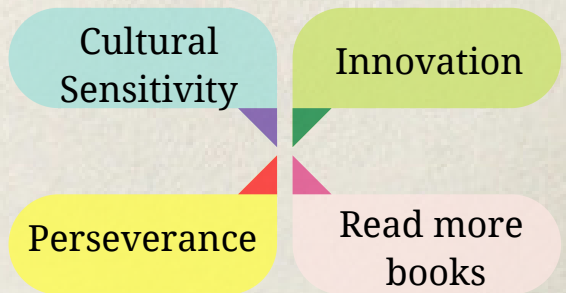
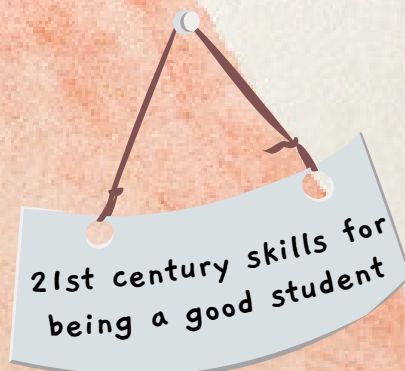
FORMER VICE CHANCELLOR IMS UNISON UNIVERSITY



About

Prof. Gautam Sinha is a distinguished academician with over 40 years of industry, teaching, administrative & research experience. He was former Director, IIM Kashipur, LBSIM Delhi and Professor at IIT Kharagpur. He is a researcher, writer and an acclaimed academician in the field of management. He has to his credit large number of articles and research papers published in renowned journals.

"I gladly accept that my last three years of working with the university had been worth defining. The faculty here are immensely dedicated and contribute a lot towards empowering the young minds. Even though the School of Liberal Arts is new in this university, I strongly believe that it carries immense potential to shine brightly with its creativity, discipline and zeal for participation in every event being organised. I believe that the university's main focus should be to encourage the students to be more active and inclusive. I am driven towards the social causes of helping the underprivileged, the senior citizens and the deprived section of the society; and have a profound faith that through the medium of this university, the students can become the innovators and change makers for societal development. The University looks forward to moulding the students not only as an industrial professional but also a better citizen. I strongly feel that every student should connect with the society as well as the industry to meet the requirements of today's competitive world. I aspire for the students at this university to evolve as responsible individuals who could greatly contribute towards the growth and wellbeing of the nation as a whole. I wish all the success to the students and the university for their future endeavors."



Prof. Ravikesh Srivastava

PRO-VICE CHANCELLOR IMS UNISON UNIVERSITY



About

Prof. Ravikesh Srivastava has a rich academic experience of over 28 years in teaching, research, consultancy, MDPs and Academic Administration. Formerly, he was the Professor of Economics & Dean Academics at IMT Ghaziabad. He was also Professor of Economics & Head of International Accreditation at S.P. Jain Institute of Management & Research, Mumbai. Prior to this, he was also Professor of Economics & Strategy at FORE School of Management, New Delhi.

"Having been here at IMS for over three years, there are a couple of things I have developed an admiration for. The faculty at IMS is a small team right now but a very dedicated one, I must say. They are pretty focused and contribute a lot towards research. I feel I, too, have been able to positively influence the work culture and contribute effectively to the PhD Program. For me, the vision for SoLA is that it should become a place for inculcating leadership skills, fostering creativity, and providing strength, guidance and discipline that the students' may carry into their future career paths. I have hope that in the coming years SoLA would be the biggest school in IMS, with the faculty leading the way towards greater creativity and community engagement.

Something I would like for the students to take from me would be an enhanced sensitivity towards the community. A pro-social attitude in our life endeavours is a rare skill. I greatly appreciate the outreach programs like the Goonj Collection Drive, the NIEPVD visit, and the performances at Purkal Youth Development Society and wish for many more such programs to be undertaken in the future. Activities like these show the learning outcome prominently in the form of creative thinking, student initiative, and sensitivity towards society. Students should always endeavour to make the communication in the classroom a two-way channel. A final piece of advice I have for the students is that they should focus more on learning rather than completion of the course or scoring marks. They should take away valuable life lessons from the courses and utilize them to connect with society and the industry.

The world becomes more and more competitive with time and the students should come out of the mindset of only receiving but feel a responsibility towards themselves, the society and the country. They should focus more on nation-building in whatever they do. This could be anything from helping a needy individual to carrying out great development projects across the country. Our learning shouldn't be limited to our degree only, because youth is the future of our nation and we must perpetually grow and evolve to actualize a Utopian future."

FROM THE DEAN'S DESK

PROF. MADHU PRABAKARAN
DEAN, SCHOOL OF LIBERAL ARTS



First of all, I congratulate the liberal arts students' efforts towards bringing up this magazine. Indeed, this is a step ahead toward learning. As I have been always insisting, Liberal Arts is about liberal inclusivity. That means, we ought to be liberal and inclusive and so humanity should be. Our service agenda is to bring to life liberty and inclusivity and make it an active agenda through inventing entrepreneurial opportunities. The social perspective of liberal arts is inclusivity, and its ethical roots are in letting the minds free. As you know, the premise of Liberal Arts education is that true knowledge liberates from fetters of closure and sets its pursuer free. Also, Liberal arts combine

knowledge with experience and hence deliver experiential learning through critical analysis, constructive thinking, and creative skills. Liberal arts education dates to classical antiquity. It is an ancient way of learning the art of life and shaping oneself. For ancient Greeks, it was "epimeleia heautou," which means helping the students to subjectively engage with life and shape themselves. Let us, hence, pursue expanding our minds towards greater liberty and richer inclusivity and exploring niche entrepreneurial opportunities. As the Dean of the School of Liberal Arts, I take great pleasure in showcasing your sensible creativity this work is a witness to your blossoming.

Golden Conversation

Prof. Sujaan Singh Negi

Associate Dean, SoLA



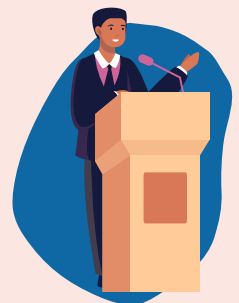
Q1. What would you like to tell us about your experience at IMS Unison?

"I am also relatively new here. Just about a year for now. But so far the experience has been good."



Q2. What do you feel about the students here?

"They're full of energy, full of life. They want to do something in life and I'm sure they will reach greater heights."



Q3. What would you do if you weren't a teacher?

"Teaching was actually the second option of mine. First was to become a civil servant."

Q4. Which genre do you prefer the most to write on & favourite work of literature?

Preferred genre would be humanities, well-being, civic consciousness etc. Favorite work of literature would have to be Premchand's "Godaan".

Q5. Which batch do you remember the most?

During my tenure in Africa at Victoria University, I had a batch of social work students who were very driven towards helping their tribals and reforming the society. So my fondest memories till now are of that batch of students.



Message to the students

Be regular to your classes. This is the time when you either make or break yourself. The next 6-7 years have to be your prime and won't come back. Therefore, do not get engaged in casual relationships and your phones at this time and work towards building a great career for yourselves!





EDITORIAL DESK

*MORE THAN A
COLLABORATION, IT WAS AN
EXPERIENCE FOR LIFE.*

Xanthrons - One for All, and All for One!

“Editorial Board” - just two simple words but which hold very deep meaning for the future of the five of us. Day in and day out we were just engrossed in the making of the newsletter, till the time we actually would not gawk at it like the “audience” for the first time in the history of the School of Liberal Arts, IMS. Editors have worked mutually to present to you the newsletter for the year 2022. This newsletter would not have been possible without the support and cooperation of



(left to right) Vaishali Suyal, Amit Rathore, Arunima Naithani & Gaurav Dimri

our Chancellor Prof. Gurdip Singh, former Vice-Chancellor Prof. Gautam Sinha, Dean Prof. Madhu Prabakaran, and the Faculty Supervisor Team- Asst. Prof. Amit Kumar Rathore, Asst. Prof. Arunima Naithani, Asst. Prof. Gaurav Dimri and Asst. Prof. Vaishali Suyal. They, along with our other professors proved to be an angelic support to the entire team.

The past year was a period of uphill struggle for all of us, therefore we hope to get the fruit of our hard work and cooperative labour. We feel that we managed to stand up to the expectations of our professors and our fellow schoolmates.

Thanking you all,
Editorial Board, '21-22



(left to right) Sunil Kumar, Divya Aggarwal, Divya Beri, Isha Kansal & Sarthak Baluni



FIRST-YEAR ORIENTATION SEMINAR

SOLA

The Student Orientation Program, a.k.a. The Induction Program, was more than a week-long event, lasting from September 1st to September 8th, 2021. Various programs and seminars were held to acquaint the students with the norms and ways of the University. A virtual tour, in the wake of the pandemic-

induced lockdown, was also conducted to familiarise the students with the campus premises. The then-Program Coordinator, Ms Vaishali Suyal, warmly welcomed the incoming first-year students to the BA Hons. Program of 2021-24 batch. Several other programs organized by the distinguished faculty of the

School of Liberal Arts were:

“IUU Virtual Tour” by Assistant Prof. Vaishali Suyal

With her lovely words, Vaishali Ma'am helped transcend us through and beyond the shallow barriers of online interaction and into the sweet imaginations of what our time at the university premises would be like, with the help of the Virtual Tour video.

“Economics in Day-to-Day Life” by Former Assistant Prof. Manish Kumar Singh

It was revealed to us by sir, all the hidden ways in which economics influences our daily lives, and identifying which would then help us take better control of our lives and attain maximum satisfaction, monetarily as well as psychologically!

“Lecture on Online Education: How to adopt it” by Assistant Prof. Kamal Preet

The session undertaken by her was a thorough discussion on the viability of online education and its comparison with its long-standing counterpart offline education. In a very balanced way, she made us realize the importance

of both and exposed us to new opportunities.

“Coping with Anxiety and Panic Situations” by Assistant Prof. Shubham Kirar Suryawanshi and former Assistant Prof. Usha Jyoti.

While Shubham sir explained to us the various Myers-Briggs personality types and their approaches, Usha ma'am elaborated on the important differentiators between anxiety and depression. Both our professors walked us through various strategies to cope with such undesirable situations healthily.

“Journey with Liberal Arts” by Ms Maitreyi Menon

Having been a Liberal Arts' student herself, she talked about her experiences and the way ahead from here. She listed various internship as well as career opportunities for us and encouraged us to educate ourselves about the current happenings in the world. This was a hopeful and exciting session.

“Curriculum Introduction” by Prof. Madhu Prabhakaran (Dean) and Prof. Sujaan Singh Negi (Associate Dean), SoLA

They collaborated to break down the course intricacies to us. They listed the values they expected us to gain through this course by identifying niche areas and initiating value-based business ventures upon these.

“Foreign Languages: Need of the Era” by Assistant Prof. Amit Kumar Rathore & Prof. Ravi Datt Sharma

The importance of changes in the market and the importance of knowing a foreign language in an increasingly globalized world was highlighted. A clear picture of our future ahead with foreign languages was painted by Sir in the amazing seminar he took with us.

“Mentoring: Basic Nuances of Research” by Assistant Prof. Arunima Naithani & former Assistant Prof. Ruchika Ranwa

We were introduced to the concept of mentoring and the important role it plays in just about anything in life. The distinction between mentoring and simple coaching was also made clear and we were encouraged to pursue our research ideas from this stage onwards!

WORLD SUICIDE PREVENTION DAY!




ONLINE EVENT

National Webinar on World Suicide Prevention Day-2021

Organised By
School of Liberal Arts
IMS Unison University

DATE September 10th | **TIME** 11:00 AM-01:00PM

SCAN TO REGISTER 

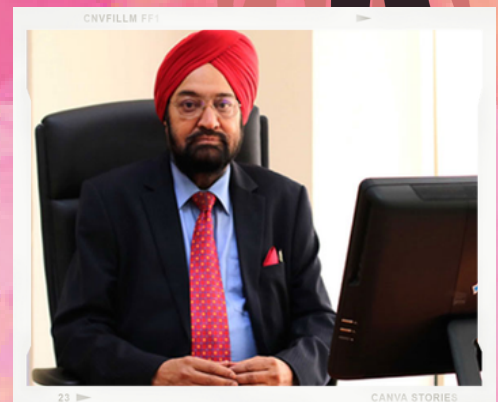
MEET OUR SPEAKERS

IMS UNISON UNIVERSITY
Learning. Knowledge. Empowering. Skills.

Mrs. ANUJA BHARDWAJ
Psychologist, M.PHIL & M.A. (Clinical Psychology)
An adroit Psychologist and Counselor
Special Educator in Rajasthan

Dr. Apala Baduni (BDS, MD)
General Secretary at Ekohum Foundation
Specialist in diagnosis and treatment of oral
potentially malignant disorders and palliative care

Mr. Pankaj (Theologist)
Preacher teacher counselor



The World Suicide Prevention Event was held on 10/09/2021 in the university in a hybrid format. This event saw meaningful participation from several dignitaries of the university such as the Hon. Chancellor Gurdip Singh, former VC Prof. Gautam Sinha, Deans- All Schools, and respected faculty members. The students were invited to engage in the event and understand the nuances of suicide prevention, the reasons for self-harm activities and the steps toward increasing community well-being as an effective solution to the looming mental health crisis in India and the rest of the World. The Dean (SoLA), Prof. Madhu Prabhakaran presented his discursive paper titled “Suicide as Unfreedom and Vice Versa”. Asst. Prof. Shubham Kirar Suryawanshi shared his invaluable input on how early signs could be recognized to take preventive action in the case. Many other faculty members also educated the students about coping strategies to overcome suicidal thoughts!

हिंदी दिवस, २०२१

हिंदी कविता-प्रस्तुति सम्मलेन

१४ सितम्बर, २०२१ की शुभ दोपहर को आई० एम० एस० यूनिसन विश्वविद्यालय ने राष्ट्रीय हिंदी दिवस के अवसर पर एक हिंदी कविता सम्मलेन का आयोजन किया, जिसमें लिबरल आर्ट्स व बी० ए० एल० एल० बी० के कई छात्र-छात्राओं ने बढ़-चढ़कर हिस्सा लिया |

इस कार्यक्रम के लिबरल आर्ट्स विभाग में प्रथम-अन्वेषक हमारे प्रिय डीन सर ही हैं | उन्होंने, लिबरल आर्ट्स के अन्य प्राध्यापकों के सहयोग से इस कार्य-

क्रम का आयोजन करवाया | प्राध्यापिका अरुणिमा, प्राध्यापिका रुचिका, प्राध्यापिका वैशाली, प्राध्यापिका वंदना, प्राध्यापिका कमल, प्राध्यापक अमित व प्राध्यापक शुभम आदि ने इस कार्यक्रम को कुशलता पूर्वक संपन्न कराने में महत्वपूर्ण योगदान दिया |

प्रतिभाशाली छात्र-छात्राओं को प्राध्यापकों द्वारा चॉकलेट बाँटी गयी, तथा उनके उज्ज्वल भविष्य की कामना की गई |



DEAN'S INTERACTIVE SESSION



On Monday 11/10/2021, the Dean, SoLA, held an interactive session with the students and the Liberal Arts faculty. The objective was to re-familiarize the students with the aims and objectives of the IMS Liberal Arts course and to get honest feedback from the students in the form of a SWOT analysis of the program. It was one of the most important events of the School of Liberal Arts as it brought out the essence of the liberality in

the program. The event saw active participation from the side of the students. It set forth an example by giving students a platform to express themselves and also inculcated the habit of speaking up against anything they fear might become a threat to them or their functional autonomy. Also, the positive and considerate responses from the faculties encouraged us to think and bring further reform in other areas of our academic & personal life.



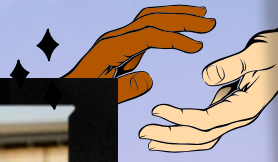


Nukkad Natak

On the noble occasion of the “World Mental Health Day”, first-year students performed a remarkable 'Nukkad Natak', which brought to light the adverse effects of social discrimination on our mental health. The whole drama was set up to inspire people to raise their voices against all kinds of stigma and harassment that damage their mental health. The students not only actively participated but also put their best foot forward in delivering a performance worth watching. Amit sir and Arunima ma'am acted as the two major guiding forces and contributed deeply to putting forward the entire street play. The walls of IMS Unison University reverberated with the voices of the students and bore evidence of the depth that lay in every dialogue that was delivered. The entire program went well and was concluded with the golden words of our respected Chancellor Prof. Gurdip Singh.



Goonj Collection Drive, 2k21



"Equal stakeholders"



Vatsala Aggarwal

Cooperation



Towards a better tomorrow...

A cloth-donation drive was organized in partnership with the NGO 'Goonj' in the last week of November, 2021. The guest speaker was Ms. Vatsala Aggarwal. The session was graced by the presence of Hon. Chancellor Prof. Gurdip Singh, Deans- all schools and faculty members. Before joining the organization, Ms. Aggarwal was an engineer in corporate sector and travelled across the world for various projects. Goonj, started in 1999, works for restoring the dignity of the poor people. The speaker gave us knowledge about why the words such as 'beneficiary' and 'donation' should not be used. The organization does not place emphasis on making money, instead it follows the barter system that is, in exchange of service, the

goods are given. It is not just an organization but a family. Goonj indirectly works in the education sector by solving the socio-economic issues which allow the children to go to school. There was also the information regarding various kits which

Goonj makes, like my pad kits, marriage kits, rahai kits, school kits and many more. The event was successful in convincing various students and faculty members to contribute the clothes, footwear and other material.

Freshers' 2k21



The Freshers' Party, 2k21 for the new batch of Liberal Arts students took place on October 28, 2021. It was a co-hosted event with the School of Hospitality Management. The event went was full of ecstatic interactions and fun. Everyone seemed to be feeling the thrill in the air, enjoying the event and the freshers seemed

happy after the party. It wasn't merely a dance party but included a few exciting activities, as well. One was the "Magic Show" which brought a huge smile to the face of the people who were there. Then there was a fun activity where the girls were required to drape a saree around the boys, contesting to give their male counterparts the most beautiful makeover. A number of students presented spectacular dance performances and melodious song renditions. There was a charade game where a few students had to recreate iconic pop-culture moments and the audience had to guess the movie's name. Following shortly was



the "Ramp Walk" where the students set fire to the stage with their flaunt-worthy gait. Ultimately, there came a moment which was the most awaited by all, that was the award ceremony. The titles that captured the limelight of the event were:

- Mr Fresher:** *Kartik Sharma (BHM)*
- Ms Fresher:** *Aanchal Gusain (BA HONS)*
- Mr Spark:** *Himanshu Madhwal (BA HONS)*
- Ms Spark:** *Yeshi Choeden (BHM)*
- Runner Up to Mr Fresher:** *Shubham Rai (MHM)*
- Runner Up to Ms Fresher:** *Kritika Rautela (BA HONS)*





CONVOCATION 2020-21



SOCIAL OUTREACH



NIEPVD

International Day of Persons with Disabilities - December 3, 2021

Out of the two social outreach programs conducted, the first was a visit to the National Institute for Empowerment of Visually Disabled Persons (NIEPVD, Dehradun) on the International Day of Persons with Disabilities (December 3). The students recited poems as a small gesture of gratitude towards the students of NIEPVD.

Purkal Youth Development Society

World NGO Day - February 27, 2022

The second was a visit to the Purkal Youth Development Society on World NGO Day, (February 27). The students performed a skit, a few group dance performances and hosted an engaging day for the kids at PYDS.



Sports Meet, '22



IMS Unison University Sports Meet, 2022 was held on 02/04/2022. It saw participation from the School of Management (SoM), the School of Law (SoL), the School of Mass Communication (SoMC) and the School of Liberal Arts (SoLA). The faculty supervisors Asst. Prof. Nikunj Singh Yadav from the School of Law & Asst. Prof. Vinod Pant from the School of Liberal arts, took initiative to make necessary arrangements for the event and encouraged students from all schools to take part in the event. The event was held on the neighbouring Doon Institute of Technology's (DIT) university campus. The practice sessions for the event began from 28/03/22 and ended on 01/04/22.

The students showed rigour and determination in practising during the day and covering up for missed classes by burning the midnight oil. After the strenuous week of putting their sweat and tears into their game, the day of the showdown had finally arrived. The SoLA Women's team proved their mettle by winning in the basketball event. SoM women's team also tasted victory by winning the badminton singles, while the SoMC women's team won the Badminton Doubles. Among the men's teams, tough games ensued but the SoM men's team emerged victorious in the men's basketball event. All in all, it was a celebration of the spirit of sportsmanship and it was the collaboration of everybody that made the event possible. A huge thanks to Chancellor sir, the Deans of all schools, the faculty supervisors and the supporters who made this event a victory for all!



#SPORTSWEEK



*May the odds be
ever in your
favour!*

Francoscope: An MoU between IMS and LeFreHindi

IMS Unison University took one step ahead in boosting the academics of the university by taking it abroad. A Memorandum of Understanding was signed between IMS Unison University and Le FreHindi, a foreign exchange program organization, to include semester-abroad programs in the curriculum. The founder of Le FreHindi, Mr Haru Mehra was pleased to come and deliver a lecture on the importance of foreign languages in the modern era. "At a certain age, probably beyond 30, nobody remembers how much you scored, or bothers to ask you if you got a 90%. It's more about your soft skills then - your knowledge of the language, culture and how you make people feel close and warm." It was a mood-lifter from the rut of academic rigour to listen to sir speaking about the wholesomeness of human connection.



He further introduced us to the Foreign Exchange Programs he had in store for us. Among the pre-existing programs were the 1-month and 6-months study abroad programs. The itinerary was explained to us from the airport of Lyon to the excursions to nearby countries and villages. He also talked about the provision for creating different lengths of study-abroad programs for university students. The session was full of ambitious plans and chuckle-worthy incidents of communication malfunctions in a foreign country. It ended with a Question-&-Answer session, where students and faculty put up their questions and inhibitions to be resolved by Mr Mehra.



It's not me but the world at fault

Divya Beri, BA (Hons.) 2021-24

It is not me,
but the world at fault
My connection with this world goes
down and deep.
Thoughts like rainwater, inside the
earth's core seep.
It's me with whom you play, we
laugh, cry, and eat but yet, you dare
to crush me under your feet? You
hinder my courage, every day my
soul is broken.
But I think to you it seems it is for
me an appreciated token.
If I perish, your world will come to a
halt.
For it is not me but the world at
fault.

Come to me, I will embrace you
because it is not
everyone that I love
It's very few.
With a new day, I turn onto a page
which is fresh and new
But my joys evaporate like drops of
dew
Cause, you seem to run on my
wounds like salt
For it is not me but the world at
fault.

"You are a girl. Be to the point and
precise. Watch out for what you

wear and remember of what
size!"

"Oh! You are a woman, be polite
and kind!"

But remember it is not my clothes
that need to be changed
it is you who needs a change of
mind.

And look yet again, it is not me
but the world at fault.

For you, I might be a beauty with
no brain,

I may seem to you like a broken
vault

But hello mister! It's you and
your world at fault.

I carry a whole damn world in
my womb.

You look at me and build a joyous
tomb.

For, when I fail to bring someone
as wild as you,

I bring a victim of assault.

And you prove for the umpteenth
time that it is not me

but the world at fault.

The day I disappear, I know for
you it will be a day of joy and
cheer but you will crave for me.

You will give a call
But I won't be coming!

No, not at all.

Then you will realize

It was, it is and it will be

YOU AND YOUR GODFORSAKEN
WORLD AT FAULT.

He's not alone or is he?

Kritika Rautela, BA (Hons.) 2021-24

I think my father is unbearably lonely
There is a quiet echo that seems to follow
along behind
Dragged like a prison ball chained to his
ankle,
or maybe
That's just me projecting,
maybe I'm the prison ball
Opening my mouth and hoping the right
words will fall out before I close it again
The words that will align my father and I
so
we won't have to work so hard to translate
what one another speaks

Just one smile

Shambhavi Antiwan, BA (Hons.) 2021-24

Isn't it baffling, what a smile can hide?
The perfection which I once saw in you, is
now taking over me
That smile that dazzle like a silver ray of
moonlight is now stealing my indolence,
I can feel the impudence in me, leaving
behind my affluent beauty within me
Cuteness was all, I thought was left behind
me until that one smile created Euphoria
around me
On the days when I hated myself, on the
days
when I wanted to vanish, the felicity made
a door inside my heart,
when I tried to open that portal, I saw that
spot waiting for me
which I left taking egotism with me
When I invaded that spot, memories
recollected around me like a Utopia
Never I knew that one alluring smile can
conceal uncharitable sensation inside me
Just one smile.

Silent Crush

Divya Aggarwal, BA (Hons.) 2021-24

Never saw him to don't know him,
I was so unknown to him.
Exchanged few words a day,
But ended up talking daily.
There was some comfort in his words,
the feeling of staying secure,
and the feeling of staying joyous.
Is it really what you and I are thinking?
Got to know nothing from his side,
and unable to recognize mine.
The situation was confusing but yet so
comforting. Maybe we have some feels,
but we have conflicting thoughts.
Might be we we are different,
but all I believe is connection of two hearts
is possible when two souls meet,
and for our souls to meet, we need to
meet...



अक्टूबर और दिल्ली

- हिमानी शर्मा

अक्टूबर का महिना, मेट्रो और दिल्ली

बहुत कुछ लिखा गया है इस पर, बहुत तरह के अलंकारों से सजाया गया है इस एहसास को पर मेरे लिए दिल्ली हमेशा हार श्रृंगार के फूल-सा महकता रहेगा | जब भी दिल्ली का अनुस्मरण होता है तो लगता है जैसे आस-पास ही हार श्रृंगार के फूल रात भर पेड़ों पर खिलकर अब धरती पर बिखर गए हों |

... अपने किसी निजी काम से एक बार दिल्ली जाना हुआ | कश्मीरी गेट मेट्रो स्टेशन पर मेट्रो के लिए टोकन लिया और अपनी मंजिल की ओर बढ़ी | आज्ञादी सभी के लिए अलग सी महसूस होती होगी और मेरे लिए वह एक शब्द, एक शहर था - "दिल्ली" |

दिन भर काम में मग्न रहने के बाद याद आया कि उसी दिन की वापसी भी है |

फिर से मेट्रो स्टेशन पर टोकन लिया और इस बार आखरी स्टेशन कश्मीरी गेट था | जैसे ही सीढ़ियों से नीचे उतारकर एग्जिट गेट पर टोकन डालने को हाथ बढ़ाया एक ख्याल ने मुझे रोक लिया |

जब कई साल पहले दिल्ली छोड़ा था तो वह मेट्रो कार्ड जो रोज मेट्रो यात्रा करने वाले के पास होता है उसे फेंका नहीं, बहुत सहेज कर अपने बटुए में रख लिया | तब मालूम हुआ था कि एक कार्ड की अवधि दस साल तक ही होती है और यह सोच कर कि दस साल से पहले तो मैं वापस आ ही जाऊंगी, मैंने वह कार्ड कभी फेंका नहीं | कभी हिम्मत नहीं हुई | मानो उसे फेंक देना मेरे एक बड़े सपने को खत्म करना था, और अगर हम सपनों का ढेर नहीं तो क्या है?

तो फिर से बटुए में से वो कार्ड निकाल कर उसे जाकर रिचार्ज करवाया | रिचार्ज कर रही अजनबी ने पहले मुझे देखा और फिर उस कार्ड को और फिर कहने लगी, "कार्ड तो बहुत पुराना है आपका!"

मैंने भी उसकी ओर देखा और मुस्कुरा दिया | उसे पैसे देकर मैं अपना सामान लिए वापस बढ़ने लगी पर तभी एक बार फिर उस टोकन पर नज़र पड़ी | एग्जिट गेट पर जाकर टोकन को मशीन में डाला और गेट को खोल कर वापस बंद होने तक इंतज़ार किया | फिर एक लम्बी सांस भरी और सीढ़ियों से ऊपर स्टेशन की ओर बढ़ गई | ऊपर पहुँचते ही बहुत सारे ख्याल आए कि 'यहाँ रुक तो गई हूँ पर मैं यहाँ करूँगी क्या ?'

घरवालों की नाराज़गी के बारे में भी सोचा | फिर विचार आया कि एक दोस्त है उसी पुराने पी. जी. में आज भी | वहाँ चलती हूँ और आगे का वहाँ देखा जाएगा |

हौसले से भरी एक लम्बी सांस भरकर मैंने जैसे ही कदम बढ़ाया एक लड़की ने मेरी तरफ पलट कर देखा | क्या अजीब इत्तेफाक था या नसीब का कोई खेल ! प्रिया मेरे सामने थी... वह हौसले से भरी मेरी सांस वहीं रुक गई और मैं बस उसके गले लग कर फूट-फूट कर रोई | ना जाने कितनी मेट्रो आई और गई इसी दौरान और सपना भी यहीं टूट गया |

आँख खुली तो पाया कि आज फिर से कालेज के लिए देर हो गई है | सारी क्लास मिस हो गई एक "दिल्ली" में |

लेखिका हिमानी शर्मा एम. ए. (होनौस), २०२१-२३ की छात्रा हैं |

दृष्टिकोण

- सुनील कुमार

"बदल जाए दृष्टिकोण यदि, तो इंसान बदल सकता है |
दृष्टिकोण के परिवर्तन से, अरे ! जहान बदल सकता है" ||

दो पास-पास खड़ी गाड़ियां एक ही समय पर चलती हैं | आरम्भ में एक छोटे से मोड़ पर दिशाओं में थोड़ा सा अंतर बनता है | धीरे-धीरे यह अंतर इतना बढ़ जाता है कि एक कलकत्ता से चलकर दिल्ली पहुँचती है और दूसरी मुंबई | हम इंसानों के जीवन में भी यही तथ्य काम करता है | इंसानों के दृष्टिकोण में थोड़ा-थोड़ा अंतर व्यक्ति के जीवन की परिस्थितियों में भारी भिन्नता पैदा कर देता है | दृष्टिकोण का शाब्दिक अर्थ यह है की हम किसी विषय या वास्तु के अलग-अलग रूप देखने को मिल सकते हैं | व्यक्ति का जैसा दृष्टिकोण होता है, वह दूसरों के लिए जैसा सोचता है, उसी के अनुसार उसके विचार होते हैं और इनके फलस्वरूप वैसा ही वातावरण और परिस्थितियां पैदा कर लेता है | किसी गाँव में एक बुढ़िया रहती थी | वह हमेशा रोटी और दुखी रहती थी | उसकी दो बेटियां थी | बड़ी बेटी का पति छाता बेचने का व्यापार करता था | छोटी बेटी के पति का पापड़ बेचने का व्यापार था | जब बहुत धूप होती थी तो बुढ़िया अपनी बड़ी बेटी को याद करते हुए रोटी और कहती - "हे भगवान ! इतनी अच्छी धूप में कोइन छाता नहीं खरीदेगा और व्यापार में घाटा हो जायेगा" | जब बहुत बारिश होती तो बुढ़िया छोटी बेटी को याद कर कहती - "हे भगवान ! इतनी बारिश में तो पापड़ नहीं सूखेगा, तब बेचने के लिए कुछ नहीं होगा" | एक दिन बुढ़िया एक साधू से मिली | साधू ने उसकी परेशानी सुनी और मुस्कुराकर कहा - "चिंता न करो, इसका समाधान मेरे पास है | बस तुम्हें अपना दृष्टिकोण बदलना है | जब धूप हो तो अपनी बड़ी बेटी के बारे में मत सोचना | बल्कि यह सोचना की धूप में पापड़ अच्छी तरह सूखेंगे और छोटी बेटिया का व्यापार बढ़ेगा | ठीक उसी तरह जब बारिश हो तो बड़ी बेटिया के बारे में सोचना कि आज बहुत छाते बिकेंगे" | बुढ़िया ने साधू की बात मानी और वह फिर से खुश रहने लगी |

एक सिक्के के हेमशा दो पहलु होते हैं | ये हमारे ऊपर निर्भर करता है कि हम किस पहलु को महत्त्व देते हैं | वास्तव में उस बुढ़िया के जीवन में कुछ भी नहीं बदला था | अभी भी बारिश है, अभी भी धूप है | बदला है तो सिर्फ उसका दृष्टिकोण और जीवन में सही दृष्टिकोण का होना सुख का राज है | तभी तो कहा गया है -

"कशती ने बदला रुख तो, किनारे बदल गए,
नज़रें तेरी बदली तो नज़ारे बदल गए" ||

लेखक सुनील कुमार बी. ए. (होनौस), २०२१-२४ के छात्र हैं |





ये ख़त लहॉर से आया है !

-ईशा कंसल

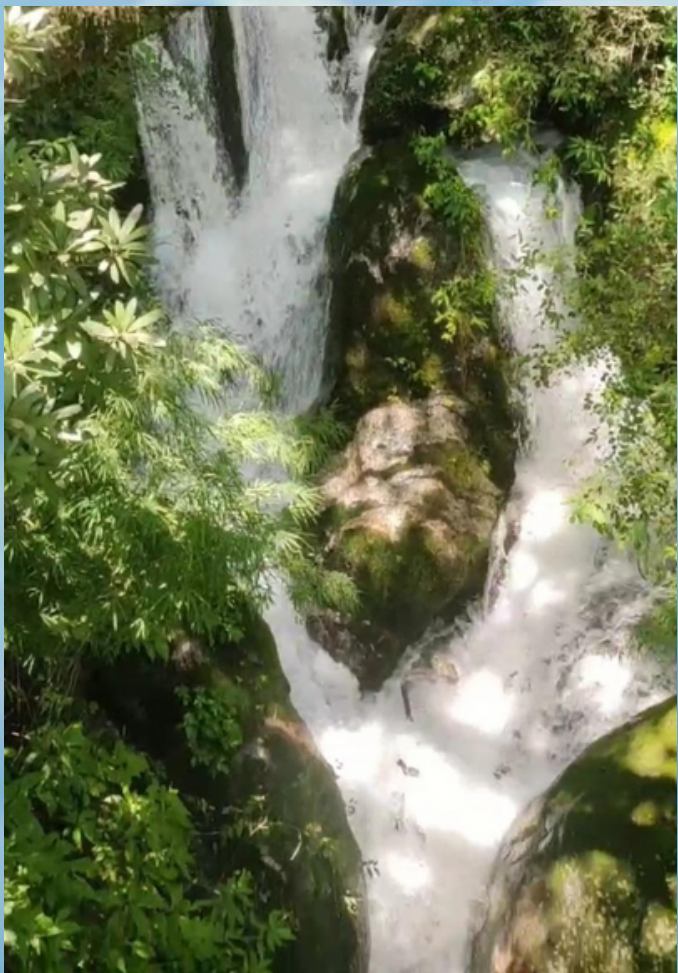
ये ख़त लहॉर से आया है !
ये ख़त लहॉर से आया है
इसमें लहॉर की खुशबू है
इसमें लहॉर समाया है
ये ख़त लहॉर से आया है
किसने लिखा है?
क्यूँ लिखा है?
कैसे लिखा है ?
कहा लिखा है ?
यह जानना शायद इतना ज़रूरी नहीं है ,
जितना ज़रूरी है यह जानना कि इस ख़त में क्या
लिखा है
तो ये ख़त हमें लहॉर वापस लेकर जाता है
पुराने लहॉर की ख़ूबशूरती से हमें रूबरू कराता है
इस ख़त में मोहब्बत है जो अधूरी होकर भी पूरी है
ओर याद है ना की ये ख़त लहॉर से आया है
डीयर अमृता,
मैं तुम्हें याद हूँ या नहीं ये मैं नहीं जानता मगर तुम मुझे
हर पल याद आती हो
वो जो गलियाँ तुम्हारी हंसी से गूँजती थी अब सुनी सी
पड़ गयी है
भूल गया वो वक्त जब हमारे दरमियाँ नज़दीकिया
थी, देखो ना अब दूरियाँ कितनी बड़ गयी है
तुम्हारा लाल दुपट्टा आज भी मैंने सम्भाल कर रखा है
उसमें आज भी तुम्हारी खुशबू है ,ताकीं मुझे आज भी
तुम्हारा एहसास हो तुम दूर हो मुझसे किसने कहा
देखो ना तुम मेरे कितने पास हो
तुम्हारी ख़ूबशूरती के कुछ हिस्से से लहॉर आज भी
खिलखिलाता है किसी भी माशूम चेहरे को देख ये
दिल अमृता ही बुलाता है
याद है तुम्हें रोज़ा आपाँ की जलेबियाँ कितनी पसंद
थी
जलेबी तो यहीं है मगर मिठास तुम अपने साथ ले
गयी
तुम्हारे बिना हर स्वाद बेस्वाद है मेरी हर एक पसंद है

आज भी तुम्हारी पहली पसंद के बाद है
मुझे वो लम्हा याद नहि करना जब जल उठा था पूरा
लहॉर
क्यूँकि मरने ओर बिछड़ने की बातें तो सभी करते है
मुझे जुड़ने ओर निभाने की बातें करना पसंद है
मुझे तुम्हारी बातें करना पसंद है
उन तारो की जिन्हें जुगनु बुलाया करती थी
उस चाँद की जिसे देखने तुम हर रात बड़ी बेशबरी से मेरी
छत पर आया करती थी
वो आम का पेड़ जो आँगन में हमने साथ उगाया था वो
अब बड़ा हो गया है ,तुम्हें ज़िद थी ना की उसका पहला
आम तुम्हें ही मिले ,तो बस आज भी हर गर्मी में मैं
उसका पहला आम मैं तुम्हारे लिए सम्भाल के रखता हूँ
हो सके तो कभी आना साथ में खाएँगे
मुझे आज भी तुम्हारे स्पर्श की तलाश है
तुम वापस ज़रूर आओगी मुझे आज भी ये आश है
तुम्हें मेरे गुस्से से तक्लीफ़ थी मैंने गुस्सा करना छोड़ दिया
है
तुम्हारी हर एक राह से मैंने अपनी मंज़िल को जोड़ लिया
है
हाँ मैं मजनु की तरह दर दर नहीं भटकता मगर मुझे मेरी
लैला का इंतेज़ार आज भी है
मुझे तुम्हारा इंतेज़ार आज भी है
ना मैं हीर ना मैं रांझा
ना मैं हीर ना मैं रांझा
बस ये समझले की मै तेरी पतंग ओर तू मेरा मांझा
मैं उम्मीद करता हूँ की ये ख़त तुम तक पहुँच जाये
पर मैं तुम्हारे पते से अंजान हूँ
फिर भी अगर दर बदर भटक कर ये ख़त तुम तक पहुँच
जाए तो समज लेना ये ख़त लहॉर से आया है
ये तुम्हारे सिर्फ़ तुम्हारे उस छः साल के नन्हे दोस्त ने भीज
वाया है
ये ख़त लहॉर से आया है
ये ख़त लहॉर से आया है |

लेखिका ईशा कंसल बी. ए. (होनौसी), २०२१-२४ की छात्रा हैं |



As I went into the deep forest, my memories kept getting refreshed every now and then, and I could hardly believe that it was me wayfaring around the mountains and trees, living my best life. Taking to clear note, I'm talking about my experience of travelling and exploring the middle of unknown valleys where there was no one except for me, the chirping and cooing of birds and the sound of the waterfall. 'Uttarkashi' - I remember as a child when I used to go with my mom to all of the new and unexplored mountains and talk for hours about how God is so creative in every detail of nature, how birds are truly unique and different from each other, how every tree has its own story and they get old while looking at the moon and the stars that have lasted for thousands of years before me, and will continue to do so.



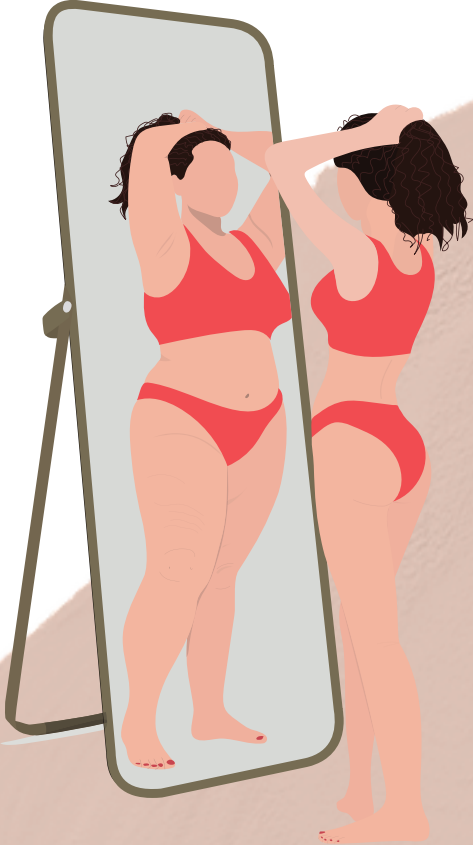
Wayfaring on unexplored Roads



Talking more about my journey, not only was it a process of self-discovery but an opportunity to grow as an individual. I gained a new view on people, places and even our memories, all of which get older with time. Now there is no "1 rupee ka Chand Sitara" which is now very rare to find but it's now replaced by kinder joy, old things get replaced by new, people change, world changes around you. What doesn't change are the memories we cherish even when we are in our 70s, talking about things like how your sibling used to ring the bells and run as fast as possible to avoid punishment. 'Uttarkashi' is one of the greatest travel experiences of all time for me. Moving into the valleys and roads of unexplored villages and moons and stars of the craziest night was definitely a sweet walk down the memory lane.

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Body-Shaming & Me



The phrase 'Body Shaming' was added in the household vocabularies a couple of years ago when these words began to be used on social media quite frequently. But, what does it mean? Body shaming is when a person is made to feel bad because of the way their body looks or is. Our body is a precious cosmic gift and nobody can completely change it to suit the elusive beauty standards of today's society. I have had up close experiences with body shaming and its after-effects. I still remember being called "Fat" since I was in the fifth standard.

Wherever I would go, the same thing would happen. When you go through the same humiliating experience again and again, somewhere you start to lose confidence. Your mental health also suffers. We often don't realize how a seemingly insignificant comment or joke can make a person question their entire existence. Body shaming can result in a person developing insecurities, which might never get resolved. Even today I feel way too insecure while wearing a sleeveless top or a pair of shorts. But now the time has changed and people are beginning to get comfortable in their bodies, irrespective of shape, size, and colour. Now, a vast majority of social media influencers have stood up to this discrimination and are supporting as well as promoting body positivity. I would just like to tell everyone reading this article that 'being yourself' is the most difficult thing in the world if you don't fit into the mold that society has cast for you. You don't have to change yourself for anybody or to fit into any stupid standard created by the society. Life is not a "One size fits all". Life is a science of one,

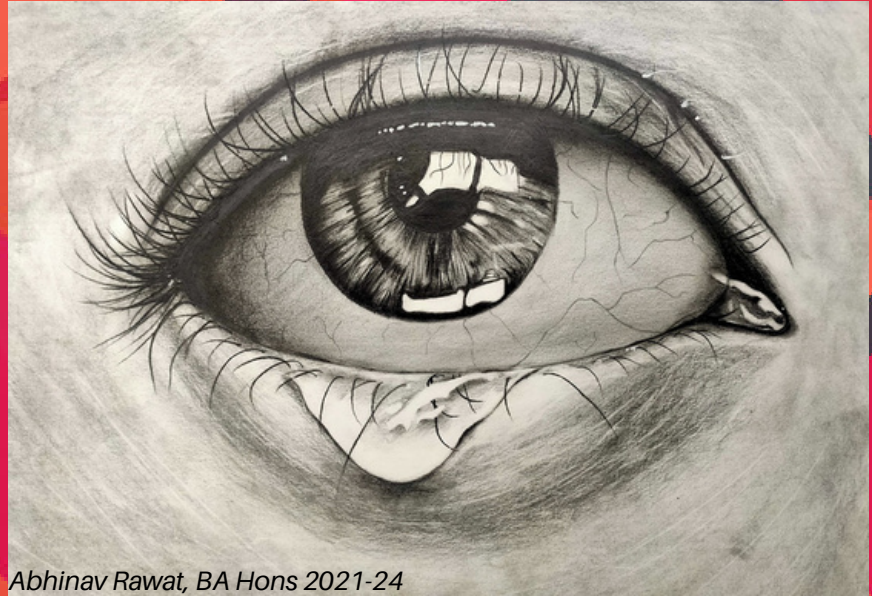
and you and only you must figure out how you should be spending it. In essence, I would like to offer my sincere gratitude to 'woke' social media culture that has led to wider circulation of awareness about this injustice and has actively been educating people about body positivity.

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When Art Speaks...

Divya Aggarwal,
BA Hons 2021-
24



Abhinav Rawat, BA Hons 2021-24

Himanshu Madhwal, BA Hons 2021-24



Himanshu Madhwal, BA Hons 2021-24





Urvashi Durgapal, BA Hons 2021-24



Isha Kansal, BA Hons 2021-24



THROUGH
MY LENS



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Anurag Jindal is a second-year student at the School of Liberal Arts, IMS UNISON UNIVERSITY.



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SARTHAK BALUNI

Artificial Intelligence: An Uncertain Future

With the dream of an AI world now closer than ever, here's my two-cents on the apprehensions about it.



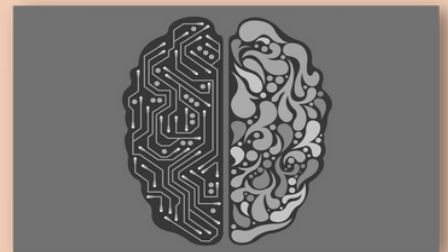
Artificial Intelligence (AI) is the ability of electronic machines and computers to solve complex tasks and make predictions about the future based on given data. The rise of Artificial Intelligence has transformed the whole decision-making process into 'algorithms'. Its span of control is steadily increasing and stretching from the fields of internet, data and computing to psychosocial and

economic avenues like finding your ideal relationship match, managing personal finance, getting investment suggestions, managing the government etc. It has the potential to get better over time, with use, just as humans do.

But similar to how it has been with every great advancement, there have been myriad speculations falling more towards the

cynical end of the spectrum that claim that AI is an imminent threat to the existence of humanity. One of the leading arguments that spearheads any debate on the viability of AI is its potential to start an impossibly devastating war on humankind or an arms race of sorts. While this is indeed a possibility but agreeing with American AI theorist Eliezer Yudkowsky I too would say that "by far the greatest danger of Artificial Intelligence is that people conclude too early that they understand it."

Psychologists study the human tendency of 'Projection', which essentially is the propensity of humans to project their hostile emotions onto others and accuse the other of having those emotions in the first place. Sounds pretty childish for a species that calls itself the smartest being on the planet, but it's true. Therefore, claiming that AI would cause mutually-assured destruction if it grows competent is a paranoid belief on our part.



DID YOU KNOW?

In August 2016, an AI robot "WATSON" by IBM saved a Japanese woman's life by correctly identifying her rare case of leukaemia, which several doctors had failed to diagnose. It did so by looking at the woman's genetic information and comparing it with 20 million clinical oncology studies in under 10 minutes!

SOURCE: [HTTPS://FUTURISM.COM/AI-SAVES-WOMANS-LIFE-BY-IDENTIFYING-HER-DISEASE-WHEN-OTHER-METHODS-HUMANS-FAILED](https://futurism.com/ai-saves-womans-life-by-identifying-her-disease-when-other-methods-humans-failed)

It is just us projecting that this advanced technology would also be violent and juvenile enough to wage wars, rather than looking towards greater development and growth that is both sustainable and inclusive. Similarly, there are various other reasons why I believe that the fear of AI is misplaced and uncritical.

Following it, my foremost reason would be that the human intellect is painfully limited. So much so, that we still haven't been able to achieve sustainable development and are actively harming the environment. With the use of AI, we would be able to conduct accurate cost-benefit analyses of any activity or project, which would include the environmental and social costs, and accordingly, the required steps would be taken.

AI would outperform humans in multiple cognitive tasks, thereby reducing repetitive work, elevating the standard of living of humans and making life more comfortable. The loss of jobs may be a concern and although every innovation has had a similar impact, eventually they also have led to the generation of various new jobs (Think: The first computers and the rise of IT jobs). And just like the wise saying—"change is the only constant of life", we must move towards more favourable changes even if they feel uncomfortable in the initial stages.

Some people are concerned that the goals of AI may be misaligned with ours when it gets competent. A misalignment with goals is a vague statement. It could be anything. And whose goals are

these? The common people or the top 1% capitalists' who fear their control over the power blocks in the world might be over once AI starts doing everything methodically and equitably. Studies show that AI can and always has worked in combination with Human Intelligence to accomplish things previously considered impossible. Look at all the progress we've made: from setting our foot on the moon, to exploring the solar system and the outer space, being closer to the bigger questions than ever before in human history, knowing how to cure diseases once considered incurable, having made communication extremely convenient and accessible, being able to forecast the weather almost accurately and saving people from catastrophes, having discovered new species and worked towards their conservation, having made advancements in all subjects especially subjects like mathematics, physics and biology, which never would have been possible before. Our modern society has evolved towards a more global approach in whatever it does. This is the calling of greatness that we have responded to and will continue to do so.

Fear of future AI, which is multiple times more competent and intelligent than present AI is somewhat comparable to the fear of computers stealing human jobs. These things have only made our lives easier and we had judged them before even knowing their functionality. Whatever knowledge we had was a result of our biased and uninformed judgement. Therefore, our fears about the

same may be unnecessary and misguided. What we should fear, instead is being stuck in the same spot for years to come and not being able to make progress. The essence of the human spirit is to make progress, to evolve. Right from the time of our forefathers to the present-day humans, we are the change-seekers, and our fears and discomfort from vague and uncritical predictions should not become a barrier to it. All the millions of years of evolution and a cosmic interplay of infinite possibilities have worked out in the most complex manner to choose the one that would facilitate the blossoming of life. Every step of ours has brought us here and like every previous step, this too would be a leap of faith. Therefore, it calls for an equal amount of trust and effort in its execution as the previous ones have received and on the quite evident brighter side, it promises us a million more years of security and comfort.

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DIVYA AGGARWAL

Say No to Stress

'To the person in stress-less and live the best'

In simple terms, stress refers to that psychological state where we are unable to cope with the emotional and mental pressure of our life. The tension about career, job, relationships, exams, and friends beyond a healthy point, makes us emotionally weak.

You get under stress when you think a lot. Thinking and imagining yourself in uncomfortable situations takes your time and then you are in a guilt loop of having wasted a lot of your precious time. Then the work which you left behind piles up and makes you tense, making you even more stressed!

Another measure of stress could be your career. There are situations when you are unable to understand what your next step in life should be, which we can mostly see in teenagers and then they stress about it leading to several health issues. Then, a major problem these days is a person getting into a relationship. If both the parties understand, it is okay, but the problem arises when there is miscommunication and fights following from that.

Conflict with the people you care about can be a major stressor. There is the added stress of what if they leave you? What if they don't talk to you anymore? We also have seen many students undergoing stress because of exams which often leads to indulgence in self-harming behaviours by them which is a big NO!

How to stress less and live the best? First, you need to stop overthinking. Thinking about something is fine but daydreaming about it is not. Why do you imagine the worse steps you are going to take? As soon as you stop thinking a lot, most of your stress will vanish.

Secondly, don't let social anxiety get the better of you. Come out of your room and start interacting with people. Living in a room might make you think that you are the only person who is suffering. Coming out of the room and connecting with other people makes you aware of the various situations being faced by others and gives you the strength to face yours.

To avoid being stressed, you can also start doing meditation. It can be done for a minimum of at least 5

minutes daily as it helps us to feel relaxed and maintain our composure. Choosing to have a positive mindset and be happy is another thing that will help you enjoy yourself with people. It will also leave you almost no time to think thus eliminating the main cause of stress. In case of severe matters, you can contact a mental health professional. There is no harm in visiting a mental health practitioner and the stigma must be overcome and eradicated.

'Stop being so lost in your head that a day arrives when you stop enjoying the present because of stress about the future.'

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DID YOU KNOW?

Vandravela Foundation is an NGO which started its Mental Health India initiative in the year 2009. It is the first 24/7 free mental health crisis intervention helpline manned by psychologists that provide services to emotionally distressed individuals. For more details, call +91 9999666555 or visit: <https://www.vandrealafoundation.com/get-help>

E-Sports: Let's Compete in the Virtual World!

There has been much-undeserved criticism for E-sports in recent times. Here's an explainer that places it next to traditional gaming, as it rightly should be.

First of all, what is eSports? eSports is a form of competitive sports in the virtual world i.e., involving video games. eSports often takes the form of organized and multiplayer video games competitions, particularly among professional players either individually or as teams. And why I call this a sport is because it fits into the technicalities of the definition of sports, which is “an activity involving physical exertion and skill in which an individual or team competes against another.” By this definition, eSports definitely are Sports.

Held in 1997, The Quake “Red Annihilation” competition is commonly regarded as the first true eSport event. Over 2000 participants competed online in one-on-one deathmatches. The winner, Dennis Fong received a '1987 Ferrari 328 GTS' of the legendary game developer John Carmack, co-founder of Id Software, maker of Doom, Quake and Wolfenstein (<https://www.Cdw.com>) which was the highlight of the event.

Even I am a big fan of the Doom video game series and I've played all the games in this series. Now the question that arises is why do people love eSports? The reason why people love eSports is because of their love for the games. Watching professionals play these difficult

games with precision and high skill is a real joy for fans. This industry (eSports) includes not only traditional Sports like NBA2K and FIFA but also games such as League of Legends, Counter-strike, and Dota. Individual players can either stream themselves playing to earn money or join larger organizations to compete for large cash prizes. The players and fans engage with each other in various ways including through social media, live-streaming platforms and tournaments. In eSports, a player's success is independent of how tall, short, thin, or fast they are. Whether the gamer stands at 5'2 or 6'8 feet tall. They both can reach the highest level of League of Legends or any other game.

eSports can further level the playing field in factors such as gender, culture, and location. Technology consulting firm activates estimates that more than 250 million people watch eSports (<http://esportsbonus.com>). The growth of eSports has been phenomenal, with new games being launched every year. And if we talk about the biggest eSports games it can be different for different people. Some games are more popular globally and some are regionally popular.

In 2021 the global eSports market was valued at just over 1.08 billion U.S. dollars (www.statista.com). So, eSports has its own ecosystem with salaried players, massive businesses etc. There will always be people who don't view eSports with the same eye as they view traditional sports. But this does not mean that they are wrong, or that eSports is any less. These are just different preferences for modes of entertainment. eSports is an industry in itself now and doesn't depend on its acceptance as a recognized form of sports to be successful.

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DID YOU KNOW?

Gaming, today, is a legit full-time profession.

Gamers can make up to \$60,000 (Rs. 44 LPA) each year with top gamers like "Ninja" aka Richard Tyler Blevins making up to \$17 million (Rs. 1,26,43,66,670).

*SOURCE:
[HTTPS://WWW.SPORTINGFREE.COM/TOPT-RICHEST-VIDEO-GAMERS-IN-THE-WORLD/](https://www.sportingfree.com/top-richest-video-gamers-in-the-world/)*

NAWANG TENZIN

The Story of Mona Lisa: A Lost & Found Case!

'Famous art like the Mona Lisa has, for ages, intrigued art-lovers. Let's explore the history behind this magnum opus in depth.'



Mona Lisa, a half-length portrait painting, is the work of Leonardo Da Vinci, one of the greatest painters in the history of art. Da Vinci was of Italian origin and was widely known by most of the general population, including almost all art-lovers. In the interesting case of the name 'Mona Lisa', there is a spelling discrepancy between how Italians spell it and how the rest of the world spells it. Where 'Mona' is usually a polite way to address a lady in Italy, it is also an offensive slang

in some Italian dialects. Hence, to resolve this, the Italians spell it as 'Monna' which means 'My Lady' as a fit reconciliation between the original name, while also avoiding the name sound like vilification to this great art.

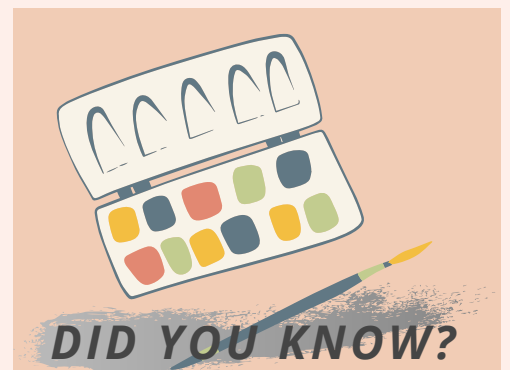
Delving into its history, the lady in the painting is assumed to be a noblewoman named Lisa Gherardini, spouse of Francesco del Giocondo. Hence, the painting's alternative title is 'La Gioconda' that is the feminine form of 'Giocondo',

which also means "happiness" in Italian and the surname of the lady's husband.

The portrait is believed to have been painted between the years 1503-1506. Acquired by King Francis I of France, the painting is now the property of the French Republic itself. It has been on permanent display at Le Louvre, Paris since 1797. It is considered a typical painting depicting the Italian renaissance.

The 'Mona Lisa' didn't use to be widely known outside the art world until it was stolen on 21st August, 1911 from Le Louvre Museum. After much chaos and confusion about the painting having been photographed somewhere, Le Louvre was closed for a week for investigation.

Among the people under suspicion was French poet Guillaume Apollinaire, who later accused his friend Pablo Picasso to have done the horrible deed.



DID YOU KNOW?

Picasso was under suspicion of the theft. During the investigation, the gendarmes went so far as to question known art dissidents such as Pablo Picasso about the theft. They briefly arrested poet Guillaume Apollinaire, who had once said the painting should be burned. Their suspicions proved to be unfounded.

SOURCE:
[HTTPS://WWW.LEONARDODAVINCI.NET/THE-MONA-LISA.JSP](https://www.leonardodavinci.net/the-mona-lisa.jsp)

However, both were later freed as they came to know due to lack of evidence and also the real culprit had soon been found. He was an employee at Le Louvre. Being one of the finest glass-workers of Italian origin, this man, Vincenzo Perugia, had helped construct the painting's glass case. It is said he undertook the theft by entering the building during regular hours, hiding the painting in a broom closet, and walking out with the painting hidden under his coat after the museum closed.

But why did Vincenzo steal the painting at all? In his own words, he was an Italian patriot who believed that Leonardo's painting should be returned to an Italian museum. He mistakenly thought that the Mona Lisa had been stolen from Italy during the Napoleonic era and he believed that it was his job to return it to its home country. After having kept the painting in his apartment for two years he grew impatient and was caught attempting to sell the painting to the director of a gallery in Florence. Though it was exhibited there for a week it was returned to Le Louvre on 4th January 1914. Shortly after, Vincenzo was sentenced to 6 months in prison but was locally celebrated and hailed as a hero in some parts of Italy.

Such a series of events gave this painting the fame and recognition making 'The Mona Lisa' one of the most valuable paintings in the world. At present, it holds a Guinness world record for the highest ever insurance value for a painting (approx. US \$870 million, 2021). And just like the happiness portrayed in the woman's smile, this painting remains a never-ending tale for generations to experience.

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MARIYAM MOHAMMED SHAHID

Do I have to be a man to survive?

“...And ain’t I a woman? Look at me! Look at my arm! I ploughed and planted, and gathered into barns, and no man could head me! And ain’t I a woman? I could work as much, eat as much as a man when I could get it— and bear the lash as well! And ain’t I a woman? I have borne thirteen children and seen most of all sold off to slavery, and when I cried out with my mother’s grief, none but God heard me! And ain’t I a woman? ...”

-Sojourner Truth, American women’s rights activist, 1815

A millennium of hatred is ingrained in the blood and minds of the young and old, against the very community that loved them, gave them a home and nurturing arms to call theirs. Too much power to men has infected our societies and corrupted our minds and the victims have been our mothers, daughters, and sisters—the beacons of strength and dedication.

A world where most men have led countries, and companies and dominated the fields of power, has existed for the longest time now because they have always been intimidated by women.

The first country to recognize women as legal citizens by giving them the right to vote, work and receive equal pay was New Zealand. Not only that but appointing women to powerful positions, like Indira Jaising (Foremost feminist activist),



and Flavia Agnes (Co-Founder of Majlis), was undertaken by the first female Prime Minister of New Zealand in 1893, paving the way for an equal future. This was followed by Australia in 1902. A world where the most crucial pillars of society were only given a fragment of what men (especially white) are privileged enough to be born with, was a regular scenario until merely a century ago.

Patriarchy is a consecutive shift of power from one male to another, without considering a woman’s will to do the same. Patriarchy is one of the leading causes of misogyny, i.e., hatred towards women. Since men

had only seen men in positions of power, they were convinced the upshot for women at the individual level was sacrifices in power, status and income; at the collective level, it meant the continuation of a pattern in which powerful positions remained within the purview of men. Since men had seen only men in positions of power, they were convinced that women could not fulfil the same responsibilities because of which many restrictions on women were imposed, including gatekeeping them from the occupational and professional workspace.

Women, since the time of the Middle Ages, have been some of the strongest warriors and have fought shoulder to shoulder with men. The shift from this narrative to viewing women as weak and meant only for staying inside

DID YOU KNOW?

Women make nearly 20% less than men, and they won’t reach pay equity with men until 2059 if the slow pace of progress on the pay gap persists.

SOURCE: [HTTPS://WWW.AAIW.ORG/RESEARCH/THE-SIMPLE-TRUTH-ABOUT-THE-GENDER-PAY-GAP/](https://www.aaiw.org/research/the-simple-truth-about-the-gender-pay-gap/)

homes happened after the new world expanded and gender roles were subconsciously allotted. The saddest reality we have had to face is the existence of financial and political disparity. According to the data by United Nations Development Programme (UNDP), between the sexes, even today men still dominate the fields of importance and formulate laws and policies for other genders. The Feminist movement has been dismantling the belief that our sex and gender should define our roles in society. It has been fighting the inherent gender-based discrimination and violence resulting from that belief for more than a century now. This also happens to be the intersectional node of the feminist and LGBTQ movement; the ill-treatment of women in our societies and the ill-treatment of LGBTQ persons have the same root cause. Perhaps the worst effect of patriarchy and misogyny has to be the widespread acceptance that we, the women are projected as weaker than men. Even without being born with privileges as men, we have seen movements like the 'Chipko movement', the 'Self-Employed Women's Association (SEWA)', 'Women's Liberation Struggle', '#MeToo' movement and 'Mera Jism Meri Marzi' which are a testimony to the capabilities and potential of women. Although, the scenario has shifted from women being entirely responsible for doing household chores to people with rights (all thanks to the feminists), the road to equality is still long. Some countries provide poor or insecure financial footing and support to women, but women have proven to be invincible on multiple occasions and shall stand equally in the upcoming years. We never gave in and we shall not hold back for the young women who are yet to be surrounded by strong female role models.

Here are some documentaries that tells us more about the lives of women:

- The World Before Her (2012)
- Ladies Special (2005)
- Mango Girls (2013)
- Beyond Women's Stereotypes (2015)
- It's a Boy! (2012)

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AKSHARA ARORA

Children at Risk: Child Trafficking & Abuse in India

Among the many sinister sins of humankind, child trafficking and abuse have to be at the top of the list.

Child Trafficking is one of the many sickening forms of human trafficking. It is defined as the "recruitment, transportation, transfer" of a child for slavery, forced labour and exploitation. Though statistics regarding the magnitude of child trafficking are difficult to obtain, the International Labour Organization (ILO) estimates that 1.2 million children (International Labour Organization, 2008) are trafficked each year. Talking about the intensity of it, Child trafficking is a serious and prevalent problem, especially in India.

According to a report published by the U.S. Department of State (May, 20), "India is a source, destination and transit country for men, women and children subjected to forced labour and sex trafficking. The majority of India's trafficking problem is internal and affects people from the most disadvantaged social strata. Dalits on the lowest rungs of the caste hierarchy, members of tribal communities, religious minorities and women & girls from excluded groups are most vulnerable"

In general, child trafficking takes place in three stages:



recruitment, movement, and exploitation. Recruitment occurs when a child is approached by a recruiter, or in some cases, directly approaches a recruiter themselves. Recruitment is initiated in many different ways: adolescents may be under pressure to contribute to their families, children may be kidnapped or abducted into trafficking, or families may be trafficked together.

Then, movement will occur - locally, regionally or internationally through a variety of transportation channels. Ultimately, the final goal of child trafficking is exploitation: Exploitation can take place in a variety of forms, including forced labour, sexual exploitation, and child begging, among other practices. Child labour refers specifically to children under a stipulated minimum age, usually 14



Childline-1098 is a helpline number that works for Child rights and protection. The number 1098 is a 24-hour a day, 365 days a year, free, emergency phone service for children in need of aid, assistance and rescue.

Must-watch Movies

- Stanley ka Dabba (2011)
- I am Kalam (2010)
- Lakshmi (2014)
- Love Sonia (2018)

at the lowest, being required to work. UNICEF estimates that, in 2011, 150 million children aged 5-14 in developing countries were involved in child labour. Activists say that despite the Covid-19 curbs in places, cases of child trafficking continued to rise unabated. They also say that child trafficking is a demand-driven crime. There is a demand for children in the labour and commercial sex market, and hence, there is a supply.

According to the National Crime Records Bureau (NCRB), during the Covid-19 pandemic, there were about 2,200 cases of trafficking, of which 95 per cent accounted for internal trafficking. In the official figures, 6,616 victims were reported to have been trafficked, including 2,914 children. However, activists say that the actual figure could be much higher as many victims do not register cases with the police, largely because they do not know the law or fear traffickers. Child traffickers control victims with coercive psychological manipulation. They do this to destroy a child's will to escape. It is accomplished via physical, emotional, and verbal abuse in isolation, violence, and moving them into areas they aren't familiar with. They also use video cameras, dogs, and weapons to control children. Food and water are even used to coerce obedience in child trafficking. Starving a child who will not obey is a common practice among child traffickers.

This leads to potential post-traumatic stress disorder, dissociative adaptations, emotional regulation problems, impaired cognitive functioning, and damaged self-conceptualization. It is common for children who have been victims of trafficking to have nightmares, flashbacks, depression, feelings of guilt,

shame, hopelessness, anxiety, and loss of confidence. Any child who is the victim of sexual or physical abuse is more likely to experience social isolation, abuse narcotic substances and commit self-harm or in some cases, even, suicide. The number of children in child labour has risen to 160 million worldwide – an increase of 8.4 million children in the last four years – with millions more at risk due to the impacts of COVID-19, according to a new report by the International Labour Organization (ILO) and UNICEF. The report warns that globally 9 million additional children are at risk of being pushed into child labour by the end of 2022 as a result of the pandemic. The lack of awareness is a situation that traffickers exploit especially when it comes to the uneducated poor living in slums and other backward regions in the country. The severity of the problem demands that the efforts of the government be supplemented by public awareness.

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AMIT KUMAR RATHORE

Foreign Languages - Need of the Era

*“To know two languages is to possess a second soul”
- Charlemagne*

In the era of globalization, a foreign language, besides your mother tongue, is compulsory.

Learning foreign languages such as French, Spanish, Italian, or Mandarin, to name a few, gives students an edge. There has always been a focus on the growing importance of languages, whether native or foreign, but it is truer now as the world has become a smaller place. As globalization is making the world ever more connected, an increasing number of youngsters are getting inclined towards learning foreign languages.

A foreign language allows students to appear for international examinations like IELTS, TOFEL, JLPT and DELF. For the school children, there are many exams in French like French Spell Bee, IFLO, and French Olympiad conducted by French Embassy. Cracking these exams can pave the way for students to win free trips to France.

These exams also help students to get a scholarship for studying abroad. The acquisition of foreign languages enables young people to find work in foreign companies. Besides, there are a plethora of career options in the fields of translation and tourism.

Another reason why we should learn a foreign language is that the knowledge of a new language enhances our cognitive and analytical abilities. Learning a foreign language is tough and involves intensive mental exercise. On a more personal level, it improves your personality and increases your sense of self-worth. The need for language faculties has increased due to the growing interest of students in learning foreign languages. People associated with social services need to work with diverse groups from several countries. The ability to speak in a foreign language enables them to communicate and serve people in a better manner.

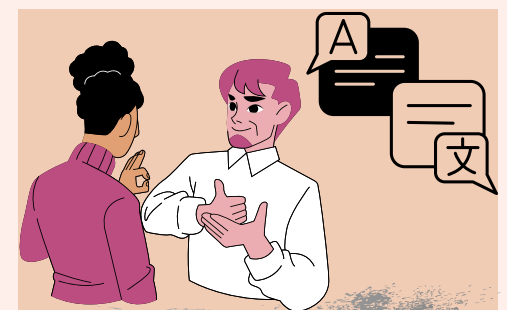
Today, various educational institutes, schools, colleges, and universities offer several language courses. German, French, Spanish, Japanese, and Mandarin are now gaining momentum among them.

However, India still has a lot of catching up to do in promoting and teaching foreign languages to its nationals. Many are still unaware of the advantages of learning foreign languages.

If we want intellectual and interpersonal growth in our wards, the acquisition of foreign languages is a must.

This skill will lead to long-term success, whether you learn a language for a specific reason or out of interest. It will open up new avenues for you to explore. The more languages you know, the better you can express yourself. If education is a means to prepare students for the increasingly competitive world they inhabit, then the education system should not deprive students of at least general education in the area of foreign languages. The value of such an education lies not only in job preparation but also in developing an understanding of other people and their cultures.

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DID YOU KNOW?

Sanskrit is perhaps one of the most accurate languages in pronunciation. It makes use of 49 types of sounds that make pronunciations of different kinds of words very distinct. The attention devoted to the grammar, phonetics, and linguistics in Sanskrit is believed to have been unprecedented until the 20th century.

SOURCE: 10 MOST INTERESTING FACTS ABOUT SANSKRIT - THE LANGUAGE OF THE GODS (VEDICFED.COM)

We must not put down our guard

"The concern of Public Health outweighs our individual deviance, likes and convenience."

On Thursday, 21st October 2021, India has administered more than a billion jabs of the vaccines against Covid-19. It is an incredible achievement and deserves a fair amount of appreciation and recognition for the grit, gumption, and determination of the scientific community across the world that has tirelessly mapped and addressed the evolving mutants of the Covid-19 virus. The statistics and countless scientific-scholarly deliberations illustrate that these jabs are efficient in developing antibodies against the persistently evolving mutant variants of the virus. Therefore, there is every good reason to go for vaccine jabs, if one hasn't so far.

It's nearly two years that the world as a whole has been battling this pandemic. Initially played down as seasonal and local flu, the contagion soon escalated across international boundaries and rattled social life in varying perspectives, forms, and degrees. Needless to say, the underprivileged and deprived sections have suffered the worst blow in terms of loss of livelihood, and food had to toil hard for accessing essential resources, and walk miles and miles braving the batons.

It is indeed a living testimony of all the privileges, we have as a social group, that we have successfully dodged the pandemic and survived the pandemic successfully if not smoothly. There would have been individual difficulties in negotiating the social vacuum that we had to administer, negotiate the terms and conditions of the new normal, and reconfigure our notions of behaviour change in terms of access, use and engagement with public spaces.

Henri Lefebvre (1974), an urban geographer and sociologist, draws our attention to how the construction of social spaces lies with the people who access and make use of these spaces. Pandemic forced us to vacate our preferred social spaces such as Schools, Universities, Libraries, Highways, Streets, Markets, Malls [S1] and more to isolate ourselves. While this withdrawal from social spaces was perhaps the only way to contain the pandemic, it reconfigured our association with our institutions, a realization that material resources and buildings do not make Schools, Universities, Libraries, Highways, Streets etc., it is only with our engagement that these material components comprise their desired purpose. We must make a sustained effort that the invisible force of the Covid-19 contagion does not force another reconfiguration with our preferred spaces.

The terrifying updates on the count of the lives affected by the pandemic are not yet over, we must



DID YOU KNOW?

Although the movie- "Contagion"- was released nearly a decade ago, it's been experiencing a resurgence of sorts due to its striking similarities to the Covid-19 virus outbreak. Another movie- "The Flu"- released in 2013 does not fail in keeping you on edge with a similar story of a virus outbreak. Both the movies are able for viewing on Prime Video.


understand that jabs administered to us are a firewall and require our attentiveness towards securing our wellbeing and safety from the contagion of Covid-19. There are countless examples when the jabs haven't been sufficient enough to dodge the contagion, irrespective of their sustained efficacy in developing antibodies and therefore it is time to be vigilant and continue persisting with the Covid-19 appropriate behaviour. We must not put down the guards in the name of jabs. These vaccine jabs have helped us overcome the horrors of contagion and social isolation but this has happened only in addition to performing Covid-19 appropriate behaviour such as wearing masks in public places, regular hand-wash and use of sanitisers. One may contend that it is fairly inconvenient to wear a mask and carry sanitisers but that's the only way we can ensure social interactions in public spaces such as classrooms, and institutional spaces until the contagion wears out of its mutations and herd immunity is sustained by one and all. Till then we must acknowledge that the concern for Public Health outweighs our deviance, likes and conveniences, that's how we have come so far in groups/communities/societies, and it is perhaps an opportune reason to persist with the practice.

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LET'S FIDDLE WITH RIDDLES




#1 What has a thumb and four fingers but is not alive?




#2 What has to be broken before you can use it?




#3 What has a neck but no head?





#4 What has a face and two hands but no arms or legs?




#5 What is the easiest way to double your money?




#6 There is a six letter word of which 'LA' is the middle, the beginning and the ending. What is the word?




#7 What word looks the same upside down and backwards?



#8 What does an Island and the letter 'T' have in common?



#9 What 8-letter-word has only one letter in it?



#10 What is broken, every time it's spoken?

TONGUE TWISTERS

Find out how linguistically proficient you are by taking a stab at our tangy tongue twisters!



#1 The 'P' trail...

Peter Piper Picked a peck of Pickled Peppers

#2 Which witch what... ?

Which Witch Wishes to switch a witch wrist watch for a swiss wrist watch

#3 "Oh Betty!..."

The butter Betty botter bought could make her batter bitter, so she thought she'd better buy some better butter

#4 "I'm seriously bugged"

The instinct of an extinct insects stinks



#5 "Um... I think I might get this one."

Growing gray goats graze great green grassy groves

#6 "Okay, forget it."

Mix a box of mixed biscuits with a boxed biscuit mixer.





Try and guess the names of these organizations based on their logo and the information given.

01

It is an American multinational financial technology company operating an online payments system.



02

Formed in 1949, this is a security alliance of 30 countries from North America and Europe.



03

It grew from a moisturizing beauty bar into a global brand with a range of products such as body washes, lotions etc.



04

An intergovernmental organization whose purpose is to maintain international peace and security & achieve international cooperation among nations.

05

Formed in 1905, this is the largest publicly held food company in the world.



06

It is a political and economic union of 10 member states in Southeast Asia and countries in the Asia-Pacific.



07

It is the flag carrier airline of India, having its hub at Indira Gandhi International Airport, New Delhi.



08

It is a brand of energy drinks sold by an eminent Austrian company that uses a mix of caffeine and taurine to keep sleep at bay.



SPORTS' SECTION



DIVYA BERI
BA (Hons.), 2021-24

Besides being an all-rounder athlete, Divya has been a two-time silver-medalist and one-time bronze-medalist in High-Jump Nationals. She was also a part of the state basketball team. She is a certified Yogi, too.



KHUSHBOO JAIN
BA (Hons.), 2021-24

Having played State-level as well as National-level matches, Khushboo has won accolades as the Captain of the Gujarat Netball team in the Nationals and even won a Bronze medal for her state.





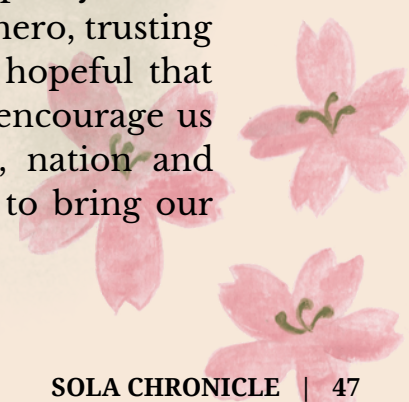
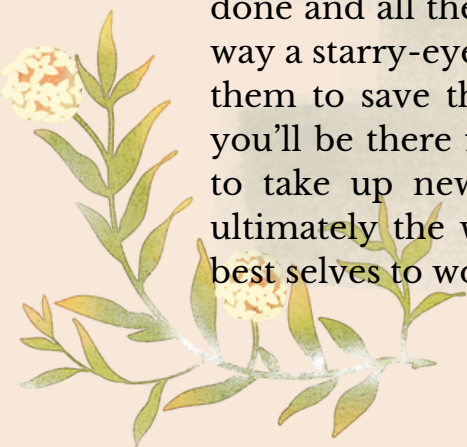
Gratitude to Teachers



The word 'teacher', as ordinary as it may look to some, holds layers of meaning for the student body here at the School of Liberal Arts. From writing research papers in the first year itself to going on field trips showcasing the wonders of society, our teachers have ensured that our start into the world of academia would be an adventurous one. It takes great creativity and effort to take students beyond textbooks and the rut of memorization and examination and transcend them into their future selves, as leaders of the world, solving real-life problems. It is not just your pedagogy of economics, psychology or sociology but the learning experience you weave together for us, stitched with wisdom and blessings for the future. Every day at university is a technicolour daydream of happiness and ambitious pursuit of higher ideals.

When we look back at the year now, your constant encouragement to take part in activities and events has made us much better humans than we would have expected. There's a sea of difference in what our perception of the world was at the start of the year, compared to where we stand now. It's almost funny how Francis Bacon and Michel Foucault have become the hot topics in our conversations now, and what a great role you've played in shaping our thoughts!

You have been our supporting pillars, the guiding north stars, the benevolent force who next to our parents have always guided us in the right direction. Perhaps it would be very hard to express in mere words how secure and comforted about the future we feel in your presence. It is due time now that we take the moment to appreciate your hard work and express a heartfelt thanks to all of our professors for everything they've done and all their efforts that we failed to notice. We look up to you in a way a starry-eyed child may look up to their favourite superhero, trusting them to save the world with their mighty strength. We're hopeful that you'll be there for us in all our endeavours and constantly encourage us to take up new initiatives for the benefit of this society, nation and ultimately the world. Thank you so much for inspiring us to bring our best selves to work every day!



SoLA Chronicle

2 0 2 1 - 2 2 N E W S L E T T E R

HERE'S HOW THE STUDENTS THINK
THEIR PAST ONE YEAR AT SCHOOL
OF LIBERAL ARTS HAS BEEN...

DIVYA AGGARWAL

The last one year at IMS has been encouraging wherein I learnt to be confident and take my own stand. The faculty members have been a constant support and helped us balance our academics alongside pursuing our dreams and hobbies.

ISHA KANSAL

Memories, memories and some more memories. My first year at IMS Unison University has been a rollercoaster ride filled with some sour and sweet experiences with every moment worthy of living. Looking forward to spend some more time here and learn new things.

SAMRIDHI MENDIRATTA

My beautiful college life started with befriending random people. From sharing seats to sharing memories, a lot has changed, including my personality. The growth has been tremendous, the opportunities boosted my self-confidence and I know, now, that a beautiful journey to conquer the world is awaiting ♥

SUNIL KUMAR

Overall experience in IMS was good. Talking specifically, the curriculum of Liberal Arts introduced a whole new bunch of subjects like Critical Thinking, Philosophy etc. which further enriched my personality.

GET IN TOUCH

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