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The Collegian

Shaheed Rajguru College of Applied Sciences for Women, University of Delhi | October 2018 | Issue 1

THE RETRO FRESHER'S RAGED ON!

On July 20th, the University welcomed all pumped up freshers to the first session of their golden college days with the Orientation Day. Following which, next in line was the Fresher's Party 2018. Shaheed Rajguru College enthralled their first years by throwing A Retro themed Fresher's. We were overjoyed to see the college time travel to a different era altogether, the campus brimming with all shades of pop and music entwined with enthusiasm. The event had a flashback of the 80's and 90's. From

Meena Kumari to Parveen Babi, many such iconic stars were in attendance.

The function hosted a Miss Fresher Contest that saw many talented ladies exhibit their talent. In the end, the psychology department swiped away the honor. The societies entertained the crowds and briefed the new audience with an introductory welcome. Not to forget the raving DJ that beat all odds against the pouring rain and raged on with foot stomping beats to dance to. The students were high on the feel of new born friendships and were truly seizing

the day. The most memorable part of the evening was the senior's dedication that put together an amazing event, overpowering all the technical difficulties. Suffice to say everyone enjoyed the little celebration of which all due credits go to the organizers: Diya, Radhika and Shalini, Second Year Department of Biochemistry. Looking back on it, the day was indeed, the best. Of course until, next year!

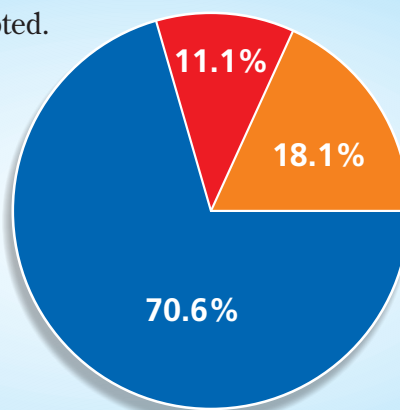


The pertinent people's poll

The Collegian opened its platform for student opinion through an internet platform that welcomed all opinions on the legitimacy of reality shows actually being real and not scripted. The opinion poll indicates an inclination in majority of...

Do you think television reality shows are scripted?

- Yeahhh I think!
- Not really...
- Maybe?!?!?



360 responses



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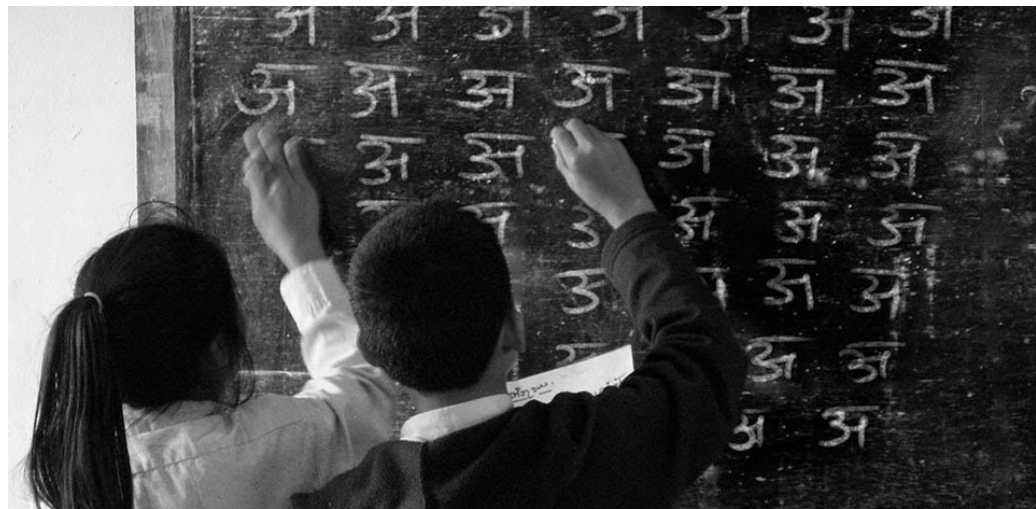
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हमारी मात्र भाषा, हमारी पहचान

Mokshita Jain
Statistics, 1st Year



प्राकृत उद्गमित , सम्प्रेष्णा युक्त,जन-तंद्रा अन्तक भावपूर्ण मातृभाषा है हिंदी। ये ही वह भाषा है जिसने इस सोते हुए राष्ट्र को दासता की नींद से जगाया,भारत को स्वतंत्रता का अर्थ समझाया ।.यही वो भाषा है जे ऐतिहासिक स्वतंत्र्य संघर्ष की साक्षी बानी।विभिन्न जातिधर्म समुदायों में बिखरे इस देश में प्रथम बार राष्ट्रवाद की स्थापना की।यह जनसंचालनकी भाषा एक आंदोलन के रूप में उभरी ,परन्तु आज यह भाषा अपनी ही बुनियाद की रक्षा में लगी है।

हिंदी भाषा को संविधान से राजभाषा का दर्जा तो मिल गया परन्तु राष्ट्रभाषा का ओहदा न मिल सका। हम लोग अंग्रेजों से शारीरिक रूप से मुक्त तो हो गए परन्तु बौद्धिक रूप से उनके दास ही बने हुए है।उनकी भाषा , संस्कृति को सर्वोपरि मानकर अपनी ही मातृभाषा की तोहीन करने में मशगूल हैं। ऐसे लोगों की कमी नहीं है जो हिंदी में बोलना व लिखना अच्छी तरह से

जानते है परन्तु अपने मिथ्याभिमान के प्रदर्शन के लिए अंग्रेजी की प्रयोग करते हैं।हिंदी की इसी स्थिति को सुधारने के लिए हिंदी दिवस मनाना और भी आवश्यक हो गया है।

१४ सितंबर १९४९ को हिंदी को राजभाषा का दर्जा मिला और तब से ही यह दिन हिंदी दिवस के रूप में मनाया जाता है । हिंदी भाषा के उत्थान के इस कार्य में अपनी उपस्थिति दर्ज कराते हुए 'शहीद राजगुरु कोलेज अहफ अप्लाइड साइंसेज फहर वुमन' के ईक्विलगस समूह ने नारा लेखन , कविता लेखन , पोस्टर इत्यादि कार्यक्रम करवाए थे जिसमें बच्चों ने बड़ चड़कर हिस्सा लिया और हिंदी भाषा के प्रति अपने प्रेम को व्यक्त किया । हिंदी भाषा जनसाधारण की भाषा, आज के समय में विश्व में सर्वाधिक बोली जाने वाली भाषाओं में से एक है और यह आज भी हिंद देश के निवासियों को जुड़े हुए है ।

जय हिंद , जय हिंदी।

नारीवाद

Prisha Gandhi
Management, 1st year

नारीवाद अर्थात पुरुषो व नारियो को सामन अधिकार देने का सिद्धांत। पुरुषवादी सामाज ने स्वयं को सैदव नारियो से ऊपर माना है, परंतु ईश्वर तो सैदव ही एक आत्मा को जन्म देता है जो न तो नर है, ना ही नारी। नर और नारी का तो केवल शरीर है, अतः इस सन्दर्भ में मनुष्य का हस्तक्षेप पूर्णतः अनुचित है। स्वयं में प्रतिस्पर्धा करने की जगह हमें एक दूसरे का समर्थन कर आगे बढ़ना चाहिये। वह पुरुष जो नारी को हीन मानता है, वास्तव में अज्ञान में जीवन व्यतीत कर रहे है, क्योंकि नारी रहित सांसार का कोई अस्तित्व नहीं है।

आज हर क्षेत्र में जहाँ पुरुष काम कर रहे है, वही नारी भी बराबरी से कदम मिला कर चल रही है। अंत में इस सामजिक बुराई को दूर करने के लिए केवल एक ही सोच पर्याप्त है कि "नारी से ही उत्पत्ति है, जीवन नारी के ही अधीन है, जीवन दायिनी होते हुए भी, क्यों नारी पुरुषों के आधीन है?"



Photo by:
Swarnima Mazumdar



Hyopcritical chivalry amidst the Kerala floods

Aayushi Deo
Biochemistry, 1st year

As said by a diplomat, "Politics have no morals", well rest assured that the saying works for Indian politicians. Kerala is going through a major crisis. The state has suffered approximately 20,000 crores of economic damage which is tragic. Though the central government has offered a help of 2600 crores, it is obviously not enough to rectify the situation.

Thankfully, due to our PM's touring, countries like UAE, Maldives and Thailand has offered a help of a high 700 crores. But chivalrously, our government has denied the help. According to a policy, the Indian govt. has not accepted any foreign help since 2007. Sure this should be comforting but it is not.

In a true show of hypocrisy, the Kerala finance minister, Thomas Isaac has asked people to donate money as the funds are not sufficient. Seriously? It's like saying that I am on a diet and I only eat chocolates. How appalling it is to know that our govt. is unable to provide aid to the victims. Did they spend the entire budget for natural disasters on funding the security of the top rated criminals? Even after paying our taxes dutifully, we are still expected to donate our shares. Technically, it is not wrong as every penny given might help a needy but why is it a necessity to donate? Either the govt. can single-handedly control the situation or if not then it should rather save the money for itself before funding other countries. Regardless of this, people in Kerala are in grave danger and require any help that can be provided.



Bibliophile's Corner

Lives: P. N Haksar and Intertwined Indira Gandhi

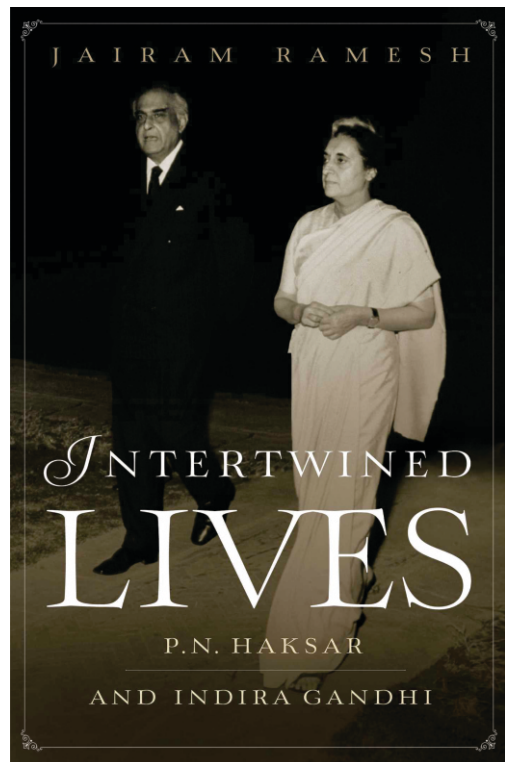
Aishwarya Singh
Statistics, 1st year

Jairam Ramesh, who is fast becoming our foremost annalist of the Indira Gandhi years, has produced a life of P.N. Haksar, the civil servant with unwavering grit and integrity.

In telling Haksar's story, he relies on the voluminous papers that lie in the Haksar archives at Nehru Memorial, letting him speak for himself through the documents.

Haksar himself was a person of great personal integrity and the book has several instances of his giving fair and clear but unpalatable advice to Mrs. Gandhi on the most sensitive issues.

Ultimately, this biography is a tragic story, as political lives must be. Haksar lost power, his eyesight, his relationship with Mrs. Gandhi whom he had served so loyally. But he never lost his dignity, his integrity, his intellect, and the courage of his beliefs. This biography is a tribute to a remarkable human being who helped to shape the India we live in.



HIGHLIGHTS

NASA Turbo Catches Blue Clouds

The new NASA turbo balloon captured seasonal blue electric blue clouds known as the Polar Mesospheric Clouds (PMC) in the mesosphere. The data collected from them will help scientists in weather forecasting and to better understand the turbulence in the atmosphere. These clouds are visible in the summers when temperature is -120 c in the mesosphere.

Trump to undo Obama era rules

The Trump administration is planning to take away work permits from H4 visa holders which will have a great impact on Indian origin women. The US CIS issues H4 visa to the spouses of the H1B visa holders which includes many Indian IT professionals. The DHS told the US court that the new rule will be submitted to the OMB, White House in 3 months.

Netflix Review :
Entertainment Extravaganza

Muskan Mishra
Microbiology, 1st year

*"Cause I'm a sunflower, a little funny
If were a rose, maybe you'd pick me."*



Sierra Burgess is a Loser is a trending movie recently premiered on Netflix!

The show is widely acclaimed for mending the conventional high school love stories. The theme is laid over the accidental virtual alliance built between the high school side kick, Sierra Burgess and famous heartthrob, Jamey, who mistook her for Veronica, the cheerleader of the school team with a typical "Regina George" personality. Sierra turns out to be eventually liking Jamey and decides to catfish him by teaming up with Veronica, the bully and often subjects Sierra to direct and indirect assaults which leave her unimpressed.

The culmination is, surprisingly much dived out from the territory of typical rom-coms where the audience is left all agog. Though is a wide consideration by critics that the protagonist, Sierra is depicted as a selfish and weird individual, the overall review supports the work of actors and of course, the story is a breakthrough in all senses! Rest is all up to your taste! The movie is a must watch to change the audience's perception towards love without consequences.



Photo by:
Preeha Shreelal, Psychology, 1st year

I Meme You

A tinge of appreciation for the meme culture

Zainab Shabir
Psychology, 2nd Year

While all are busy watching memes and tagging their friends and family in the memes (one does not simply watch a meme and not tag someone), I thought why not share some facts and thoughts on it. Totally fascinated by the way the new age meme world works. Memes equal relatable content, and relatable content means relatable sentiment, which equals stronger bonds and happiness.

What is a meme? I totally don't need to tell you that, but a proper dictionary definition won't hurt, right? So, Merriam Webster defines meme as an idea, behaviour, style, or usage that spreads from one person to another in a culture. This has become more pronounced now through the medium of pictures and templates. The word image was given by Richard Dawkins in The Selfish Gene (1976) as an idea for talk of developmental standards in clarifying the spread of thoughts and social wonders.

You know how the world is divided by boundaries, cultures, economies and the like? Well, know what? It's united by the amazing trend of memes that we have today. I think it's beautiful how a meme created by someone in the States is relevant to someone sitting in the Philippines. Be it procrastinating or getting whooped, avoiding social contact or being a

party animal, everyone's able to connect through memes. So, now this XYZ thing doesn't make me freakish anymore, because I saw a meme on it and millions of people were able to relate to it. So now, I know, that we all have a fake argument practice session in our rooms and that almost every student completes their assignment two minutes before the end of the deadline. Memes can give a "protected route" to reveal emotions. I mean you can deliver your thought through a meme and if it goes wrong, it was a meme anyway! Nothing serious! The world though, really is into memes. A meme originally meant a unit of culture but now it has developed into this whole separate culture which has followers all over the world. It gives me an astounding amount of pleasure that memes update me on what is going on in the world. Hello to easy news! Everything from the World Cups to local events happening in places breed memes (inner me: my life is a meme too). Meme culture has stepped up a gear turning into businesses too. Advertising, publicizing, and showcasing experts have held onto meme for promoting their item or administration. Businesses organizations use memes to reach a wider audience and hire people for the same. Paid for making memes? What an amazing time to be alive!

Aaj khane mein kya hai?

Pragya Singh
Food Technology, 2nd Year

AJ KHANE MEIN KYA HAI, a staple question we ask either our mothers or the canteen wale bhaiya almost every day to satiate our hunger pangs. I've lost count of the times when I loathed the canteen food while munching onto the same plate of noodles and spring roll almost daily. Be it the ironical chilli potato that's mostly sweeter than a Bengali sweet platter, the lip-smacking chole bhature we can't help but take twice for the mere extra chhole, being in the illusion that we are saving a lot of bucks or the omnipresent Thali you'll mostly see the hostlers or the PG people munching on when homesickness hits them hard, wishing they could bring their mothers along,

Searching for the table just below the fans to make sure we don't melt along with the ice-cream we bought. Seeing canteen wale bhaiya patiently handling the tantrums of all the ladies out here.

We have seen and done it all.

A chilled glass of cold coffee along with a humungous plate of fried rice for just Rs 30 is a total steal and something one must try while visiting the campus.

The no. of places selling food at this rate and quantity are very scarce. The costliest dish on the menu is no greater than Rs 50 making it light on the pocket for all the budget-stricken students. You can have a plate of noodles or veggie-filled pasta for Rs 30 and you're practically done for the day! And that's not it, there's no way our canteen is lagging behind providing absolutely refreshing drinks like buttermilk, soft



drinks or even ice-creams for that matter without jeopardizing your pockets at all!

Our canteen might not have a cool cafeteria vibe like ST.Stephens, or the raging variety of mutton dosas like LSR, or even crazy combinations like chowmein samosa in JESUS AND MARY. We are nowhere less than them and we are pretty proud of our canteen.

"Tedha hai par mera hai"

Cartoon Corner

Amisha Singhal, BMS 2nd Year



How To

How to maintain finances as a student

Muskan Mishra
Microbiology, 1st Year



*"So what we're young dumb and broke,
But we still got love to give,
Young dumb broke college kids."*

Student life can be hard, especially when it comes to living on a budget because:

- Your parents' pocket isn't a reliable source of income
- Your fine tastes and intentions aren't either!

So here are three core tips that might help you earn a grade in money management during your crucial years:

- Create a budget and stick to it**
A big stack of cash notes feels fat in the pocket but will soon turn invisible if you don't cling to your needs and minimize your wants.
- Live like a smart citizen**
Using public transports for local travels like metro and roadways, studying from old books donated by your seniors and living with grounded students help you split and rent your utilities and can help save a major fraction of your finance. This is "saving by simplification."
- Skill enhancement activities as a source of income**
"If you're good at something, never do it for free."- Rightly said Joker. You can start teaching your juniors or school kids or if you're into writing, you can work as a content writer or dancers can teach part time grooming classes. This not only adds an extra edge to your personality, but your income too!

Society's Silhoutte

AHAARYA - The 911 Crew



This crew experiences pleasure in teasing its teammates for their unearthly dialect like 'Thank-eww', 'Didayyy', 'Oraange', 'Jigar', slapping/kicking/punching each other for no reason and competing over the canteen's ice-tea. However, there is one common thread amongst all these insane girls in our group, their unconditional love and passion for dance.

This crew has women with reasons and substance. Each person wishes to unleash that inner oppression, break all those anti-feminist barriers, portray the power and rage they have complied over the years against people who do not let them be them, wear shorts and sports bra only and roam around, sit with their legs open and not care, colour/shave their hair in whichever way they want and dance to break away their inhibitions. If someone who is not a part of the crew walks by us, he/she shall have these 2 thoughts:-

First thought, 'Such a cool team'. Correct! We are the coolest, sassiest, cheer fullest and the most fabulous team on the planet.

Second thought, 'Who misses their classes

just to dance in a baraat?' Yes again. We run behind teachers every month to give our late submissions, to ask for log and to forgive us for missing classes. We beg our parents to allow us to travel from 8am to 8pm to various colleges to attend fests. We ask our class friends to lend us their practical files to record our readings.

However, 911 is our family. It is our place for humble hugs. It's our first child. We inhale luxury in the sweat we shed, feel blessed when our core aches and cry together when somebody gets hurt.

After three years of college and multiple fights, what each crew member shall remember probably would be this year of freedom, expression and dance! So if you are not a part of this family, surely you are missing on an opportunity of a lifetime!

PS - Scan the QR Code with your camera now and watch the full video of the 911 crew's fiery performance!



“THE IMMORTAL JELLYFISH”

Jyoti Yadav
Biochemistry, 1st year



Immortality is the burning topic in 21st century. We all want to live forever and it's not wrong to think so either because at the end of the day 'Who wants to die after all?'

This immortal jellyfish can live forever. It has a remarkable ability to regenerate its cells. This creature is scientifically known as Turritopsis dohrnii. The immortal jellyfish was first discovered in Mediterranean Sea in 1833 but it's unique regeneration was not known until the mid-1990s.

The secret to it's eternal life, as it turns out, is not just living a really, really long time. It's all about maturity, or rather, the lack of it. Once they are adults and have finished reproducing, they don't die but transform themselves back into juvenile polyps. They revert back to a sexually immature stage. Their cells convert into their earliest form and grow anew, their tentacles retract, their bodies shrink and they sink to the ocean floor to start the cycle all over again. Not just once, they can do it over and over again that means these tiny creatures have infinite life.

They reveal a transformation unseen in the Animal Kingdom. If a mature Turritopsis is threatened, injured or starving, it attaches itself to a surface in warm ocean water and converts into a blob. Its cells undergo a process called trans-differentiation in which the cells essentially transform into different types of cells. Muscle cells can become sperm or eggs, nerve cells can change into muscle cells.

They can only die if they get eaten by another fish or if a pathogen strikes the jellyfish.

Turritopsis dohrnii is now officially known as the only immortal creature. No one knows how old the oldest immortal jellyfish is. One specimen has been estimated to be 1,550-year-old.

So, the good news is that you can be immortal. The bad news is that you have to become a floating blob of jelly to do so.

Source – Hashem Al-Ghaili

Sports Shots

- Compound archery coach Teja resigns after Dronacharya snub
- Wrestler Bajrang Punia questions selection criteria for Khel Ratna
- Rafael Nadal to miss Asian Tournaments due to knee injury
- Lewis Hamilton wins Singapore Grand Prix to increase title lead
- China Open: PV Sindhu knocked out after losing to Chen Yufei in Quarters
- Legend Michael Phelps slams WADA for lifting Russia doping ban
- Revived Tiger Woods, No.1 Justin Rose spice up Ryder Cup Showdown in France
- Olivier Giroud and Alvaro Morata battle for Chelsea starting spot
- England gives Rory Burns chance to fill Alastair Cook's shoes in Sri Lanka
- Roger Federer looks forward to playing with Djokovic at Laver Cup
- AFC U-16 C'ship: Vikram's late goal hands India win over Vietnam

AARAMBH - Combating Stigmas against Mental Illnesses

Kriti Budhiraja,
Psychology, 2nd year

A mental illness is a condition that affects our thinking, emotions and behaviours. While we continue to treat physical health symptoms with grave concern, mental health issues often do not receive similar attention. The reason behind this is the continuing stigmatization of mental afflictions. This stigma can come from the society or it can be self-harboured stigma. When we consider our day and age, with all the advancements and developments, it is saddening that we still choose to ignore our own well-being. Hence it is important to understand that ramifications of mental disorders can be debilitating and can take huge toll on one's life, if left untreated.

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