

NSS  
KAMALA NEHRU COLLEGE

Presents

# LINGUISHITA

(Newsletter cum Magazine)

SESSION  
2017- 2018

## **MESSAGE FROM THE PRINCIPAL:**

Service to society or to the community is all about your ability and what you are capable of doing. Motivation determines what you do; and attitude determines how well you do it. NSS of Kamala Nehru College keep doing the good work.



Dr. Kalpana Bhakuni,  
Principal (Acting)

## **MESSAGE FROM NSS PROGRAM OFFICER:**

As a child is born, the inevitable source of element given by nature is Air. As we grow, the 5 elements are integral for our survival gifted to us by Nature. Then why in the name of “Development”, according to scientific and technological progress, we deplete our own essential resources. In this period of history, the need of the hour is to redefine the question of development and rethink the needs that are essential for our survival.



Dr. Minakshi Sethy,  
NSS Program Officer

## **ABOUT NSS:**

The philosophy of the NSS is well doctrine in the motto “not me but you”, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society and we prepare our students to do the same.

All our initiatives resolve around our central motive. This motive reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person’s point of view and also show consideration towards other living beings.

Sensitize and empower students with a hope that they become agents of social change. To gain skill in mobilizing community participation, acquire leadership qualities and democratic attitudes, to develop capacity to meet emergencies and natural disasters, and to help others in need before helping themselves in times of emergencies.

We are the driving force of the motivation that students need to reach out to those in need.

# **NATIONAL SERVICE SCHEME**

## **KAMALA NEHRU COLLEGE**

**Session: JAN. 2017 – APRIL 2018**

<b>JANUARY 2017</b>	National Voters Day
<b>MARCH 2017</b>	World Water Day
<b>JUNE 2017</b>	International Yoga Day International Day Against Drug Abuse and Illicit Trafficking
<b>JULY 2017</b>	Begumpur Visit Electoral Enrollment Drive
<b>AUGUST 2017</b>	Swachhta hi Sewa NSS Rally, Masjid Moth Begumpur Visit Lecture on Cleanliness by Dr. KK Roul Visit to Goonj Independence Day Celebration Seminar with NAASCOM Foundation Cancer Awareness programme
<b>SEPTEMBER 2017</b>	NSS Day Celebration
<b>OCTOBER 2017</b>	Rally for Rivers Rashtriya Ekta Diwas
<b>JANUARY 2018</b>	National Voters Day Gandhi Vandan Rally for Cleanliness with SDMC

## JANUARY 2017

**EVENT: National Voters Day**

**DATE: 25<sup>th</sup> January 2017**

National Service Scheme of Kamala Nehru College held an oath taking ceremony on the campus grounds. The participants swore to uphold the **dignity, democratic and peaceful process of elections in India**, and do their part in selection of representatives.



## MARCH 2017

**EVENT: World Water Day**

**DATE: 22<sup>nd</sup> March 2017**

World Water Day focuses on the importance of universal **access to clean water, sanitation and hygiene (WASH)** facilities in developing countries. The day also focuses on advocating for the sustainable management of freshwater resources. Water is a limited resource. What each of us does in the world, how we live, does make a difference. As we learn the value of clean, safe water and how scarce it truly is, we can take steps to protect it and to get it to people who lack access today. So to spread awareness and take some action, we conducted a **pledge** ceremony, followed by a **rally**. The pledge consisted of taking an oath to conserve water judiciously. The volunteers, then, rallied around the college to aware students about World Water Day through **posters and slogans**.



## **JUNE 2017**



**EVENT: International Yoga Day**

**DATE: 21<sup>st</sup> June 2017**

A one hour yoga session was held in the morning at 6:30 am which was followed by Sankalp and National anthem. After this our speaker for the event **Mrs. Seema Kaushik** gave a lecture on the importance of yoga in our daily life. The event ended with serenity and relaxation in the mind and body of all the volunteers and teachers.

**EVENT: International Day against Drug Abuse**

**DATE: 26<sup>th</sup> June 2017**

We were invited for the seminar on “International Day against Drug Abuse and Illicit Trafficking” at the PhD Chamber of Commerce. **13 NSS volunteers** (including two members of the Core Team) represented KNC along with two society convenors – **Mr. Hari Ram Prajapati** and **Mr. Manoj Malhar**. The chief guests of the event were – **Dr. Jitendra Nagpal** - a Senior Consultant Psychiatrist and in-charge of the Institute of Child Development and Adolescent Health at Moolchand Medcity, New Delhi, and **Mrs. Neetu Sharma** – the Executive Director of the Navjyoti India Foundation and the **Joint Commissioner of Police**. Each of the three chief guests gave informative and motivational speeches on how to detect and protect someone who is under the influence of drug or any other substance abuse so that they can lead a happy and risk-free life. Everyone agreed that substance abuse is nothing but a behavioural disorder that must be detected early before it is too late. They also discussed the possible reasons for indulging in substance abuse, it could be – peer pressure, failure in life, broken families, or merely just curiosity. Signs of drug abuse along with ways for parents, teachers and peers to deal with people under this life-threatening influence. An excellent play was also put up by ‘**The Color Bakery**’ theatre group of New Delhi, sensitizing the audience on the issue with fine clarity.

## EVENT: Sanitation and Health Awareness Drive in Begumpur

DATE: 7<sup>th</sup> July 2017

JULY 2017



We visited the slum and interacted with the residents, enquiring about the cleanliness of the locality and their awareness regarding hygiene practices. Questionnaires were administered to the residents, primarily pertaining to the **Swachh Bharat Abhiyan** and its overall effectiveness. The people reported that while good in theory and shows promise, it has not been carried out to its full potential and thus, has not been especially successful. They gradually opened up and shared their daily hygiene woes, saying that despite personal effort and initiative, the officials responsible never carried out their responsibilities diligently and showed a lax and laid back attitude regarding routine cleaning and sanitation. Common complaints were waterlogged sewers, sewers overflowing, MCD dustbins not being cleared out regularly and mosquito breeding. It was also found that the government had not been successful in raising awareness regarding sanitary measures, such as the distinction between bio-degradable and non bio-degradable waste and the allotted dustbins for the same. In spite of government callousness, the residents are very efficient by themselves and take care of their own. Majority of the residents throw their domestic waste in a dustbin by the house and dispose it off of in the MCD dustbin outside their slum. Shopkeepers also take measures to not have people litter their surroundings after buying from them. Toilets are a problem for some people. Personal toilets are available only to the people who had the space to construct the same. Others continue to use public restrooms.

Even though the people of **Begumpur village** live in poverty, they are highly responsive and are very willing to work towards a better community for themselves, and while help would be appreciated, they are capable of taking matters into their own hands and creating a cleaner environment only if resources are provided to them.

## **EVENT: Electoral Enrollment Drive**

**DATE: 27<sup>th</sup> – 28<sup>th</sup> July 2017**

The **Electoral Enrollment Drive** commenced with an introductory session given to us by **Ms. Nisha, the D.E.O of AC-42 Kasturba Nagar**. We were briefed about the reason, and importance of the drive and how to fill the form. We were also informed about the regions that come under our jurisdiction. After the briefing session, we drafted a notice, copies of which were put up in the college campus along with the posters provided to us by the DC Office. The NCC/NSS Team also released an online notice which was spread across all social media platforms, in order to ensure that all the students of the college knew about the drive. We received around 20-30 enquiries and we advised all the underage applicants to apply in the next camp.

## **AUGUST 2017**

### **EVENT: Swachhta Hi Sewa**

**DATE: 2<sup>nd</sup> -15<sup>th</sup> August 2017**

The NSS Society of Kamala Nehru College celebrated “**Swachhta Hi Sewa**” on the occasion of Swachh Bharat from **2<sup>nd</sup> Aug. to 15<sup>th</sup> Aug. 2017**. We took a pledge to observe and be a part of hygiene and cleanliness in all aspects of daily life, and to sensitize others also. Cleaning our college campus on regular basis is a part of our society. Our volunteers started an awareness campaign about the difference between Bio-degradable and Non-bio-degradable wastes in the college campus. The volunteers cleaned up classrooms, corridors, Chaupal, canteen area and the college surroundings. The need to save electricity is also dire and we posted notices regarding such in each classroom.





**2<sup>nd</sup> Aug. - Cleanliness Drive in the college campus guided by NSS-DU**

**3<sup>rd</sup> Aug. - Oath Ceremony cum Orientation Program**

**4<sup>th</sup> Aug. - Rally in the college campus**

**5<sup>th</sup> Aug. - Rally cum Save Electricity drive in the college**

National service scheme is a traverse to serve in a way, starting from your own doorsteps. Our college in the same way is providing the platform in promoting various community service programmes for a better world i.e. what surrounds us, 'our abode'. Swachhta is one of the basics in our NSS routine and is portrayed amongst our youth significantly. Usually we used to do cleanliness drives spreading awareness about "keep it green ...keep it clean", but this year under the 'Swachhta Pakhwara' campaign, it started with a new essence, giving us responsibility and rearranging the distorted sections of our classrooms, corridors and washrooms. Our drives initiated from 2nd august where we organised a cleanliness drive allotting each group of volunteers a room to clean. On 3rd august we conducted the oath ceremony where our programme officer took the oath asking every student to abide by it. On 4th of august we continued with our drives within the campus and students participated very actively. On 5th of august we initiated a 3 hours long drive in which we not only cleaned the college but also came up with a message to save electricity and made students realise responsibility towards college. The 4 day event turned out to be a huge success inculcating in students a responsible behavior towards a clean institution eventually leading to a clean nation.



**7<sup>th</sup> Aug. - Rally to Masjid Moth area, Gautam Nagar, Niti Bagh**

We interacted with the people around the Masjid Mor, taking their views on a green and clean India.

A man working at a nearby vegetable shop spoke to us about the fact that he would like to support the project but at the moment he does not make an active effort to do so. We informed him about how he could separate his bio-degradable and non bio-degradable waste.



### **8<sup>th</sup> & 9<sup>th</sup> Aug.-Begumpur visit**

It's so strange that a place just a few kilometres from our college seems like a completely different world. When we went for a survey for 'The **Clean India Mission**' to '**Begumpur Slums**' we were astonished to see the condition in which the people are living. Sights such as dirty stagnant water, clogged drains, narrow lanes, cramped houses and heaps of garbage welcomed us. Seeing us (maybe we seemed as strange to them as they seemed to us), the residents gathered all around us telling us about their grievances. We tried telling them that we are just a bunch of students who are here for a survey regarding The Clean India Mission.

When we talked to people we were shocked to know that most of the women didn't know about the '**Swachh Bharat Abhiyan**'. These were the major problem they told us, first of all the garbage. We could see garbage dumped everywhere. The dumped waste emanate foul odour and at the same time becomes breeding ground for flies and mosquitoes which carry several diseases with them. Also children were playing near the garbage dumps oblivious of the fact that they may get infected with some fatal disease. Water! A major problem they talked about was of water. Being the rainy season there was standing water everywhere. People told that they don't have toilets at their homes so they have to use public toilet of their area. The toilet there was in pathetic conditions. There were cramped houses. It's difficult to even imagine the living conditions of the houses there unless and until you actually experience this nightmare. Six to eight people share a cramped room and only they know as to how so many people fit in such a small room. Also they told us that the municipal dustbin of their area is never cleaned the garbage is thrown on the roads. The streets are narrow and the sewage water stagnates in open surface drains, which emits very bad smell. Seeing small kids living in those conditions was heart breaking. Just a few hours in those slums made me feel suffocated. Imagine people spending their whole lives there. We may have criticised Slumdog Millionaire, a lot about how it showed just the bad side of India, but aren't we just trying to cover the reality that the bad side does exist? Slum development needs to work on a better level. It's clear that The Clean India Mission is a failure over there.

**EVENT: Lecture on Cleanliness by Dr KK Roul**

**DATE: 10<sup>th</sup> August 2017**



**Dr. Roul**, in light of the hon'ble Prime Minister's address to nation on the same issue in the Lok Sabha, decided to bring the debate on the state of India's sanitation practices within the academic sphere and create better awareness around the matter. Students took a pledge to work towards the true development of the country. The dais was then taken over by Dr. Roul who emphasized the need for immediate action to be taken to alleviate **India's position from ranking at a shameful 155th in the world's list of cleanest countries which included 178 nations in total**. He explained the socio-economic as well as cultural reasons behind India's poor performance and stated that although Indian people as a whole are quite particular about personal sanitation and hygiene, we must work towards broadening our perspective and extending these principles of sanitation to our surroundings as well. He also cited the various schemes undertaken by the government, the Swachh Bharat Mission being prominent among them. The talk was, thus, helpful in making the students to realize the need for public hygiene and improved their resolve to aid the government in its attempts to secure a cleaner and brighter future for the nation.

**EVENT: Visit to GOONJ**

**DATE: 12<sup>th</sup> August 2017**

Goonj works basically for the relief of people during the time of disasters. Around **61 students along with the program officer (NSS) of our college went to the processing centre of the NGO** and were given information about all the work that this NGO does. Goonj works especially in the flood prone areas and also for the rural dwellers, urban people who are economically backward and spreads awareness about the need of cloth, taboos related to menstruation etc. The Organization is working through various programmes and campaigns such as Raahat, Not just a piece of cloth, waapsi, etc. We also got a chance to meet **the founder of Goonj Mr. Anshu Gupta** who inspired us and asked us that whatever changes you can make just make it. The visit reaffirmed our ideas on public and social welfare and doing Good to others.



## **EVENT: Independence Day Celebration**

**DATE: 14<sup>th</sup> August 2017**

Our **Principal Dr. Kalpana Bhakuni** gave a speech on Swachhta and **declared our institution as Clean Institution**. She inspired our students not only to make clean their surroundings only; but also to take care of the country as a good and responsible citizen.



## **EVENT: Seminar by NAASCOM**

**DATE: 17<sup>th</sup> August 2017**

A Seminar organized by the National Service Scheme of our College in collaboration with NAASCOM Foundation, a not-for-profit industry association. It is the apex body and the **voice for the 154 billion dollar IT BPM industry** in India with members like **Accenture, Infosys, Cisco, and Microsoft, Google** etc. that has made a phenomenal contribution to India's GDP, exports, employment, infrastructure and global visibility. The focus of the program was to create sustained social impact. By supporting technology based solutions that address critical gaps in key developmental area, the platform aims to foster inclusive growth.

## **EVENT: Cancer Awareness Program by Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC).**

**DATE: 31<sup>st</sup> August 2017**

A lecture was held on the topic **“What every woman needs to know about Breast and Cervical Cancers?”** by **Dr. Indu Aggarwal, Sr Consultant, RGCIRC, Rohini**. A team of 4 members of the special cell came for this program. They discussed about the causes, symptoms and the primary remedies of the diseases. Students even shared their experiences in the end of the lecture. The lecture was very informative.



## **SEPTEMBER 2017**

**EVENT: NSS Day**

**DATE: 25<sup>th</sup> September 2017**

The Society organized **Essay Writing Competition, Slogan Writing Competition** on Swachhta. We invited Alternative Logo on 'Swachhta' under the guidance of NSS, DU. We cleaned the college campus as well. The NSS Volunteers checked the campus surroundings for any kind of dirt or garbage that was thrown by the student. It was an enlightening experience for the students to learn about the importance of cleanliness as well as the sense of team work

## **OCTOBER 2017**

**EVENT: Rally for Rivers**

**DATE: 25<sup>th</sup> October 2017**

A lecture on **"Irrigation and how construction of dams affect us"** by **Professor Satyajeet Singh** was organized in support of **RALLY FOR RIVERS** movement He talked about the various methods of irrigation that have been used since ancient times and how these methods have developed. He also informed us how construction of dams harms the rivers, the ecosystem and the people who are forced to resettle for the construction. A little question and answer round was held so that students can clear their doubts. Overall the lecture was quite informative.



**EVENT: Rashtriya Ekta Diwas**

**DATE: 31<sup>st</sup> October 2017**

NSS volunteers took pledge on the observance of **"Rastriya Ekta Diwas"**, on the remembrance of **Sardar Vallabhabhai Patel**, one of the leading freedom fighter of our country. We ran and covered the ground twice on this occasion to be physically fit and healthy

## **JANUARY 2018**

### **EVENT: National Voters Day**

**DATE: 25<sup>th</sup> January 2018**

On this occasion several students took a pledge to uphold the system of **Democracy** by practicing their right to vote.



### **EVENT: Gandhi Vandan**

**DATE: 30<sup>th</sup> January 2018**

In collaboration with **Gandhi Study Circle**, a function in the memory of Gandhi was conducted in the Auditorium. The event saw cultural performances by **Sangeetika** as well as mind blowing Thumri Singers. We organised a cleanliness drive in the college and took an oath for cleanliness.

**EVENT: Rally for Cleanliness with South Delhi Municipal Corporation**

**DATE: 30<sup>th</sup> January 2018**

Along with our teacher convenor, Dr Minakshi Sethy, NSS team members **accompanied SDMC workers to Hudco Place** and spread awareness about keeping our surroundings clean. We distributed pamphlets and chanted slogans through the slum area



# ARTICLES





# It's about Eternal Happiness

The more you contribute and work for others the better one feels internally. This has been proved time and again.

A social servant is the most important person in the society and knows his /her moral duties and responsibilities towards others. At a personal level, being a member of the interact club in school, contributing towards upliftment of the poor and those deprived of education I inculcated the habit of helping others since school. In college, being a member of JaagoTeens, an NGO devoted towards spreading awareness about internet safety among the youth is another form of contributing towards betterment of others lives.

When you take a step forward, word hard, brain storm and slog to get work done for betterment of others and finally see a smile on their faces, the self satisfaction that one feels is unimaginable.

Believe me, as a member of Enactus of Kamala Nehru College, I have worked for upliftment of the 'Mochis'.. We've had discussions, debates, brain storming sessions, running helter skelter just to do our little bit for their happiness, gives you double the amount of happiness that they feel. That's because YOU bought that change in their lives.

NSS of Kamala Nehru College has time and again set examples and proven how important it is in today's world to feel for others and get immense pleasure when we have so many avenues to actually bring out a change in others' lives.

I urge each one of you today, gear up, stand up, take a step ahead, imagine how you might feel being the reason for someone else's happiness.

This might change your life too along with others!

Bring light to humanity again, let it not die. It's in the hands of the youth. Redefine the definition of social service and feel the happiness.

Saakshi Duseja  
BA (H) Economics, 3rd year



## IT ISN'T A GARBAGE STORE



### **"We are not in it for income, we are in it for outcome"**

Welfare services intend to aid disadvantaged, distressed and vulnerable persons who are victims of any kind of physical, mental and emotional atrocities. In India, there are countless number of non-profit organisations working for their overall well-being and enhancement of their social functioning.

We all have come across different types of donation drives for sure. Many of us have even participated in this noble cause. But, these days it is evident that the word "DONATION" in itself is misinterpreted. This statement can be proved through this given example - GOONJ, an award winning social enterprise works for the rural communities in the rural areas ,it provides people their basic needs and requirements such as clothing, domestic tools, sanitary pads etc. Their aim is to bring development in the rural areas along with those of urban areas. However, in a recent drive the donations they received weren't generous, but absolutely heartless. The fact became evident when the organisation shared the pictures of contribution they received. These were the things that a sweeper won't even touch. From blood - stained under garments to rotten food and broken utensils, the "**CONTRIBUTION**" offered was disgusting. Through its Facebook post the organisation wanted to send the message that **It Is Not A Garbage Store** and such contributions not only demean the volunteers but also the recipients. This wasn't a full stop of the heartless practices of people on the grounds of donations. For urban class people, donations are a way to rush the garbage out of their houses. People should realise the importance and ambiguity of "**CONTRIBUTION**" and make it as efficient as possible.

Effective contribution is essential in the key areas of social service. For instance, especially abled should be provided with the opportunities so that they can reach their potential and can be included in the community. Second, people suffering from mental health disorders should be assisted in their recovery journey. Third, senior citizens should be enabled to stay healthy and socially engaged. We must also help children and youth to provide them with the skills they need to overcome the challenges of life.

## Blood and Religion



During a session, a little girl in blue stood up with little shyness and frankness as whatever she would ask will be logical. She asked me, "Ma'am, do all women bleed and bleed with red colour ?

As it was so obvious I answered positively with little bit knowledge of why blood looks red- Haemoglobin.

I knew it that these kids of small age ask such questions that would be so easier to answer because I have already taken three such workshops on menstruation. Then she asked with some fine lines on her forehead .The lines of dilemma and dizziness.

"Do women of all the religion bleed ? And Muslim women too?"

I knew it; to again reply in affirmation but this time her question left me with another question. Do these kids really understand religion and what does that remark "Muslim women too" mean?

We as people has inherited religion so deep that our progeny trying to find out relation between things made by humans and natural process.

"Menstruation has no relation with any religion it is as natural as inhalation, exaltation, excretion, digestion, blinking of eyes, thumping of hearts, birth of a baby and existence of this universe." The word "universe" in the end of my reply satisfied me. With great relief I felt that I have taught something so real to her. As real as menstruation.

(Above is an anecdote. I worked with Womenite, a social organisation works for gender and sexual identity. I used to take workshops on menstrual education with small school going kids.)

In a civilised society in which human rights, social justice and democracy are conceived of as vital values and standards social workers support people who are not able to fulfil their basic and secondary needs. Social work contributes to the quality of life of all citizens, social cohesion and solidarity. Social service is no doubt necessary, for man does not live for himself but for the society to which he belongs.

Unfortunately, we seldom think of others – A society may suffer from the absence of welfare clinics, no opportunity for elementary education, lack of sanitation and much more. The problem is particularly pressing in a country like ours where forty percent live below poverty line. Every able-bodied citizen should be compelled to devote a part of his time for the good of the community. This will have a liberalising and cementing influence. Social work can be a means of achieving emotional integration in the country. From the perspective of a social worker certain ethics need to be followed. Partnership should be promoted in several ways such as keeping an open dialogue between professionals and service users. Being honest about the differences of opinion and information that helps to promote their understanding

Another striking issue was that of independence. People with disability require a lot of help and were dependent on the care taker. The aim should be to make them as independent as possible.

However, there are certain aspects to be developed within the organisation of the social service. I encourage each one of us today to relate to the most positive consequences of social work. It has been a major boost in self development and intellectual growth. It seems to be about other people but you will feel the reward from daily involvement. The greatest satisfaction is the gratitude expressed from society and the feelings that you are the one people turn to in case of help and support.

‘We’re not in it for the income;

We’re in it for the outcome.’

Rushali Bhandari

BA (H) Economics, 3rd year

## A MAGICAL EXPERIENCE

There are many experiences in life that leave a deep impact within ourselves, my 11 day community service in “Kechla” a small Naxalite village in Orissa can be considered as one of those memorable and remarkable experiences of my life that I truly hold dear .Kechla is a conglomeration of several hamlets of primarily tribal populace spread over quite a wide region. The area was so backward that essential infrastructure that is required to lead a basic life was non-existent, thus no proper roads, no electricity, no potable water, no school, nor any healthcare facility whatsoever existed in the region.Auro-Mira Service Society decided to work in the village as its field of karmayoga, a necessary component part of the Integral Yoga sadhana of Sri Aurobindo and the Mother. The Auro-Mira VidyaMandir, where I volunteered as a teacher, was set up in 2004-05 by the Auro-Mira Service Society (AMSS). When the AMSS first decided to work in this region, it was a challenging task as the basic infrastructure required to build in that tiny region was non existence .However through several efforts and challenges the AURO MIRA VIDYA MANDIR in July 2008 was set up.

The institution follows a free progress system of education, favouring practical knowledge and learning as

suited to each student over rote learning and memorization, or simply bookish education. There are no exams or tests; instead the children learn to imbibe their learning without incentive, learning freedom and responsibility together. Volunteering as a teacher in Kechla taught me many lessons; it was more than a student teacher experience that I gained from the trip. Other than setting tasks and lessons for the 2 students ( Damru and Mohan ) that I was assigned I did so much more in that surreal place . From performing activities like shramdham to training children , visiting the reservoir and going for trecks and star gazing with the children everyday made my experience of Kechla even more enriching. Teaching my students was not a simple task there were one or two days where we were not able to complete the set tasks . The process was often slow . However these small situations taught me much more than one can think of , I learned how to deal with different people in different situations and how to be patient. Most importantly I learned how to be satisfied and grateful in what life has given me and how we take things for granted that some children long to have. The unprivileged children found happiness in the smallest of things , their enthusiasm to learn new things each day and their dedication to hostel

work as well as studying taught me so much.

Personally, I felt that the significance of community service wasn't only limited to the education we gave the children but the values we gained from the children there. My personal experience of community service-Shramdhaan, in Kechla was enriching

and unforgettable. In spite of the hectic schedule in Kechla where our days were packed with activities, from shramdaan at 6:30 in the morning, to school from 9:30 to 3, generally followed by some sort of activity, there was a sense of calmness everywhere. It was truly an inspiring and unique experience that has had such an impact on my life.



Samah Nanda

BA (H) Psychology, 1<sup>st</sup> year

# Glorious

I am a woman of black and golden.  
With strokes of blue deep within,  
With yellow of the world and red of the sky pouring down,

I Chase butterflies but let them fly when they sit on my fingertips.

Painted against a black background, stand I.

Colours define me;  
Painting pictures on my face; Of my soul.  
On my skin; Of my deep.

I stand next to the girl with a doll.

She can be defined by colors as much as I.  
But she stands scared by the wall, and I next to her.

"What has the doll done to you?  
Were you not allowed to play with it ? Have you not learnt any manners? Do  
not throw away toys because they scare you, okay?"

Play, dear child. Play with your fears.

Painting her fear on the doll, she screams colours to express.

Do I define colours?

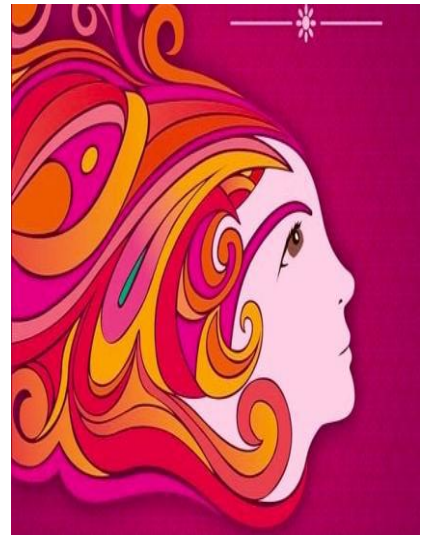
Dashed in crimson, I don't let the world see my yellow.

Because,  
What good will that do, of letting you hold me when I need to be told to pick  
up the dagger myself?

So, tell me,  
How can you find peace in the flickering lights?

Apoorva Mishra

BA (H) Psychology, 2<sup>nd</sup> year



## Justice for my Scars

That house was dark enough to kill me  
Every corner has experienced the  
pain.

I entered through that door, thinking  
of our bright future, dressed in white.  
But soon unplanned things happened.

Those stairs know how one feels on  
falling

Maybe when I fell, they too felt the  
same.

Not once, but a hundred times  
They became the witness of my pain.

That wall got coloured once in a three  
month

Not from paint, but from my blood.  
A wet cloth was needed to clean it up  
And I always ended up in stitches.

That bathtub hardly knew it could kill  
a person

Until my head was forced into it.  
Some of the water came out of it  
And some got into my body.

I hid under that bed to save myself  
from the demon inside him

He dragged me harshly.

When we live with a person, we even  
know what their things feel like

Nikita Dhyani

B.A. (H) Philosophy, 2<sup>nd</sup> Year



Yes, I can still feel the touch of his  
belt.

I tried a lot to make that relationship a  
success

I picked up every piece and built it  
again.

But every time, it shattered more.

For me, he was 'everything' but for  
him I was just a 'thing'.

What would one do when a knife is  
heading forward to tear you apart?

Maybe everything to save his life.

That's what I did; everything to save  
myself from my 'everything'.

I never wanted to kill him ; I was his  
wife.

He killed my soul

And I killed his body.

Now, I'm still in pain

And he is in peace.

I know, I was asked to defend myself.

But all I could do is admit what I did.

Whatever happening to me is maybe  
fault in my stars.

But now, all I want is, justice for my  
scars.

(This is a courtroom scene wherein a  
lady is asked to defend herself.

She is accused of killing her husband.)



# Is religion really the reason for social exclusion?

The 21st century, where ISIS is causing unrest in the world in name of the caliphate, media is reporting about cow vigilantes, or about the Ayodhya conflict, one can't help but wonder whether religion is the demon eating away any hope for social inclusion and peace. We blame terrorism on Islam, cow vigilant and Dalit oppression on Hinduism and some anti Semitics blame class divide and World War 1 on Jews. The result is xenophobia. Xenophobia especially Islamophobia is quite prevalent in various parts of the world. This is quite apparent through the travel ban by US President Donald Trump or Syrian refugees being refused by Germany or the hijab ban by France. The rationale behind these decisions is simply this: "All Muslims are terrorists ". A surge in neo Nazism is also being observed with the growing popularity of Alternative Rights Movement in America and the Far Right in Europe and is manifested in form of hate speech on social networks like Pewdiepie, a YouTube sensation, propagating Anti Semitics views. These neo Nazi views blame Jews for the class divides and also for the World War 1.

The real question that arises after observing all this intolerance towards one religion by people belonging to other religions is whether or not is it justified to blame religion for all bad things that happen in the world or is the source something else? Are we ostracizing these religions we so openly criticize? Do the people who criticize these religion really understand what religion stands for? Are we pointing fingers just at a particular religion and turning a blind eye to everything else? To be able to answer these questions one must first realize what religion is. Religion is a belief in existence of a Supreme authority I.e. the God or a Guru. Religion is an ideology that tells its followers how to differentiate between good and evil, right and wrong etc. Religion is never restricted to its practitioners for it is a structure conducive of faith where people can come together to believe in the ideology that led to the genesis of the religion.

But what is the definition of religion from the point of view of the people who believe in ideas like " All Muslims are terrorists "? They have restricted the idea of religion to its few practitioners who are causing unrest in society. Because of a few Muslims who are a part of ISIS or Taliban, people have formed a generalized image of Islam. They have stopped seeing Islam as a practice or a faith and have started seeing it as a crime. Religious intolerance has reached its peak and hate crimes against the Muslims have increased exponentially. It has become a norm to subject any person with his surname as Khan to more scrutiny. There are various examples like Shahrukh Khan being subjected to stricter vetting processes at airport security checks. What people need to understand is that no religion is born hating another. No religion demands the annihilation of another religion. Quran doesn't give the message of hatred and innocent bloodshed. Yet every Muslim is looked at with eyes filled with suspicion. People who proclaim that all Muslims are terrorists need to sit back and think over the consequences of their actions and justify this statement.

**They need to realize that the real hurdles in social inclusivity is when they attach the tag of Osama to all Muslims.**

**It is also problematic how religion is often thought to be the reason why social exclusion is coming about. Hinduism as a religion is being blamed for cow vigilantism and suppression and exclusion of the Dalits. We are blaming Hinduism as a religion for creating class divides yet in reality we are forgetting that it is again the fault of select few practitioners who support and promote the idea of untouchables. We see in Hindu scriptures like Ramayana showing Rama eating berries offered and bitten by Shabri. The clear lesson from this is story is that equal respect need to be given to all regardless of their caste. Yet there are people who say they believe in Ramayana yet propagate the idea of oppressing Dalit community for personal selfish motives. There is a need to realize that it is not Hinduism I.e. the religion that is the real culprit but the Hindus who believe in untouchability. These people have created hierarchies and have tried to incorporate these into their religions and hence have successfully transferred the blame to religion.**

**Also there are issues regarding conflicts among various religions. When ideas like Hinduism as a religion is thought to be antithetical to Islam is when communal riots take place. Though neither of their scriptures say so, yet the practitioners of the religion believe and propagate such views. There have been numerous riots among the Hindus and Muslims like the Bombay riots, Godiva riots and the fight over Babri Masjid. There has been an extreme polarization between the communities so much so that there was the partition of India. This kind of polarization has left many Muslims in India, which is a Hindu majoritarian population with little agency. Though their religion aren't antithetical to each other yet the binary exists. The reasons for this binary is perhaps the reason for all conflicts : It's a fight for dominance. People have a superiority complex that they have the psychological need to appease. They feel their religion is superior to other, that their God is Supreme and that is why the problem exists. The reason for any kind of ostracization or social exclusion is this superiority complex itself. Why are people against homosexuality is perhaps they believe that heterosexual is superior to homosexuality. These people then fight for dominance in the name of religion and violate religious values. Innocent bloodshed is not what any religion propagates yet ISIS carry out killings and bombs places in the name of religion. Hindus do the same with cow vigilantism portraying it as protection of religious values. Religion itself isn't the preparator of religious crimes. It is rather the practitioners with superiority complexes who go ahead and indulge in it. Hence, religion isn't the black sheep of the society. It is the people themselves. To bring about social inclusion, it is important to get rid of this feeling of or need for superiority. Social inclusion, though not a utopia, isn't an easily fulfilled reality.**

**Ekta Golchha  
B.Com (H), 2<sup>nd</sup> year**

## In the mirage of loneliness

I went to school with an aim to study.  
Never knew that such a little wish  
wouldn't get fulfilled  
How eagerly I wait to rewind the  
clock,  
So that I can go to my childhood days  
Recall all the fun and merry we used  
to make.  
Right from the start I have been  
brought up in a bubble  
Thinking that life is sweet without  
any trouble.  
How wrong was I  
Every day I have to live through the  
stares.  
Which all seemed desolate.  
They say that every bad thing has to  
diminish.  
But how wrong and double sided they



were.  
Once try to sympathize how we feel.  
It is a fight which has been going on  
since decades.  
We're more united than anyone else.  
We can sense the agony, we can sense  
the pain.  
Our laughter hides our sorrows.  
We can sense your real face  
There are many sides to us  
Some of us can't see, some of us can't  
walk, some of us can't speak or hear.  
But what trouble have we caused to  
make you shiver with fear?  
Our day will come  
Sooner or later  
Our army will rise,  
We will have the courage to climb  
higher and higher.  
All we need is a little encouragement  
If that is provided to us then  
Even the sky is not the limit.

Divya Rao  
B.A.(H), 2<sup>nd</sup> year

## Integrating Diversity

We are all unique and there is strength in diversity. Social inclusion refers to giving equal opportunity and advantage to be the part in a society. Considering someone unimportant or insignificant in a society won't do any good but rather lead to conflicts among people and undue mental pressure among the marginalised one.

Blocking the rights of a group of people, being on the basis on caste, ethnicity, creed, gender and religion, oppress and afflict them to come out of their shell and make them feel inferior. It also apply on people who has some form of disabilities(physical or mental), the minorities and the LGBT people who are prevented in participating in any kind of political, social or economic life of the society.

Socially including every member of the society leads to a fair decision making and proper brain functioning. Recently the president of The United States of America Donald Trump has banned the seven Muslim state, giving a reason that Muslim community are spreading terrorism. This state's his discriminating attitude towards a caste, declaring some group of people as terrorist won't silent the terrorism but increase the rage among people. Including everyone in a decision making session can decrease the problems in the society.



LGBT people are harassed, taunted, humiliated and are thrown out of the society thinking that they are abnormal to become a part of the society. People suffering from AIDS are also being excluded which puts a lot of mental pressure and sometimes this lead to taking of one's life. Sometimes people choose a means to drugs and alcoholism which makes their life more worst. It is the need of an hour to change the mentality of the people. As it is said by some great personality that "Strength lie in differences not in similarities"

Aditi Shukla

B.A.(H) Geography

# SPOONFUL OF HOPE

Stories. They are the precedent on which society based it's principles. They have the power to influence and inspire people. Some stories are tales of demonic horrors plaguing this world, leaving terror in its wake but others are tales pulsing with hope and promise of a better tomorrow. But not all stories are so white and black but are tinged with shades of grey. Yet all stories have a purpose. It is the prerogative of us readers to choose the stories we read and what lessons we draw from them and what stories we choose to retell. In bleak times, if we choose to slip into passive helplessness, nothing can help us return. But if we choose to draw inspiration from hopeful tales, maybe we can keep fighting, striving and struggling for a better tomorrow.

In recent times, having heard and read of various cases of rapes, acid attacks, trafficking it seemed easy to lose hope that it would ever be easy being a woman in a society like this. One such day, I came across the story of Haseena Hussain. She is an acid attack victim and her story also started with a 'No' that the receiver couldn't quite respect. In her case it was her boss who threw a jug full of acid on her face when she rejected his proposal of marriage. She was rushed to MS Ramaya Hospital where the doctors refused to operate unless they were to receive Rs. 100,000 in advance. After that she was transferred to a government hospital where she received medical attention after 3 days of intense pain. By then the infection had spread rendering her body 70% burned. She underwent 35 surgeries, lives on a liquid diet, her parents had to sell off their house to pay for her medical bills and yet her problems were far from over. To add on to the emotional trauma, her boss who was imprisoned after 5 years, given a sentence of 5 years 2 months was released within 2 months of prison. Even though the justice system failed her, she persevered for justice. She raised her voice which forced the government to extend the sentence to a life imprisonment.



Having suffered through great pain, she started to recover from her trauma with the help of her parents. She decided to give her life a new direction and associated herself with Enable India, an institution for visually impaired people. Here she learned computer and other skills. Because of her continued effort, she is now a stenographer in a government department and is now the sole bread winner for her family. Not only did she become financially independent, she also became part of various NGOs engaged in helping acid attack victims. She is a part of an NGO called 'Make Love Not Scars' where she talks to other victims and inspires them to not give up their lives. She has been an inspiration to numerous women.

Her story is that of a brave woman, who rebuilt herself from the ashes of a tragedy, which may have scarred her skin, but couldn't kill her spirit. One can't help but applaud her tremendous strength and bravery.

Ekta Golchha

Bcom Hons, 2<sup>nd</sup> year

# I am who I am

They might call me a weak woman  
They might call me a feminist  
But I am who I am, owner of my feelings...

My pays are low but my work is loyal  
Although my voice is unheard but I roar like a lion  
Indeed I am who I am, mother of all...

I'm not a toy, I'm nobody's princess  
I'm my own queen battling for my kingdom  
Which is why I choose to be me, to be who I really am...

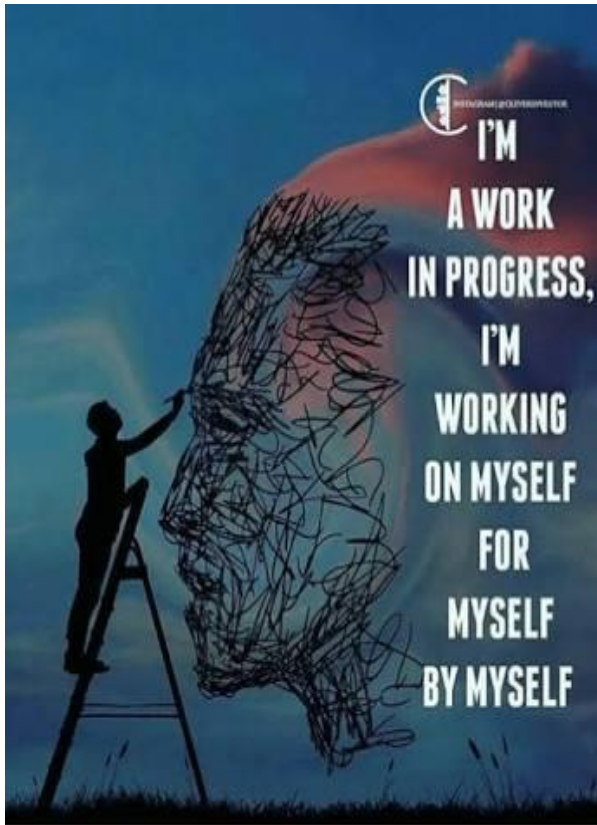
I'm misunderstood and I'm considered useless  
My feelings are hurt, my body isn't respected  
But I'm stronger than others. I am more than me..

I might be black, I might be ugly,  
Might be slim or fat, might be a feminist or a lady  
But I am who I am and I am definitely not a stereotype.

Stereotype like others with a short vision,  
Because I am who I am.  
I'm a woman suffering but still living on my own independently.  
I am me!

Sarvika  
B.com (P),1st year





## The Bird Story

"The time has passed ; a decade or two,  
And it brought new opportunities.  
While others were whiling away their time,  
I was working on myself.

As I started flying, a dust storm came in my way.

Returning was no option, so I decided to go against and face it.

Yes, I did tremble and the storm shook me from inside.

But the fact is, I got through.

Now I could see a clear sky ;

But it is never always as it seems.

Still little and fragile, I had to face the big kites.

They were enormous, but I was 'small' enough to make my way through the

woods.

Finally, I reached the pond.

That water was what I was longing for.

I lived that achievement for a moment

And could finally feel some wind beneath my wings"

Suddenly my little daughter interrupted, "Mom, you narrate the bird story so well."

I had nothing to say but smile and nod.

Her eyes were twinkling and I could see a little bird inside.

Then a question came, "What will happen next with the birdy, Mom?"

I replied, "As the time will pass; maybe another decade or two,

It will bring new opportunities.

While others will while away their time,

I will work on myself; for another me."

Nikita Dhyani

B.A. (H) Philosophy, 2<sup>nd</sup> year

The motto of NSS  
is “**Not me but  
you**”

World Water Day  
is celebrated on  
22<sup>nd</sup> March

# Did you know?

12<sup>th</sup> January is the  
National Youth  
Day

NSS was launched  
in Gandhiji's  
Centenary year,  
1969.

We celebrate NSS  
Day on 24<sup>th</sup>  
September every





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