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The College
Magazine

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

As I pen my thoughts, a lot comes to my mind which I feel privileged to share with you all. Today, we are living in a world that is so different from the one we grew up in, the one we were educated in. It is progressing at an accelerated rate and thus, it comes down to us educators to empower our students in such a manner that they act as representatives of a meaningful and value-based society.

We believe not only in the students' holistic growth but also in strengthening their beliefs in teamwork. The habits of maintaining emotional balance, promoting critical thinking, and teaching them to accept failure gracefully are essential for the overall development of the students. At Shaheed Rajguru College of Applied Sciences for Women, it is our onus to endow them with all these qualities. If there is one thing that can change the world, it is education. And schools and colleges are the pillars of formal education. Along with providing formal education to our students, this college aspires more; we believe in experiential learning, where an individual learns empirically and through participation. Hence, the lessons always stay with them.

Our mission and vision as SRCASW is focused on benefiting and developing each one of our students. Our pedagogy is further complemented by a team of committed, caring, and supportive management and staff. We endeavor to impart all-round education for our students to develop a multi-dimensional point of view and maximize their academic potential. Since the future of the nation depends on the technological empowerment of the youth, we recognize that the fundamental role of an educational institution is to channelize the energies of youth towards productive and creative goals through unfettered knowledge.

In this essence, the college brings to you the latest issue of its annual magazine, 'Aakriti 2020-2021'. The magazine outlines the progress and achievements of the college throughout the session. Furthermore, it exhibits the talents and the gifted aptitude of the students and staff of the Rajguru family. This creative endeavor is brought forth with the hope to provide a platform for everyone to express themselves without competing against each other.

I congratulate the editorial board and the staff for bringing out this new issue and I wish them all the luck and success!

PROF. (DR.) PAYAL MAGO
PRINCIPAL

FACULTY MEMBERS



Dr. Bhawana Sharma
Teacher Convener
(Department of Biochemistry)



Mr. Piyush B. Chaudhary
Teacher Co-Convener
(Department of English)



Mr. Rituraj Anand
Teacher Co-Convener
(Department of English)

FACULTY MEMBERS



Ms. Surbhi Aggarwal
(Department of Electronics)



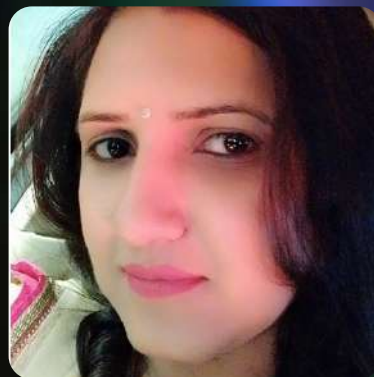
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Ms. Tulika Kumari
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Computer Science)

EDITORIAL DESK

Through various studies and research, it has been well-established that an individual's perception of society is heavily reliant on one's state of mind. In simple terms, a joyless individual becomes incapable of performing even the most mundane tasks.

In these challenging times, we find ourselves dangerously close to becoming just that – deprived of joy as anxiety and fear threaten to overtake happiness, hope, and gratitude. There have been constant attempts at both organizational and individual levels to overcome these phases. This issue of Aakriti is yet another endeavor of ours that focuses on the positive aspect of the pandemic.

Even if all is lost, I would like to remind you that the light at the end of the tunnel is just the light of an oncoming train. Through this year's college magazine, we attempt to be that oncoming train for you. Leave your negative thoughts on the platform and board this train of positivity!

With immense joy and pleasure, we bring forth this next dynamic piece of creativity and self-expression. We acknowledge the generous amount of time and effort of all the contributors that must have gone into making these invaluable contributions. It is this willingness to share and express your pieces of work that has made this magazine possible.

Happy Reading!

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committee Reports**

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126 Corona Warriors

Student Council Report

Republic Day

Shaheed Rajguru College of Applied Sciences for Women celebrated Republic Day with utmost patriotic fervor on 26th January, 2021. The tri-color flag was hoisted, and the national anthem echoed on the campus. Prof. Dr. Payal Mago (Principal) spoke about India's freedom struggle and the sacrifices which led to India becoming an independent nation.

Psychometric Assessment

The student council conducted a free psychometric assessment for all the students of the college in collaboration with UPES and Pearl Academy to help them make an informed decision regarding their prospects.

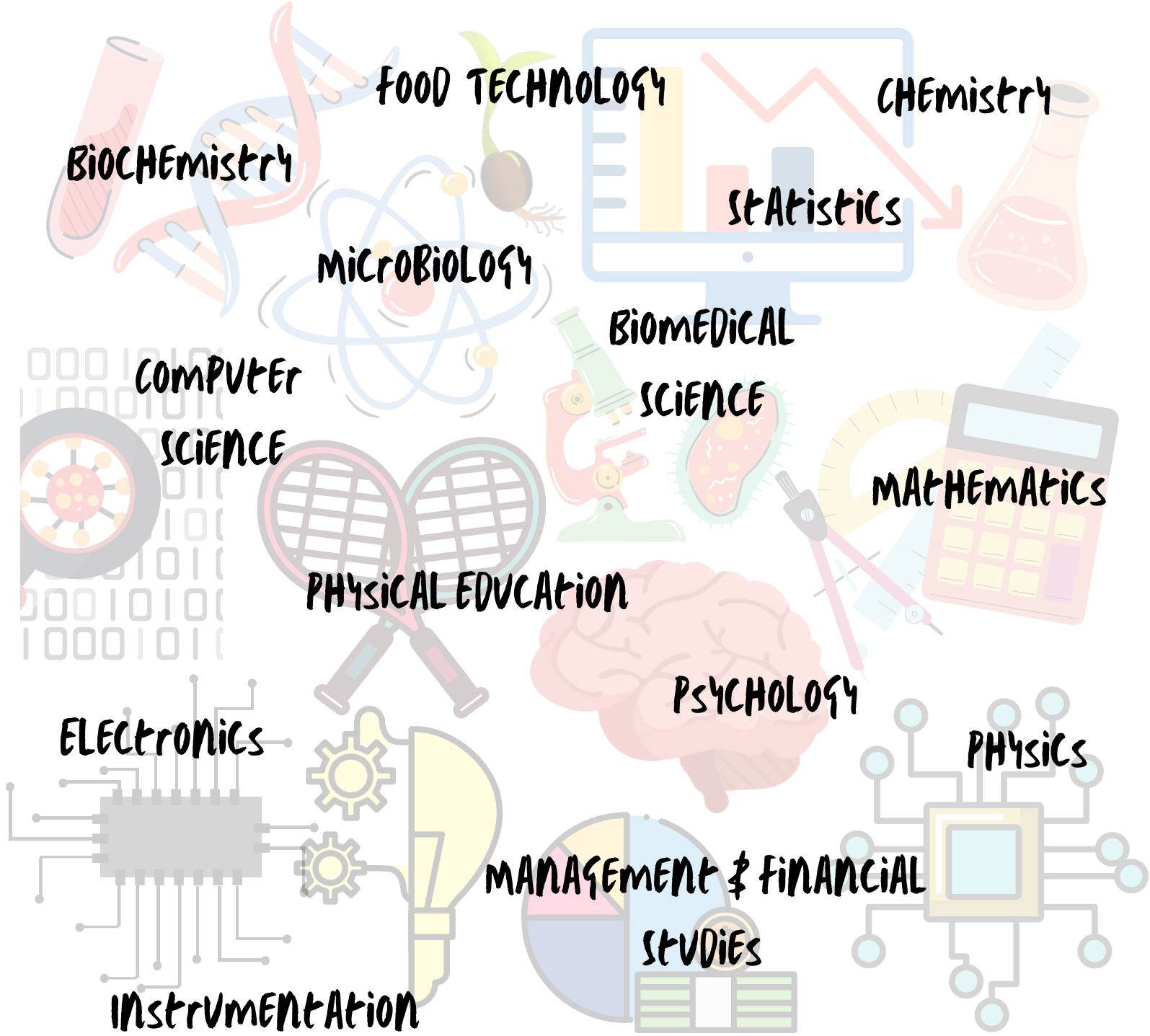
Karvaan'21

SRCASW, University of Delhi organised its Annual Cultural Fest Karvaan'21 on 18th-20th February, 2021 in the online mode. The event commenced with a dynamic panel discussion on the topic 'Role of Women in the Development of India'. Various cultural competitions and games were organised by different societies of the college. The street play society - 'Mukhauta' organised 'Darpan' (Short-film Festival), the music society - 'Philyra' organised 'Nirvana' (Indian solo), the fine arts society - 'Elvira' organised many creative arts competitions, the fashion society - 'Glamfire' organised 'Mr. & Ms. Karvaan' and many more engaging events were organised by different societies of the college. As the star event, 'Comedy Night' was organised featuring Mr. Rohan Gujral of Comicstaan 2 fame.

Online Scribble Day

The student council orchestrated a virtual 'Scribble Day' for outgoing final-year students on the Relic App platform.





DEPARTMENTAL REPORTS

SHAHEED RAJGURU COLLEGE OF
APPLIED SCIENCES FOR WOMEN

Department of Biomedical Science

The Department of Biomedical Science has dedicated and passionate faculty, with more than hundred students. Under the mentorship of Dr. Shruti Banswal (Teacher-in-Charge), the Departmental Council, Chimera, organised various online events and activities. Despite it being an online academic session, the department ensured an ongoing stream of fun activities, informative webinars, and varied events.

Departmental Activities

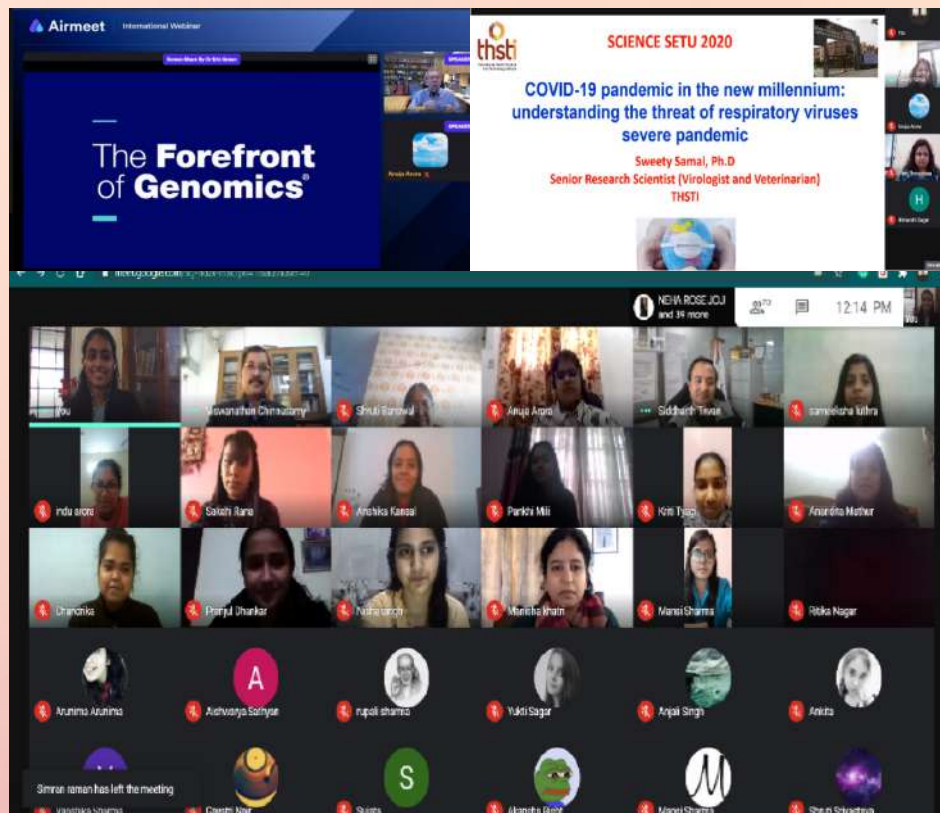
The department conducted several events, under the aegis of IQAC, to engage the students and provide them with the best exposure and experiences.

- 'Training and Awareness Session', in association with Project MANAV, was organised on 1st October, 2021. Dr. Anupma Harshal was the guest speaker for the day, and her session covered an in-depth explanation of "How to Read Scientific Literature", followed by an introduction to "Project MANAV: The Human Atlas Initiative".
- 'Science Setu 2020' was organised on 18th October, 2020, in collaboration with the Translational Health Science and Technology Institute. It aimed at briefing the students about the COVID-19 pandemic. The program included talks by Dr. Tripti Shrivastava (Senior Research Scientist, THSTI) and Dr. Sweetly Samal (Senior Research Scientist, THSTI).
- An International Webinar by Dr. Eric Green, the Director of the National Human Genome Research Institute (NHGRI), USA, was organised by the Department. His webinar revolved around the topic "From the Human Genome Project to Precision Medicine: A Journey to Advance Human Health".
- It was an honor for the Department to be able to organise an International Webinar by Nobel Laureate- Dr. Joachim Frank, on 12th January, 2021. Dr. Joachim Frank, with Jacques Dubochet and Richard Henderson, won the 2017 Nobel Prize in Chemistry. Dr. Frank delivered a talk on "Cryo-electron Microscopy: Visualizing Biological Molecules in their Native States".
- Annual Technical Fest, Plexus'21, was held on 15th January, 2021. The theme for the year was "Interdisciplinary Aspects of CRISPR-Cas9 Technology". The eminent speakers for the day were Dr. Siddharth Tiwari, Scientist, National

Agri-Biotechnology Institute (NABI), who delivered a lecture on "CRISPR Technology: Application in the Nutritional Improvement of Plants", and Dr. C. Vishwanathan, who delivered a lecture on "Precision Mutagenesis: CRISPR-Cas Genome Editing and its Application in Agriculture".

Student Activities

- The Departmental Council Elections for the academic session 2020-21 were held on 30th September, 2020, via Google Meet. The candidates put forward their nominations and articulated their speeches to win the votes.
- The students held a virtual Teacher's Day Celebration and invited all the faculty members, and the alumni, of the department to grace the occasion.
- Chimera, the student council of Biomedical Science organised its first game event on 17th October, 2020. "Mayhem and Mysteries" aroused questions related to crime and biology.



Department of Biochemistry

Under the exemplary leadership of Dr. Sadhna Jain and other equally capable and enthusiastic faculty, the Department of Biochemistry has under its umbrella more than a hundred students. The first batch of students graduated this year and went on to pursue higher studies in reputed institutions of the country and abroad. Keeping in line with the motto of the department, "Innovation is our tradition", the student council of the department- 'Vinculum' organised a plethora of academic and co-curricular events like webinars, workshops and online competitions throughout the year.

Departmental Activities

The Department conducted various events throughout the session under the aegis of IQAC

- Online workshop on scientific writing and communication on 22nd-23rd September, 2020. Ms. Nimisha Sharma (SERB women excellence awardee, NIPGR), Dr. Poorti Kathpalia (Science communicator and CSIR- Institute of Genomics and integrative biology) and Mr. Ashish Prasad (Research fellow, NIPGR) were the invited speakers.
- International webinar on Advancement in Biological Sciences and Career Development from 27th-28th October, 2020. Invited speakers for the webinar were Dr. Debojyoti Chakraborty (Senior Scientist, CSIR- Institute of Genomics and Integrative Biology, Assistant Professor, ACSIR), Dr. Aniruddha Joshi (Founder and CEO, Ateeya Innovations Pvt. Ltd.), Dr. Suhas Kshirasagar (Director of Ayurveda Healing Inc., Advisor to the Chopra Center) , Dr. Abinay Sharma (PBC Fellow, The Hebrew University, Faculty of Medicine, Jerusalem, Israel) and Dr. Hemant Kumar (Ramalingaswami Fellow, Molecular Biology Unit IMS, BHU, Varanasi, UP). Technical fest- "ELIXIR'2: Drug Development" was organised in collaboration with Department of Microbiology on 29th and 30th January, 2021. Dr. Amitesh Anand (Chemical Microbiologist, University of California, San Diego) and Dr. Tanya Singh (Computational biologist at GlaxoSmithKline UK) were the eminent speakers for the occasion.
- Yoga Retreat was organized on 24th June, 2021. Dr. Sadhna Jain (Associate Professor and Teacher-in-Charge, Department of Biochemistry, SRCASW) and Dr. Alok Singh (Assistant professor, Department of Biochemistry, SRCASW) conducted the event.

- Interactive session on Pride Month event was organized on 28th June, 2021. Dr. Nupur Gosain (Assistant Professor, SRCASW) and Ms. Ishika Negi talked on Gender Pronouns and Mental Health. Verendra Ekta, Rijwan Basera, Amarjeet Singh and Deepak discussed about their struggles as transgender people and interacted with students.

Student Activities

- The Departmental Council Elections for the academic session 2020-21 were held on 1st September, 2020, via Google Meet. The candidates forwarded their nominations and gave speeches to draw votes.
- Interface- the Dreamers and Achievers was organized on 23rd May, 2021. The alumni (batches of 2017- 2020) interacted and guided their juniors.
- The Department initiated the “Plant a life” event on 11th October, 2020.
- Organized “Take de bait” competition on 29th January, 2021. The judges for the same were Dr. V.A. Pratyusha, Dr. Mamta Tripathi, Dr. Aarti Yadav, and Mr. Rituraj Anand.
- Organized VICHARKOSH on 30th January, 2021, and the judges for the same were Dr. Bhawana and Dr. Kohinoor Kaur.
- Organized “Think with ink” on 30th January, 2021, and the judges for the same were Dr. Lakshmi Sarin and Dr. Richa Sharma.
- Organized virtual farewell 2021 “Sayonara” on 20th June, 2021.
- Organized “Izhaar” in collaboration with Unnat Bharat Abhiyan and Enactus on 28th June, 2021. In that, the participants expressed themselves in the form of art, dance, poetry, etc. on the theme - “Pride Month”.



Department of Chemistry

Alchemy, the chemical society of Shaheed Rajguru College of Applied Sciences for Women was established in 2016 and has been actively organizing an array of events. During the pandemic, this society organized various webinars and online events.

- A webinar on 'Prevention, Control, and Mitigation of Chemical Hazards' was organized on 8th October, 2020. Dr. Lakshmi Raghupathy, Former Director, Ministry of Environment and Forests, GOI, New Delhi, who is presently working as Advisor & Consultant and Visiting Faculty, TERI University, addressed the gathering. The talk focused on the prevention of chemical hazards with the role of Green Chemistry in combating the same.
- An interactive webinar regarding career counseling was organized on 17th November, 2020. The session was conducted by Dr. Ashish Pandey, the Post-doctoral Researcher at IIT Delhi. Students were enlightened with the various career options available after their bachelor's.
- Online Freshers party was organized on 4th January, 2021. The seniors welcomed the 1st year students by organizing fun games and the 'Miss Alchemy Contest'.
- The Technical Fest - 'TRAP' was jointly organized with Departments of Mathematics, Physics, and Statistics on 15th-16th January, 2021. The event comprised of two talks. The first was delivered by Mr. Rajendra Joshi, Founder and CEO, RI Group and Managing Director, RINZTECH NZ LTD. The talk focused on cost-effective Raman and Fluorescence Spectroscopy in India. The second talk was delivered by Dr. Sally Lukose, Dean, School of Allied Health Science, Sharda University, Greater Noida. Her talk focused on the analysis of accidents. Later, various technical and fun events were organized in which students from various colleges of the University of Delhi participated.
- An online Farewell party was organized on 16th July, 2021. The event comprised of various fun games and concluded with the 'Miss Chemistry Queen' contest.

Alchemy
Department of Chemistry
Welcomes
Dr. Lakshmi Raghupathy
Advisor and Consultant (in the areas of Environment and Waste Management), Visiting Faculty, TERI University

for a talk on
Prevention, Control and Mitigation of Chemical Hazards

Webinar recording

Departments Of Physics, Ma
Chemistry and Statistics

Welcome

Prof. (Dr.) Sally Lukose
Dean, School of Allied Health Science,
Sharda University, Greater Noida

for a talk on
Analysis Of Accidents

Rajendra Joshi is presenting

Spectrometer inside.. Importance of Grating

Shalini Joshi and 72 more

Rajendra Joshi

Preeti Singh

pujita saxena

poopa upreti

(Professor SAHS) is presenting

Press [Esc] to exit full screen

TRAFFIC ACCIDENT INVESTIGATION

Dr. Sally Lukose
Professor & Dean
School of Allied Health Sciences, Sharda

Simple Singh and 36 more

Sally Lukose (Prof.)

Trupti Sha

hanshika pat

Jyoti Ma

Pihu Singh

Preeti Sin

Shivam Singh

Dayanid

Shivam Bhat

Jesika D

SURFACE TENSION?

Shaheed Rajguru College of Applied Sciences For Women
(University of delhi)

Department of Chemistry
Under the AEGIS OF IQAC

Presents an interactive session
On
Career Counselling

By
Dr. Ashish Pandey
Postdoctoral Researcher
at IIT Delhi

Important topics
Options after UG
Abroad and Countries after UG

Date:- November 17
Time:-1:30 p.m
google meet link:-
<https://meet.google.com/wdo-xv>

Applied Sciences for Women
(University of Delhi)

Department of Chemistry
UNDER THE AEGIS OF IQAC

Presents
a Webinar on
Prevention, Control and Mitigation of Chemical Hazards

by
Dr. Lakshmi Raghupathy
Former Director, Ministry of Environment and Forests, GOI, New Delhi
Presently, Advisor & Consultant (in the areas of Environment and Waste Management), Visiting Faculty, TERI University

Organized by
ALCHEMY

Time: 10:30 a.m.
Date: October 8, 2020
Platform: Zoom Meeting

Shaheed Rajguru College Of Applied Sciences For Women
(University of Delhi)

Departments of Chemistry, Physics, Mathematics and Statistics

TRAP 2020-21
(Technical Fest)

PARADOX
a Scientific Sensation

Prizes Worth ₹ 5500 & E-CERTIFICATES

Date - January 16, 2021
Time - 4:00 pm

For any queries, contact:
Preeti Singh: 8860945478
Sonu Garhwali: 9516437966

Registration open till 14th January, 12:00 noon

Media partners

Alchemy
Department of Chemistry
Welcomes
Dr. Ashish Pandey
Postdoctoral Research Fellow in the department of Chemical Engineering at IIT, Delhi

for an interactive session on
Career Counselling

Department of Computer Science

The Department of Computer Science, Shaheed Rajguru College of Applied Sciences for Women organized a Webinar on 'Machine Learning and its Applications' on 9th October, 2020. The speaker and esteemed guest for the webinar were Dr. Deo Prakash Vidyarthi. The Department organized a Webinar on "Cyber Security: Attack, Trends, and Methodologies" on 26th October, 2020. The speaker and esteemed guest for the webinar were Ms. Aroma Gupta who is a Cyber Forensic Expert in McKinsey & Company. Security-related concepts, cyber threats, and their different levels of execution i.e., National level, Organisational level, and Individual level were the major topics in the agenda. It was a very informative and interactive webinar overall.

"Technology is best when it brings people together", with this spirit in heart Eniac Society, Department of Computer Science organized the inter-college annual IT Festival Tech Melange on 28th-29th January, 2021 on online platforms under the able guidance of Teacher-in-charge Dr. Suruchi Chawla.

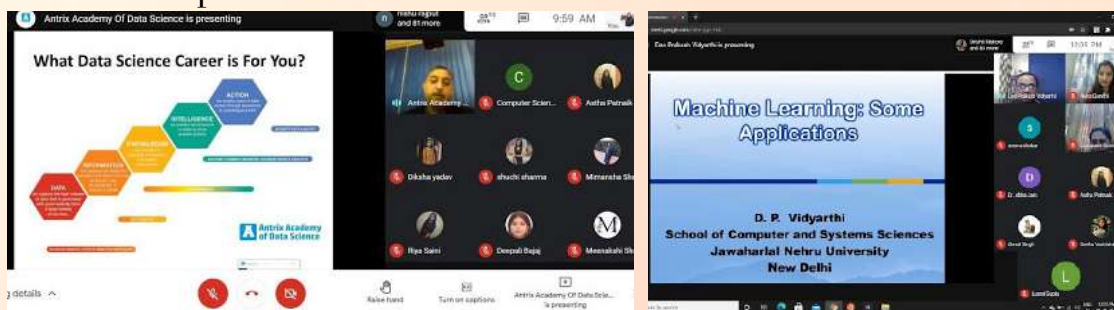
For the first time in 11 years, Tech Melange was conducted online which resulted in overwhelming participation from students all over India. The Inauguration Ceremony of the fest started with a welcome note by Dr. Suruchi Chawla accompanied by an address from Ms. Astha Pattanaik, President of the Department of Computer Science. Afterward, the newly elected student council introduced themselves. The Guest of Honour Dr. Rajinder Chitoria delivered a talk on 'Career opportunities in Data' which would surely help the students in their future endeavors.

Conducting all the coding, gaming, quizzing events online was a real challenge. But the students worked extremely hard to manage and conduct things smoothly.

The following six events were conducted this year:

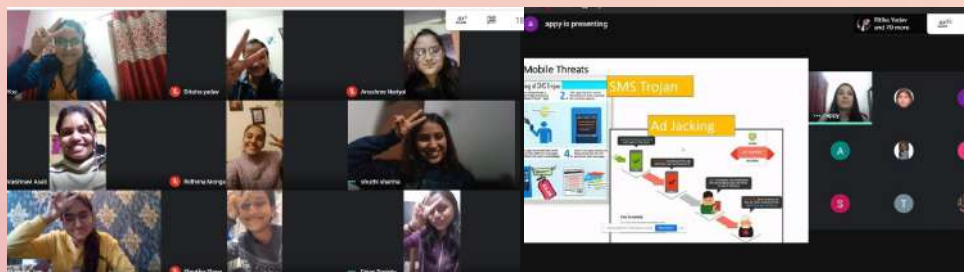
- HARDCODE: The Coding Challenge
- BRAIN WRECK: The riddle game took place on our official Facebook page
- E-TAMBOLA: The traditional game of Tambola with a technical twist
- CYBER HUSTLE: Online Mobile Gaming (Call of Duty)
- IDEATHON: The Idea Presentation competition
- WHIZ QUIZ: Technical Quiz Competition

As the fest was organized online many students from various colleges around different states of India took part in the event to interact and compete on a big scale and showcase their talent and technicality. The winners were awarded cash prizes and exciting gift hampers. The event was a grand success due to the sincere work and consistent efforts of all the teachers, student council, and all the students of the department.



A webinar on ‘Unfolding the dimensions of AI and ML’ was organized on 25th January, 2021. The speaker for the occasion was Dr. Priya Gupta, Associate Professor at Atal Vihari Vajpayee School of Management and Entrepreneurship, JNU. The Department also organized a Webinar on "Top MCA Colleges and Entrance Exams" on 16th April, 2021. The speaker and esteemed guest for the webinar was Mr. Ankur Chadha, Head member at Landmark Institute, Delhi. Overall, it was a very informative and interactive webinar and this webinar led to an inquisitiveness among students regarding pursuing an MCA degree after their graduation.

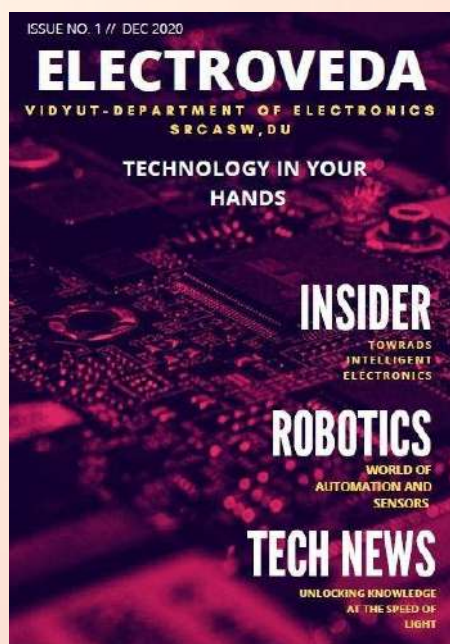
As a part of the Alumni interaction series- श्रृंखला 2020, the department hosted a webinar on “Opportunities for a Computer Graduate” by Ms. Annu Joshi, Data Engineer, McKinsey and Ms. Nida Arshi, 3D Generalist, Media Monks, and also organized a hands-on session on the topic ‘Google Collab- First Ingredient for ML/Data Science Dish’ by Ms. Tanya Seth, Research Scholar, South Asian University.



Department of Electronics

- The academic session of 2020-21 commenced amidst the COVID-19 Pandemic, However, the Department of Electronics of Shaheed Rajguru College of Applied Sciences for Women follows the saying “No resistance can drop our potential”. The department managed to make this year loaded with lots of learning and fun.
- In the absence of offline physical lectures, learning did not come to a halt. Online lectures came into play and the teachers not only imparted the students with effective education but also helped them develop and harness their skill sets.
- The virtual world was altogether an amazing experience for the department. It embarked with the virtual farewell for the third year as their first online event, and then there was no turning back. A series of events were conducted and organized for the benefit of the students. A workshop on 'Flexible Electronics' was conducted to provide a vivid insight into the world of electronics. To keep the thrill and competing spirit alive, the department organized multiple online events like 'Hunch Brainologist', an e-Quiz on AI and ML, and a Poster Making Competition for all the adroit artists.
- To ensure good mental health of the students during the highly stressful time experienced in lockdown, the department organized an Online Listening Circle, which was hosted by Dr. Astha Jain, clinical Psychologist, the session was entitled “Embracing the new you amid COVID”.
- The next big event was 'Electromania', the annual departmental fest. It was a very unique experience for all. Pitching sponsors, getting participation,





- cataloging events everything was done virtually which was challenging as well as exciting. The event turned out to be a grand success and was a new milestone achieved by the department.
- Lockdown and the pandemic failed to rust the creative minds of the students. Amidst the pandemic, the department issued the first edition of its biannual departmental magazine- 'Electroveda', which served as the lingua franca of the department.
- the journey of the department did not stop here. A webinar on “Basics of LabVIEW” was organized. The purpose of this webinar was to make students aware and friendly with the interface of the online platform. The platform helps the students to perform their practicals online, and can also aid them in making projects in future. It is imperative to keep one's curiosity and innovation at par during the virtual lectures.
- The year was full of challenges. But with challenges come opportunities and Department of Electronics took every opportunity in stride and utilized it to its full potential.

Over the year, all the students were exposed to a very new dimension that is the virtual world, and they learned a lot of new things. the department cultivated in its students the virtue of moving ahead in life even when facing an ordeal.

Department of Food Technology

- The Department of Food Technology of Shaheed Rajguru College of Applied Sciences for Women organized a number of activities in the financial year 2020-2021 under the departmental headship of Ms. Para Dholakia.
- As the world suffers from the effects of a global pandemic, something that remains constant is the need for the very basic necessity that is food. As the institutions try to ensure adequate food for every individual, it becomes essential to consider the hygiene aspect even more. Thus, to educate food safety professionals and budding food technologists, the Department of Food Technology of SRCASW hosted a webinar on 'The Role of the Food Industry During the COVID-19 Pandemic' in collaboration with IQAC.
- On 13th May, 2020 the Department of Food Technology organised an interactive webinar with the Alumni batches of 2018 and 2019. The webinar included words of wisdom from our talented seniors about career guidance, future prospects, and other experiences. The department additionally organised its annual technical fest on 28th-29th January, 2021 under the name "Food Felicity" and under the theme "THE GREAT GRAND DIET OF THE 21st CENTURY" which involved a deeper understanding of what we eat in this century that has significantly ushered in the age of food processing and intense diversification of our food products.

REC Sai Nishetha is presenting

Twinkle Sachchan and 70 more 2:45 PM

FOOD PACKAGING IN COLD CHAIN SUPPLY

BY ASHA ANGELI.A (ashaangelin102000@gmail.com) | SAI NISHETHA.M (sainishethaob@gmail.com)

ABSTRACT
The food packaging is an essential part of the cold chain supply system. It is used to protect the food from external factors like temperature, humidity, and light. The packaging material should be able to maintain the freshness and quality of the food for a longer period. This is especially important for perishable food items like fruits, vegetables, and dairy products. The webinar discusses the various types of packaging materials used in the cold chain supply system and their advantages and disadvantages. It also highlights the importance of food safety and hygiene in the packaging process.

OBJECTIVES
• To understand the importance of food packaging in the cold chain supply system.
• To identify the various types of packaging materials used in the cold chain supply system.
• To discuss the advantages and disadvantages of different packaging materials.
• To highlight the importance of food safety and hygiene in the packaging process.

INTRODUCTION
The food packaging is an essential part of the cold chain supply system. It is used to protect the food from external factors like temperature, humidity, and light. The packaging material should be able to maintain the freshness and quality of the food for a longer period. This is especially important for perishable food items like fruits, vegetables, and dairy products. The webinar discusses the various types of packaging materials used in the cold chain supply system and their advantages and disadvantages. It also highlights the importance of food safety and hygiene in the packaging process.

TYPE	NAME	PROPERTY	ADVANTAGES	DISADVANTAGES
POLYESTER	CELLULOSE	OPA	It is a clear and transparent material.	It is not very strong and can be easily damaged.
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CONCLUSION
The food packaging is an essential part of the cold chain supply system. It is used to protect the food from external factors like temperature, humidity, and light. The packaging material should be able to maintain the freshness and quality of the food for a longer period. This is especially important for perishable food items like fruits, vegetables, and dairy products. The webinar discusses the various types of packaging materials used in the cold chain supply system and their advantages and disadvantages. It also highlights the importance of food safety and hygiene in the packaging process.

Participants: Asha Angelin, Sai Nishetha, Gourab Chatterjee, Lakshmi Devi, Akansha Ghosh, SNEHA GARG, Mansi Titoria, Surat kirti Pal, Lavanshi Bhard...

Meeting details: Raise hand, Turn on captions, Sai Nishetha is presenting

- A two-day workshop (18th-19th February, 2021) focused on statistical data handling, data management, data interpretation, accessing the interactions between different experimental variables using statistical tools such as Microsoft Excel, SPSS, and Design Expert. Statistics has been inextricably entwined with all the branches of research that are required by an undergraduate student to a research scholar for conducting their research and representing data. The Basic and Advanced Content of the workshop served as a reference guide for the students and researchers to systemically conduct their lab experiments and statistically interpret and represent the data. This course offered participants hands-on experience in the use of mathematical formulas, pivot tables, graphs, and statistical graphs, aiding in the planning of experiments, systemic implementation, and statistical representation of data for writing reports and research papers.



Department of Instrumentation

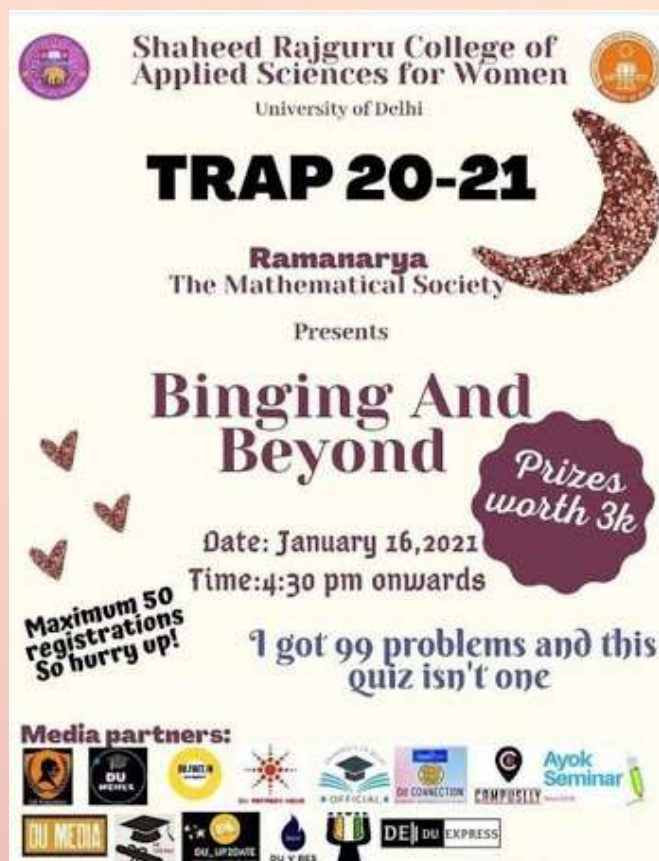
- Virtual Farewell: In order to pay gratitude to seniors, the students of the Department of Instrumentation organised a virtual Farewell on 25th June, 2020 via Google meet.
- Multisim Workshop: The Department of Instrumentation, under the aegis of IQAC, organised a three-day e-workshop on “Multisim Electronics Workbench” via Google Meet. The workshop was organized for students of Department of Instrumentation, Electronics, Physics and Computer Science (1st year) from 13th - 15th July, 2020.
- Online Session Guidance and Counselling: The Choice Based Credit System (CBCS) syllabus at the undergraduate level provides an opportunity for the students to choose courses from the prescribed courses comprising a core, elective/minor, or skill-based courses. Discipline-Specific Elective (DSE) courses are offered by the main discipline/subject of study. The department organized an online session on “Guidance and Counselling: DSE Paper” via Google Meet for third-year students on 5th August, 2020.
- Teacher's Day Celebration: Department of Instrumentation celebrated Teacher's day virtually on 5th September, 2020 on Google Meet. A lot of fun activities involving teachers and students were done which led to an interactive session.
- E-Election: Department of Instrumentation organised the council elections in online mode due to the pandemic situation. All the students participated enthusiastically and the council was elected.
- Coalescence-Industry Academia National E-seminar Lecture Series: The Department of Instrumentation under the aegis of IQAC and star DBT college program, initiated “Coalescence-Industry Academia National e-Seminar Lecture Series”, with lectures in collaboration with Waters India Pvt. Ltd. The invited eminent speakers from the company were Mr. Jitesh Thakur (Senior Application Specialist, North India) and Mr. Hitesh Srimal (Manager Application, North India), the students also got a chance to interact with Mr. Sundeep Dhar (General Manager, North India) and Mr. Jay Kumar (Manager, North India).

- The main aim of these sessions was to familiarize the students with the current development and trends in the Industrial Analytical field. The concepts of HPLC, UHPLC, Instrumentation of the Machinery for MS/LC, and a lot of applications using these techniques were discussed. Participation of around 55 plus students from different departments, domains, and institutes was observed.
- ‘Technexus’, the Technical Fest by the Department of Instrumentation of Shaheed Rajguru College of Applied Sciences for Women for the academic year 2020-21 was organised successfully. It was an inter-college fest organised on the 27th-28th January, 2021. It also helped to indulge students in the fun side of the technical developments and get the opportunities to showcase their talents along with a competitive spirit. Firstly, distinguished lecture talks on topic “Satellite Communication” by Professor Mridula Gupta, Department of Electronics, Delhi University, and on “Biosignals and their Applications” by Dr. Sanjeev Kumar, CSIR Chandigarh were conducted. It was an interactive session wherein the students also got the opportunity to ask and share their ideas with the pioneer speakers. This academic year Technexus, due to its online mode, attracted students from different parts of the country.



Department of Mathematics

- **Vision:** Ramanarya, The Department of Mathematics of Shaheed Rajguru College of Applied Sciences for Women envisions the empowerment of young minds with knowledge, wisdom, visions, and upsurges the vibrant exemplar of holistic development.
- **Academics:** The faculty of the department in their pursuit of excellence ensure high standards in teaching with special emphasis on the skill development of the students. Meticulous planning and perfect execution have ensured students excel in academics and other fields as well.
- **Departmental Council:** The elections for different posts of the department council were organized on 8th September, 2020 wherein Tripti Sharma was elected the President, Aastha Minhas- Treasurer, Ananya Kalra- Vice-president, Anjali Kumari- Secretary, and Priya Singh- Joint Treasurer. The Technical and Cultural Councils were also formed, where the cultural team was headed by Alisha Ali and strengthened by Mitali Mittal, and the technical team was headed by Geetika Bisht and strengthened by Deepanshi Sharma.
- **Departmental Activities:** A webinar on “What is Success” was organised by the department on 25th September, 2020, on the occasion of “Mathematics Story Telling Day” on the Google Meet platform. Dr. S. Laxmi Devi, Founder Principal of SRCASW was invited as the speaker. An online quiz was organized by the department on 15th October, 2020, on the occasion of “World Mathematics Day” on Kahoot App in coordination with Google Meet.



A webinar on Machine Learning was organized by the department in association with CETPA InfoTech Pvt. Ltd. on 9th November, 2020 on the Go to Meeting platform.

A two-day inter-college technical fest namely "Trap'20-21" was organized online by the Mathematics Department on 15th-16th January, 2021 in collaboration with Departments of Chemistry, Physics, and Statistics wherein the events organized were as follows-

- On 15th January, 2021, the fest was inaugurated by Rajendra Joshi, chairman of GRL Navo JVC who enlightened the students on "Cost-Effective Raman and Fluorescence Spectroscopy in India" on the Google Meet platform. The department also organised its main event 'MATHOMANIA' through Google Forms in coordination with the Google Meet platform in which 165 students from various departments and colleges participated. A combined event 'BRAIN TEASER' was organized by the Tachyon, Ramanarya, Alchemy, and Parastika i.e. TRAP.
- The second day was started with an online session on "Analysis of Accidents" by Dr. Sally Lukose, Nodal Officer of AISHE, G.O.I. on the Google Meet platform. The department organized a fun event 'BINGING AND BEYOND' on the google meet platform.

All the winners were given e-certificates and encouraged with cash prizes. The fest was a huge success that marked the presence of students from various colleges of Delhi and surrounding places.



Department of Management and Financial Studies

- Strategic Thinking & Case Study (Webinar): The Department of Management and Financial studies organized an online session on "Strategic thinking and Case Study" on 13th August, 2020, conducted by Prof. Prapti, ICFAI Business School, Gurgaon.
- Teacher's Day (Webinar): The Department virtually celebrated Teacher's Day on 5th September, 2020.
- World Values Day (Webinar): We organized a webinar on "World Values Day" on 19th September, 2020.
- International Young Researchers Conclave (Webinar): The DMFS organised its first International Young Researcher's Conclave on 25th-26th September, 2020 with speakers/guests as follows - Prof. R.K. Singh, Prof. Rajeev Prabhakar, and many other eminent speakers.
- Student Council Election: The DMFS organised the Departmental Council and CR Elections on 7th October, 2020.
- Investiture Ceremony of Council 2020-21: The DMFS organised this on 12th October, 2020, via Google Meet.
- Diwali Celebration: Others (Cultural Event): The department organised the Diwali celebration on 12th November, 2020, via Google meet.
- Induction Ceremony: Others (Induction Programmed): The DMFS organised an Induction Session to introduce the new batch of 2023.
- Orientation Ceremony: the DMFS organised the Orientation, Appreciation, and Feedback Ceremony on 6th January, 2021 on Google Meet.
- Career Prospects After Graduation (Webinar): The department organised online webinars on 23rd and 25th January, 2021 via Zoom on 'Career Options after Graduation'. The speakers were Mr. Sazeal Shah and Jaimin Shah.
- Departmental Fest IIDAIRA'21 (Webinar): We organized the fourth season of our annual technical fest- IIDAIRA, on the 28th-29th January, 2021 on the theme 'Empowering Women Through Education & Mental Health Care'.
- Sessions were organized as follows- Inaugural Session On Importance and Ways of Stress Management, Technical session on Empowering Women through Inclusive Education, a session on Mental Health in Workplace.

- Competitions- Case-O-Nova (Case study Competition by SBI), Jack of All Trades (Mockstock), Capital Wars (Portfolio Management), Hunt-a-Blundah (Treasure Hunt), Maniac-Memer (The Meme making Competition), Rapid Express (Think and Answer quickly)
- Sexual Harassment in Workplace (Webinar): The DMFS along with the Department of Psychology organised a webinar on 'Sexual Harassment in Workplace' via Google Meet on 6th February, 2021. The session was hosted by Ms. Kanan Tandi, TEDx Speaker, Co-founder- CogniCue.
- Decoding Union Budget 2021 (Webinar): The DMFS organised an online webinar on 'Decoding the Union Budget 2021' with Dr. Krishnamurthy Subramanian, Chief Economic Advisor, Government of India, via Zoom on 15th February, 2021.
- Virtual Saraswati Pooja: Others (Pooja): The DMFS organized virtual Saraswati Pooja on 16th February, 2021 on the occasion of Basant Panchami on 16th February, 2021 to offer their prayers to Goddess Saraswati.
- Virtual Dental Health Camp (Webinar): The DMFS organised a free 'Online Dental Care Consultation Camp' with Dr. Kritika Kumar, Chief Dentist at Lumiere Dental Studio on 25 February, 2021 for the students.
- Departmental Freshers: Others (Freshers): The DMFS organized an online Fresher's party for the batch of 2020-23 on 2nd April, 2021.
- Webinar on COVID-19: Awareness and Preparedness : The DMFS organised an online webinar with Dr. Saru Sirohi, MBBS from VMMC and Safdarjung hospital, New Delhi on 14th May, 2021.



Department of Microbiology

- With the onset of the pandemic and the nationwide lockdown, the Department of Microbiology, SRCASW held several Webinars, both national and international, to continue educating and uplifting its students, faculties, and others. A two-day webinar series on Applied informatics was held in the month of October. Day 1 was marked by a talk from Dr. Deepak Sharma, Assistant Professor, Department of Biotechnology, IIT Roorkee, on the topic 'Introduction to Translational Bioinformatics'. Day 2 talk given by Dr. Manish from the School of Computational and Integrative Sciences, Jawaharlal Nehru University on 'Practical perspective on the multidimensionality of vaccine development'.
- A two-day International career Development Workshop was organized by the department on 1st-3rd October, 2020. On day 1, Dr. Ashwini K. Ray, Assistant Professor, Department of Microbiology, SRCASW, DU gave a guidance talk on the topic "Strategies for Successful Career". The second talk was given by Dr. G. J. Gopal, Assistant professor, Uka Tarsadia University on the topic "Opportunities for Bioscience Graduates". The third talk was given by Dr. Narendra Kumar, University of Nebraska Medical Centre, the USA on the topic "Career Options in Foreign/Indian Universities". Day 2 was a panel discussion which included Dr. Arghya Bhattacharya, IIT Delhi; Mr. Gaurav Sharma, IISER Mohali; Mr. Rahul Jain, IIT Delhi; Mr. Yogendra V., AIIMS Rishikesh; Ms. Jyoti, JNU Delhi; Ms. Sanchita, PGI Chandigarh; Ms. Jyoti G., JNU, Delhi and Ms. Parul A., IQVIA Bangalore.
- To commemorate the birth anniversary of Swami Vivekananda, the department held an e-speech contest on the topic "Youth in Nation Building" and a Microbial meme competition. As a tradition, the Department of Microbiology along with the Department of Biochemistry organized its annual fest Elixir'21 on 29th-30th January, 2021. On day 1, a talk was delivered by Dr. Amitesh Anand on "Decoding Bacterial Adaptation to Identify Potent Therapeutic Avenues". On day 2, an e-poster presentation competition- MERAKI was organized by the Department of Microbiology on the topic "Holistic Approach to Drug Development".

- Day 2 started with a talk by Dr. S.C. Karunarathana and another Talk was delivered on the same day on the topic 'Edible Mushrooms: PLEUROTUS' by Dr. Rajni Gupta. Day 3 comprised of a Talk by Dr. Parveen Garg on the topic of 'Growing Button Mushrooms'. The second Talk of the Day was delivered by Dr. Surinder Kaur on the topic Cultivation of Milky Mushrooms. On day 4, a talk on 'Training Aspects on Mushroom Production and Skill Cultivation' was organized. Another Talk was delivered by Ms. Monica D. Chowdhury on the Topic of 'Making Room for Mushrooms'. Day 5 started with a Talk by Mr. Anurag Saxena on the Topic Commercial Aspects of Growing White Button Mushrooms followed by a Virtual Tour of Mushroom Facility at SRCASW, DU.
- In the month of March, the department held a series of competitions for its students to help them cope with the monotonous ongoing pandemic and unleash their creative side. There were an essay writing competition on the theme “Universe from the Perspective of a Microbe”, a micro doodle competition on the theme “Coronavirus- The Scientific Perspective” and a Face painting competition on the theme “Extraterrestrial World”. The department also organized its first-ever Virtual Alumni Meet on 10th April, 2021, for the batch of 2020.
- The department also held an online workshop on 12th April, 2021, on the technique Fluorescence-Activated Cell Sorter (FACS). On 20th April, 2021, the department held a webinar on the topic “Alternate Approaches to Small Molecule Antibiotics to Tackle Antimicrobial Resistance” which was delivered by Dr. Susmita Chaudhuri. The department held a webinar on 22nd May, 2021, on the topic “COVID-19 Vaccine: Where We Stand and Challenges Ahead”. The talk was delivered by Dr. Ankita Anand.



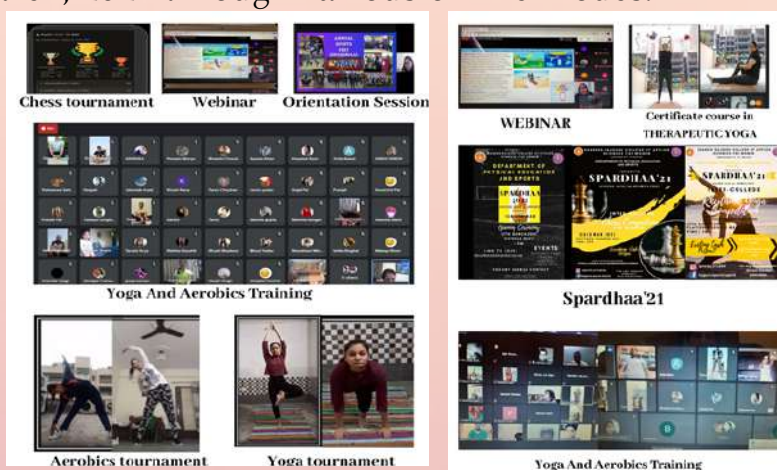
Department of Physical Education

Throughout the year many competitions and webinars are actively carried out, like webinars on the impact of electronic devices on health during COVID-19, virtual run, inter-college and inter-department competitions of yoga, chess, and aerobics, certificate course on therapeutic yoga, and SPARDHAA.

Following different activities were organized in the academic session 2020-21:

- COUNCIL ELECTION (2020-21): The Sports Student Council interview was held on 23 September, 2020 at google meet.
- FIT INDIA: VIRTUAL RUN: Department of Physical Education and Sports under the AEGIS of IQAC organized a Virtual Run under the Fit India Movement on 16th and 17th October to promote fitness and health. This event comprised of a run undertaken as per the convenience of the participants and was open for all students and faculty.
- WEBINAR 'Impact of Electronic Devices on Health during COVID - 19 Lockdown & Role of Physical Activities': Department of Physical Education under the AEGIS of IQAC and Department of Electronics jointly organized a webinar on 19th October, 2020 on Google Meet which was live-streamed on YouTube. Eminent speaker for the webinar: Dr. Seema Sharma, Assistant Professor of P.E and Sports at Lakshmi Bai College, University of Delhi.
- INTER-DEPARTMENT TOURNAMENT (2020-21)
 - CHESS COMPETITION FOR 2nd AND 3rd YEAR STUDENTS- Inter-department “Chess Tournament” was organized from 9th-11th October, 2020 (online) on the Lichess app platform and was open for 2nd and 3rd-year students, total participation of 32 students was seen.
 - YOGA COMPETITION FOR 2nd AND 3rd YEAR STUDENTS: Inter-department “Yoga competition” was organized from 9th-11th October, 2020 (online) on the Google Meet platform. It was open for 2nd and 3rd year students.
 - AEROBICS COMPETITION FOR 2nd AND 3rd YEAR STUDENTS: The inter-department “Aerobics Competition” was organized on 24th October, 2020 on the Google Meet platform.

- **CERTIFICATE COURSE IN THERAPEUTIC YOGA:** The Department of Physical Education and Sports organized a ‘CERTIFICATE COURSE IN THERAPEUTIC YOGA’ from 12th October-11th November, 2020 on Google Meet platform for the students, staff members, family, and friends.
- **Orientation Session 2021:** Orientation session on 18th January, 2021 on Google Meet which was attended by more than 150 students and faculty of Shaheed Rajguru College. This was an introductory session for the freshers of the session 2020-2021. The event was successfully organized under the guidance and support of our respected Principal, Dr. Payal Mago, sports Convenor Dr. Bimla Pawar, and the sports committee.
- **INTER-DEPARTMENT TOURNAMENT (2020-21)**
 - **CHESS COMPETITION FOR 1ST YEAR:** Inter-departmental “Chess Tournament” was organized on the Lichess app.
 - **YOGA COMPETITION FOR 1ST YEAR:** Inter-department “Yoga competition” was organized on 23rd January, 2021 on the Google Meet platform.
 - **AEROBICS COMPETITION FOR 1ST YEAR:** Inter-department “Aerobics Competition” was organized on 23rd January, 2021 on the Google Meet platform and was open for 2nd and 3rd-year students. Total participation of 16 students was received.
- **SPARDHAA’21 ONLINE ANNUAL SPORTS FEST:** Department of Physical Education and Sports organized SPARDHAA’21 the annual sports fest from 12th-13th March, 2021 through various online modes.



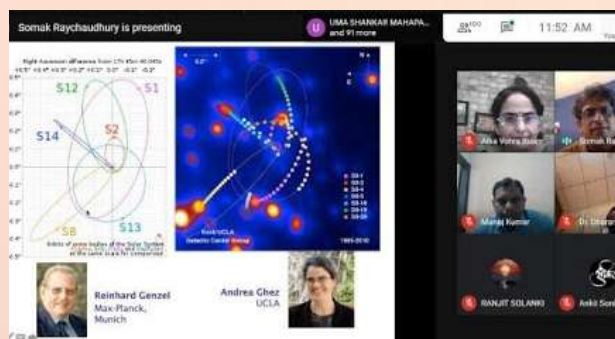
Department of Physics

The Department of Physics has been effective since 2016 when college started offering University Level Undergraduate Course B.Sc. (Hons.) in Physics. Since then, the departmental faculty have been working efficiently to contribute quality advancement to all of its pupils and to build a foundation to impart high-quality research standards in pure and applied Physics. The Department aims to train the students to become competent and motivated Physicists.

The department focuses on incorporating scientific temperament with a practical approach in the area of education and research to meet the ongoing evolution in science and to maintain a research environment in which key scientific and technical innovation is developed. The department has always worked to keep up with the growth of our college. This session (2020-2021) was no different, various measures were taken by the faculty and the council. The Department organized a webinar series on the Fundamentals and Applications of Physics throughout the session, on the following topics by various leading personalities of their fields.

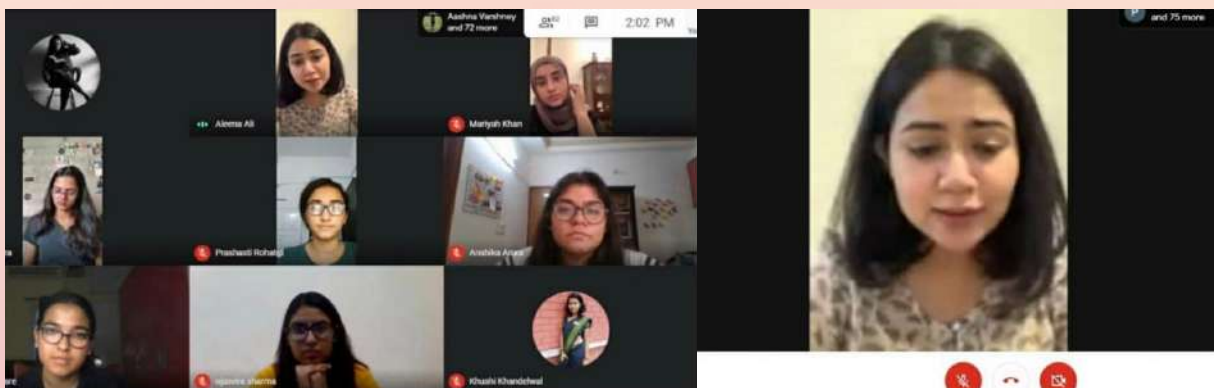
- Inaugural Interactive talk on 'Magneto-electric Nanostructures for Memory and Energy Applications'. The speaker was Dr. Dhiren Kumar Pradhan, a Postdoctoral Research Associate.
- Interactive Talk 2 on 'Applications of Accelerators'. The speaker was Mr. Sunil Ojha (Scientist-F, IUAC, New Delhi).
- Interactive talk 3 on 'Introduction to Nuclear Energy and its Applications'. The speaker was Mr. Rajeev Ranjan Prasad (Scientist-E) Reactor Design and Technology Group, Indira Gandhi Center for Atomic Research, Kalpakkam, India.
- Interactive talk 4 on 'Role of the Council of Scientific and Industrial Research (CSIR)' by Dr. Rupesh M. Das (Principal Scientist) Environmental Science and Biomedical Metrology Division, CSIR-National Physical Laboratory.
- Interactive talk 5 on 'Looking for Black Holes'. The speaker was Prof. Somak Raychaudhury (Director) Inter-University Centre for Astronomy and Astrophysics, Pune, India.
- Interactive talk 6 on 'Superconductivity'. The speaker was Dr. V.P.S Awana (Senior Principal Scientist) National Physical Laboratory, New Delhi, India.

- Department started an informative, yet fun series on its official Instagram handle which works towards informing people about Indian scientists and physicists and their contributions in various fields. The series is still ongoing.
- The Department coordinated its technical fest TRAP on 15th-16th January, 2021 with the coalition of the Department of chemistry, Department of Mathematics, and Department of statistics. A total of four events were conducted altogether, one of which was a combined event with the other three departments.
- 'MIND INSTALL' was the main event of the Fest, which was an interactive physics-based simulation development competition for finding solutions to physics problems.
- 'RAZZLE DAZZLE' was an engaging and fun game that tested one's basic knowledge of science and their presence of mind.
- 'INSIGNIA' was a logo designing competition in which the participants were asked to send in their idea of should our Tachyon society be represented through a logo.
- Two webinar sessions were also conducted. Session 1 on the topic 'Cost-Effective Raman and Fluorescence Spectroscopy in India'. The Speaker was Sir Rajendra Joshi, Founder, and CEO of RI Group India and Managing Director RINZTECH NZ LTD.
- Session 2 on the topic 'Analysis of Accidents'. The speaker was Dr. Sally Lukose (Meritorious Service Award of ICFMT, Nodal Officer of AISHE, G.O.I., Presently: Dean School of Allied Health Science, Sharda University).

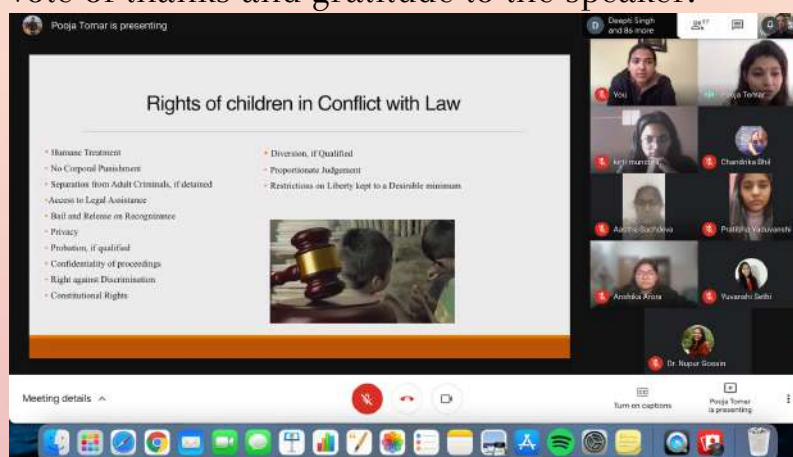


Department of Psychology

- The Department of Psychology of Shaheed Rajguru College of Applied Sciences for women, Psymenia organized various online events throughout the year, keeping in mind the growth and prosperity of students despite the situations of the Covid-19 pandemic.
- Talk: How to manage Overthinking (26th October, 2020): An interactive talk session on How to manage Overthinking by Ms. Aleena Ali, an expressive arts-based therapist at Fortis Healthcare was held on 26th October, 2020. The session highlighted the importance of developing personalized coping strategies based on disposition to combat this problem. The speaker discussed various challenges and discomforts a person experienced due to overthinking such as procrastination, low concentration, etc. and imparted some basic tips to handle such issues like expressing oneself through other mediums like art, writing, talking to a close one or therapist, etc. Ms. Aleena debunked the myth that one needs to be a professional or excel in some other form of art to use art therapy. After the enlightening session by Ms. Ali, students got an opportunity to interact with her and discuss and clarify their doubts.
- Trezire 2021: The annual department fest by Psymenia: Trezire, the annual departmental fest of Psymenia, the Psychology Department of SRCASW was hosted as a two-day event in online mode, on 27th and 28th of January, 2021, along with a valedictorian ceremony on 29th January, 2021. Day 1 began with a creative writing event called 'Eerie Episodes' followed by a webinar on 'To Punish or to Intervene: Treatment for Prisoners', facilitated by Ms. Anuja Trehan, a renowned and award-winning criminal psychologist.



- The day ended on a very light and warm note with the 'Shaamein Malang Si' - A Slam poetry (open mic) competition. Paint it Red - a Bodypainting competition and Reel to Real - a reel-making competition was also held online. The second day of Trezire started with a quiz competition based on a popular television show 'Sherlock Holmes'. Following that a webinar on 'Juvenile Delinquency: Forensic Psychology Perspective' was hosted with Ms. Pooja Tomar, a leading Forensic Psychologist at the Juvenile Justice Board and Tihar prison as the speaker. The treasure hunt was one of the main highlights of Trezire'21. It was quite a challenging experience for the department to organize the whole fest in virtual mode and yet it turned out to be a great success.
- **Skill Enhancement Workshop: SPSS Application in Data Analysis (19th-20th march, 2021):** Psymenia organized a two-day skill enhancement workshop on SPSS Application in Data Analysis facilitated by Dr. Vibhuti Gupta, Assistant professor at the Department of Psychology, University of Delhi, on the 19th and 20th of March, 2021 for third-year students of the department. The speaker skillfully simplified the purpose and usage of SPSS in research and its importance in data analysis. Dr. Vibhuti covered various important topics such as independent and dependent T-test, ANOVA, Spearman rank correlation, Pearson product correlation, etc. She explained the usage of each statistical tool and further concluded how they were different from each other. The workshop was based on practical knowledge and real-time analysis of data was done with the speaker. their application in the practical world. The session ended with a vote of thanks and gratitude to the speaker.



Department of Statistics

- TRAP – The Annual Technical Fest

The Department of Statistics in collaboration with Departments of Physics, Chemistry, and Mathematics organized its “Annual Technical Fest – TRAP 2020-21” on the 15th and 16th of January, 2021. The fest had three major events under its banner this year – Quizalytics, Brain Teaser, and DataViz. The events were a huge success with over 200+ participants from all over India in Quizalytics and Brain Teaser, and 100+ registrations in DataViz. The fest gave recognition to exceptional brainstormers who aspire to pursue greater things in the future which revolve around Data – the rising need of the world.

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI
TRAP 2020-21
DEPARTMENT OF STATISTICS PRESENTS
DATAVIZ
It's time to rack your brains and let data tell the story
CLEAN THE DATA → ANALYZE THE DATA → VISUALIZE THE DATA
CONTACT DETAILS: Mahak Mahajan: 8285668995, Divyarshi Kumar: 7838485002
REGISTRATION STARTS: 11 JAN, REGISTRATION ENDS: 14 JAN, SUBMISSION DEADLINE: 16 JAN
MEDIA PARTNERS: [Logos of various media partners]

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI
TRAP 2020-21
DEPARTMENTS OF STATISTICS, MATHEMATICS, PHYSICS AND CHEMISTRY present
BRAIN TEASER
There will be 3 rounds:
Round 1: Qualifier Round
Round 2: Selfie Mania
Round 3: Rapid Fire Quiz
Cash Prizes worth **Rs. 4000** to be won
Date: 16th Jan, 2021
Time: 12:00 pm onwards
Registration ends by 15th Jan
Maitri: 917895198257
Aishwarya: 916387420144

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI
TRAP 2020-21
DEPARTMENT OF STATISTICS presents
QUIZALYTICS
Pit your wits against the World
Date: 16th January 2021
Time: 5:30 pm- 6:00pm
Medium: Dare2Compete
Aishwarya Singh: 6387420144
Shivanshi Sharma: 9412074606
Registration Deadline: 15 January (23:59 pm)

- Workshop on Data Analytics and Visualization by StepUp Analytics: The Department of Statistics in collaboration with the Department of Management and Financial Studies organized a Data Analytics and Visualization workshop. It spanned over 4 weeks from 28th March, 2021 to 14th April, 2021.
- The curriculum comprised of:
 - Tableau (Basic to Advanced)
 - Advanced Excel
 - Basics of Machine Learning using Python
 - Over 45+ students participated in this workshop and received hands-on training by working on Live Projects and Professional Certificates which helped their CVs to stand apart.


SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
 University of Delhi
 

DEPARTMENT OF STATISTICS
 and
DEPARTMENT OF MANAGEMENT AND FINANCIAL STUDIES
 in collaboration with



present a certification course on

- 1. TABLEAU (Basics to Advanced)**
- 2. ADVANCED EXCEL**
- 3. Basics OF MACHINE LEARNING USING PYTHON**

COURSE COMMENCING FROM
28TH MARCH 2021

COURSE FEES:
Rs 1299 /-

- Course duration: 25+5 Hours
- Weekend Batch
- Hands-on training and Project Work
- Recorded lectures will be available

Last date to register: 23rd March 2021

Divyanshi-7838485002 Snigdha-8851233610



SOCIETY REPORTS

FASHION . FASHION . FASHION .

Ahaarya: The Dance Society

The society has always worked to create synergies of talent in the field of dance, increase the pool of skills, create a 360 exposure of its team members, and keep its eye on maintaining the name and prestige of the college. Ahaarya motivates the will of the individual to identify the spark in her, polish it by striving harder, and pushing the limits to make you a better and confident version of yourself.

COUNCIL 2020-21

- President – Harshita Negi
- Vice President – Rakhi
- Treasurer – Eshika Gupta

Event organized by Ahaarya:

- Tirang Manch in collaboration with Philyra.

The event in which Ahaarya participated:

- Alcheringa, IIT Guwahati.

DANCE-O-MANIA

AHAARYA
The dance society of SRCASW
presents
ACTOR LOVE CONTEST

Pick your favorite character or actor and dance using his/her moves.
By your dance you should be able to justify the character.
You can use your own moves too and do it in their style.

RULES GUIDELINE

- Record your video and upload it on drive.
- Turn on the link sharing and copy the link.
- Paste it in the given area provided in the google form.
- The link will be available from 17 sept to 20 sept (Thursday to Sunday), fill the form in this given time.
- Result will be announced on our Insta page, so do follow us there.
- Video must be between 1-2 minutes in duration.
- Only SRCASW students can participate.

FOR MORE DETAILS :
@ahaarya_dance_soc

Actor Love Contest



FOLK FUSE





ONLINE AUDITIONS

REGISTRATION OPEN



Date- 30/12/20 - 03/01/21

Time Limit 1 min

Where- Link given in bio

Note : Auditions are compulsory for ECA STUDENTS.

For further Queries - Rakhi - 8448727829 Harshita - 7830106002
@ahaarya_dance_soc /Ahaaryanforever



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
UNIVERSITY OF DELHI



PHILYRA
(The Music Society)

in collaboration with



AHAARYA
(The Dance Society)

Presents

TIRANG MANCH

AN OPEN STAGE FOR EVERY PERFORMING ARTIST

• Dance • Singning • Instruments • Monologue (drama)

THEME: PATRIOTISM



VENUE:
GOOGLE
MEET

DATE:
6 Feb
TIME
03:00 PM



LIMITED SLOTS ONLY! REGISTER SOON

FOR MORE INFO, CONTACT:

Samridhhi-9868217323

Eshika: 7982296212

AHAARYA: THE DANCE SOCIETY OF SRCASW

Presents

FOLK FUSE

Folk Dance Competition

REGISTRATION OPEN

Guidelines :

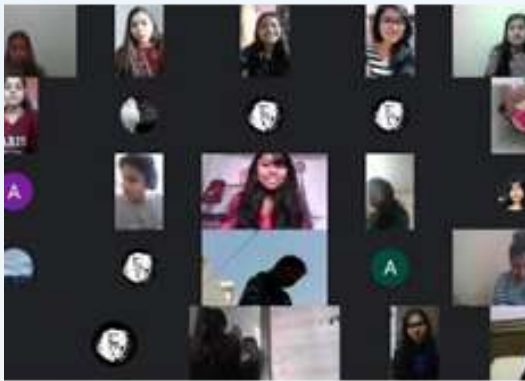
- Record your video and upload it on drive.
- Turn on the link sharing and copy the link.
- Paste it in the given area provided in the google form.
- The link will be available from 1 oct to 4 oct (Thursday to Sunday), fill the form in this given time.

For more details:

@ahaarya_dance_soc

Elvira: The Fine Arts Society

With the panorama of iridescent skills, Elvira is able to make every year remarkable. The session 2020-21 began with an Inter College Halloween-themed competition, Art d'Fright followed by another enthralling Inter College Competition, Reign of Hues celebrating the month of hues-November. Elvira brought forth Artshop'21, welcoming the ardent Freshers. An overwhelming number of art prodigies rejoiced the event with the ingenious Artistic games and challenges.



Every year, Elvira burns the candle at both ends for its biggest milestone, VISTOSO'21- The Annual Fine Arts Fest. Bringing back the most remarkable era of Art- Renaissance, Elvira presented Vistoso'21 with a total of seven events in a three-day fest. Artists were welcomed to showcase their expertise in an

open-to-all medium Online Art competition- Reincarnation. Fine Art Societies from various Colleges and Institutes across India put forth their skills in The Online Art Exhibition Competition- Panorama.

Committed to supplying the best experience despite the online mode, Elvira conducted two Live Competitions. 'The Modern Manuscript'- a comic strip-making competition was ushered in on Day 1 of the fest, with the phenomenal entries on the theme of putting forth a comical aspect into the Renaissance Era Art.



Day 2 of the Fest brought a Bodypainting Competition- 'Evince'. The judges were overwhelmed to see the mind-bending entries based on the theme- 'Psychedelic'. On Day 3, for all the artists stuck in the middle of questioning their choice of choosing Art as a career, and waiting for the right motivation Elvira brought a mindful event-Panel Discussion.



Plenty of lost souls found the right path, with the perceptive and inciting thoughts of our esteemed panelist. Next in line, a Charcoal Sketching Workshop was an enlightening experience for all the art enthusiasts.

Lastly, the most awaited event of Vistoso '21, Vista- The Annual Art Gallery of Elvira manifested the eccentric and exquisite Artwork made by the team.

Elvira contributes to supplying indelible experiences with its unparalleled expertise. The secret is not only the mechanic or technical know-how but also the spirit, commitment, trust, and energy that binds this society together and builds it as a team.



Equilibrium

Equilibrium organized its first online fest, Ecognizance'21 on 2nd, 3rd, and 4th March 2021. Organized on a pan-India level, the fest witnessed a huge footfall from participants across the nation. The fest was an amalgamation of two online competitions and a panel discussion with industry experts Col. Inderjeet Singh (Director General of Cyber Security Association, India) and Mr. Bhavya Narula (BlockChain expert at Coin DCX) on Cryptocurrency and Blockchain.

The competitions were:

- DELTA: An analytics case study competition, and
- Specmark: A market speculation competition.

Through these events, the society aimed to facilitate the overall development of the students and their understanding of multiple aspects of economics and the future of the industry.

CASE STUDY SESSIONS AND WORKSHOPS

Equilibrium has conducted two informative sessions:

- Learning Data Analysis using Power Bi taken by Mr. Havish Madhvapaty (Founder - Havish M Consulting) to impart all the students with data analytics and decision-making skills that are extremely valuable in the corporate world.
- How to Crack Guesstimates was hosted by Mr. Siddhant Baggaria, an analyst at Bain Capability Network, was intended to familiarize all the members with guesstimates, how to go about solving them, and their importance in the consulting industry. The webinar helped to improve the analytical as well as critical reasoning skills of the students.





EQUILIBRIUM
The Economics Society



Ms. Juhi Jham
Convener



Anisha Gupta
Co-President



Rhythm Taneja
Co-President



Harshita Singhal
Strategy & Research Head



Gunjan Goel
Managing & Finance Head



Sonali Goel
Public Relations Head

IN - HOUSE SESSIONS

- The society regularly organizes in-house sessions (which are the life of the society) to instil its members with valuable knowledge relating to all aspects of economics and career. Various activities such as group discussions, quick guesstimates, and stress interview simulations are undertaken regularly to hone communication and interpersonal skills whilst allowing a free flow of thought. These sessions help members prepare for the challenges of the corporate world by enabling them to develop the necessary skill sets.



Glamfire: The Fashion Society

“A respectable appearance is sufficient to make people more interested in your soul.” - Karl Lagerfeld

Glamfire, the fashion society of Shaheed Rajguru College of Applied Sciences for Women, brings together students from different fields who share a common interest in fashion. The fashion society consists of highly driven students who often prefer to let their on-stage presence speak for them, and even the most inscrutable creatives don't lay low when it comes to working diligently for society. It is more than just strutting in stilettos for them! Rigorous and regular practice sessions are held right from the beginning of the year, leading up to the fest season. Following is a comprehensive list of events that were carried out in the session 2020-2021.

- Glamfire organized an online Fashion Quiz on its Instagram page which started on 28th September, 2020 and ended on 16th October, 2020.
- A new Outfit Poll was put on Glamfire's Instagram stories every alternate day from 28th September, 2020 till 16th October, 2020.
- A Logo-designing competition was held for all the students of our college.
- A Halloween-themed make-up competition was organized by Glamfire on 6th October, 2020. It was titled 'Spooktacular'.
- An informative fashion event 'All About Brands' was held on their Instagram.



- Glamfire organized a fun fashion recycling event called 'Upcycle Your Style' on 28th October, 2020. This event aimed to exhibit how old pieces of clothing can be recycled into brand new, fashionable ones.
- In 'Fashion Capitals', Glamfire posted a new infographic on its stories every alternate day from 29th October, 2020 till 15th November, 2020.
- Glamfire conducted its Orientation on 24th November, 2020. The Auditions began on 25th November, 2020 and ended a week later.
- The society organized Styling Outfits for Winters amongst the members of Glamfire on 11th January, 2021. This was the first task given to the new members.
- Re-Audition for the newly-admitted students was conducted on 15th January, 2021.
- A Valentine-themed outfit styling was organized by Glamfire on 3rd February, 2021. It was aptly titled 'Valentine Soirée'.
- On Kaarvaan'21, Glamfire organized its flagship event of the year, Mr. and Miss Kaarvaan.
- A Do-It-Yourself Fashion Hacks event was organized on 15th June, 2021.
- Each member of Glamfire made their own Fashion Vlog in the month of June. The best ones were uploaded on Glamfire's Instagram page.



Globetrotters: The Tourism Society

1. World Tourism Day with Peace Building (27th September, 2020)

The society captured wonderful moments on this day with our honorable guest Mr. Piyush Dhiliwal who's the whole and soul of the company " Blue Bird Holidays" which has a mission of passionate commitment to Total Quality Travel, with continual delivery of value-added services.

Also along with the talk show and virtual tour to Ladakh and Sikkim by the guests, other cultural activities were organized with traditional dance performances and online activities.

- Incredible India - The participants had to post their pictures and along with suitable quotes depicting their culture on their respective Instagram accounts.
- Tales of the soul - The participants were to complete the given story with one's innovative ideas. The best story was awarded a certificate.

2. Orientation in Collaboration with North East Cell (6th December, 2020)

The senior members gave a brief introduction about society to the freshers including videos and images of previous year's events.

3. AROUND THE WORLD (24th January, 2021)

It was a quiz competition to evaluate one's knowledge about the world and its wonders.



4. TRIP-O-MANIA (18th February, 2021)

In this online game, the players were given 4 words related to travelling on their screens and they had to make a meaningful sentence from them.

5. FOODIES (18th February, 2021)

In this online game, each participant was given the name of a state of India along with the name of a color, at random. Participants had to relate both the names and pick any food item from that state and of that color.

6. STATE TOURISM CONTEST (19th February, 2021)

To promote culture and celebrate local, Globetrotters organized the State Tourism Contest. In this competition, the contestant in the given time period had to answer the questions related to the state they had chosen for a short tour.



Inklings: The Literary Society

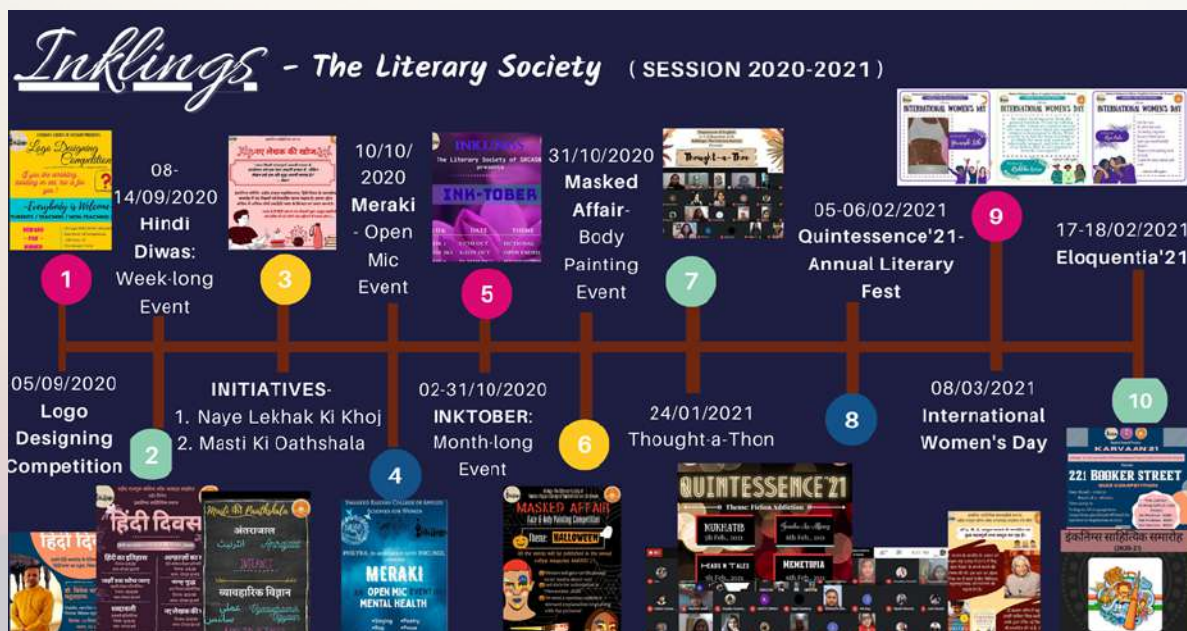
Inklings, The Literary Society of SRCASW, was established in 2013 and aims to bring together the literary enthusiasts of the college and provide them with a sense of belonging. From orators and debaters to writers and poets, designers and creative thinkers, readers and editors; society is a perfect amalgamation of all things creative. Furthermore, Inklings also publishes the annual college magazine, Aakriti. Inklings also oversees the Hindi Samaj, which has been formed exclusively to reignite the interest of the students in the Hindi language and literature.

Here are some of the major events of Inklings for the academic session 2020-2021-

- Hindi Diwas: A week-long celebration of the Hindi language was conducted from 8th September, 2020 to 14th September, 2020 on the occasion of Hindi Diwas. Events organized under Hindi Diwas were:
 - Alfaazon ka Khel: A poetry competition open to not only students but also faculty members and non-teaching staff, was organized.
 - Jahan tak Soch Jaye: It was a Story Writing Competition, where prompts were given out, and the entries had to be submitted within the next 48 hours.
 - Vak Yuddha: A Debate Competition was organized under Hindi diwas, seeing a total of forty-two participants.
 - Shabdawali: A quiz competition based on Hindi vocabulary and grammar was organized. The competition was open to everyone including students, teachers, and the non-teaching staff as well.
 - Webinar: An insightful webinar by Dr. Vivek Madhav Madgatpranah was organized, wherein he gave an invigorating talk about the Hindi language and the importance of preserving it.
- Hindi Samaj also spread awareness about important personalities in Hindi literature and Indian cultural events through social media. 'Naye Lekhak ki Khoj' and 'Masti ki Pathshala' were the two key events under this initiative.
- Logo Designing Competition: A logo designing competition was conducted on 5th September, 2020.
- Meraki: On the occasion of World Mental Health Day on 10th October, 2020,

an open mic event was conducted in collaboration with Philyra, the music society of SRCASW.

- **Inktober:** Inklings organized its first Month-long event in October, 2020. Prompts, in both English and Hindi, were sent out weekly from 2nd-31st October, 2020.
- **Masked Affair:** On the occasion of Halloween, a face painting competition was conducted from 31st October, 2020 to 5th November, 2020, exclusively for the students of SRCASW.
- **Thought-a-Thon:** A paper presentation competition, exclusively for the Rajguru students, was held in collaboration with the Department of English on 24th January, 2020.
- **Quintessence:** The annual literary fest of SRCASW was held on 5th-6th February, 2021. The various events that were conducted under Quintessence are Jaadu-E-Alfaaz, Heads and Tales, Memetopia, and Mukhatib. The Hindi Samaj also launched a brochure describing Indian culture and beliefs.
- **Eloquentia'21:** Under the aegis of Karvaan, Inklings organizes an annual literary festival. On 17th-18th February, 2021, Inklings organized 221 Booker Street: A Literary Quiz competition.
- **International Women's Day:** Members of Inklings were invited to submit articles, poems, and artwork regarding or relating to women, and their issues.



Mukhauta: The Dramatics Society

Mukhauta, the Dramatics Society of Shaheed Rajguru College, was established in the year 2012 to throw light on the unnoticed problems which exist in our day-to-day lives. Known for the determination and dedication of its members, their commitment, and hard work, it has been widely appreciated for its work over the years. Its Annual Stage Production of 2020-21 “AADHI RAAT KE BAAD” begins with a thief entering into a house which turned out to be a judge’s house. The whole play is a dialogue between the judge and the thief, raising many important questions related to the judiciary system of our country. It also brings into light the hassle which goes on between humanity and society for fulfilling one’s own needs.

EVENTS ORGANISED UNDER KARVAAN ‘21:

- Mukhauta organized ‘DARPAN - The Short Film festival’ under KARVAAN ‘21 - the annual college fest of Shaheed Rajguru College of Applied Sciences for women on 18th February, 2021.
- Mukhauta also organized ‘Vakyo ki Vyakhyan – A Scene Writing Event’ on 19th February, 2021 which was the second event under KARVAAN ‘21, the annual college fest of Shaheed Rajguru College of Applied Sciences for Women.



Mukhauta's achievements for its annual production "AADHI RAAT KE BAAD" (2020-21) are as follows:

- Opening performance for the annual stage production of 2020-21 "AADHI RAAT KE BAAD" at AKSHARA THEATRE. Mukhauta - The Dramatics Society Of Shaheed Rajguru College in association with Theatreleela Acting Studio performed its annual stage production "AADHI RAAT KE BAAD".
- AKS'21 - The Annual Stage Festival organized by ABHIVYAKT I- MAITREYI COLLEGE - TEAM MUKHAUTA performed its Annual Play (2020-21) "Aadhi Raat Ke Baad" at AKS'21 on 8th April 2021. The team won the BEST TEAMWORK AWARD and BEST ACTOR AWARD (Ms. Nirdesh Pal, Mukhauta) at AKS '21 -ABHIVYAKTI, Maitreyi College on 8th April, 2021.
- PRASTUTI- The Stage Play Competition, Online Edition in MIRAGE'21 organized by Yavanika Theatre, Deen Dayal Upadhyaya College- Mukhauta performed its Annual Stage Production for 2020-21 "Aadhi Raat Ke Baad" at Prastuti which was organized and conducted through online mode on 27th April, 2021. The selected teams were asked to send a full-length recorded video of their plays which were then presented through Google Meet.

Even in these difficult times, Mukhauta ensured the smooth functioning of the activities of the society and the active engagement of members. Society kept its spirits and hopes high and did not let the circumstances put a stop to the learning process. All the necessary precautions and guidelines for preventing the spread of Covid-19 have been followed during the rehearsals as well as the performance of the stage play.



Mark Haven: The Marketing Society

Mark-Haven, the Marketing Society of Shaheed Rajguru College Of Applied Sciences For Women, founded by the students of the Department of Management and Financial Studies has completed two years of its operations and aims to target all the aspects of marketing and equip students before entering into the real world of marketing. With the advent of technology, the number of products and services available to customers has increased exponentially. In this cluttered space of options, Marketing becomes the most critical tool to catch the attention of the customer. Society's main goal is to facilitate the all-round development of the students in the field of marketing and keep them abreast of the basics to the latest happenings in the said domain.

Mark-haven stands strong on the vision to gather the marketing energy and channel it through various activities in the young minds.

- **Case-solving Sessions:** The society's goal is to expose the students to the importance of Case Solving in today's times and develop analytical thinking which helps in their future career endeavors.
- **Canva Sessions:** With high reliability on digital media for information, it becomes a necessary tool to learn and develop eye-catching and informative visual graphics, to foster the same Canva sessions were conducted.
- **Social Media Page:** The members actively participated in sharing ideas related to changing trends and news, designing creative posts, and keeping its Instagram and LinkedIn page updated with new trends in the marketing domain.
- **Mark-Haven Blog:** Started with the idea to deliver diverse experiences and undiscovered layers of marketing, Mark-Haven blogs provide information in such a manner that is easily understandable for a layman. Members discussed various trends and analyzed them to enrich the quality of our blogs.
- **Webinars:** With the aim to boost knowledge as much as possible, the society has conducted webinars on various topics such as Societal Marketing: The New Normal by Mr. Jayant Shahe (Executive Director of Academy of Indian Marketing).

- Learning through Exciting Competitions: “The Ultimate Marketing Challenge” competition based on marketing simulation in collaboration with the Academy of Indian Marketing (AIM) and Marketplace Simulations, US, was organized for the first time in the University of Delhi by the society.
- Transcend'21: The annual fest of the society witnessed immense participation ranging from marketing enthusiasts to students from different academic profiles. Three competitions were organized: Caseathon – A case study competition that was designed to test one's problem-solving skills and marketing caliber; Ruins to Riches-A game that helped the participants to know how well they could experiment with their marketing skills to make the company go from ruins to riches; Lastly, Extraterrestrial pitch- A game that involved convincing skills and challenged one's business acumen. The technical session included a panel discussion on the topic “Modern Marketing Business Tactics and Paradigms” with Mr. Amitabh Tapadar (Business Developer at UNIDEL), Mr. Deb Gooha (CMO, Global Payments Tech), Mr. Shiv Tiwari (CMO, Reliance Nippon Life Insurance), Sri Hari Palangala (Head of Marketing, Dell Technologies) as the honorable panelists. A fruitful discussion ranging from ‘How technology has changed the way companies market their brand’ to ‘How companies have to deliver their best to maintain their relevance in the market’. It was indeed an exciting and crucial discussion throughout. Last but not the least, to end the event at a euphonious note, Mark-Haven organized a thrilling Live Singing Session by Mr. Kshitij Anand who did not fail to baffle each and every listener through his gripping performance.

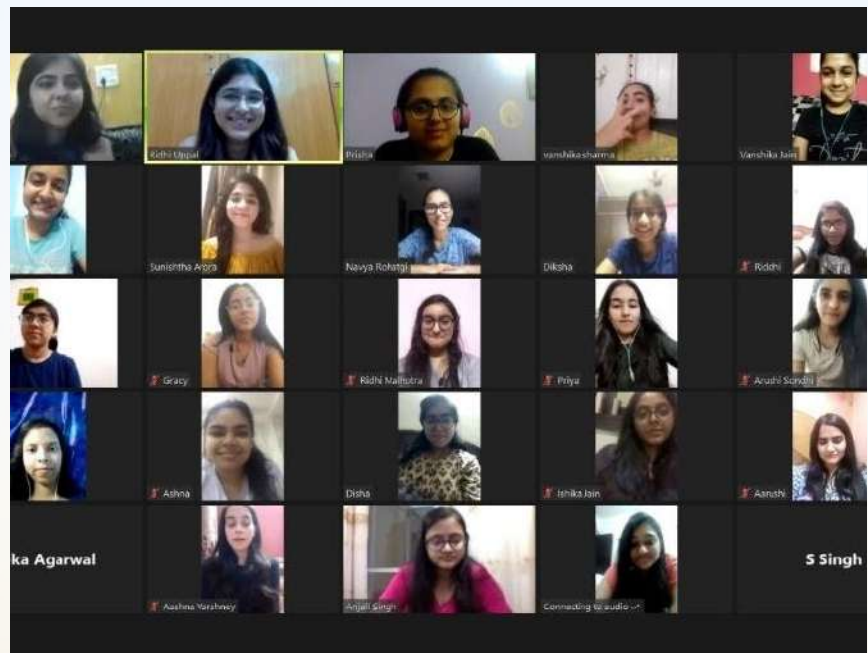


Raqam- The Finance and Investment Society

RAQAM- The Finance and Investment Society of Shaheed Rajguru College of Applied Sciences for Women, was founded in August 2019 by the students of the Department of Management and Financial Studies and has come a long way since its inception.

The society aims at providing the right platform to students in order to gear their interest towards correct and possible avenues that exist in the field of finance. The motto of the society is to “impart in-finite knowledge” not only in the field of finance but also by showcasing and developing skills like teamwork, leadership, management, communication, creativity, etc.

In its first academic year, the society conducted various knowledge sharing sessions, workshops, and seminars and the highlight being its first Finance Fest- REVENIRE'20, which comprised of many competitions and witnessed participation of students from colleges across Delhi/NCR and



different IIMs and IITs. The society received positive feedback from the participants and the college faculty as well.

With the constant efforts of the members and the Council, the society easily adapted to the new normal of Covid-19 and shifted its operations to online mode. RAQAM managed to pull off two major online events, REVENIRE'21 (The Annual Fest) and E-REVENIRE, having events ranging from Mockstock, Business Plan competition to Financial Debate with a participation of more than 1000 students from various undergraduate and postgraduate colleges across the country.



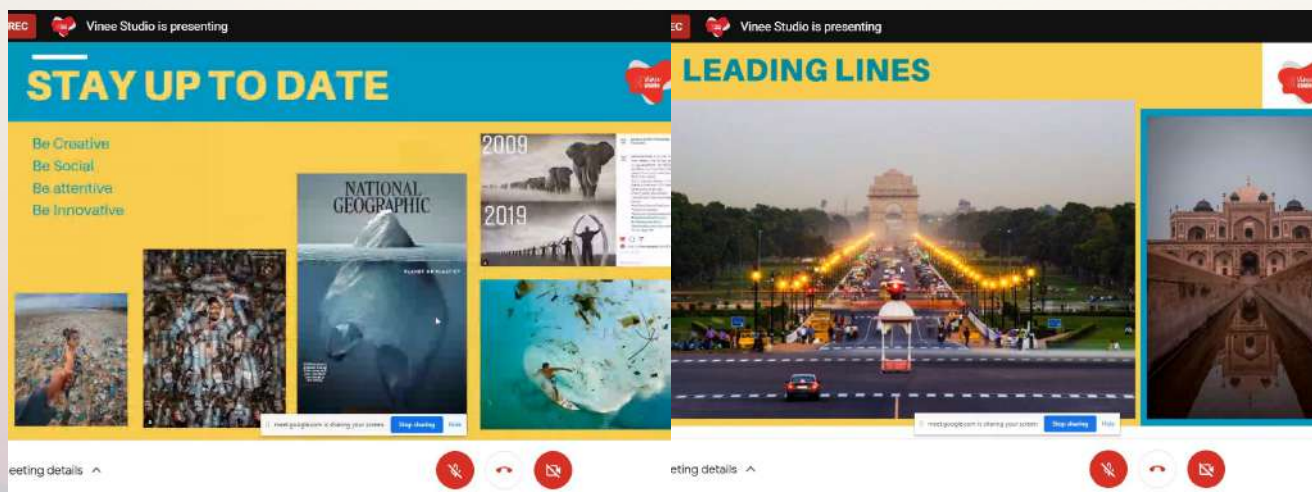
Throughout the year, RAQAM functioned to impart financial knowledge through its sessions on several topics which are essential in the corporate world such as Basics of Excel and Python, Financial Literacy, Investment Banking among others. The society has been constantly working on its bi-monthly Finance e-Magazine, “Finatomy”, with a subscriber base of 600 readers. It covers numerous topics related to finance and economics, current affairs, riddles, and simplifying commonly used terms in the field of business and finance. It has also developed its social media presence on Instagram and LinkedIn with a good follower base, by engaging Finance related content in form of reels and informative posts on a regular basis.

This year, the society also ventured into the domain of Financial Markets through a Live Project on Equity Markets which helped the students to enhance their research skills and also provided them with the practical exposure of company analysis.

The future prospects of the society include taking this lineage to greater heights under the guidance of Mrs. Sanjana Monga (Convener), along with other faculty members and with joint efforts of the society council and its members.

Shuffleshots- The Photography Society

- Shuffleshots organized its first online photography competition, MONOCHROMATICA on 10th September, 2020 for the session 2020-21. The winners were awarded certificates.
- The Shuffleshots audition ARCHIZO'20 was organized on 5th October, 2020, and its results were announced on 15th October, 2020.
- Started a new series of theme-based photography on Instagram – Pandemic diaries, along with the regular posting of photography tips and themed pictures.
- The society also worked on a future collaboration with Travel Chapes. They are a travel-based company and organize experiential travel. The proposal is to organize an event along the lines of “Travel and Learn: Photography.”
- Shuffleshots in collaboration with Aagaaz, Delhi organized six competitions.
- The Confederation of Young leaders, India, and the United Nations have collaborated to contribute towards the UN75. In the light of this campaign, the Delhi state team is organizing a platform AAGAZ, Delhi for weekly online theme-based photography competitions (starting from 17th October, 2020 till 27th November, 2020).
- Shuffleshots was also a part of this campaign and helped in organizing various competitions. The winners were awarded certificates and the top photographs will also be featured in the annual magazine of CYL. Other entries were also given participation certificates.



- With the arrival of freshers, ARCHIZO'21 reauditions were organized. Fourteen new members were selected.
- A workshop on the basics of camera and mobile photography by Mr. Virendra Adhikari was held on 12th February, 2021. The Keynote speaker Mr. Virendra outlined the various aspects of the basics in photography like a lens, location, subject, rule of thirds, and editing. It was followed by brainstorming ideas and suggestions for future learning programs. Students had the opportunity to put up their queries.
- Under Karvaan'21, Shuffleshots held Shootart an online photography competition on three themes: hope, shadow, line leading the eye. The winners were awarded cash prizes and certificates.

COMPETITIONS ORGANIZED:

- Confinement- 17th-23rd October, 2020
- Stree- 24th-30th October, 2020
- Streets & Skies- 3rd October, 2020 to 6th November, 2020
- Padhai Likhai- 7th-13th November, 2020
- The Office- 13th-19th November, 2020
- Coexist- 20th-27th November, 2020



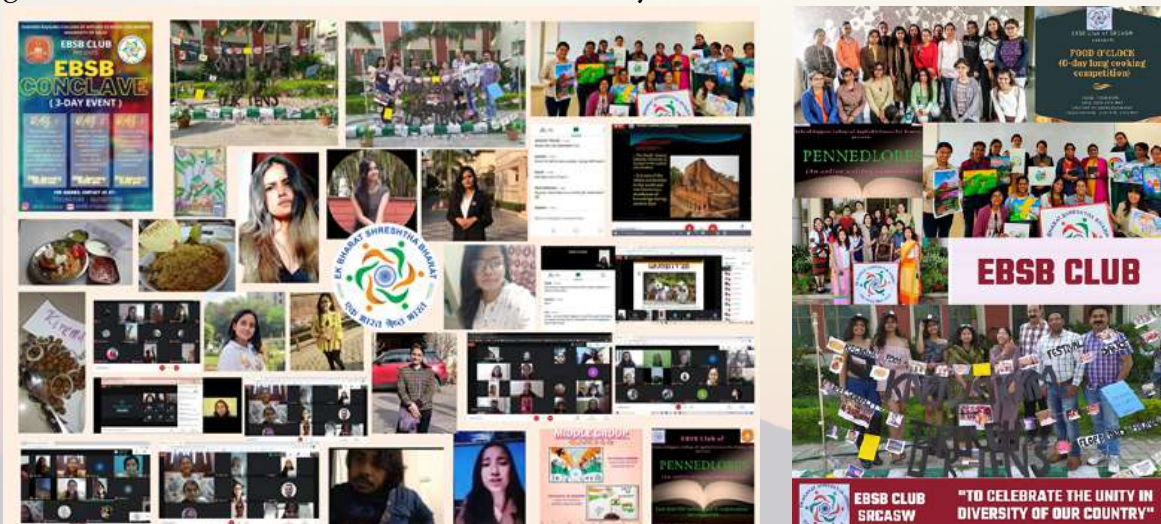
Ek Bharat Shreshtha Bharat (EBSB) Cell

Established in January 2020, the EBSB Club of SRCASW was created under the 'Ek Bharat Shreshtha Bharat' initiative of MHRD, Government of India. Under this initiative, the states and the union territories of the nation are paired with each other. Hence, Delhi has been paired with Sikkim.

Over the course of the year, the club has tried to provide holistic cultural knowledge and integration to its members and participants through its events and initiatives. Some of the major events are:

- **Painting Competition:** This event was organized along with Northeast Cell on 27th February, 2020 on the theme 'Glimpses of Northeast India'.
- **Know Sikkim Through Our Lens:** A display wall was set up in the college premises on Karvaan on 3rd and 4th March, 2020 to make the students aware of the culture and traditions of Sikkim.
- **Food O'Clock:** A week-long Sikkimese food competition from 10th April, 2020 was conducted with the aim to make people aware of the difference and similarities between their own food habits and those of Sikkim.
- **Sikkim State Day:** EBSB Club celebrated Sikkim State Day on 16th May, 2020, which marked the day when Sikkim became the 22nd state of India in 1975 through a video and educating our audience about certain unknown facts about the state.
- **Pennedlores:** An inter-college micro tale competition was held from 13th-20th August, 2020, where they had to submit their original rewrites of any mythological folklore.
- **Qriosity:** An inter-college quiz competition was organized on 27th September, 2020, and included 3 different rounds: Spotting, General Knowledge and Rapid Fire. From famous alumni, food, artworks to the general facts about the state, the event covered it all.
- **Treasure Hunt:** Held on 11th October, 2020 and included 3 rounds: Decode Us, Treasure Hunt, and Memory Game. The participants were asked to decode words written in Sikkimese script, answer questions about the state, riddles, etc.
- **Sikkimese Classes:** From 3rd November, 2020 to 5th December, 2020, every Saturday and Tuesday, the club held a 30 mins virtual student-run Sikkimese Class Session to learn the Sikkimese (Bhutia) language.

- **National Level Online Inter-School Drawing Competition:** This was organized on 25th January, 2021, on the topic "Ek Bharat Shreshtha Bharat", to foster the spirit of unity in diversity among children of all age groups on the occasion of Independence Day.
- **EBSB Conclave:** EBSB Club organized its first annual fest “EBSB Conclave” spanning 3 days, from 29th-31st January, 2021.
 - **Present-a-State:** Here, participants had to present their state in a unique way, showcasing their cultural diversity through dancing, singing, presentation, poem recitations, etc.
 - **Webinar:** It was addressed by the speaker guest, Mrs. Tseringkee Chingapa- Joint Director, Education Department, Government of Sikkim, on the topic 'Sikkim's Cultural Legacy and its Preservation'.
 - **Musegy:** A musical evening featuring Miss Roshni Tamang, a musician from Sikkim.
- **Sell-me-Sikkim:** A round-table debate competition called ‘Sell Me Sikkim’ on 18th February, 2021, where participants were in charge of the development of different sectors of Sikkim and had to pitch their plans to a panel of investors.
- **Language Classes:** The Club continued with its Sikkim language learning classes from 3rd March, 2021 to 5th April, 2021.
- **Sikkimese Song:** As a next step to learning the Bhutia (Sikkimese) language, the Club chose a soulful song to learn, named 'Tashi Shabdro'.
- **Sikkim State Day:** A discussion over the different festivals of Sikkim was organized to celebrate Sikkim State Day.



i-hub, Entrepreneurship Development Cell

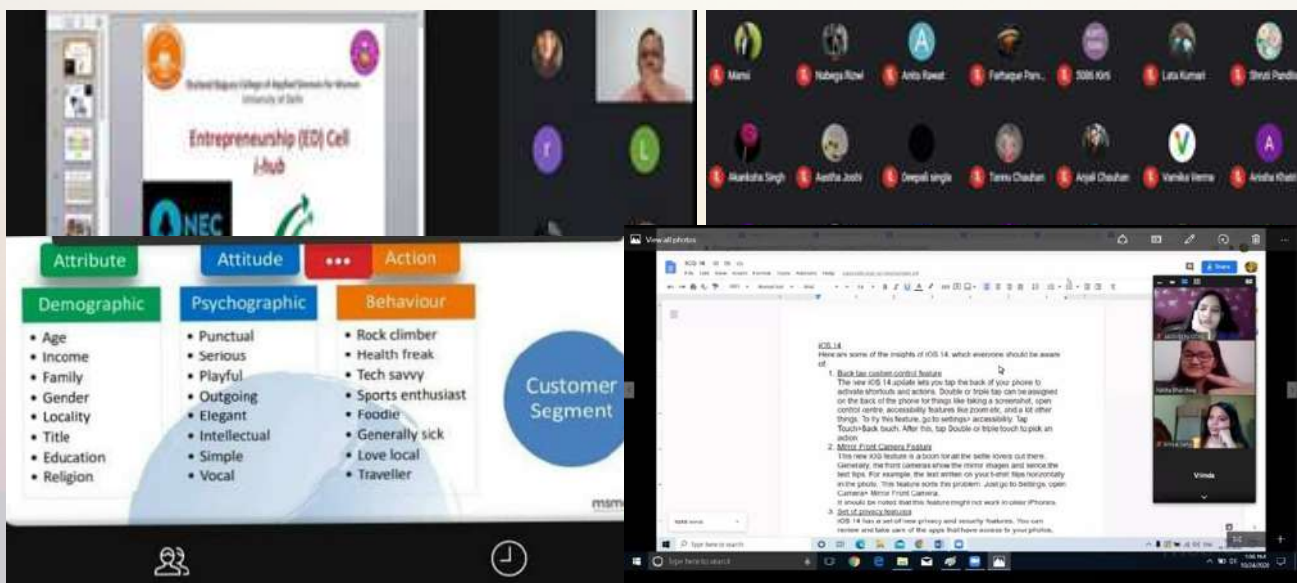
The Vision of i-hub, Entrepreneurship Development Cell of Shaheed Rajguru College of Applied Science for Women, is to establish a platform that aids the growth of young entrepreneurial minds, especially women entrepreneurs. With the mission to inculcate the spirit of entrepreneurship and to assist in networking investors, various informative and brainstorming workshops, training and competitions were organized.

ED Cell started the session of 2020-21 with an interactive Orientation Ceremony on 6th October, 2020, presided over by, Prof. Unnat Pandit, Dean of Atal Bihari Vajpayee School of Management and Entrepreneurship, JNU, New Delhi. The ceremony was followed by a Virtual discussion of innovative ideas by various young entrepreneurs.

Delving deep into the entrepreneur world, a 3-day workshop, 'ILLUMINATE', in collaboration with E-Cell, IIT Bombay, under the mentorship of Mr. Amit Kumar, Founder & CEO of MSMEEx was organized from 12th-14th October, 2020.

A powerlifting group discussion, aimed at finding entrepreneurial solutions to the problems during the time of Covid-19 was organized on 15th October, 2020.

Eureka Junior was organized by the Cell on 16th October, 2020, along with Bal Bharti Public School. Following this, a panel discussion was held on 12th November, 2020, presided over by eminent personalities, Ms. Veena Gupta, Mr. Vishal Kumar, and Ms. Pragnya Mohan, aimed to solve the students' dilemma of choosing their career. i-hub also organized a pitching workshop on 8th December, 2020, with Mr. Devesh Rakhecha, the guest speaker, which was further followed by a Pitching Competition on 9th December, 2020, wherein the students of SRCASW participated to present their pitching decks.

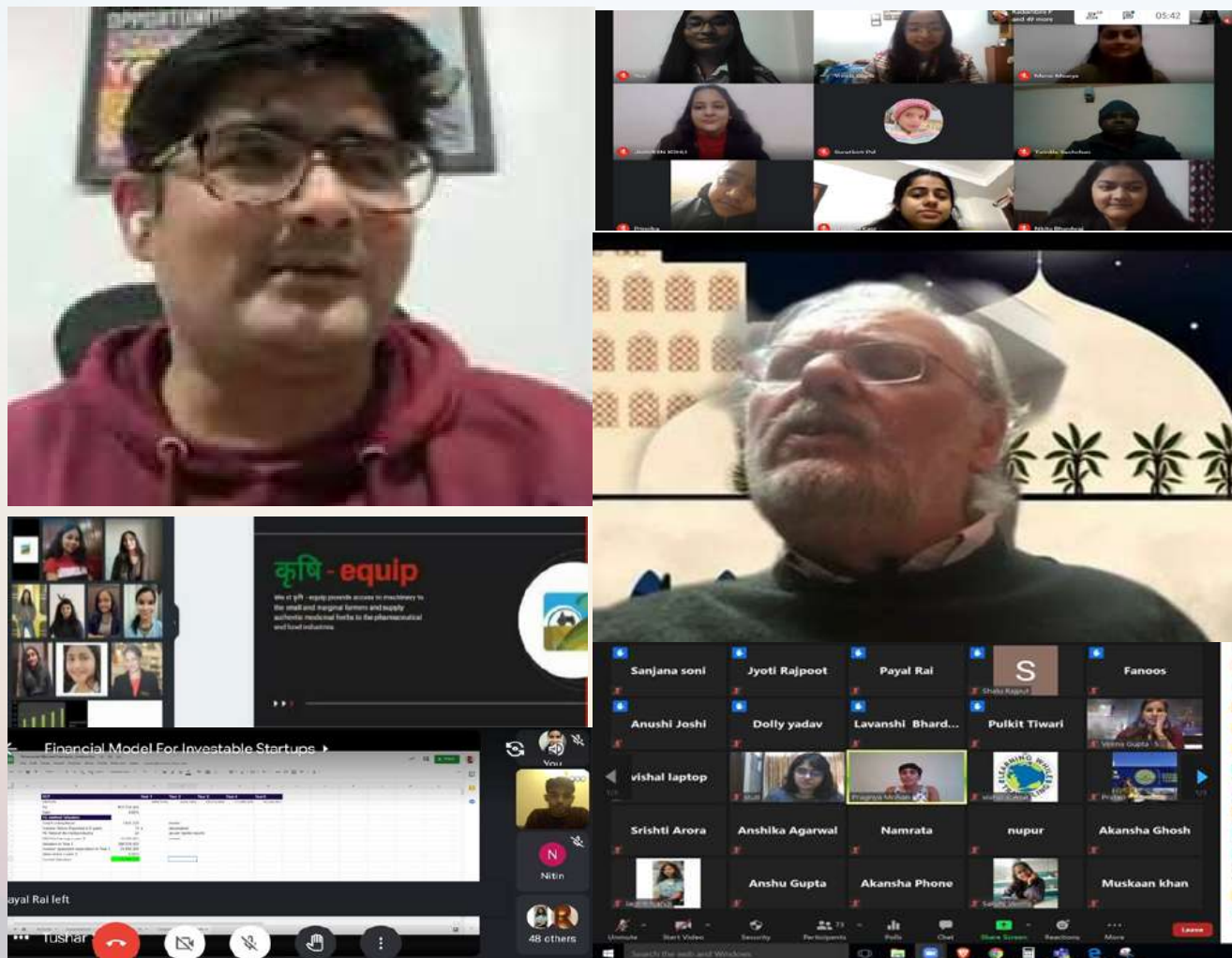


A survey, to understand the problems faced by the students throughout their journey of becoming an entrepreneur, was conducted in December, followed by a talk with the faculty to confer the solution to each problem pointed out by the students. The cell also organized another Orientation for the first years on 8th January, 2021.

Start-up Boot camp, a 3- day workshop was held from 8th-10th January, 2021 with the participation of over 60 people.

A webinar was conducted on Financial Models for Investable Startup on 15th January, 2021, presented by Mr. Tushar Saini, the founder of 2Trees, partner at Neos Angels Network LLP Start-up mentor at Global Centre for Entrepreneurship and Commerce. He enlightened the students about how to plan a successful and effective financial model with easy steps.

The cell won the National Entrepreneurship Challenge (Advance Track), by IIT Bombay, a 6-month long pan-India competition with 300+ participating teams.



Training and Placement Cell

The academic year 2020-21 saw its own share of challenges and opportunities. Having the entire session over a virtual platform was indeed demanding but the Training and Placement Cell, Shaheed Rajguru College of Applied Sciences for Women, witnessed an exhilarating year lined up with activities.

- June and July of 2020 witnessed training sessions over CV writing and getting onboard opportunities for internships across different domains.
- During August and September, CV setting was conducted for the students who wished to be a part of the placement drives which were later conducted in two parts (October to December and January to April).
- Some of the prominent recruiters were Jaro, Wipro, TCS, ICICI Bank, DE Shaw, Younity, and Planet Sparks and 18 LPA was the highest package offered.



Placement Council elections took place in November to formulate a body with better accountability and division of work. This involved dividing the cell into smaller units catering to needs like logistics, marketing, and PR, data handling, etc.

The beginning of 2021 witnessed a week-long session around case studies which was held by industry experts and students who had substantial exposure within this field of expertise. Students across the college were motivated to join the highly valuable session.

In March 2021, an induction session was conducted for the students who had freshly joined. They were extensively trained over networking and communication skills to help them become self-dependent while finding relevant jobs and internships.

All this marked the calendar spanning across 2020-21 and the Training and Placement Cell strives to achieve even higher and larger with each passing day.



North-East Cell

North-East Cell is one of the registered societies of the college, established with a view to addressing issues and concerns of students from North-East states studying in the college, so as to ensure them a homely environment far away from home. It provides a platform for North-East students of the college to showcase and spread awareness about the diverse and magnificent, yet less known, cultures and traditions of North-East states.

Events organized by North-East Cell for the session 2020-21:

1. **Movie Screening:** The Cell presented a movie to all the students and faculty members of the college through YouTube live streaming. The movie screening was held for 2 days, on 27th September, 2020 and 2nd October, 2020. The movies screened were AXONE & MARY KOM. The aim of the screening was to raise awareness and give a brief idea about the North-Eastern states of India.

2. **PowerPoint Presentation Competition:** The Cell successfully organized a PowerPoint Presentation Competition under the theme “EXPLORE THE STATES” on the 1st November, 2020 through Google Meet. Around 12 students registered to participate in this competition. The topic of the competition was FOOD, FESTIVALS & TRADITIONAL ATTIRE of the particular North-Eastern State. The aim of the competition was to explore the unique cultures and traditions of the North-Eastern States.

3. **AIKYAM’21 (Annual Fest):** It was the first annual cultural fest of NE Cell, under the banner of KARVAAN’21. It was held for 3 days and organized the following events:

- **Picture Prompt Competition:** This event was organized on 18th February, 2021 through Google Meet. The participants were given some pics related to common things of North-Eastern States and were given a chance to speak about the picture.
- **Cuisine-Ae-Fusion:** An online best recipe competition was organized through Google Meet on 19th February, 2021. The participants presented their recipe with a time-lapse video and a picture of the final dish.

- **Fotographia Competition:** The cell organized an online photography competition on the theme “UNITY IN DIVERSITY”, “EMPOWERMENT”, & “EXTRAORDINARY IN THE ORDINARY”.

4. **International Women’s Day:** The Cell, in collaboration with Unnat Bharat Abhiyan & Girl Up Nayaab, successfully organized Abhivriti: A panel discussion on the theme “Women in Leadership: Achieving an Equal Future” on the occasion of International Women’s Day on 8th March, 2021 through Google Meet. 6 Panelists were there and around 94 people attended the events. Also, as a part of a week-long celebration, interviews of many empowering women in different fields were taken.



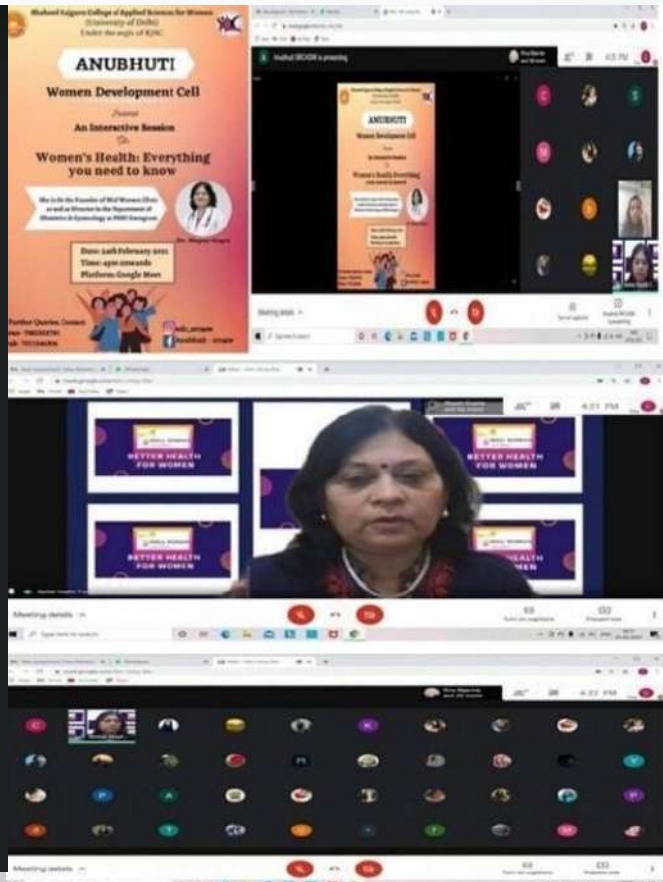
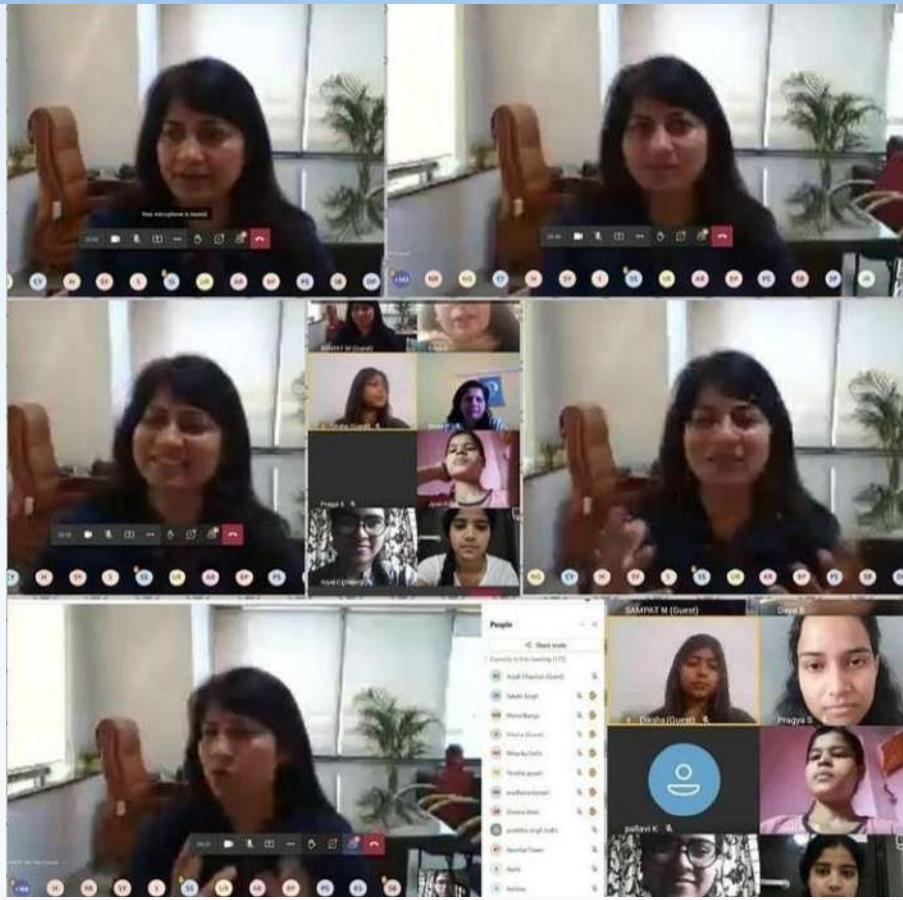
Anubhuti - The Woman Development Cell

- 7th February, 2020: Movie screening.
- 20th April, 2020: Photography competition as a part of KARVAAN'20.
- 14th July, 2020: Webinar on Women Health in collaboration with NSS, SRCASW named, "Journey of Women from Puberty to Menopause" by Dr. Puja Dewan (consultant gynecologist and IVF specialist).
- 2-8th October, 2020: Online concept photography contest with the theme 'Women Boss'.
- 20th October, 2020: Webinar on "Embracing the sheroes: The journey of an Entrepreneur" by Ms. Sabista Khan (Founder and Chief Designer at The Cinderella Story, Hyderabad-based designer footwear brand).
- 13th February, 2021: Online menstrual health management workshop in collaboration with Girl Up Nayaab, SRCASW, and Pratisandhi.
- 24th February, 2021: Online Interactive Session on Women's Health by Dr. Nupur Gupta (Founder of Well Woman Clinic as well as Director in the Department of Obstetrics & Gynecology at FMRI Gurugram).

INTERNATIONAL WOMEN'S DAY Celebration Week:

- 8th March, 2021: Inauguration: Collection Drive for Personal Hygiene "आरोग्य पात्र": Webinar on Success in Entrepreneurship by Reenu Sharma Talwadi (Founder of Immune Nuti, Co-Founder of Director Business Development Nuti Food Science Pvt. Ltd). An interactive program with DCP, Delhi Police was also held followed by a quiz competition on the theme 'Successful Women in Different Fields'.
- 10th March, 2021: Interactive talk show on Safety & Security of Women in collaboration with NSS and Youth Parliament, SRCASW by Ms. SAMPATH MEENA (Joint Director, CBI).
- 13th March, 2021: Open Mic on the theme 'Choose to Challenge'. Other competitions were face painting competition and doodling competition.
- 15th March, 2021: Valedictory session.

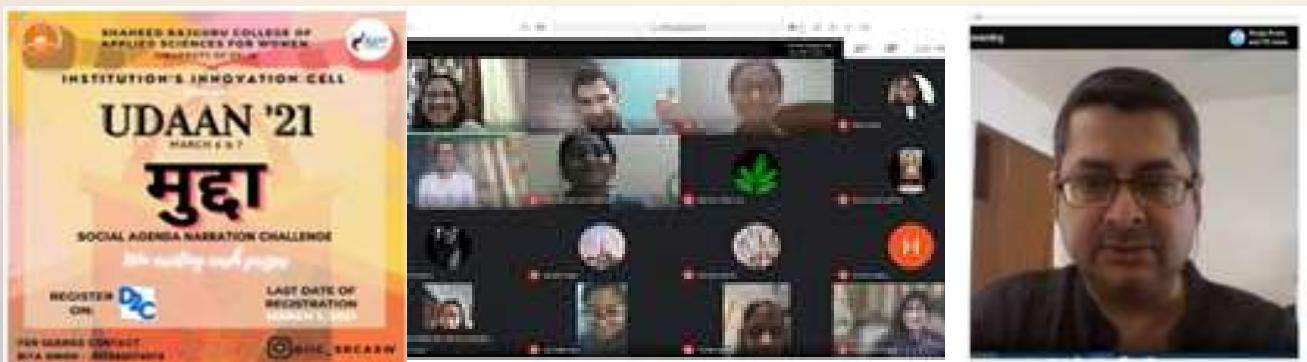




Institute's Innovation Council

- **Poster Making Competition:** The Institution's Innovation Council in collaboration with I-Hub Entrepreneurship Development Cell organized a poster-making competition on 21st August, 2020 in order to evoke the spirit of entrepreneurship, innovation, and creativity.
- **Braniac:** The Institution's Innovation Council organized a case study competition to encourage the participants to constitute an ideal strategy for the given conditions and environment. This competition continued for a span of 9 days from 30th September, 2020 to 7th October, 2020.
- **Orientation Ceremony:** The Institution's Innovation Council in collaboration with I-Hub Entrepreneurship Development Cell organized an orientation ceremony on 6th October, 2020 with Dr. Unnat Pandit as a guest speaker.
- **Illuminate:** The Institution's Innovation Council in collaboration with E-Cell organized an interactive workshop from 12th-14th October, 2020 with Mr. Amit Kumar as the guest speaker.
- **National Innovation Day: Steve Jobs:** The Institution's Innovation Council organized a documentary screening on 15th October, 2020. This screening aimed at furnishing the participants with an insight into the challenges faced by an entrepreneur.
- **Logo and Tagline Competition:** The Institution's Innovation Council organized a Logo and Tagline making competition from 17th-23rd October, 2020 in order to unveil the official logo and tagline of IIC Rajguru.
- **Design Thinking & Innovation Webinar:** The Institution's Innovation Council organized a Design Thinking & Innovation webinar via google meet on 17th October, 2020 with Mr. Avinash Jhangiani. The webinar aimed to motivate the participants to take up design thinking and create innovative solutions.
- **Journey of a Successful Entrepreneur:** The Institution's Innovation Council organized a webinar on 30th October, 2020 with Mr. Deepak Pareek. It aimed to inspire the students to follow their entrepreneurial passions. With this motivational talk, the students got to know what it really takes to become an entrepreneur.
- **UDAAN'21:** Institution's Innovation Council, organized the first-ever Pan-India National Innovation Fest on the 6th and 7th March, 2021. Throughout the course of this fest, a slew of engaging and enthralling competitions and webinars were organized and managed by the IIC students under the supervision of staff members and the organizing committee.

- ✓ Webinar on “Building an Innovative Product fit for the market”- The webinar was organized with Ms. Ankita Dewan as the guest speaker.
 - ✓ Webinar on “Lean Start-up & Minimum Viable Product/Business”- This webinar with Mr. Shravan Tickoo as the guest speaker.
 - ✓ Virtual Internship Fair- A 2-day virtual internship fair was organized with 11 companies that offered a legion of internship opportunities in varied domains.
 - ✓ Greenathon- A business hackathon was organized from 1st-7th March, 2021 to give a platform to the participants to develop and introduce new trends in the market with fewer resources. It was a perfect amalgamation of ‘Business Innovation’ and a ‘Hackathon’.
 - ✓ MUDDA- A social agenda narration challenge was organized from 21st February, 2021 to 3rd March, 2021 that focused on uncovering a social problem and subsequently finding the perfect creative solution for it.
 - ✓ Vocal for Local- A thought-provoking panel discussion was organized on 10th March, 2021 to bring together entrepreneurs and innovators to analyze and share their perceptions on the aspect of being an entrepreneur. The panelists consisted of Ms. Prerna Prasad, Ms. Sakshi Gupta, Mr. Amit Jain.
- Webinar on “Basics of Intellectual Property Rights”: I-Hub ED Cell in collaboration with Institution’s Innovation Council organized this webinar on 9th June, 2021 via google meet with Ms. Pooja Rawal as the guest speaker.
 - Webinar on "Building a Product Fit for the Market": The IIC of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi in association with Mark Haven organized a webinar on Building a Product Fit for Market on 12 June, 2021. Mr. Priyank Ahuja, an ISB Hyderabad alumnus, a product manager at Accenture was the speaker for the session and gave insights about product management and marketing techniques.



Pravridhi - The Eco-Club

PRAVRIDHI - Eco-Club of Shaheed Rajguru College of Applied Sciences for Women began in 2005 by a group of teachers and active students. It is part of the National Green Corps, which is a national program under the MoEF, Government of India, 2001. Pravridhi aims to create and incorporate the concepts of environmental awareness and sustainable development through various activities in and around the college. It recognizes the significance and the pivotal role of the students and youths in safeguarding future sustainability that will improve the environment. The society conducts various activities, workshops, and interactive sessions that help students in understanding local issues in the global context.

Although the year 2020 was surrounded by pessimism due to COVID-19, we, optimistically, turned the session in our favor by a Webinar, held on 21st August, 2020 by Ms. Latika Nath on “Tiger Protection”. The webinar, not only instilled awareness but also targeted how can we contribute to save these endangered species. There were series of competitions that Pravridhi organized and one of them was the Intra-College E-poster competition on the topic “Ozone for life: 35 years of ozone layer protection”. Ozone, being one of the major problems for the human race in the present world, the competition was a wonderful recreational activity along to boost awareness venture. “Plant a sapling” was an online plantation drive (7th-30th October, 2020) in which we received pictures of many participants with their mini array of greenery. Several e-waste workshops and awareness drive competitions aided in changing the perspective of waste where a major chunk of polluting components is because of electronic materials. These included a talk on “Sustainable management of e-waste: challenges and opportunities” by Dr. Anwasha Borthakur, a digital waste drive urging to delete the cyber junk (16th-23rd November, 2020) which lasted till 31st December, 2020. Moreover, debates are one of the best ways to make a point known to the audience, with the same aim, a 2-round intra-college debate competition on “Sustainable Development-A Myth or a Truth” with round 1 on 19th December, 2020, was organized. Round 2 of the intra-college debate competition on “Climate Change is The Greatest Threat to the Facing Humanity”, was also a greatly productive hit.

Fests are an important tradition of every society, a substantial display of its functioning and accomplishments. With the ongoing pandemic and the online phase, organizing an eco-fest was no less than a feat and Pravridhi reached a new milestone with a united front.

The fest- Vasudha'21 consisted of an enlightening and informative talk on the topic "The health and social impacts of Arsenic in drinking water in Bihar" by Dr. Ashok Ghosh along with various exciting competitions that garnered a big audience and competitors from colleges and universities all over India. The activities and their respective themes included- Eco meme competition: Air pollution in Delhi, Best out of waste: Waste to Wonder, Nature's Photography: Capture the nature, Nature's article painting: Nature as inspiration, PPT Presentation competition: Innovation in technology for solving environmental issues, Quiz competition on general science trivia and finally a Logo-making competition that brought in dozens of entries.

The club also held an online campaign in collaboration with the Government of India under the initiative 'Bharat ka Amrut Mahotsav' for Wetland awareness and conservation. The campaign included a discussion on Wetlands by Dr. Prachi Singh and a speech competition on "What can I do for the Wetlands?" and a month-long painting competition on "Wetland's conservation".

Pravridhi also celebrated Earth Day by encouraging its team members to unleash their creativity and create their original artwork or write-ups on any of the topics- "Voice of the Earth" or "Earth in 2050: A Vision".

Some more workshops and webinars were organized, like an Interactive session by Mr. Arun Krishnamurthy on the involvement of youth towards environmental conservation on 5th June, 2021.

Pravridhi also circulates regular Instagram reels, IGTV videos, WhatsApp posts on endangered plants and animals in form of the plant of the month and animal of the month, this was an initiative amid covid times so that the process of awareness doesn't come to an end and most of the activities have this common agenda.

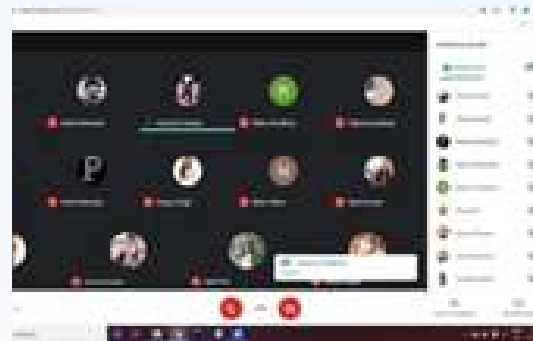


Robotics Club

Robotika- Robotics Club is one of the renowned tech-club of the college. It was started to make students aware of robot technology and to promote the usage, benefits, and applications of robotics in different fields. It caught the attention of many such students who were interested to join the Robotics Club and it soon grew to become a 30 member club. Every year it encourages members to participate in an e-Yantra competition conducted by IIT Bombay and it's appreciative that some teams get selected for it every time. The year 2020-21 was amazing for the club. Though every activity was done virtually due to COVID-19, it was a good and satisfactory journey.

The Council of Robotika for session 2020 - 2021:

- President: Himanshi Vaishya
- Vice-President: Vaishnavi Jha
- Secretary: Ritika
- Treasurer: Prachi Bhardwaj



The activities conducted in this session are as follows:

1. Monthly Interaction meetings were held with the club members. These included:

- Overview of the Club (Orientation)
- Welcoming of new members.
- Exchange of ideas regarding annual fest i.e Expo'21
- Discussion of a workshop on IoT using Raspberry Pi by CETPA and many more.

2. The members participated in an e-Quiz on Artificial Intelligence and Machine Learning conducted by Vidyut - The Department of Electronics of SRCASW on 23rd October, 2020.

3. The club conducted an e-Quiz on General Robotics, C-Programming, Arduino and its programming, Actuators, and Raspberry Pi on 6th November, 2020. The top three winners got a shout-out on the club's official pages.

4. An online screening session was held for the students who were willing to join the club.

5. On 12th January, 2021, members participated in a one-day workshop from industrial experts organized by CETPA INFOTECH PVT. LTD. in association with ORACLE and MICROSOFT on topics such as Getting familiar with Data Science, Industry 4.0 IOT, Intro to 3D World of Designing.
6. Some members also showed interest in a one-week training program on the topic “Essentials for Startup, Innovation and Incubation” from 15th-19th January, 2021.
7. This year, for the first time the club successfully conducted its annual tech fest Expo’21 under Karvaan’21. It was conducted virtually and comprised of two inter-college events. Many students from other colleges showed their interest and the events received a large number of registrations.
8. Volunteers for both the events:



9. The First event was the ‘AI Gaming Event’ – Gaming Tournament on Bot Coding which was held on 18th February, 2021. The second one was ‘Rob-Probe’– E-Quiz on Robotic Process Automation and it was held on 20th February, 2021. In the end, three winners were chosen. They were awarded Cash Prizes worth rupees 6K and Certificates of Appreciation. Every participant was also bestowed with a Certificate of Participation.
10. For the first time, club t-shirts were launched to boost the morale of students.



Enactus

- During the session 2020-21, Enactus Rajguru started two new projects - Sugavya and Green Haven.
- Under Project Sugavya biodegradable products were made using cow dung. To execute our draft strategy, Enactus collaborated with a cow shed Shree Jee Gausadan, in Gautam Budh Nagar that shelters over 1500 stray cows. With the use of old technology, Sugavya aimed to save nature as well as making women independent.
- Project Green Haven was about producing fresh mushrooms of different varieties and mushroom cultivation packets. Migrant workers and street vendors, who were hit hard by the pandemic, were the direct beneficiaries of this Project.
- Enactus Rajguru won the prestigious KPMG - Josh grant for its project, Sugavya. The grant of over INR 50,000 was sanctioned in order to assist our endeavors in carrying out the processes related to our project with higher efficiency and lesser struggles.
- Products made under project Sugavya were gifted to the Chief Economic Advisor of India and Cabinet Ministers of the Government of India.



- Kashida under project Pehchaan was the finalist of the 'Race to Rethink Plastic' competition.
- Enactus Rajguru was honored by Karuna, the compassion NGO and Delhi Police on the occasion of Women's Day.
- Project Sugavya was featured in Rashtriya Kamdhenu Aayog national anthem in the year 2020.
- Products made under project Sugavya were presented to the Minister of State for Health and Family Welfare, GOI, Sh. Ashwini Kumar Chaubey, resident, Delhi State (BJP) Sh. Aadesh Gupta and the mayor of South Delhi - Mrs. Anamika Mithilish Singh.
- Project Sugavya has achieved 6 UN sustainable development goals - No Poverty; Good Health and Well Being; Gender Equality; Decent work and economic growth; Responsible consumption and production; and Climate action.
- Enactus Rajguru also qualified to the National level IIC MHRD Mentorship 2020.



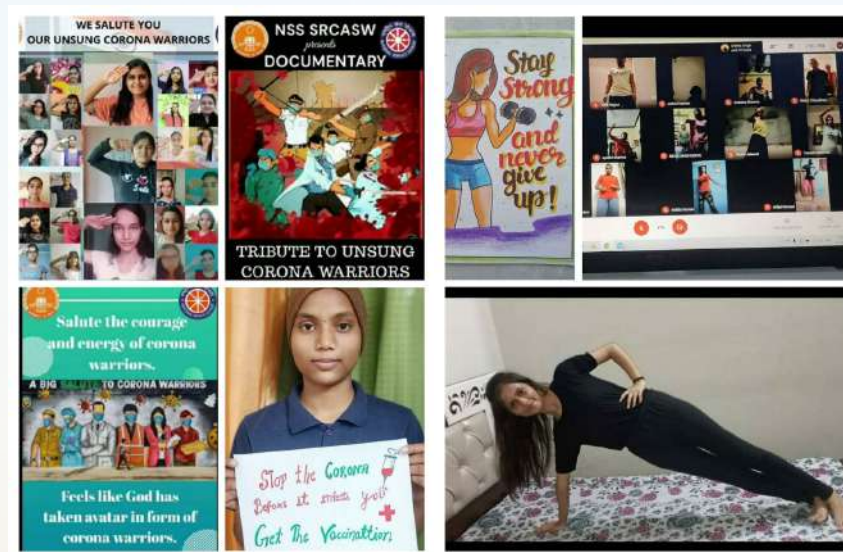
National Service Scheme

The National Service Scheme (NSS) was introduced in Shaheed Rajguru College of Applied Sciences for Women in the year 2015. NSS is an Indian government-sponsored flagship public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India.

Therefore, we performed several activities in the session 2020-21:

- NSS SRCASW in collaboration with the NSS unit of Keshav Mahavidyalaya College organized an event on "ATMA-NIRBHAR BHARAT CAMPAIGN" on 14th and 15th July, 2020.
- NSS SRCASW made a documentary: "Tribute to unsung Corona Warriors" to say "Thank You" to all frontline workers who worked endlessly during the pandemic at COVID-19.
- Fit India Month was organized by NSS SRCASW with great enthusiasm from 27th August, 2020 to 2nd September, 2020 and various activities were conducted:
 - Prepared videos on a healthy diet.
 - Performed jogging, cycling, skipping, outdoor games - badminton, basketball, etc, planks, and many more.
 - Posters & write-ups on fitness idols.
 - Several webinars & pledge ceremonies were organized on "Safety & security of women" and a pledge on "World AIDS Day".
- NSS BRAC recognized the continuous hard work of the volunteers of NSS SRCASW.
- NSS also secured the third position in a competition organized by NSS BITS Pilani.
- Online sessions on Yoga, Aerobic, Self-defense were organized by the volunteers and for the volunteers of NSS SRCASW.
- Vigilance Awareness Week was observed from 27th October, 2020 to 2nd November, 2020 & organized activities with the theme Vigilant and Prosperous India.
- National Road Safety month was observed from 18th January, 2020 to 17th February, 2021.
- On the occasion of 75 years of Independence, "AZADI KA AMRIT MAHOTSAV" was celebrated by performing various activities.

- NSS SRCASW adopted a slum area and tried to fulfill all their needs. The volunteers visited Dallupura and Kondli more than six times during the pandemic wherein they distributed food items to poor children, sanitary napkins to women, masks, sanitizers, etc., to all the people living there. One family was adopted and items such as rice, pulses, etc., were donated to them.
- NSS SRCASW volunteers visited the college more than 12 times during the pandemic for vermicomposting activities and waste management.
- NSS organized its' first annual fest - AGASTYA'21 with the highlight of the event- TalkShow with Ms. Bhargsetu Sharma and released its first edition of NSS SRCASW Magazine - AARAMBH .



Girl Up Nayaab

Girl Up is a global movement of empowered young women leaders started by the UN Foundation. The Shaheed Rajguru College chapter- Girl Up Nayaab- believes that empowered women are powerful and precious beyond measure. Girl Up Nayaab covered topics of health, wellness, and fitness (both mental and physical), constitutional rights, experiences of domestic abuse survivors and women at work, sex education and contraception, women in leadership roles, and LGBTQ+ sensitization. Informative blogs on these topics have been posted on the GirlUp Portal and our WordPress account.

- **THEME 1: Health, Wellness, and Fitness**

A webinar on 'Anemia- Prevalence in Women' was organized with Dr. Sunil Sekhri, covering its prevalence in women and caretaking. A webinar titled 'NutriSmart' was held under the presence of Ms. Lochna Tebak and Ms. Rukshara Rathore, where health disorders and the importance of a healthy diet were discussed. An online live workshop on de-stress yoga was also organized with Ms. Namrata Thapa, a yoga tutor and the founder of the "Hamsa Yoga Shala".

- **THEME 2: Exploring Womens' Rights and Constitution**

An interactive session with fellow GirlUp communities viz. GirlUp Fembots and GirlUp Lucknow, and Project Rahaat was organized under "अधिकार - Exploring Laws and Rights for Women" with Ms. Sumitra (Lawyer and Legal Inclusion Activist). She covered topics like the meaning of gender equality, the historical role of patriarchy, laws made for Indian women, and its loopholes. An Instagram live "TransCend" was conducted with our speaker Mx. Dhananjay Chauhan, where the discussion was based on the personal experiences of the speaker on the life struggles of a transgender individual.

- **THEME 3: Women at Work**

An Instagram Live on 'Casual Sexism at the Workplace' was organized with Ms. Suhana Nanda, founder of GirlUp Delhi University and Project Raahat, wherein she discussed her personal experiences, observations, and interactions with working women, covering issues like casual sexism and workplace harassment. A webinar, 'From Aspirations to Achievements', was organized to discuss breaking down barriers that women face. The speakers for this session were Ms. Rosy Taba, a member of NCPR under the Ministry of Women and Child Development, Govt. of India, and Dr. Payal Mago, Principal of SRCASW, University of Delhi.

- **THEME 4: Sex Education**

In collaboration with Pratisandhi, a workshop on menstrual health management was organized to highlight the importance of knowing what happens inside a menstruating body. A webinar with Ms. Niyati Sharma, founder of Pratisandhi, was organized on the topic of ‘Sex Education and Contraception in India’, where she discussed the ways to introduce sex education to children along with discussing the kinds of hurdles she faced by both parents and teachers, why sex education should be age-specific, the importance of consent and the history of sex education in India as well as LGBTQ+ sex education. Various types of contraceptives and their usage were also demonstrated.

- **OTHER INITIATIVES AND ACHIEVEMENTS:**

To raise funds for Shakti Shalini, an NGO that supports survivors of gender and sexual violence, a virtual concert, “Celebrating Women”, was organized. Performers included Anika Vidyarthi, a Hindustani Classical Musician, and Avanti Nagral, an international pop artist. The club also fundraised over ₹18,000 to purchase essential items for the women associated with the NGO. In collaboration with Women Development Cell, SRCASW, the club participated in the campus ambassador program of Sachhi Saheli, an organization to help destigmatize menstruation.

GirlUp Nayaab was felicitated by Karuna- The Compassion NGO in collaboration with the Delhi Police on International Women's Day, 2021 for their hard work towards women empowerment.



Unnat Bharat Abhiyan

Unnat Bharat Abhiyan (UBA) is a flagship program of MHRD, Govt of India. The program was initiated by a group of dedicated faculty members of IIT Delhi working consistently in the field of rural development as well as technology. UBA aims to engage the faculty members and students of Higher Educational Institutions (HEI) to improve the social and economic well-being of the rural communities. SRCASW had been selected as the participating institution under UBA through a challenge mode application. Since then, the students and the faculty have been working to fulfill the goals set before them to bring a positive transformational change in the adopted rural communities. Many activities have been conducted for the session 2020-2021.

- A webinar on 'Clean Yamuna: A Gateway towards Cancer Prevention' was organized to address the issue of Yamuna toxicity and its effect on the increasing number of cancer patients, in collaboration with the Department of Biochemistry.
- A webinar for the coordinators of NSS / NYKS/ NCC/ UBA on New Education Policy (NEP) organized by IIT Delhi. It included discussion around the policy features and aims to transform India's education system by 2030. Based on this webinar, respective UBA-associated colleges were to hold an awareness webinar regarding the NEP.
- A webinar on 'National Education Policy-2020- A Holistic Education for New India', was organized in collaboration with NSS, SRCASW, highlighting the key features and reforms in the new education policy. The speakers for the event were Dr. Payal Mago (Principal, SRCASW), Dr. Alok Kumar Singh (Assistant Professor, Department of Biochemistry, SRCASW) & Dr. Ashwini Kumar Ray (Assistant Professor, Department of Microbiology, SRCASW).
- An online Poster making Competition and Quiz competition was organized for the students with the theme "Spreading Awareness for National Education Policy 2020 (NEP)".
- A three-day commemoration program of 'The Father of the Nation - Gandhi Ji' was organized.
- MUDITA- A workshop on 'Promotion of volunteerism for constructive work' to prepare young people to contribute to community & nation-building, developing capacities of young people in leadership & team building.

- Virtual Stage Competition 'ANDAAZ APNA APNA' was held for students on Republic Day with the themes "The journey of being a Republic for 72 years" or "Nation's strength lies in diversities, not similarities".
- Under the annual cultural fest of SRCASW 'KARVAAN'21', UBA organized various events such as a Peer Mediation Interactive Workshop to develop mediation capabilities amongst young people.
- Panel discussion on Women in Leadership titled 'Achieving an Equal Future', was organized on International Women's Day, in collaboration with GirlUp Nayaab and North East Cell.
- Panel discussion on 'Vocal for Local', in collaboration with the Institution's Innovation Council of SRCASW, brought together a pool of astute entrepreneurs, innovators.
- Webinar and an Interactive Session on Gender Pronouns and Mental Health organized in collaboration with the Department of Biochemistry and Enactus Rajguru, to celebrate Pride Month. Speakers were Dr. Nupur Gosain (Assistant Professor, SRCASW); Ms. Ishika Negi (a student who recently worked in the field of LGBTQ+); Deepak Kumar aka Deepika; Virendra Ekta aka Vironika; Rijwan Basra aka Ramkali and Amarjeet Singh.
- 'IZHAAR- Express What You Feel', an inter-college event to celebrate Pride Month was organized. Participants were required to submit their entries representing the theme in any way they wished.



Ehsaas

- Talk on “Understanding and Responding to Suicidality” by Aastha Jain and Purva Kadaganchi was organized on 12th September, 2020 during Suicide Prevention Week. The speakers explained the ideation of suicidal thoughts, warning signs, risk factors, personal measures, and suggested resources.
- Inter-college Open Mic Competition was organized on 26th September, 2020 on the theme 'Ehsaas- A Feeling' wherein the participants were urged to show their talent by expressing their perspective about various fates of the world.
- Mental Health Awareness Week (4th-10th October, 2020): A series of competitions on the theme 'Self- Acceptance' were organized such as-
 1. Inter-college body painting competition- The participants were asked to paint a visible part of their body and upload a captivating picture with a caption explaining the theme the way they embraced it.
 2. Inter-college Photography competition- The participants were asked to click a picture resembling the theme and upload a captivating picture with a caption explaining the theme and the way they embraced it.
 3. Webinar on "Let's Talk- It's okay to seek help" by Mrs. Aastha Dhingra, in which she discussed the importance of opening up about mental health through activities and Q&A.

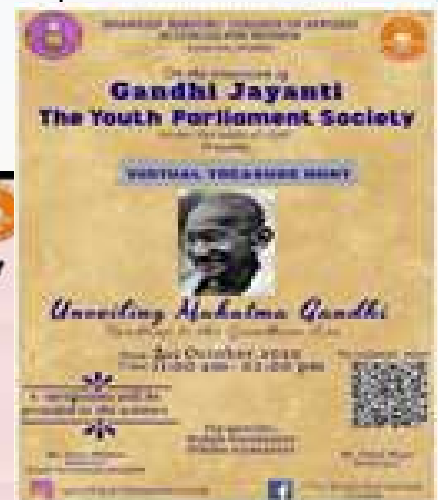


- Inter-college Micro tale Competition (23rd November, 2020): An Inter-College Micro tale competition on the theme- Antibullying was organized to spread awareness about the effects of bullying and how can one overcome those.
- Webinar on "2021: A new beginning" by Mrs. Kanika Mahindroo (31st January, 2021): The speaker of the event was Mrs. Kanika Mahindroo, a renowned mental health activist.
- Karvaan'21 (18-20th February, 2021): This year, the theme of Karvaan was "Boosting self-esteem" as February is considered to be self-esteem boosting month. Under this, we organized several events like:
 - Meraki- (18th February, 2021)- An Open mic event on the topic "Your personality, your call" was organized to give the audience a platform to be able to share with us a glimpse of their personality and their journey through it.
 - Meme rush- (18th February, 2021)- A meme-making competition on the topic "Self-esteem is about self or society" was organized in which our participants challenged various societal stigmas and made their own way towards boosting their Self-esteem.
 - Webinar on boosting self-esteem (20th February, 2021)- This webinar was organized by Ms. Aishwarya S. Goyal.



Youth Parliament

- A crossword puzzle competition was organized on 24th August, 2020, to celebrate the birth anniversary of Shaheed Shri Shivram Hari Rajguru.
- On 2nd October, 2020 the Youth Parliament Society of SRCASW, University of Delhi, to commemorate the 151st birth anniversary of Mahatma Gandhi, organized an online competition "The Treasure Hunt: Unveiling Mahatma Gandhi - A Roadmap to Gandhian Era".
- Interactive talk show on 'Safety and Security of Women'
- "A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult" Keeping this in mind, ANUBHUTI - Women Development Cell of SRCASW in collaboration with the National Service Scheme and The Youth Parliament Society conducted an interactive talk show on 'Safety and Security of Women' with Ms. Sampath Meena.
- AZADI KA AMRIT MAHOTSAV- The society organized an online event to celebrate India's 75th year of Independence under the banner of "AZADI KA AMRIT MAHOTSAV ". The event was organized under 3 phases-
 1. Vyangya Rang
 2. Freedom Hunt
 3. Situation Reaction



Creative Corner

Search



Ms. Varsha Verma

Ms. Deepa Tyagi

Tanu Upadhyay

Vaishnavi Jadaun

Sayani Nag

Sonu Garwhal

Khushi Srivastava

Tanya Srivastava

Harshika Singh

Pranati Chandra

Amisha Kumari

Vanshika Arora

Asma Aktar Shaikh

Rajasvi Raina

Chandrika

Priya Sahani

Akriti Rani

Akshara Satheesh

Anshika Sharma

Riya Kothari

Pankhi Mili

Simran

Manisha Sanger

Khushi Rawat

Anshika Singh

Shivam Tripathi

Himanshi Virani

Harshita Gupta

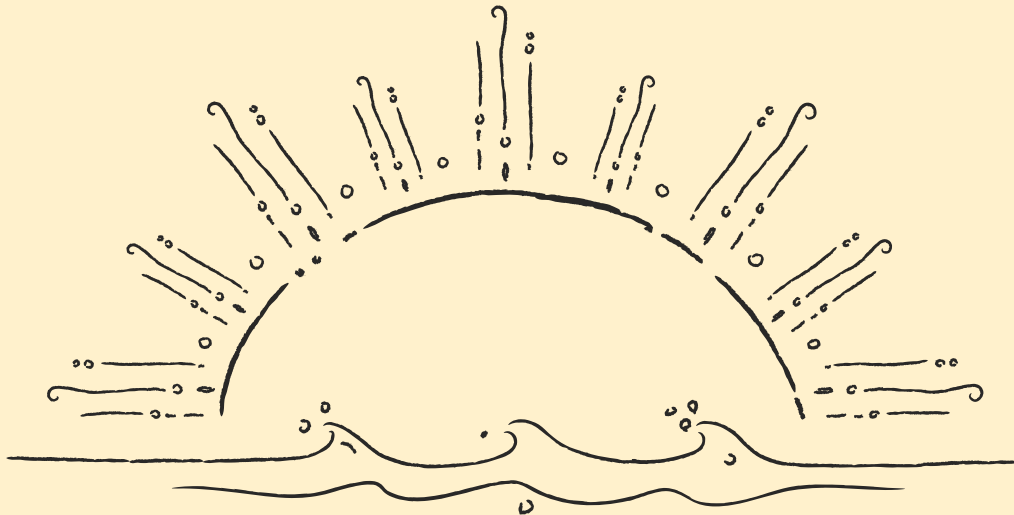
Rishita Maheshwari

Just like the sunshine, one day you'll glow alight,
Slaying the darkness and her allies away.
Just like the ocean, one day you'll have unruffled calm and serenity.
Just like the mountains, one day you'll reach,
The pinnacle of your power and capacity.
It may take a few weeks, months, or even years,
But the secret here is to never give up.

Then one day you will see that you are winning,
Against all odds, against all the uncertainties and roadblocks.
Because you're glorious.
You're beautiful!
You're worthy!

Just remember that universe is working for your greatest good.
Just surrender yourself to the will of the universe and see the magic happen..

Ms. Varsha Verma
Administrative Staff



अंधेरे में एक करोड़ का हीरा गिर गया था।
उसे ढूँढ़ने के लिए पाँच रुपये की मोमबत्ती ने सहयोग किया।
उस पाँच रुपये की एक छोटी सी मोमबत्ती के कारण हीरा मिला।
अगर उस समय वह मोमबत्ती काम नहीं आती तो हीरा कहीं गुम हो जाता।
मोमबत्ती की तरह ही इंसान भी है।
वह कितना भी छोटा हो अगर वो सही वक्त पर किसी के काम आता है
तो वह इंसान छोटा नहीं, सबसे बड़ा आदमी कहलाता है।
जीवन में तकलीफ उसी को आती है जो हमेशा ज़िम्मेदारी उठाने को तैयार रहता है
और ऐसे लोग कभी हारते नहीं, जीतते हैं या फिर सीखते हैं।

वर्षा वर्मा
प्रशासनिक कर्मचारी



शायर कहाँ मरता है?

शायर कहाँ मरता है?
जाने कितने किरदार जीता है...
शायर कहाँ मरता है?

ग़ज़लों में छुपा है अक्स उसका,
वो रुबाई में भी दिखता है...
शायर कहाँ मरता है?

सूरज झोली में लिए फिरता है,
चाँद हुजरे में रखता है...
शायर कहाँ मरता है?

तहखाने में मिलता है कभी,
कभी आसमान में उड़ता है...
शायर कहाँ मरता है?

एक शेर मुकम्मल करने को,
सौ जज़्बातों से गुज़रता है...
शायर कहाँ मरता है?

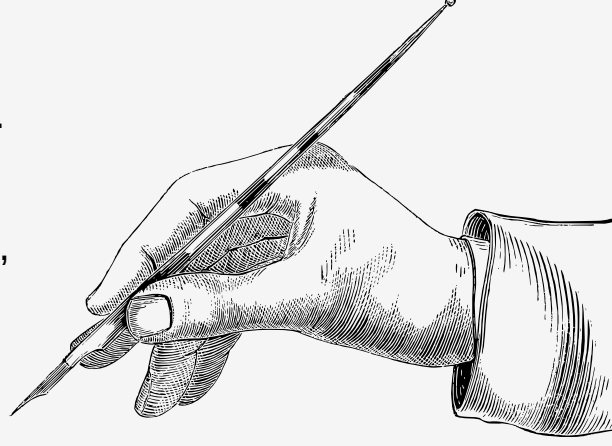
तम दिन लबों पे ठहरता है,
रात दिलों में धड़कता है...
शायर कहाँ मरता है?

रूह काग़ज़ पे उतार अपनी,
सदियों तक बिकता है...
शायर कहाँ मरता है?

मौत पर नज़्म लिख कर,
अपनी अबो-हयात चखता है...
शायर कहाँ मरता है?

वर्षा वर्मा

प्रशासनिक कर्मचारी



" मज़दूर..... "

रोटी की जंग में खुद को हार रहा हूँ,
मैं मज़दूर हूँ साहब,
क्या इसी की सज़ा अब काट रहा हूँ?

थोड़े से चावल दाल में परिवार पाल रहा हूँ,
घंटों धूप में खून अपना,
सिर्फ़ जीने भर के लिए उबाल रहा हूँ।

दुनिया तो रुक गई सबको ये बता रहा हूँ,
भूख के शहर हर रोज़ मगर,
मैं उम्मीद में मीलों चलता जा रहा हूँ।

मैं वाक़ई क्या किसी को नज़र आ रहा हूँ?
सब बोल तो रहे हैं हफ्तों से,
जहाँ हो वहाँ ठहरो "मैं" आ रहा हूँ।

रोने की आदत है मुझे ये भी मान रहा हूँ,
पर राशन की लाइनों में भी,
वो कहते हैं रुको, "मैं" पहचान रहा हूँ।

मैं आपकी बातों से अपनी हालत जान रहा हूँ।
साँसें उखड़ने लगी अब मेरी भी,
आज तीसरा दिन है, अब तो सिर्फ़ पानी माँग रहा हूँ।

रोटी की जंग में खुद को हार रहा हूँ,
मैं मज़दूर हूँ साहब,
क्या इसी की सज़ा अब काट रहा हूँ.....!!

" साँसों की कीमत..... "

ज़िंदगी में साँसों की कीमत के भी दाम हो रहे हैं,
सड़कों, मौहल्लों में मौत के किस्से आम हो रहे हैं।
तमाशा बदस्तूर जारी है हुकूमत की नाक़मी का,
अस्पताल रातों-रात लाशों की दुकान हो रहे हैं।
धर्म, जाति और रंग में खुद को बाँटने वाले भी,
इस तबाही से आँखें खोले बस हैरान हो रहे हैं।
कुछ हैं अब भी इंसानियत के फ़रिश्ते हर जगह,
कोशिशों से जिनकी कुछ जरूरतमंदों को,
आराम हो रहा है।
बड़ी तेज़ी से फैल तो रही है ये बीमारी मुसाफ़िर,
मगर अब भी लोग बेखौफ़ आवाम हो रहे हैं.....!!



दीपा त्यागी
सहायक प्राध्यापिका
सांख्यिकी विभाग

देश प्रेम और राष्ट्र निर्माण



हम अपनी जान के दुश्मन को जान कहते हैं,
मोहब्बत की इस मिट्टी को हिन्दुस्तान कहते हैं,
हिन्दुस्तान कहते हैं।

दुनिया में सुनाई दे उसे कहते हैं खामोशियाँ,
जो आँखों में दिखाई दे उसे तूफान कहते हैं,
जो यह दीवार का सुराग है साहब!

जो यह दीवार का सुराग है,
चीन अमेरिका पाकिस्तान साज़िशों का हिस्सा है।
मगर हम इसे अपने घर का रोशनदान कहते हैं,
रोशनदान कहते हैं।



आज़ादी का असली मतलब वही समझ सकता है जिसने कभी गुलामी देखी हो। हम सौभाग्यशाली हैं कि हमने स्वतंत्र भारत में जन्म लिया। यूँ तो आज़ादी की लौ 1857 में ही जल चुकी थी, जो मशाल बन कर 1947 में हमारे देश को आज़ादी दिला पाई। आधुनिक भारत के उदाहरणों से स्पष्ट करना चाहूँगी कि जब हम फ़िरंगियों के फेरे में फंसे हुए थे तो 'रंग दे बसंती चोला' की एक आवाज़ से टोले के टोले उमड़ आते थे और उनके 'वंदे मातरम' के नारों से खून में आने वाला पाँच डिग्री का तूफान अंग्रेज़ी शासकों की जड़ों में भौकाल मचा देता था। लोग मर-मिट जाते थे, फाँसी चढ़ जाते थे क्योंकि वह उस दौर की देशभक्ति की कसौटी थी। उसके बाद 1962, 1965, 1971 की युद्ध में अपना सुहाग गवाँ देने वाली औरतें, जब घर के हालात यह हो जाया करते थे कि प्यार गया, माँग का सिंदूर गया, छोटी-छोटी बेटियाँ बेसहारा हो गईं, बाप की कमाई गई, भाई की पढ़ाई गई क्योंकि ऐसा एक विस्फोट हुआ, पता ही नहीं चला साहब! और आपके लिए तो आदमी मरा है किंतु मेरे घर की तो रोटियाँ चली गईं।

ऐसे हालात पैदा हो जाने के बावजूद एक माँ अपने बेटे को दुश्मनों की धज्जियाँ उड़ाने के लिए भेज देती थी और उसे पत्र लिखा करती थी कि, 'अम्मा ने खत लिखा है बड़े चाव से! पुत्र मेरे ना घबराना, एक इंच भी पीछे ना हट ना, चाहे इंच-इंच कट जाना, चाहे इंच-इंच कट जाना।' इस तरह पूरा परिवार अपनी देशभक्ति साबित कर रहा होता था, तब देश वरदान माँगता था, तब देश लड़ जाता था, तब देश मर-मिट जाने को कहता था, फाँसी चढ़ जाने को कहता था। किंतु आज देश लड़ जाने को नहीं कहता बल्कि मेरे विचारों में यदि कोई व्यक्ति अपना काम पूरी ईमानदारी, मेहनत एवं लगन से करे, वही सबसे बड़ा देशभक्त है। मैं नहीं मानती कि फ़ेसबुक और व्हाट्सएप की डीपी को तीन रंगों में रंगना ही देशभक्ति है।

यदि आप कहेंगे कि साल में दो बार हाथ में तिरंगा ले लेना देशभक्ति है, तो मैं यह पूछना चाहूँगी कि फुटपाथ में रहने वाला वह बच्चा ट्रैफ़िक की छाँव में नंगे पाँव जब तिरंगा बेच रहा होता है, क्या आप उसे देशभक्ति कहेंगे या उसके भूखे पेट की शक्ति जो उसे ऐसा करने पर मजबूर करती है क्योंकि ,

ना मस्जिद को जानते हैं,
ना शिवालयों को जानते हैं ,
जो पेट के भूखे होते हैं ना,
वह सिर्फ़ भोजन के निवालों को जानते हैं।
अपने परिवार, अपने देश के लिए समापन का भाव है देशभक्ति और हर देशद्रोही के
जीवन में आने वाला तूफ़ान हैं हम और हमारी
सच्ची देशभक्ति ताकि हर देशद्रोही समझ सके कि,
अगर तू परिंदा है तो ये आसमान तेरा है ,
अगर तू दरिंदा है तो यह शमशान तेरा है।
भाईचारे से रहना है तो रह इस ज़मीन पर,
वरना यह क़ब्र भी तेरी है और यही क़ब्रिस्तान तेरा है,
और यही क़ब्रिस्तान तेरा है।

एक बेटा देशद्रोही तब होता है जब वह अपने बूढ़े माँ-बाप को वृद्धाश्रम की चौखट पर छोड़ आता है। रो पड़ती है वह देशभक्ति जब मुसीबत में लोगों की जान बचाने से ज़्यादा हम सेल्फी लेकर अपने लाइक बढ़ाने में लगे रहते हैं। आज के इस दौर में वह युवा जिनके ऊपर ज़िम्मेदारी है अपने देश, अपने समाज और अपने राष्ट्रवाद की आशाओं को बाँधे रखने की, वही युवा अब चार बाई चार इंच की छोटी-सी स्क्रीन पर अपनी कोमल उँगलियों से अपनी भावनाओं की 'इमोजी' भेज रहा है। 'चार बोतल वोडका, काम मेरा रोज़ का' ने भारत के भविष्य को संकट में डाल दिया है। हम एक ऐसे समाज में जीते हैं जहाँ लड़कों से बात करते देख वह भाई जो हड़काता है, वही भाई अपनी गर्लफ्रेंड के क्रिस्से घर में हँस-हँस के सुनाता है। और मैं बता दूँ, महिला सुरक्षा के मामले में हम आज भी चौथे नंबर पर आते हैं। हम ऐसे समाज में जीते हैं जहाँ पत्थर की मूरत को छप्पन भोग लगते हैं और भूखे नंगे तड़प कर सो जाते हैं।

मज़दूरों की मज़दूरी समझिए मजबूर ,
गरीब को काम दीजिए दान नहीं।
दान देने के इच्छुक हैं तो जीते जी रक्तदान दीजिए
और मरने के बाद अंगदान देकर किसी मरते हुए को जीवनदान दीजिए,
यही सच्ची देशभक्ति और यही सच्चा राष्ट्रप्रेम है।

- तनु उपाध्याय
विद्युत विभाग
प्रथम वर्ष

झोपड़ी से एक दिन बोला महल यूँ
तू सुधरने की नहीं करती पहल क्यों?
था कभी मैं भी तेरे ही जैसा
पास मेरे भी न था ढेला न पैसा
किन्तु मैंने भाग्य को ठेंगा दिखाया
काठ से किस्मत को मैंने खुद बनाया
आज मेरी भव्यता को तू देख ले
बात मेरी बाँधकर तू गाँठ रख ले
तू सुधर जा या बदल ले ठौर अपना
हूँ महल में और यह है दौर अपना
है मुझे तुझसे यही शिकवा गिला सा
तेरे कारण मैं कलंकित चंद्रमा सा।

झोपड़ी बोली, महल सुन बात मेरी
जानती हूँ ठीक से औकात तेरी
जानती हूँ आज तू जिस पर टिका है
झोपड़ी वाला तेरा वह दिल बिका है
रौंद डाला पग तले कुल-कुल हमारा
खून मेरा ही मिल बना तेरा है गाढ़ा
जों बनकर झोपड़ी का खून पीना
बन गया तेरे सभी सपनों का जीना
मर गया तेरा जो वही विवेक हूँ मैं
इसलिए तेरे चुनौती एक हूँ मैं
तड़पते तेरे हृदय का डंक हूँ मैं
सोच मत तू चंद्रमा और कलंक हूँ मैं।



कौन जाने दौर तेरा है या मेरा
राम जी ने भी किया मुझमें बसेरा
चैन से राखे न तूने राम-सिया
बुद्ध-महावीर को भी सुख न दिया
फिर भला किस मुख से करता सुख जुगाली
झंझटों की जड़ है तू दुखों का माली
तुझमें जो रहता वह सदा बेचैन रहता
नींद से वंचित अतृप्त दुख घोर सहता।

तानके थिगड़ी की चादर खूब सोता
जो रहे मुझमें लगाए सुख में गोता
झोपड़ी के राम, रावण पर हैं भारी
कुश व लव से राम की सेना भी हारी
तू तो कहने के लिए ही बस महल है
तुझमें जो रहता सदा रहता विकल है
मैं सच के साँवले सपनों का बल हूँ
सर्वहारा के लिए मैं ही महल हूँ !

-वैष्णवी जदौन
मनोविज्ञान विभाग
प्रथम वर्ष



पत्र

उम्र भर की धूप को
क़ैद सीने में किए।
कुछ अधूरी ख्वाहिशों,
के फूल हाथों में लिए,
देखता हूँ मैं खड़ा,
ठंड की इस रात को,
इस भीगती बरसात को,
जब हृदय को रोक कर,
सम्पूर्ण शक्ति झोंक कर,
तुमने मुझसे कहा था,
फिर तुम्हारी आँख से,
मैं नीर बनकर बहा था।
और हृदय की बेबसी,
अवरुद्ध कंठ में फंसी,
चुपचाप सिसकती रही,
निस्बध्ता की भीड़ में,
और हम बंधे रहे,
कर्तव्य की जंज़ीर में।
कहाँ फिर कुछ शेष था।
सिर्फ़ आँचल में तुम्हारे,
प्रेम का अवरोध था।
फिर कभी ना हम मिलें,
ज़िस्म के ज़रों तले,
रिस्ती रहीं खामोशियाँ,
बनकर युगों की वेदना,
और मैं विझिप्त-सा,
संज्ञा-शून्य रिक्त सा,
दायित्व और अधिकार के,
द्वन्द में लिपटा रहा।



इस जगत के सैकड़ों,
संबंध में सिमटा रहा।
मगर अभागा यह हृदय,
तुम्हे नहीं भुला सका,
न किसी का हो सका,
न किसी को पा सका।

-अमीषा कुमारी
भौतिकी विभाग
तृतीय वर्ष

Should a company pay for its employee's education?

“Competent human resource is tantamount to the most supreme asset for an organization”

In late 1700's post the industrial revolution, the Human Resource Management methodology emerged wherein emphasis was laid on education and holistic development of the employees in addition to the process of recruitment and selection. This very idea marked the commencement of change in the role of an employer from an administrator to a facilitator for their employees.

What's in it for the Employer?

As per various statistical observations, it is easily perceptible that for the long term growth of an organization, hard skills of the employees are as imperative as their soft skills. An educated employee is more likely to contribute effectively and efficiently to the growth and production of the goods and services of a company than an uneducated or less educated employee. To elucidate the chain effect, if the employees are educated, they tend to become highly enthused at the workplace which would then mark the upgradation of a company's output and cause a downfall in the cost of production of the same. This is a direct result of the enhancement in the methodology of the employee's utilisation of the company's resources in the production cycle as it becomes more optimal. This would lead to a boost in the turnover as well as the business development of the organization.

An organization thus, would have a reduced duration of the operating cycle which would allow it to have a better compliance in meeting the customer's demand on time and will increase the quality of products delivered as well. This would lead to the company having a strong customer base and increased lead sales as well as a fine reputation in the industry. Hence, it can be concluded that an initial investment in edification of the employees would possibly result in a significant hike in the stock prices of a company because of its thriving nature which would further allow it to achieve its long term financial goal of maximizing the shareholders' wealth.

The P.A.C.E Experiment

In July 2013, an experiment named 'Randomized Controlled Trial' was conducted in five different garment factories situated in Bangalore, India. The experiment laid concern on P.A.C.E training: 'Personal Advancement and Career Enhancement' training. Under it, the female workforce of the factories underwent a rigorous educational-cum-soft skill development course for a period of nine months in continuation. P.A.C.E. teaches communication, time management, decision making, problem solving, and financial literacy through weekly group

sessions in the workplace itself. The experiment was designed to determine two things. First, whether workers benefit from the training and second, whether it pays off for the firms to invest in such trainings for their workers.

The upshot was as follows: the factories showed a 250% hike in the net rate of return. They were more productive by seven percent post-training and the average complexity of the sewing operations to which they were assigned rose considerably. Moreover, the treated workers' retention was three percent higher during the program. Additionally, there was a significant spillover effect. The untrained workers on the same production lines as trainees were about 6.5% more productive than the control group of workers and worked an average of extra 7.8 days over the duration of the program.

“Education when supplemented by consistency, yields maximum results.”

Organizations can have compulsory inclusion of educational programmes along with the induction training. This would allow the employees to gain a high level of productivity at the time of reporting on duty itself. In addition, having included various advancement courses which are to be taken up by employees as a part of their ‘salary and wages in kind’ can possibly prove highly effective especially when one acknowledges the need to cope up with the modernisation of the external organisational environment in the corporate world. To keep a track of the progress, employees can be made to undertake aptitude tests at regular intervals so that the company can have a record of their performance and areas wherein the need of improvement reflects. Employees should also be given knowledge regarding the other non-speciality areas in their own field. In a business when every employee is capable of wearing the elite hats, a strong foundation lodges into place. Here in this scenario, every member of the team will be comfortable and competent with all the ins and outs of the corporation.

“The competition to hire the best would prevail, but the companies that give extra flexibility to their employees would have an extra edge in this”

Bill Gates

Conclusion

All the reasons suffice for the fact that an employee's education does not only prove to be a benefactor for them but also for the employer in a much more efficient way. Thus the need for paying for employee's education prevails ubiquitously and is in everyone's favour.

Vanshika Arora
Bachelor of Management Studies
First Year

How To Define A Friend?

How to define a friend?
Someone who helps you,
Maybe someone who cares?
A person who holds your hand
When you try to climb those invisible
stairs?

A sunny day,
With a blue sky;
A dazzling night,
Bathed in moonlight;
Your life, don't they make you rejoice?
Then isn't a friend someone
Who gives you the same pleasure, gives you
the same joy?

Who is ecstatic when you succeed in life?
When malicious, who is your most loyal
ally?
Oh, what about the time when no one trusts
you,
turn their backs?
It's the friend who says, "That's not her
fault, cut her some slack!"

"You like it? Me too!"
"You can count on me!"
"Why do you worry when I am here?"
"I will do it for you, trust me, dear"
Who has reflected this warmth if not for
that one friend?
Kindness, empathy, passion, a perfect
blend.
When you try to remember all your
beautiful memories,

the moments that were rare,
Wasn't the friend always there?

Grey clouds, pouring so hard, grief is in
the air
It's the end of the world,
Alas! Not so fair!
Then a soft touch on your shoulder, an
embrace so warm
Few gentle words enough to calm the
storm
If not for a friend, who does that?
No humongous philosophy,
makes you come back with a little chit-
chat
Who fits the definition, who comes to
mind?

Yes you, my friend, with whom my fate
is intertwined
You have no idea how special you make
me feel,
If these words could make you feel even
half of that, it would be a big deal
Two words won't say it all, but,
Thank You.
Without you the sunny day won't be that
sunny, the sky won't be so blue
If not anything there is one thing I want
to say,
"Today, tomorrow and every day,
I will stand beside you, come what may"

Asma Aktar Shaikh
B.Sc. (H) Physics
Second Year

Balloon

She had been talking to a man when she began to float,
And he expressed no shock, this man in his dull grey coat.
She looked down towards him as he continued to explain,
Then she looked at the others, the men she thought sane,
And wondered if none could see her flying to the moon.
That's when she touched her head and discovered the balloon.
Her eyes were gone and her nose was flat,
Her head, if it could even be called that,
Was smooth and convex, with her mouth gone.
Yet she could smell the flowers and see the dawn.
And when she opened her mouth to scream,
Nothing opened, or so it would seem.
But she did hear a scream somewhere,
Even though she felt no ears behind her hair.
Or rather, the place where her hair once had been.
She, who once had a head like all other women,
Now looked down at others scurrying around like always.
Not seeing the flying woman, moving in a mindless daze.
She looked at the trees, their leaves as green as could be,
The squirrels jumping around, faster than she could see.
She looked up at the sun that now seemed bigger.
The clouds seemed within reach, maybe because they were.
The men beneath her were nothing but ants,
In their dull grey coats and their dull grey pants.
They walked around carrying their little boxes,
And walked to their dull grey small brick houses.
The trees were now smaller, the squirrels a blur,
The unbound, unchained birds flew beside her now.
She touched her head again, now a rubber sack,
And where she poked, the balloon poked back.
The birds flew with her, the winds blew her off course,
With the clouds around her drenching her earthly clothes.
The earth was left behind, the men forgotten.
The clouds beneath her, eyes on the sun.
She was flying and flying and she continued to soar.
Had been flying for all her life, until she wasn't anymore.

Rajasvi Raina
B.Sc. (H) Food Technology
First Year



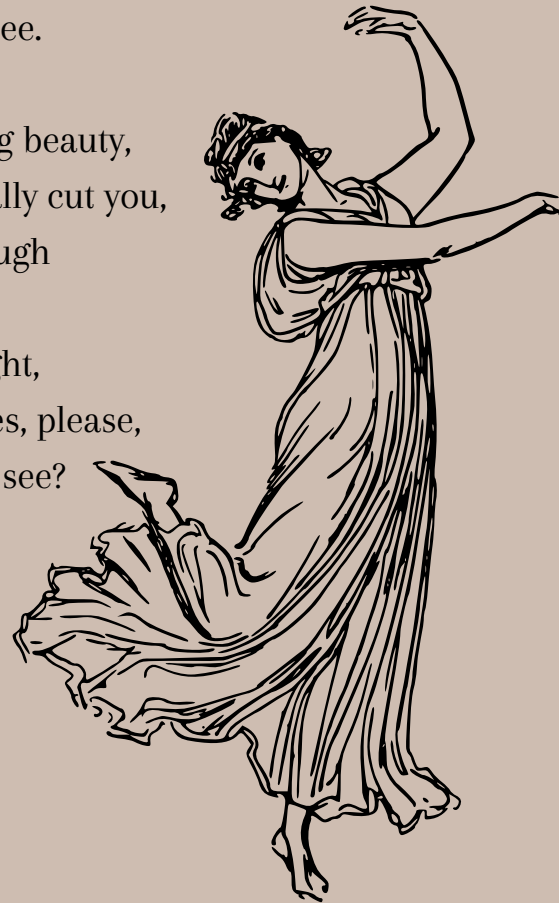
Dancing in the Dark

Slender body, gliding over ice like birds,
Cutting through the wind,
And creating little tornadoes as you move along,
With the magician's wand in your dainty fingers,
Painting over the cold blue sky,
Tossing your heart up in the air and, nearly,
Catching it every time,
Dancing with flaming swords, I see.

Knees touching the ground, a risky move like no other,
Tearing up the platform as you move along,
A blue orb in the middle of your porcelain chest,
Bursting into flames,
Golden specks in those watery eyes,
Living for the scattered applause, I see.

Accept this as an ode to your mesmerizing beauty,
And forgive those twin blades that accidentally cut you,
Melt all your troubles away even though
The sun forgot to rise today,
Know who you are under the spotlight,
Let me become one of your hypnotic muses, please,
I'm the only one in the audience, you see?

Anshika Sharma
B.A. (H) Psychology
First Year



Desperate

The word doesn't have wings,
Until it's forecasted into the sky,
The universal marks then establish,
And the character judgement precedes the virtues.
How many times have you fallen apart,
How many times will you re-bond all that's broken,
All the universe can see is, what's in the prescription.
You talk and they hear;
Hearing, I must tell you is different from listening,
When you listen,
You search for the root of the motivation,
But when you hear,
You simply look at the desperation.
People want themselves to be heard,
That's actually what is reverse,
Reversing the mode and establishment of all those feelings,
So no one knows,
What the turmoil they are in,
And then they question,
Why does no one understand?
How will anyone understand,
When all you do is explaining,
And all they do is hear you.
Hearing a bird sing feels nice too,
But answer me, do you really understand,
What they experience when they're hitting low self-esteem??

Chandrika
B.Sc. (H) Biomedical Science
Third Year



The Imperfect Perfectionist

While going forward on the path of life,
Something stood before me, alive!
Suddenly everything became so dark,
Followed by a silence, which stood so apart.

While going ahead, I was in fright,
And then, something made me stumble!

I fell, and felt helpless,
I did nothing but bumble,
And then came a hand,
I looked up and saw him.

He could see the fear in my eyes,
Even in the dim, I am sure
He helped me stand up,
And without uttering a word.

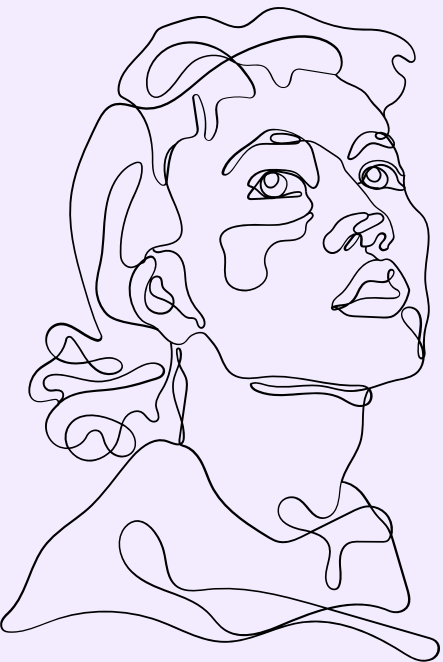
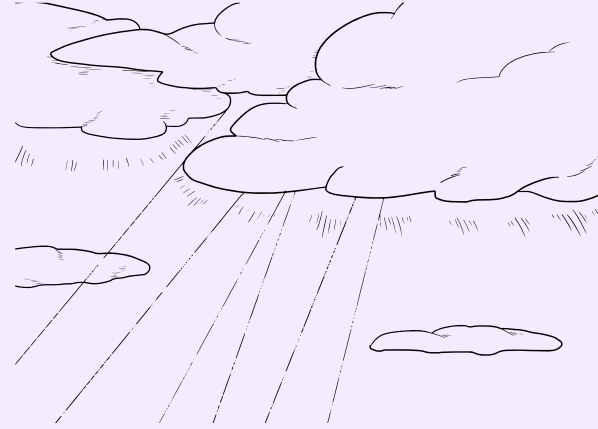
Lighted a candle,
And the candle, it lit up my way.
I really found everything so absurd
Was it a fact, or just a fantasy?

He told me to step ahead,
And I was really afraid of my idiocy!

He said, "Believe in yourself,
If you will fall, I will pick you up,
If you are lost, I will guide you,
Just remember, I am here"

His words made me believe
Maybe, just maybe I was not alone!
I took a step forward and then looked back,
Alas, he had already flown away!
All my gained courage started to wane,
And then came a voice-

"Have you forgotten what I said already?"
Then, I smiled, I went forward and onwards,
Closer towards my destination,
I walked, I ran, I jumped, I fell...
But this time I got up on my own
A voice, I then heard, whisper to me,
"Look, you have already grown!!"



Priya Sahani
B.Sc. (H) Biochemistry
Second Year

Dilemma of Love



When we say we love someone,
Do we love for them?
Or is it an act of indulgence,
For ourselves?
Is it because their presence,
Gives us joy?
That their quirky habits and laughter,
Make our day?

If looking at ourselves,
Through their eyes,
Doesn't make things better,
What is love then?

We say we love them for,
Their flaws and their virtues,
But isn't it because we find,
In them a joy that we
Just can't find in ourselves?

Love is giving,
But it takes so much too,
Another person's time,
Space in their life too,
And most importantly, their thoughts.

Amisha Kumari
B.Sc. (H) Physics
Third Year

Diversity and Inclusion

WHAT IS DIVERSITY?

A diverse organizational climate is inclusive of employees of different races, ethnicities, genders, ages, religions, and disabilities, with differences in education, personalities, skill sets, experiences, and knowledge bases. The phrase 'Diversity at Workplace' is often interpreted to be only the social responsibility of the business, but in actuality, it is also a business strategy.

Why is Diversity Significant for Performance Enhancement?

Diversity at the workplace can prove to be an efficient benefactor for the organization due to quite a few reasons, as listed below:

- **Amplified Infusion of Talent:** Employee diversification leads to the presence of employees from innumerable backgrounds, which means that each human resource brings forth talent and awareness from their respective cultures. This ultimately leads to a more diverse climate and a greater degree of innovation, owing to the infusion of multiple skill sets in the production and management processes.
- **Exchange of Ideas and Increase in Team Work:** In current times, organisations are being staunch advocates of teamwork, since it directly leads to better outcomes on both tasks as well as for the delivery of goods and services. When an organisation has employees with distinct cultural, racial and individual identities, each team member brings to the table a different set of ideas and offers a unique perspective to problem solving, because of which the team can effectively arrive at the best solution in the shortest possible time. Thus, a consistent increment in productivity is in any organization that advocates and practices diversity.
- **Effective Communication and Widening of the Customer Base:** Workplace diversity can immensely strengthen a company's customer base. Customer services, marketing and sales, and public relation departments are the areas wherein effective communication is crucial. An employee or a representative can be allocated to deal with customers from their specific culture, thus making the deal more convenient in terms of interaction for customers.

WHAT IS INCLUSION?

Inclusion is known as the deliberate act of encouraging employees' participation, wherein they can speak up, be heard, and feel welcome in the organisation, and have equal access to opportunities and resources. Moreover, inclusive frameworks involve laying an emphasis on the principle of 'equity' by ensuring justice in the behavior of the employer towards all their employees.

Why is Inclusion Considered to be a Benefactor for Growth?

An inclusive environment in an organization serves as a base for strengthening an employee's willingness to contribute to his optimum most level. The reasons for this can include:

- **Non-Financial Incentives:** Organizational strategies that encourage inclusion of employees in decision making act as a non-financial incentive and a disguised way of stimulus for them. Thus, as per Maslow's hierarchy theory of motivation, the belongingness and the esteem needs get satisfied.
- **Lower Employee Turnover and Higher Retention:** Inclusion at the workplace helps in making all employees feel accepted and valued, resulting in a longer stay within the company. Thus, the companies have lower turnover rates, owing to a higher retention period of the employees.
- **Increase in Employee Participation:** If the organization provides an inclusive climate, the employees take the assigned task as their responsibility instead of burden. This fulfills the long term goal of companies, i.e. employee satisfaction.

How can Diversity and Inclusion be Enforced?

Listed below are some methods that must be taken into consideration while stimulating diversity and inclusion.

- Laying emphasis on the principle of equity, which insists on having equality in the behavior of employers, reflecting no gender, racial or caste based prejudices, towards the employees.
- Providing incentives for the employees to give them a sense of recognition, which is meant to stimulate their feeling of inclusion in the organization.
- Fostering a culture wherein every voice is welcome, heard, and respected. It is vital to create an environment where they all feel a sense of connection to the company and its people.
- Welcoming a multi-lingual and a multi-generational workforce, as it can be a successful way of stimulating inclusivity as it allows fostering diversity in the environment of the workplace. It also directly leads to a wider customer base as it improves communication with respect to a wider range of existing, as well as potential consumers.

Finally, all companies must remember:

*'DIVERSITY IS A FACT
INCLUSION IS AN ACT'*

Vanshika Arora
Bachelor of Management Studies
First Year

Fading Reflection

The echo of their laugh pierced me, as I stared at the ground.
Clock ticked slow, as I stood low, bowing down.
You said the stars are in the skies, sparkling in the moonlight,
Then why do I see them on the trees dancing with every wind gushing by?

Apples on the ocean bed and mangoes in the rivers are my pearls.
I was praised, when I was a baby, for thinking that way.
Looking in the mirror I told myself,
My world is beautiful with rivers too salty and the skies too red.

Now I'm a fool, as my birds swim and fishes fly past me.
I opened my world to you but you shattered it.
'You are so wrong' why did you ever try to correct me?
Spare me, so that I can stand in front of me again.

Autumn's here with shooting stars, I look above to close my eyes back again.
I walk with you now but it is not the real face.
Covering my eyes, body, my soul, I stare at the crack in me.
As I further lose faith in myself, and fear you a bit more.

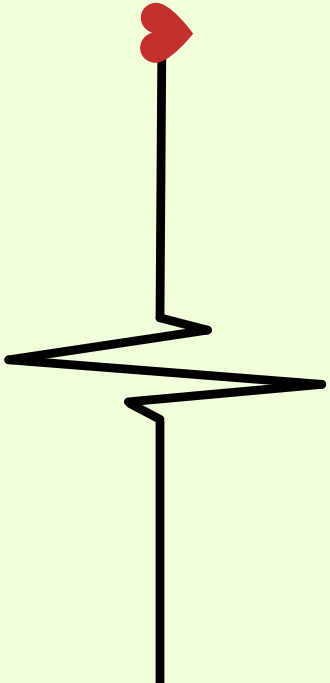
You rule me as a slave, your ideas and beliefs are my anthem now.
I'm a twig drifting along with your wind everyday.
The sky's changing colour and the stars are ascending to it,
Standing at the shore I notice, fishes returning to the sea.

How do I say I love you when I am despondent, dear mirror?
Enslaved I am but I'll set you free, for the leaves to sparkle onto you.
Just like Kohinoor on queen's crown, one I lost in violence,
A mermaid with toes you'll be, while my heart bleeds of saudade.

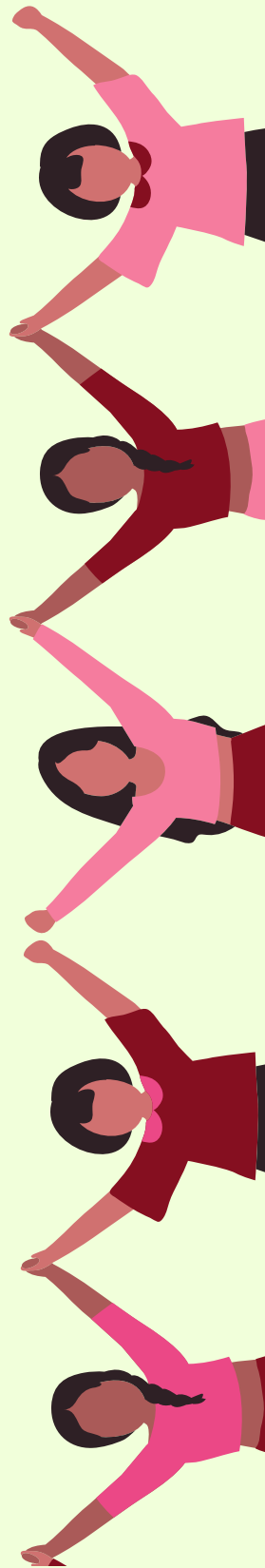


Akriti Rani
B.Sc. (H) Statistics
First Year

Live and Let Live



Wandering through the city of Cilica,
Beholding many mind opening views and memories,
Listening to the sounds of Thames,
There were none but me.
I walked all alone, none accompanying,
I wore what I loved, did what I wanted,
I walked how I liked, and went where I wanted.
No question came before me,
The city is strange and unknown,
And yet I felt blithely secured here,
Failed to notice the lad following me,
With those eyes, that can burn me alive,
Yes I'm a woman and
What's special with that?
Neither nights, nor the dark,
Are uniquely for men, rather for all,
I am not the piece to be commented on,
Just technology can't make you grow,
But returning to us our nights may.
Hey, hunters around me,
Just a beard couldn't make you man
But your traits and actions might.
Pardon me, for being rough, but
How much more can I suppress
And let it rile me up from inside?
Women are not that cemetery,
Where you bury thou amiss.
Just enfranchise to actualize the sky
I'm not an arrow against you, and,
Not that nettle to you. Then,
Why do you throw those marks at me?
Exploit your hoof prints to protect,
Not to scare me,
This cosmos is for us and not just for you,
So let me flourish, let me to live,
Hey men,
Live and let live.



Akshara Satheesh
B.Sc. (H) Physics
First Year

The Battlefield of the Pen and the Sword

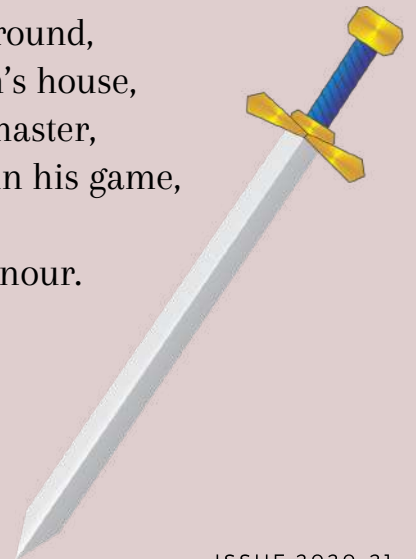
All the King's horses and all the King's men,
Slash through the bountiful forest of truth and veracity,
Burly fingers wrapped around fire torches and arrows loaded on their bows,
A lifetime of delusional training to keep an eye out for those who dissent,
Those who use their pitiful voices to beg for mercy,
And those who are always concealed in the shadows, wary of the hunters.

All the King's horses and all the King's men,
Break the necks of sweet, little blue birds,
Tweeting about their song of annihilation and rage,
Sneakily shiv the messengers of the brave,
A lifetime of mindless service for a man with a golden bird for a pet,
Marching against those who sharpen their knives and wipe their blades,
Aiming at those who shed blood, sweat and tears for this barren land,
And pelting at those who haven't tasted the realness of freedom yet.

All the King's horses and all the King's men,
Waiting on the King's hand and foot,
Ready to hail fire to satiate his gross appetite for destruction,
A lifetime spent being hypnotized by his shiny castle of doom and demolition,
Only to be rewarded with a lotus stem,
For slaying those who had just picked up a mighty pen,
Those who had scribbled on pages torn from desolate books,
And those who had blabbered about the truth.

All the King's horses and all the King's men,
Have dropped their sheathed swords on the battleground,
Have picked up shiny pebbles to throw at the monarch's house,
Their life won't end with kneeling in front of their master,
No more puppets on strings, no more disposable pawns in his game,
Giving a shoulder to the restless peasant,
They march out of the kingdom with a badge of honour.

Anshika Sharma
B.A. (H) Psychology
First Year



So Called Weird Kid

Was there a sign board on my way that I
didn't notice?

Telling me to put aside the desires,
If they might get laughed at?
Was I running so fast,
Maybe I forgot to learn that I need to
stop,
When there's a red sign on my way.
But who's going to show me the green
sign?
Who's going to tell them? That all I
desired for
Was the green light of hope.
Or maybe even just a bit of orange,
Anything other than red.

Otherwise this desire would turn into
pain,
And this pain would linger like a bad
perfume.
It'd crawl like a poisonous snake
And breathe cold air.

On some days there's
Hope,
Rush,
An excitement,
Telling me to act on my impulse,
Telling me to act like a "bad" woman,
Asking me what's so wrong in my truth,
That I need it to put inside my pockets,
To hide from the world.

If there's an act of play,
Why do we choose to play cool,
Instead of playing honest?
Is it because we are afraid of our truth,
Or are we afraid of the people?
People who are our best of folks.
Are we scared of their reaction?
Or are we scared of being misunderstood,
By our own people?
But what's more important,
To be understood
Or to make them understand?

Tell me why is it wrong
To not fit into the preconditioned norms?
Is it wrong to also long for those pretty
painted nails,
Sapphire blue ring in those homey hands,
And those endearing eyes,
For which I would happily ruin my sleep?
Is it?

Oh how I wish to pause for a second,
The world turning upon my identity,
Just for a microsecond of time.
Can we switch to those times?
When I didn't have to worry about,
The tainted tarnished image.
Alas I switch back to the present
Where every act of mine has a
consequence,
And there lies an identity of yours set by
default.

All I know is,
I'm not someone made to fit in a box,
Ready to be exported,
Ready to be shaped into a clown,
And I can never be.
Because even if I don't have the answers,
To these seemingly obvious societal questions,
I do know a few things.

One of them is,
This time I'm hoping
That instead of playing cool,
I might play it honest.
Not just because I'm tired of faking it,
Not because I don't know of the other ways,
But because this is important.
Not just for me but for everyone,
Who once breathed cold air,
Who once was laughed at,
For being different.
For being happy in their own "weird" way.
And who once decided to put incognito mode on,
Because no one told them that they love you above everything.

Riya Kothari
B.Sc. (H) Physics
Third Year

The Blue Horizon

As I see the vast ocean meet the never ending sky,
My heart gets drenched in the blue thoughts that makes me cry.
I let out everything, the feelings of grief and despair,
I bury my tears on the shore and let my soul repair.
For years I've questioned my fate,
Asked why life would take away my most beloved sister,
But now I've learnt to cherish the short yet sweet Memories of us together.

I am coming to term with my loss,
Yet every passing day feels like a year.
I want to relive those days spent,
When life was much less blurrier.
It's at this blue horizon where we converge,
Our souls of different dimensions,
And the ocean breaks all the barriers ,
Allowing us to finally meet each other.

Pankhi Mili
B.Sc. (H) Biomedical Science
First Year

The Flowers And The Bee



Rajasvi Raina
B.Sc. (H) Food Technology
First Year

Blue, like a lover's eyes, the skies smile,
And grey, like a God's love, the winds sigh.
The fickle, frolicking bees glide,
Over the rainbow dotted countryside.

The rainbows move around and tease and play,
"Roses or lilies or lavenders?" they ask.
"The birds and the bees all know what they seek,
Be it the sweetness of sunflowers or the violets so chic."

But who can choose a shade to love,
One truth to live, one God above,
One bud to own for all your life,
One dream to yearn, one heart to knife?

Choose the charm of an iris, or maybe a buttercup's glow,
The warmth of a daffodil or a graceful indigo?
Choose the passion of a pansy or a dahlia's devotion,
The courtesy of a tulip or the kindness of a carnation?

A petunia's fury, or a thorn to a shriek?
Tell me how a bee could choose, tell me what she'd like.
Tell me the blossom's name that she would love forever,
Would it be the tender lilac or the proud lavender?

The rainbows ask again, in their exclusive inclusion,
"Is it the daisy's fragility or the orchid's illusion?
Is it one or two, or none at all?
Is it the poppy's fire or the sky blue ball?"

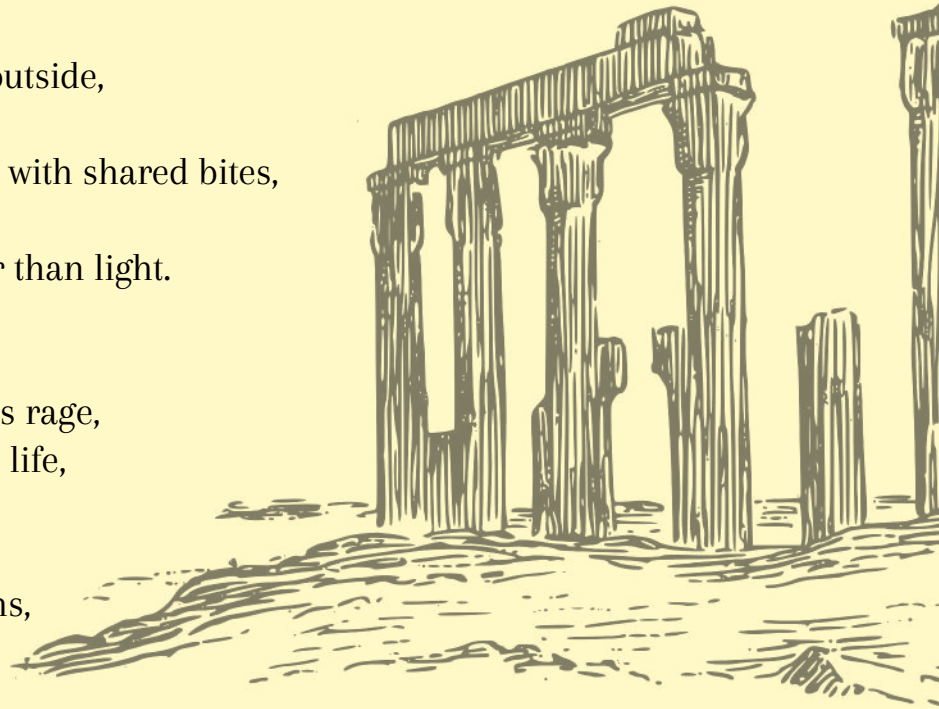
It's one and two, it's all and none,
It's all the flowers' love and all of their abandon,
It's the lotus and the peony and yet it's neither.
It's all the aster and the zinnia and yet none that allure her.

Tell me what a bee would choose, if she could choose at all,
Tell me if there's one to choose or can one choose them all.
Tell me if it's wrong to maybe never know what's right,
Tell the bee if she should just kiss the meadow goodnight.

The Memory Room

Standing at the door, breathing in the rusted smell,
I see broken things, and a room full of mess,
I still remember those days I spent here,
Every corner filled with a sort of careless laughter.
This place is where I actually lived,
With those friends in sorrow and bliss,
I walk inside this empty room,
Listening to the melodies boom.
I close my eyes and flew back in time,
I see myself staring at my crush,
He looked back and I blushed,
The teacher's lips are moving she said
"Sit down and be quiet."
The bell rang and nd we rushed outside,
We passed that boring hour,
Ate lunch in the middle of period with shared bites,
Spaces full of pranks and fights,
Where gossips once moved faster than light.

A place where we remained safe,
Unmoved from the outside world's rage,
Dreams appeared more real than life,
But then reality hit us hard,
And some dreams said goodbyes.
Blackboards as big cinema screens,
They now play soulless films,
Nothing we can do but sleep,
Missing those scoldings with full of care,
In that moment we cried, now we are nostalgic.
Waiting for summers was always worth the wait,
The holiday spirit always a joyful serenade,
Those were the days I cannot forget,
That was the end of an era,
Tears in my eyes and a grin on my face,
I take a last look at this memory room I will never erase.



Simran
Bachelor of Management Studies
1st year

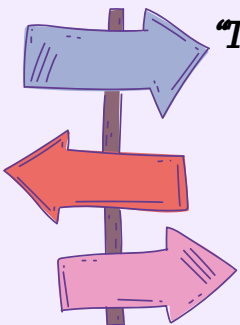


Women and Tourism



As the saying goes “An adventure may be worn as a muddy spot or a proud insignia, it is the woman who’s wearing it makes it one or the other”. It has been evident throughout the modern era that a woman’s holistic development and tourism go hand in hand. For when a woman travels, she is not only exploring the place but her true self. When a powerful feeling of autonomy is experienced, a sense of accomplishment upon being one’s own decision maker is also achieved. When a woman travels from a state to state or from a country to country, she is exposed to the authentic and diverse cultures of the places. Often the serenity of the environment facilitates the growth of her mind as well as the root of originality imbibed in her. Be it a homemaker or a business woman, travelling is considered to be a breakthrough for all.

When the air of a new place is felt by her, a woman can dive and feel her own thoughts as she gradually becomes comfortable in her own skin. Hence, the markings of the installation of self love and individuality commence. As the horizons broaden, a sense of independence is also achieved in monetary terms, for when a woman explores different places, she gets to have a sense of awareness regarding the opportunities that are prevalent in the real world. This not only leads to a path of attainment of self reliance but also helps to tackle the gap of systemic gender inequality to an extent. As the counts of solo travellers, women travel bloggers, community travels, etc. increase exponentially throughout the globe, it becomes crystal clear that the Tourism industry has successfully laid emphasis on gaining equality for women by facilitating women empowerment.



“Till the time you travel, your mind will wander and your heart will keep growing fonder and fonder.”

Vanshika Arora
Bachelor of Management Studies
1st year



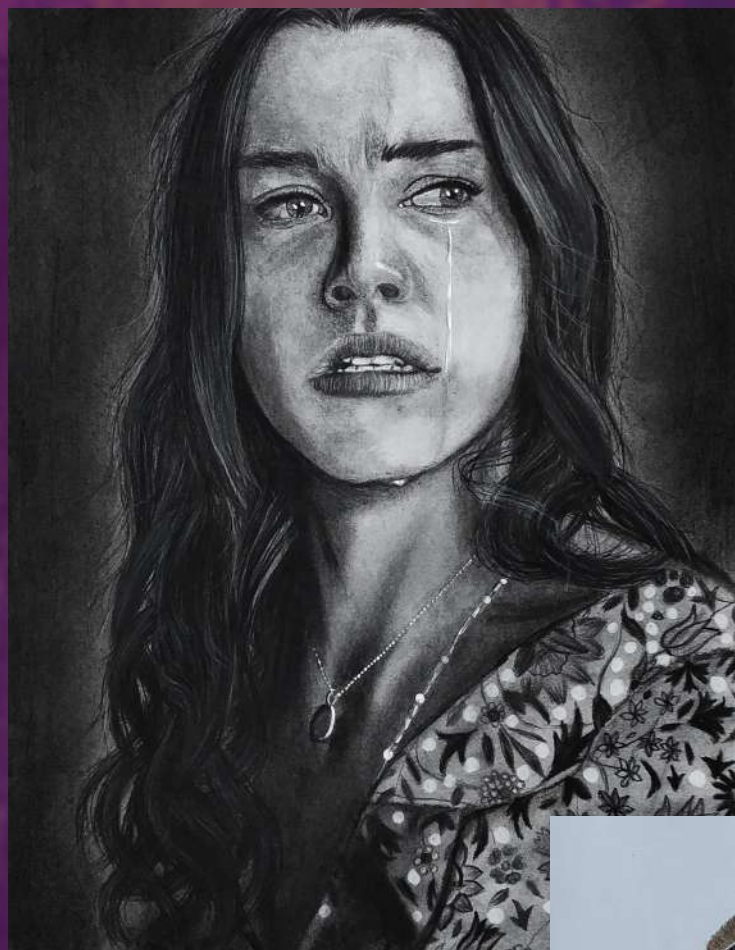


Sayani Nag
B.Sc. (H) Food Technology
Second Year



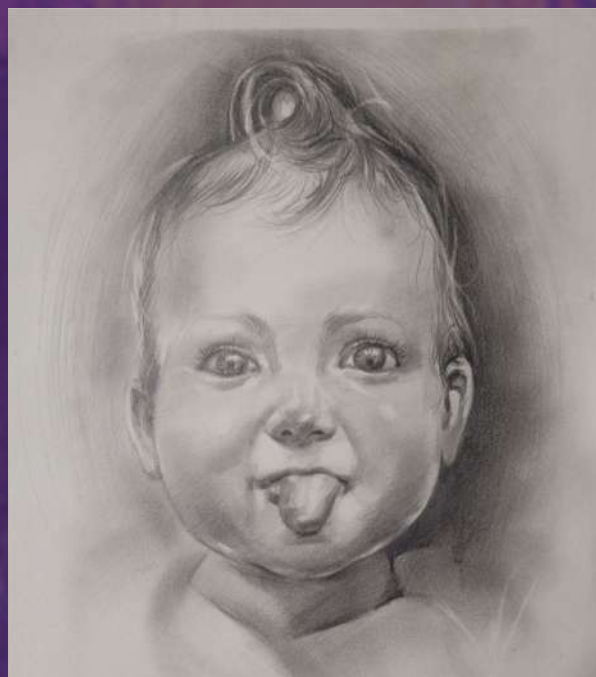
Sayani Nag
B.Sc. (H) Food Technology
Second Year





Sonu Kumari
B.Sc. (H) Chemistry
Second Year





Tanya Srivastava
B.Sc. (H) Chemistry
First Year



Harshika Singh
B.Sc. (H) Electronics
First Year



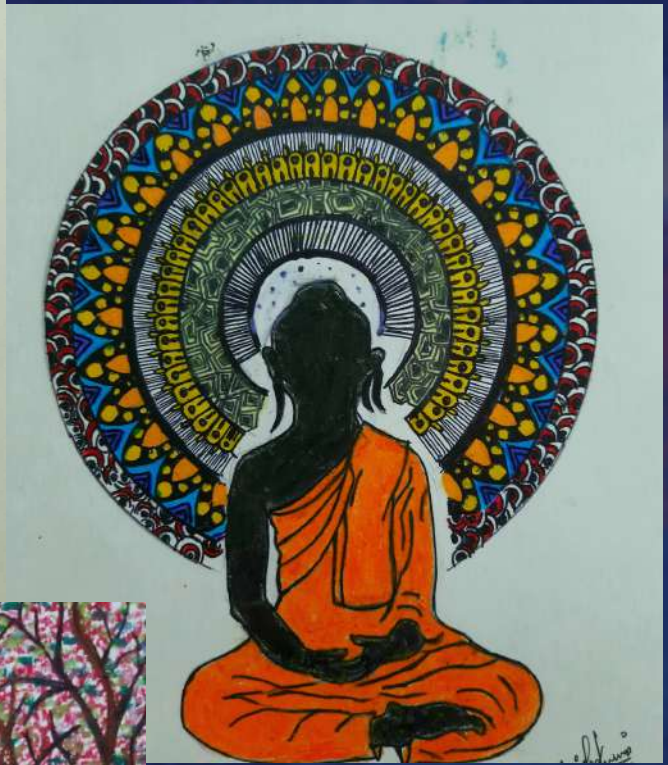
Tanya Srivastava
B.Sc. (H) Chemistry
First Year



Pranati Chandra
B.Sc. (H) Chemistry
First Year



Amisha Kumari
B.Sc. (H) Physics
Third Year





Khushi Rawat
B.Sc. (H) Statistics
Second Year



Manisha Sanger
B.Sc. (H) Microbiology
First Year

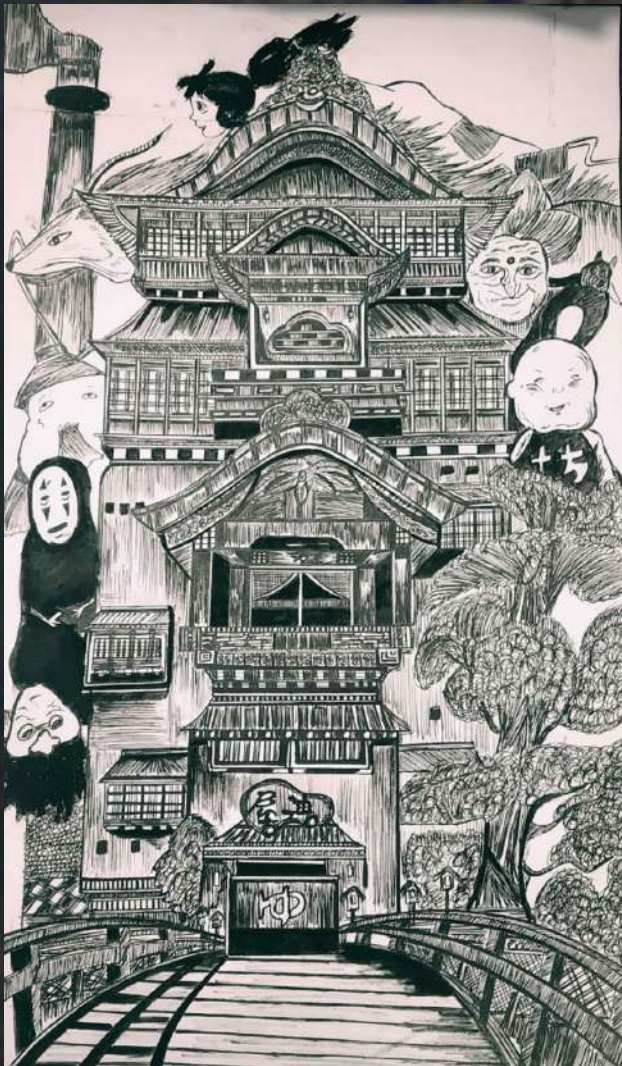




Shivam Rathi
B.Sc. (H) Physics
First Year



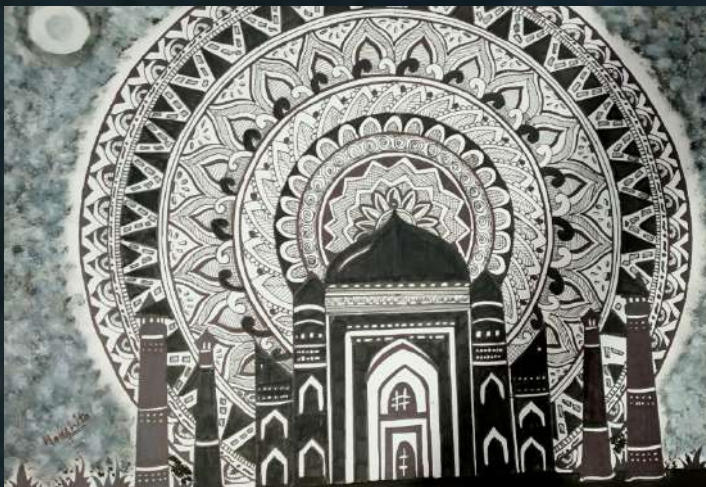
Himanshi Virani
B.Sc. (H) Mathematics
First Year



Harshita Gupta
B.Sc. (H) Biochemistry
First Year



Harshita Gupta
B.Sc. (H) Biochemistry
First Year





Rishita Maheshwari
B.Sc. (H) Statistics
First Year



MASKED AFFAIR

A Halloween Themed Face Painting Competition

FIRST POSITION



I have always been fascinated by Halloween, and even more so with skeletons. I couldn't take this picture in polychromatic lighting because it just wouldn't look as spooky. Okay, so why do I like skeletons? Hmm... Well, because they remind us how at the end of the day, we are the same on the inside and to discriminate is futile and has no basis.

Sumedha Basu

B.Sc. (H) Biomedical Science
Second Year

SECOND POSITION



"We've all got both light and dark inside us, what matters is the part we choose to act on... And today I choose to be scary only... Have a spook-tacular Halloween, you all..."

Anamika Sinha
B.Sc. (H) Biochemistry
Second Year

"Being normal is vastly overrated,
I'm such a haunted mess
I don't celebrate Halloween,
I am a Halloween.
Eat, drink and be scary..."

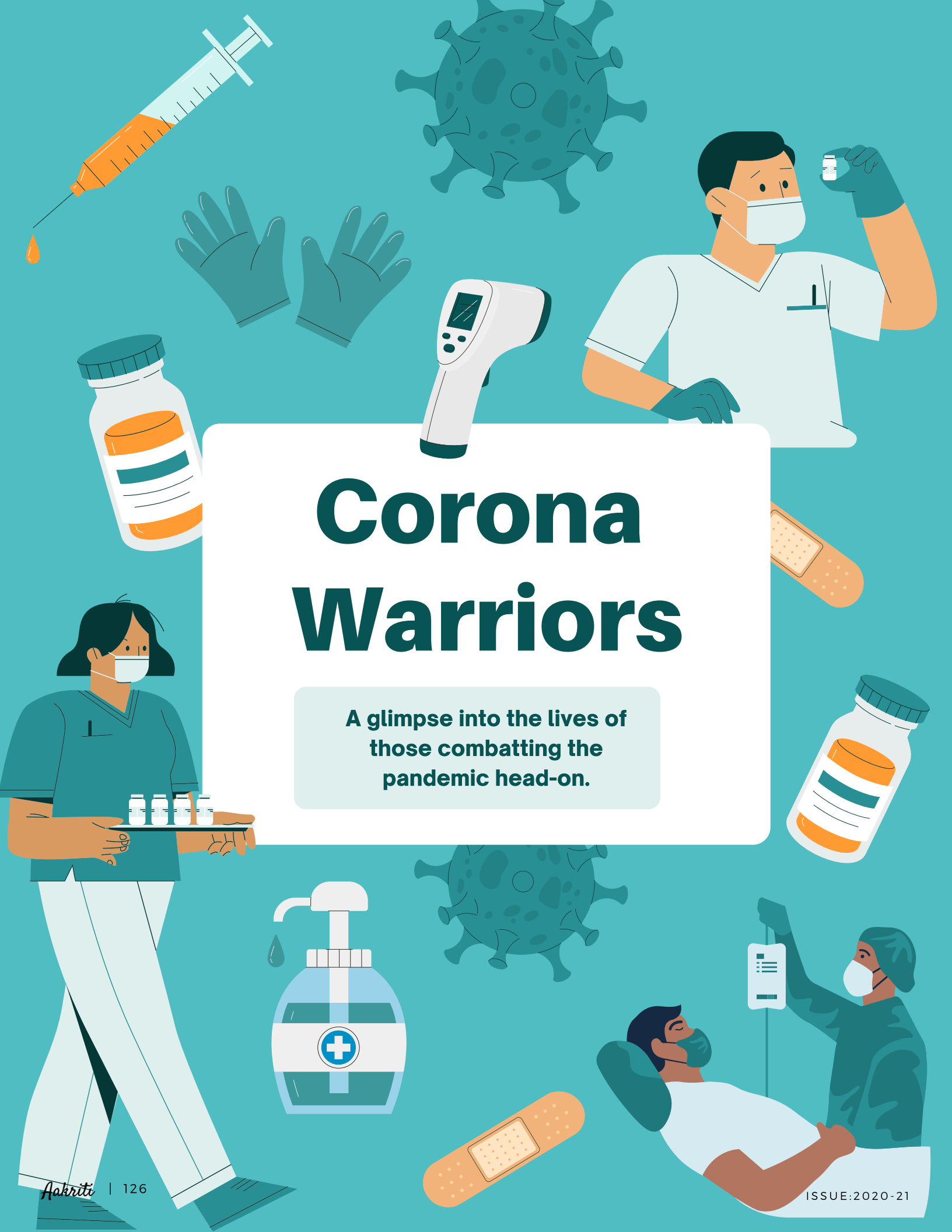
Anamika Sinha
B.Sc. (H) Biochemistry
Second Year

THIRD POSITION



"Sweet ripened joy,
You watch in wonder.
The nectar trickles down,
You swallow.
The devil entices;
Come take a bite.
You know your sin
So you run,
Run and
Run"

Prashasti Rohtagi
B.A. (H) Psychology
Second Year



Corona Warriors

A glimpse into the lives of those combatting the pandemic head-on.

Interview with Mrs. Rinku Bag

Staff Nurse Grade 2, Dr. B. C. Roy PGIPS

Q1. How has your experience in this pandemic been?

Tough. When the news for the first lockdown came in, everything was a mess. Our shifts were doubled due to a shortage of staff since many of us were appointed for quarantine duties and COVID wards. The whole process of settling down in this new routine was extremely difficult. It was especially taxing to be working in a children's hospital. We used to stay back in the hospital mess itself because going back home was not an option, both due to lack of transportation and for safety reasons as well. But then, slowly things got better. People started following safety protocols and everything started somewhat falling back into place.

The most difficult part of this was watching the death cases. In my twenty-five years of service, I have never seen as many death cases as I have seen in these past few months.

Q2. How did you cope with stress during the COVID times?

Initially, there was a lot of stress because of the sudden change in the roster. Then, slowly, we started managing it ourselves. We came up with schedules for ourselves, like five days of twelve-hour shifts, followed by three days off. So, that definitely helped. Then family support was present. Other than that, the stress did not bother us much because, since our training days, we are taught to handle all kinds of stress.

Q3. Has any good come out of the pandemic, in your opinion?

One of the perks is that people have started focusing on personal hygiene. The cases of other infectious diseases have reduced drastically and that's honestly commendable. People have become more conscious about their health overall and have also finally started respecting the medical staff.

Q4. As a mother and a nurse, how have you managed to balance your work duties and home duties?

Service comes first, always. It is something my family has always known. I didn't have to make any extra effort to explain myself. The only guilt I have is that my daughter had to manage all the chaos during Cyclone Amphan since I was stuck in the hospital for a whole week. Other than that, I didn't make any extra effort. It's like you become habitual to this routine over the years.

Q5. In your opinion, after this pandemic is over, what should be the first step that we, as a community, should take so that we are better prepared for the next pandemic?

Better healthcare facilities, of course. And, definitely setting up a pandemic management team on standby, so that when the next pandemic happens, the crucial initial days would not be as bad as the ones we experienced this time.

Also, safe transportation for all the medical staff should be provided. This time, it was available for many, but not all.

Q6. How can we stay positive and motivated during these difficult times?

Just look at the positive side always. That's all. Even during all this, I have seen people coming forward just to serve mankind.

One retired staff Nurse (from ID HOSPITAL) came forward during those initial days just to handle the crowd. I saw her on the news and I was so happy. Then one of my sisters-in-charge volunteered for the COVID ward. So these are the things, some of them love to do.

I think that's what keeps me going.

Interview with Dr. Nupur Gosain

Assistant Professor, Department of Psychology, SRCASW

Q1. We all have seen how disheartening the entire COVID crisis has been for most people. Do you think anything positive has come out of the pandemic?

First of all, it was a new experience, we all were sort of experiencing various new emotions, we were sitting at home for the first time, we were also spending so much time with our families, it was all new and emotions varied from person to person. It was distressing for many, of course, but for some people, it also gave them the opportunity to venture into new areas. I saw many people having different new career ventures. They were coming up with ideas mostly in terms of starting an online platform, we saw a rise in Instagram usage, and people put their business all across it. I have seen many new ventures which started in the first phase of the lockdown. Many people started small businesses where they could showcase their talents. So, that was one good thing, I'd say.

On a broader level, of course, COVID uprooted all of us from our comfort zones and brought us into an era that we would have never experienced otherwise. We all had different phases and I get that many people had challenging situations in life, but this particular phase felt more of a collective effort that everyone went through all at once, with varying degrees of reaction to it. So, if we talk about the concept of collective consciousness, which is often talked about in psychology, the little things which people did together were beneficial, such as friends having a chat on house party apps, or playing Ludo with family. I actually saw people buying Board Games just so that they could play them with their families.

Q2. You're from a psychology background and there is this inaccurate assumption within people that those who belong to the medical or psychological fields do not feel mental stress, right? How did you cope up with your mental stress?

I am very glad you brought that question up. Often, people feel that those who are from a psychology background or are doctors, or those who work in this kind of

area do not have any issue of this sort. Stress, if you talk about it, is a very common thing which is present in all of our lives, irrespective of who that person is or what work the person does. We cannot just uproot or eradicate stress from our lives, no matter what we do.

Even I suffered from anxiety during COVID, specifically during the disastrous second phase, and it affected me badly. It affected me to the point of having physical symptoms related to psychological stress. You may end up feeling like you have a cough or a cold, or a simple headache or something, but it is actually stress. The feeling of breathlessness I experienced was genuinely very bad. People often say that 'you are a psychologist, why do you feel it?' However, we must remember that we are humans first, and we all feel that because of the stress in our lives. I think the most basic thing we can do is acknowledge the fact that help is needed and we can just go and get it. No stigma attached. That is something I did.

Instead of self-treating myself, I sought professional help because I felt that it was going beyond my control. We generally go through normal amounts of stress, like for exams and interviews, and we learn to control it. But, sometimes it is different, it is not something you can just control.

So yes, I encountered it, and the best possible thing I could do for myself was to go to a professional. I took sessions and I tried to help myself in whatever way possible through her suggestion and thankfully I am better right now. I am at a better place than where I was when I started seeking help.

Q3. How did you do your part in helping other people in this pandemic?

We had this initiative of sorts. There were two phases in this. In the first phase, one of my professors, a very senior person, created a pool of teachers under his guidance. He made this group with the intention that they could give basic psychological aid, you know like first aid, to people free of cost. 44 people came together for this cause and we circulated all of their profiles. Their numbers were made available to the public through social media. So, we used to get calls for consultation at our specified time. I was one of these people, and I too used to get

calls from random people who shared how they felt. Dr. M. K. Sardar started this initiative, he used to get many calls and was available at almost all hours of the day. He was an inspiration for all of us during such trying times.

I am not a professional therapist, I am more of an organizational employee. To provide therapy to a person, a professional degree is required. Still, in the first phase, for people who weren't professional therapists like me, we provided 'first aid' and looked into what the person wanted. If they wanted a general conversation, we were there for them and took them through it in a casual manner. However, if we felt that the person needed special care and help, we used to forward them the numbers of people who were readily available through a more professional setup.

In the second phase, there were a lot of other things too. We got calls from many students who were in their third year of college, and they were concerned about their exams. We also got calls from parents concerned for their children. We had a varied number of webinars which we conducted through Zoom, and then we even uploaded them on YouTube. Some experts from different fields were present in these webinars, and they talked about a lot of stuff. So, these were the two things that I was pretty involved with.

Q4. What do you think will be the mental state of the public after the pandemic is over? And how can they focus on improving their mental health after this?

Unfortunately, since the pandemic started there have been multiple huge changes in all of our lives, and it seems like it continues to grow and get more tangled in itself. If we talk of the first phase, it was rather light. A lockdown was imposed, everyone was pretty motivated, everyone was taking up hobbies and was hopping onto trends like the Dalgona Coffee, everybody had some hope. Even then some people were having difficulties, especially the working class, but mostly it was okay. Some of us coped with it easily, for others it was more difficult. The second wave was more traumatizing, almost everyone is grieving now. No one knew how to deal with it, how to react to it. Families were losing their members and were not

even being able to go and say a final goodbye to them, was heartbreaking. Moreover, if we talk about the everyday aspects of our lives, they've changed drastically too.

If we talk about the psychological state, there is a huge group of the population that truly believes that everything has gone back to normal, and there's a good chunk of the population that is still having issues with a lot of stuff. One of the only solutions is getting aid. We all tend to keep brushing things under the carpet thinking it is just a small issue that can be dealt with later. But we need to cater to these small problems today because soon these small problems will pile up and create further issues. We need to acknowledge the fact that stress exists in our life, and we cannot remove it fully. We need to accept it and we need to work around it so that we can attain better mental health.

Second, we must all understand the concept of mental health. At this point, if anyone gets even simple flu, they switch to multiple antibiotics and vitamins and whatnot. But, what about mental health? Just because mental health is something that can't be measured by, say, an oximeter, or does not show a tangible result on a device, does not mean that it is perfectly fine. It is not, and it deserves the same level of seriousness as physical health issues.

Third, we should stop being afraid, paranoid, or shy about the fact that we have to see a clinical psychologist or a counselor. There is a lot of stigmas attached to it and it needs to stop. Mental health is important. The way we visit doctors for physical issues. Similarly, we should visit psychology professionals to give ourselves the best aid possible for recovery.

So, these are the three things we can focus on if we want to have a better society because if our mental health is fine, we could be of help to someone else in our family or friend circle too. The component of emotional intelligence could be generated to have a better home, or even for an organization to be better. So, I feel these three things would help in having a better approach towards difficulties coming in the future, pandemic or no pandemic. Then, probably we would be in a far better space to be healthy not just physically, but also mentally.

Interview with Dr. Ratnakar Saxena

Medical Practitioner (Junior Resident), AFMC

Q1. How has your foundation as a doctor helped you fight the pandemic?

As we all know that the situation is much worse, and it all started last year. I completed my MBBS way back in 2019, and have been practicing for the last three years now. So, my foundation for medicine, and my practice, has been serving in this pandemic. Frankly speaking, this disease has no treatment. Therefore, being a doctor, it's very important to identify the stage of the disease because the only way we can treat this disease is in a symptomatic way. For example, if a patient comes to me and has a fever, and other complaints associated with fever, I categorize the patient into categories like mild, moderate, and severe, and based on these categories, I treat the patient accordingly. That treatment is not a definitive treatment, rather it is a symptomatic treatment. However, being a doctor, the category identification is not enough, we also have to monitor all other vitals, which are different for every individual. You cannot just generalize a treatment for all the patients. Some patients have associated diabetes, some may have associated hypertension, things like that. So, you may have to monitor each one of the parameters and then you have to individually formulate a particular symptomatic treatment for each patient.

So, there is the whole process of categorizing the patient, associating the patient's additive complaints with the current symptoms, and then giving a final treatment, it is what a doctor can do right now.

Q2. Sir, could you please tell us more about the initiative that you've started, 'Telemedicine'?

So, I was serving in a district hospital in Mathura before the second wave this year. That was when some senior doctors from Delhi started this portal, which is technically a free web portal and was initially started for non-COVID-related services.

When the second wave started, the number of COVID patients was rising rapidly. It was predicted that the second wave would be much worse, which it was, and the hospitals started shutting down their non-COVID services. Due to this, the patients who were suffering from other illnesses were not able to visit the hospital. Almost every hospital was COVID-dedicated, and many patients were scared of being exposed to the virus too. Thus, we launched Telemedicine at that time. It was basically for non-COVID services so that the patients could contact any doctor who was available on the portal.

Then as the second wave progressed, we could see how it was getting worse and worse with many people dying; so we also started taking COVID patients. Many of the patients, about 70%, were in home isolation, and the rest were not being admitted to any hospital. And most of them had the query of whether they needed to get admitted or not. So this was the question we were answering the most in the case of COVID patients, and it was a rather critical question.

Initially, there used to be a certain fee for each doctor, according to their specialization. The patient needed to pay the fee and then they could have an online consultation. However, as things progressed, we felt it'd be better if we did not charge any fee for the consultations. This was just an initiative to help people without any personal or monetary advantage. At this time, during a pandemic, it is very important that people should be well served, and they deserve to know what to do if they are stuck in some serious situation.

Q3. You've talked about consultation over calls, how difficult is it to consult over call, since people tend to panic and such?

Most of the patients are very difficult to handle in the online consultation, that's true. Seeing a patient is much better than an online consultation. When you see a patient in a clinic, you can see a patient's appearance, you can observe for yourself when they tell you that they have facial swelling or some other physical symptom, you can monitor the extent of it too. Sometimes the patient may be overreacting, so you can judge that. But consulting online always carries a margin

of error, since you have to base your entire judgment on what the patient says. It's obvious they are not from a medical background, they may not understand what I mean to ask. Sometimes they give exaggerated answers to questions, maybe hoping that they'd get a stronger treatment so that they can be cured in less time. So yes, it's very difficult to deal with them on an online portal, but I did it for about 2-3 months at least. Initially, it was way too tough, but as time passed by, I got more experienced and I could ask patients some non-direct questions to ensure they were not exaggerating. Apart from online consultation, one thing even more irritating was social media, which was spreading inaccurate messages, and was making the treatment more difficult.

Q4. You said you and your colleagues were treating 120-130 patients per day. How did you cope up with the stress that must have come with it?

I was in a very comfortable environment, I was at home and not at a hospital. Initially, I used to take about 20-30 patients through the portal, and then I used to close the window. That allowed me to take some time out for myself, and also spend some time with my family. But then it started troubling me because every time you saw the news or read a newspaper, you got to know that things were just getting worse with each passing day. So I gradually started increasing the period for which I kept the window open. With time, I just started leaving it open for the entire day and attended to almost all the calls that I got.

That was something that made me satisfied, that I could be there for the people throughout the day. That allowed me to see around 120-135 patients per day. It was stressful, but I was not a frontline warrior. They were much worse than me. I stayed at home when I received calls, I wasn't in contact with any of the patients when I treated them online too. So, that is something that has helped me attend to more patients, around 140-150 patients per day. I just wanted to do my part in this.

Q5. You were studying, practicing medicine, and giving consultations too. How did you take a step back and give time to yourself?

In my personal life, I take out time for myself and my family. I have my career, I have to study for different exams. But these things are not all that important because, in the end, I am studying to serve people. The final motive of a doctor is to serve people. If I don't do it when the world needs the doctor the most, and I focus on studying, thinking that I'll do it in the future when I become a senior doctor, I will get multiple degrees and then serve people, then that's useless. That study is useless because when the situation demanded it, I did not serve the people and no amount of studying can change that in the future. So, I agree that during that particular period, the second wave precisely, I wasn't studying, I used to be involved in this stuff the whole day. I did not have any personal time either, but that's fine. I did not have a problem with it.

Q6. It's a very selfless occupation. So what is your mantra for it? How do you balance the emotional stress that you go through every single day?

This is a pandemic, and it is surely one of the worst times. But even before, there were patients we used to treat, there were a lot of diseases which we used to treat. People from non-medical backgrounds are understanding the stress of the situation now. The stress has increased to twenty or thirty times what it usually is, but there was stress before too. So, the mantra to balance the stress is to be in the present. I tell this to my juniors too, live in the present, make short-term goals instead of running after long-term goals. Like, if you tell yourself I will study this much in two months or six months, then you will be disappointed because you cannot predict life, and you will have to make changes and improvise. Instead, live in the present, think of what you want to do tomorrow, and these short-term goals will allow you to improvise easily.

Be positive! Live in the present, make short-term goals. And belief, that is the most important. Believe in yourself. You should never lose your belief. Those are the only mantras to balance mental and emotional aspects for me.

Q7. What do you think has been the one good thing that came out of this pandemic?

In the last five to ten years, due to so much competition in the world, people have been neglecting their families. People are looking forward to earning more and are running behind money, they have neglected their loved ones just to go after monetary benefits.

This pandemic has taught us that our roots lie not in earning well, but rather in living well. We have had more time with our families, and it has helped us realize how important all these things are, much more important than the monetary, luxurious benefits that we have been running behind.

The pandemic has affected the richest of the rich and the poorest of the poor equally. The pandemic has not discriminated between people over monetary status. It has taught us that even though 'survival of the fittest' will always exist, and a competitive attitude is necessary to survive in this age, we should also spare some time for our personal lives every day. We should always take out time for our loved ones, for our families. Life is very uncertain and cannot be predicted. It can give you immense sadness or happiness at any moment. People, after losing their loved ones, realize how little time they had spent with them. So this has taught people to spend as much time with their families as they can. This is something good that has come out of the pandemic.

Interview with C.A. Gopal Krishna Agarwal

National Spokesperson (Economic Affairs), BJP

Q1. How much time have you devoted to the NGO, and what all problems have you faced ever since you started working in this pandemic?

The lockdown was announced on 25th March 2020, and within two days we realized that a lot of work had to be done, people had suddenly lost their jobs, they were facing problems with food, stuff like this. We started working before March had even ended. We already had such NGOs registered, and we were also working on some other areas regarding policymaking and think tanks. From 28th March we started with the distribution of food.

The first thing that came to our minds was to arrange for a community kitchen where food could be cooked and packed hygienically. It was supplied at a low cost to the people who were in dire need of food daily. One of my friends had a community kitchen, and he used to work as a supplier of food to companies. He had that business, but it was closed for the time being. I asked him if he could help, and he called all his laborers back when we decided on a commitment of 5000 food packets every day. So we negotiated the price and got the community kitchen going. There were several problems- getting the ration when everything was closed, getting packets to pack food hygienically, things like that. Then there was the question about who would be going to distribute these packets since it was COVID and there was great risk in it. So I asked the local authorities in Noida, and we also looked for support from other NGOs that could provide us with cooked food. We eventually set up about three or four centers where they could deliver cooked food, and then we looked after the distribution, keeping all social distancing and personal hygiene norms in mind. Eventually, we realized that more than 5000 packets are needed so we contacted a bigger company with a larger kitchen, and they agreed to provide us with 10,000 packets every single day. I think we sold over five lakh food packets over time, from 28th March to 1st June.

Q2. Can you anticipate how the world will appear after COVID? Do you think people will emerge as more empathetic individuals or rather cold-hearted ones?

I think the second wave was very dangerous and hit almost every single house. I don't think I know anybody who hasn't lost their loved ones, or who hasn't suffered hugely. May it then be due to health complications, oxygen availability, mental issues, or some other aspect. In the second wave, it was much more difficult for any voluntary organization to work efficiently, but I also saw that there were WhatsApp groups and communities where people were coming together and were helping each other. A lot of psychological and emotional support from family, and from friends, was also received. Therefore, I feel this is one outcome, we have realized that we as individuals should help each other in times of difficulty.

Another thing that has come about is the realization that health is very important for every single individual. Some people used to think that money and resources are the most important things and that they can help them overcome any health issues that may arise, but these times have shown how good health is important for a good life, a healthy life, and a happy life. So people have become more conscious of their health.

The third thing is about the local, state, and central governments realizing what is important. The last time we, as a country, went through such a situation was in 1918 when lakhs and lakhs of people had died. But since then, and since our independence, we have not seen anything of this magnitude, not a pandemic, not an endemic, nothing. So, as a result, healthcare was not a focused area. Health expenditure by all the governments had taken backstage in many of the government initiatives. Now, they have also realized that you may or may not need perfect health infrastructure at present, but you do need a robust infrastructure for any future disasters that may arise. This includes primary healthcare centers, secondary healthcare centers, hospitals, oxygen supply, and there can be many things that we may need. They have come to this realization and the governments are preparing for an increase in budget in the healthcare sector.

Q3. You mentioned mental health issues, were there any instances where you felt you were at a low point? If yes, then how did you overcome such situations?

In the second wave, there were many instances where we all felt completely helpless. People we knew needed beds, but we could not be of any kind of help, even I couldn't do anything with all of my connections, resources, and whatnot. So that time we felt a tremendous level of helplessness and that was very disheartening. Still, we started working and we overcame those challenges, slowly the government built up those resources and we were able to do something. Yet, we can't deny that people did die because of this pandemic, and there were problems with regards to their cremations as well. All those things, families, their rehabilitations, their mental disturbances, when young ones unexpectedly died, when parents died, it was all very disheartening. So, mental health challenges were definitely there, and we had to deal with them.

There is a very fitting poem by Ramdhari Singh Dinkar, our "Rashtra Kavi".

"जितने विकट संकटों में
जिनका जीवन सुमन खिला
गौरव गंध उन्हें उतना ही
यत्र तत्र सर्वत्र मिला।"

The hardships and challenges that you face in life make you stronger so that you can face all the other problems that you may encounter. Young people have become so sheltered. The parents have become very protective, they don't allow their kids to explore, they don't expose them to any problem. So, when they face any sudden or unforeseen circumstance, they feel helpless and are not prepared mentally to face those challenges and problems. When you are young and have the capacity, you should go for adventure activities, social activities, go to slum areas and see their difficulties. In fact, you don't need to experience everything yourself, you can even learn from the experiences of others. So if you work for the poor sections, work for the downtrodden, you will see what problems those people face and that prepares you to be strong in your actions in the future.

Q4. That is so motivating. We all know that a smooth sea never makes a good sailor. What are your plans after this pandemic?

Certain issues are rather unforeseen in any particular situation. However, interventions at the policy levels are still required, working with the government is required. These policies mostly focus on the weaker sections of society. They are not well educated, they are not always aware of all the beneficial schemes announced by the government for their upliftment. Even if they do know of the schemes, there are numerous documents required, formalities that need to be fulfilled, they just cannot take the full benefit because they are unaware of the way bureaucracy and administration function. So NGOs and organizations have a hand in identifying such people, who need their help, and connecting them to the required government agencies so that they can get the schemes put in place for their benefit. Our volunteers are doing it constantly, were doing it before the pandemic too. Then there is another organization, 'The Jaladhikar Foundation'. Here we work regarding water issues- providing drinking water to everybody, sanitation, water body rejuvenation, etc.

There is another aspect, policymaking at the government level. This is a place where young students, educated adults, can work on government schemes, the formulation of the schemes at present. We found that sometimes, in India, the proper data does not reach the government. So the ground realities, aspirations, inclination, and the requirements of the common people at times do not find their place in policymaking. Once the policy is formulated, decided, and announced, it is then that people start coming forward with accusations about how the policy is full of shortcomings and mistakes. We believe that there should be proper inputs by the common people at the policy formulation level. If there are proper inputs from well-intentioned people, especially those who are oriented towards proper research and study, then we can get the ground-level input on policies. We have been working at various policy levels before the pandemic. We will continue to work in policy intervention, formulation, etc. in the future too. So these things will continue after the pandemic is over and we can focus our energies elsewhere.

Interview with Dr. Savita Agarwal

Medical Practitioner, Delhi NCR

Q1. How was your experience of being a COVID warrior during this pandemic?

What I was doing on the medical part, I was used to it due to my previous life experiences. In medical practice, you constantly get some problems that you have to solve. This situation was quite similar, the only difference was that we felt helpless since the medicines and oxygen were both running short. We also had to consult with a few patients over the phone, and some of them were in serious condition. Advising such patients over phone calls was another thing, and that job was challenging. Apart from that, I was involved in distributing food to animals, and it was my first time doing so. My husband was also involved with an NGO for food distribution, so overall it was a very different, but rather good experience. I say this because according to me, one ends up evolving themselves during stressful times.

Q2. One problem everyone faced during this pandemic was that people were very dejected because of the deaths of their near and dear ones. How did you keep yourself so motivated in a way where you helped other people?

I think that helping people is a trait that starts developing from a person's childhood itself and is something that we learn from our parents. My father was a teacher who used to teach children even when they couldn't pay him, even my mother tried to help everyone as much as she could. Nowadays, I have seen that whenever a child wants to help an endangered animal or wants to get involved in such things, they are scolded for it, and are asked to study instead. If the children get support from their parents while doing such good towards the society, it'll give them great values for the future.

Some people are unhappy solely because their environment is very disheartening. Even though COVID has not affected them directly, it still has an impact.

Q3. We saw that the second wave in India brought massive destruction and many people died. Do you feel that there was any way to control the situation better?

No one expected this. The virus is unique in the way that it mutates way faster than most of the other viruses, which have taken over a hundred years to mutate to such magnitudes. I even read in a few papers and medical journals that if a COVID wave of such high intensity had happened in a country like the USA or the UK, their services might have failed to cope up with the situation as well. In that light, I feel like India did well in coping up with the extent of the pandemic.

Q4. Do you think everyone should go for vaccination?

Yes, I think that everyone must go for vaccination. The vaccine trials are now happening for children as well. India is doing well with the vaccine drive and almost around one-sixth of the population has already been immunized. A large number of them have already developed immunity. So, hopefully, the third wave may not be as intense. As of now, vaccination is the only shield we have. We have to get vaccinated, it is an absolute must, everyone should take it as directed by the government, and we should also follow the appropriate COVID norms to keep ourselves safe and protected.

Q5. During the COVID times, we saw that there were some myths surrounding it. Regarding the time and frequency of taking the medicines, treating it with home remedies, self-diagnosing and self-medicating, etc. What can you say about that?

In mild cases, the patients heal from the disease by developing body immunity. To develop this immunity, they must be provided with proper supportive therapy, which may be in the form of Allopathy, Homeopathy, or Ayurveda. No matter what, the therapy should be directed by a proper physician, a homeopath, or by a certified ayurvedic practitioner. In mild cases, all three remedies are fine. However, as the disease progresses from mild towards moderate, or severe, only Allopathy can be of help. And in such cases, these things were quite misleading.

Q6. What do you think is one good thing that has come out of this pandemic?

There is not just one, but many good things that have come out of the pandemic. For one, I'd say family bonding. My family has always loved to travel, my daughter is very outgoing with parties and fun. However, during this pandemic, we were all home together. We even restricted food from outside so I was cooking stuff at home, something which had hardly happened in the past. This was all very fulfilling in a way, and it was also a great opportunity to work out and meditate. Everyone around me was motivated and wanted to work, and it got into me as well and made me feel satisfied. I think that you learn more from hardships than you do from leisure time because hardships bring out appreciable qualities in you. It was also a time when one could reflect on their values, and see where money, educational qualifications, faith in God, and other good qualities stood. We had the opportunity to develop ourselves. You will also realize, with time, that you have learned a lot during this period.

Q7. Before this COVID pandemic, you did not have any experience of working in an online mode where there was no physical interaction with the patients. How did you feel about initiating with them online with no physical contact?

Yes, online consulting was very difficult. Some patients are not aware of technical stuff, or they are not used to it to a level where they could book appointments or share their reports. I remember I had a patient from Nepal, another person said that he had been admitted and was an 'Everester'. He had had a heart attack after suffering from COVID, but he was not able to send me all of his reports. So it was a challenge to work with such constraints and give such important advice online at that time. The timing of the medical advice was also of great importance. If only a few people could have started taking steroids at a more appropriate time, it could have saved their lives and lungs. The delay in treatments caused patients to develop complications, such as fibrosis of the lungs, which is a rather permanent condition.

Interview with Ms. Agreemita Gupta

Social Worker and Student, Department of Electronics, SRCASW

Q1. What kind of social work have you done to date?

I was in NSS for two years, and I'd volunteered for more than 150 hours for the college in my first year itself. In my second year, I was the vice president of NSS and I volunteered as well as managed the cell. In NSS, we teach the needy students for free or go for visits to orphanages, things like that. I've also volunteered during the COVID crisis last month. I mostly did unofficial work, like a helper on social media.

Q2. How has your experience been in the pandemic?

The pandemic started more than a year ago, but at that time, things did not seem to be very serious. However, this year many of us have faced many issues, it was a very stressful time. This second wave was tougher, so it was important to engage ourselves in some activity. I didn't have much to do before I joined one of the COVID help groups. But after joining the group, I had the chance to help people on the ground level, I've helped people nationwide. I got the chance to help out a lot of people, so this pandemic has been quite an experience for me.

Q3. You just mentioned stressful conditions, how did you manage these stressful conditions during the pandemic?

During that time, the peak of the second wave was a bit too depressing. Normally when you are depressed, you seek out contact with people that can help you manage your depression or anxiety, and can refresh your mood. Here, the problem was that everyone was feeling hopeless and desolate at that point, and we were all just repeating the same things every day. It was a stressful time. There were no new things to do, I was trying to read books and do other things, but I was still understimulated.

However, then I was added to the COVID help group. From that point on I just put myself out there. I realized that I was helping the needy, providing them with hospital contacts, things like that. It became a time when I was less focused on my problems, I realized that there are people that are not even as privileged as me. I have a home, I was with my family, but there were a lot of people out there that didn't even have that, there were people that were waiting outside hospitals just to get a bed. Then I realized that I may be stressed but other people are facing worse than me, so I relaxed and continued my work.

Q4. That is commendable. How do we stay positive and motivated during these times? You are a strong woman, so how do you think we can stay motivated?

I speak from personal experience here. When you allow your mind to overthink even in the slightest, it just starts going downhill from there. There will be no stopping and you will immerse yourself into it. So, to stay positive, you are required to stay busy with something or the other. Of course, it is not necessary to keep overworking yourself. In fact, I felt that a lot of us had suffered quite a bit during our exams, most of us were not ready for that ordeal. But yeah, the most important part here would be to stay engaged in something. It may not be studying, you don't always have to go with the flow, but only follow your own heart. So yeah, the most important part of staying positive is staying busy, because your mind may be your friend, but it's often your enemy too, and it doesn't do well to forget that. Love yourself, and keep your mind in check.

Q5. That's wonderful. Being a third-year student, do you have any advice for your juniors regarding how you managed your academics during the pandemic?

Yeah, half of my college life has practically been spent online, and I really can't say when you juniors will get to study physically. The main thing right now is that you have time, and you must make sure that you utilize it well. You should discover yourself, and you should think about what you want to do with your life in the future. It's needed in today's time, and you must know what you want to do, your passions, and your drive.

Interview with Ms. Varsha Verma

Administrative Staff, SRCASW

Q1. What have you, as a person, specifically learned during the pandemic?

I think it would be how to connect with people online. I was never a “tech-savvy person”, but now I am comfortable with using Google, how to connect with people, how to attend online meetings, and how to work only through online mode. I think we have all learned how to be technologically adept in the pandemic since everything was remote. Now, I'm capable of doing all of my work on my own, be it technical work, or some administrative work, I can manage. Earlier I used to have a side table near my bed. It more or less consisted of a water bottle, my phone, and the charger. However, now, I have a laptop, its charger, I have my phone, the phone charger, a power bank. These are like my mates on my bed too, not just on my study table. I don't even switch off my laptop anymore, so one can understand how we've had to change.

Q2. How did you cope with the added stress during the COVID era?

Everyone has their mechanisms for coping with stress. I have a nephew at home, and we work together. He is a great stress buster. We both spend a lot of time together. I have started gardening too, and he helps me. We thus managed somehow to beat the stress. I don't think I have many hardships in my life. We enjoyed working from home.

Q3. What is the one good thing that came out of the pandemic, according to you?

The best part of this pandemic is that it has made us realize that we are sufficient for ourselves. We can manage ourselves in any situation. Whether it's an illness, stress, loneliness, family problems, or any health issues. We now know that we are sufficient for ourselves, so this is the best part about it. We also pursued our hobbies, got back in touch with our long-lost hobbies too. Earlier, we didn't have that much time, we were all very busy. The workload still is a lot, sometimes you

end up working for 10 hours too. But the difference is that we are all at home, and there is a difference. If you are free at college, you are still surrounded by your colleagues, the environment around you is always professional. You can't go and just switch on the television, you know. So yes, the pandemic has given us all more time to be ourselves and focus on ourselves, that is a good thing.

Q4. After this pandemic is over, what should be the first steps that we, as a community, can take to better prepare ourselves for the next pandemic?

We should understand there are certain things that we need to follow religiously. There is no need to question why we need to put on a mask, and there is no need to ask why one should physically distance themselves from people instead of forming crowds. No person with any sense will violate these, nor will they try to move out unnecessarily. There is no need. Just stay at home, stay with your family and be available for them physically and emotionally. These things are the new normal, and we have to understand this. We must follow what the experts say during these times instead of thinking we know better.

Q5. Have you been actively involved in any of the COVID relief groups?

Yes. We have a few children near my home, and they were not able to get their basic needs fulfilled. Some people were able to move to their native places, but a lot of them were unable to go back. They were struggling, they didn't have food and other necessities, they had no money for rent. So I just did my little bit. Especially regarding the basic biological needs of women, it is something people forget. They need money for that too, and not being able to afford sanitary napkins is a big problem. The cost of sanitary napkins is so nominal, we all barely notice the amount but it still matters a lot to them. We also managed to give packets of disposable masks to street children. It is inevitable for them to go out, they are surrounded by people almost all the time, and they are not aware of the new normal of COVID times, and even if they are they may not be able to afford it. These are the small things that I've done to help the community during these times.

Interview with Dr. Yuthika Agarwal

Assistant Professor, Department of Management and Financial Studies, SRCASW

Q1. How did the pandemic affect your career goals?

Everybody was impacted, it was a sudden change and initially, we thought it's just for a short while so we were also not very serious about it. However, as time progressed, we all accepted the change and we adapted to it accordingly. It has not impacted my career goals because I have already achieved most of my career goals, and I have had time to enjoy them too. I'd say that the physical proximity of the students is missing, sure, but I hope that it will be resolved soon, and we will meet each other in person.

Q2. What is one thing that you have learned from the pandemic?

My major takeaway from the pandemic is that it was a very tough time, but it was not just tough for me, my family, or my relatives, it was a very tough time for everybody. Thus, it was a time that we learned to be compassionate towards others. We have to be sensitive to other people's needs. We don't have to do big things to make a difference in anybody's life, even if we are there with them, talking to them, counseling them, or are just fulfilling their small needs and wants. What matters is that we are there for them, so practicing compassion is my learning from this pandemic.

Q3. How did you cope with the stress during the COVID era, especially since you were facing trouble during the second wave too?

See, stress is what happens at the mental level. It is not a one-time thing, rather it is a lifetime activity and you prepare your mind to make it strong and resilient. You should prepare your mind for all kinds of changes. The things I have done in my life have provided me with the strength to cope with this stress. I have always been involved in various adventure activities, and I've been a part of Chinmaya Yuva Kendra. The classes and discussions, study groups, as well as being in touch

with your loved ones, talking to them, and discussing their problems, all of this has helped. Moreover, when you start supporting other people, then you automatically enter the mentality that you have to be strong for them. When you see people who have suffered much more than you, you realize how privileged you are, and you should feel blessed. So, I guess supporting others is my coping strategy.

Q4. Was it difficult for you to balance your work and your home?

Yes, sometimes. We are not used to this kind of set-up, where we have to be at home all the time even while we are working. While you are in college, the work-related things are mostly restricted to those timings only. However, when one is at home, you are expected to be available 24X7 for work and your personal life. Initially, it was a little difficult, especially during the peak COVID times when we're not well, or maybe family members are not well. Those were very difficult times, but everyone was aware of what was happening and everyone was very cooperative. When I was sick, people adjusted accordingly for me, when the others were sick, I adjusted for them. So it was fine in the end.

Q5. According to you, what should be the first steps that we, as a community, should take once this pandemic is over, such that we are better prepared for the next pandemic?

Yes, we have to be well-prepared for the possibility of a repeat of what is happening. As a community, we should abide by the rules laid down by the government for our health, and the health of our loved ones. If we follow the procedures and protocols diligently, things can be way better. Another thing we must do is put people who have lost their jobs back on track. I may not be able to employ many people, but I can try to refer them to people who are resourceful and have employment opportunities. Helping those people out who have financial crises because of this whole situation is also needed. We cannot erase whatever has happened, but we can support them.

Interview with Ms. Sonali Agarwal

Director, Vogue Commercial Co. Ltd.

Q1. During this pandemic, have you had an opportunity to help other beings?

Yes, I have always loved animals. I have always been helping them in some way or the other, in terms of treatment and all. During this pandemic, especially during the first lockdown, the animals that depended on the street vendors or market places for food were all but starving. I realized that it was a difficult situation for the stray animals at that time. I had always wanted to do something like going for rescue missions during floods and all, I have always wanted to be involved in wildlife conservation but I never got the chance. So I realized that this can be the perfect opportunity where I could be helpful to these animals and I could rescue them without even going anywhere. I started distributing food to these animals, my family supported me and I also got donations. My father even served food to all the volunteers who were helping out starving animals just like I was, my mom also supported me and went with me to feed the stray animals or even to get them treated in some instances. So this is how I did my bit in helping them.

Q2. You said that your family supported you when you were volunteering for the starving animals and were feeding them. Did anyone else come forward to help you?

I did not start any campaign of my own, but I used to post pictures and videos on my social media handles. My followers and friends used to see these pictures and they told me that it inspired them. I received various messages saying that seeing me, they have also started to support these animals in small ways. In addition, my father owns an NGO where he is involved in distributing food for people. Upon seeing my involvement with animals, he started a new initiative within his organization, he started distributing food for dogs. So, volunteers who wanted to support, but could not cook their food and did not have the facilities or much resources, started cooking 'khichdi' from our community kitchens and distributed it to wherever it was needed.

Q3. There is another issue that came to light a few months ago, the black marketing of necessities during the COVID times. What would you like to say about that?

Yes, that was something so heartbreaking. I feel that since childhood, it is ingrained into us that whatever we do, we must aim towards earning money. Life skills are just not taken seriously in schools and colleges. I feel that because of this kind of mindset that has been encouraged since we were little kids, humans just keep looking for ways to make more and more money, despite the fact that it may be coming in through bad channels. They simply don't feel bad about it. So, schools and colleges must ensure that more than greed, they inculcate good values in children. They should be aware that money is important only until it starts overshadowing our values, our values are always more important.

Q4. What was your overall experience of the pandemic?

It was a lot of hard work, managing the office, then preparing the food at home, going out and distributing it for 2-3 hours. I used to collect the not-so-fresh vegetables from 'Mother Dairy' so that I could give them to stray cattle like bulls. Then I also took dogs to the vets to get them sterilized. Sometimes I did feel like, why was I even doing all of that, but then you should know that you need to keep moving ahead. Hurdles keep coming, but I knew I couldn't just stop. When I was stressed out or when I thought I would not be able to manage all that work, I just reduced what I was doing by a little bit, and when I was in a better place mentally, I started increasing the workload again. You should always know that everything should go at your own pace, you should not give in to the pressure that since others in society are doing this much, you should too at all times. You should give yourself space and should do things according to your capacity and mental capability. That is more than enough.

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"It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters, it doesn't matter what we call it; what matters is to leave in the past those moments in life that are over."

- Paulo Coelho





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