



HANSRAJ FIGHTS COVID



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INSIDE THE ISSUE

Concealed from eternity
we hold a forever,
wearing the constellations,
reflecting the glittering.

The shine we hold
flaunts our aspiration,
looking for wings to fly
in the sky of hopes.



प्राचार्य संदेश

आपदा में अवसर की तलाश की अवधारणा के अनुरूप हंसराज कॉलेज ने अपने विद्यार्थियों की रचनात्मकता के सहारे कोरोना बीमारी की इस भीषण आपदा



और बेहद खतरनाक दूसरी लहर का सामना करते हुए भी अनेक उपलब्धियां अर्जित की है। हमने इस दौरान अपनी आधारभूत संरचनाओं का उपयोग इस आपदा में लोगों की मदद के लिए बेहद कुशलतापूर्वक किया है।

हंसराज कॉलेज ने इस वर्ष की इंडिया टुडे रैंकिंग में विज्ञान, कला और वाणिज्य सभी संकायों में देश के शीर्ष पांच कॉलेजों में अपना स्थान सुनिश्चित किया है। अकादमिक प्रदर्शन के साथ ही गैर शैक्षणिक गतिविधियों, खेलकूद आदि में भी हंसराज कॉलेज के विद्यार्थियों ने इस आपदा काल में भी अनेक पुरस्कार, सम्मान आदि प्राप्त करते हुए कॉलेज का नाम रौशन किया है।

हंस विजन के इस नए संस्करण में भी विद्यार्थियों की उपलब्धियों, कॉलेज की गतिविधियों और विद्यार्थियों की रचनात्मकता को स्थान दिया गया है। 'हंस विजन' के इस नए अंक के लिए विजन टीम के सदस्यों और हंस विजन के संपादक मंडल से जुड़े विद्यार्थियों को बहुत बधाई और उनके उज्ज्वल भविष्य के लिए मेरी हार्दिक शुभकामनाएँ।

A LITTLE PARENTHESIS IN ETERNITY: THE EPHEMERAL EXISTENCE

"This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance. A lifetime is like a flash of lightning in the sky, rushing by like a torrent down a steep mountain. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment, but it is transient. It is a little parenthesis in eternity" and a parenthesis of time is inconsequential to eternity, the ever-moving clock which dictates the end from a start when posed in the labyrinth of eternity is rendered useless. We are stardust suspended in a loop; we are a sunken ship for whom the constant waves are all but one. It goes and comes, goes and comes but we are right there moving with motions, motions of sadness, motions of grief, motions of happiness, motions of giddiness, motions of frustrations and some days it's this, asking questions of our ephemeral existence. While we have centred the universe around ourselves but the perennial nature surrounding us is the testimony to our inconsequentiality. We begin in nature, we

perish in nature but if we are stardust suspended in a loop, we are eternal in this nature. We are made of atoms and elements, the same as that of stars; the stars that are lightyears apart from us. When their light reaches us, myriad years have already passed, maybe they have perished by now but we are gazing at the past intermingled in our present, its veracity is beyond question so maybe we just like that may not remain in form but our present every moment is getting intermingled with the future to form a past to look at and in the process, we go through motions and those motions make it worthwhile. Even if it's a small parenthesis in eternity where the beginning and the end matters, the multifarious emotions we experience in between are worthwhile even if inconsequential. Of what the universe holds we do not know the answer but if we are meant to end, we might as well dance and embrace through it rather than sprinting because for all the days we do not die, we are meant to live them.

A VISIONARY FEST

हिंदी मात्र अभिव्यक्ति का माध्यम नहीं , अपितु स्वयं में एक संस्कृति हैं।



हंसराज महाविद्यालय ने अंतरराष्ट्रीय हिंदी दिवस के अवसर पर अंतरराष्ट्रीय संगोष्ठी "वैश्विक हिंदी की नई दिशाएँ" का आयोजन किया। प्राचार्य प्रो रमा के सानिध्य में सम्पन्न हुए इसे कार्यक्रम में देश विदेश से लोग जुड़े। कार्यक्रम से जुड़े सभी महानुभावों ने हिंदी के उत्थान हेतु सुझाव दिए। कार्यक्रम में उपस्थित हिमाचल प्रदेश विश्वविद्यालय के कुलपति ने सरकार से हिंदी के वैश्वीकरण हेतु उचित नीति का गठन करने हेतु कहा। संगोष्ठी के मुख्य वक्ता डॉ विनोद कुमार मिश्र, महासचिव मॉरीशस ने अपने बुलंद स्वर में हिंदी भाषा में चिंतन , मनन एवं अनुसंधान हो इस पर ज़ोर दिया और निज भाषा के मूल्यों एवं महत्व को रेखांकित किया।

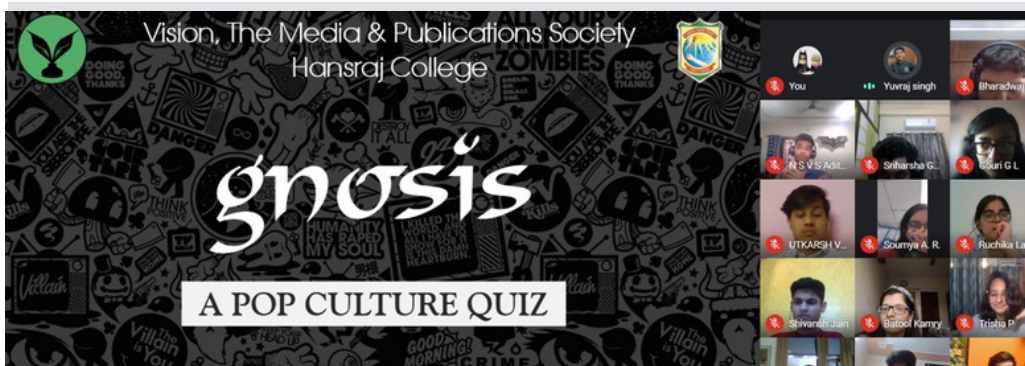
HRC Celebrates Republic Day



Hansraj college celebrated Republic day in the campus on 26 January, 2021 which was also broadcasted live on Facebook for the students far away to be a part of the programme virtually. The National Flag was hoisted followed by the National Anthem in the presence of our principal, Dr. Rama. Special guests, graced the occasion with their presence while some selected students as well as teachers came together to celebrate this day.

SCINTILLA- The Annual Fest Of Vision

Vision successfully organised the first edition of 'SCINTILLA- The Annual Fest' of Vision. The three day event saw some very interesting and meaningful events.



Day 1: Gnosis: The Pop-Culture Quiz

Attracted a lot of pop-culture maniacs to show their wit and knowledge of books, web series and films. It was a virtual delight crammed with incredible spirit of inquisitiveness, and umpteen Eureka moments. Soumya and Pranava Dhar were declared winners after four rounds based on pounce-bounce scheme of quizzing. The winning team received a certificate and cash prize of ₹1000 and the first runner up received certificate and ₹500.

The event had four insightful speakers who talked about various aspects related to spirituality.

The esteemed panel included Ms Laxmi Devi- a trained Spiritual coach, Mr Aditya Nath- author of Awaken your Soul-print, musician and instrumentalist Mr Shivpreet Singh along with Hansraj alumni Ms Shaurya Gahlawat, who is also a practicing psychologist. The panel discussion was moderated by Naba Ali on behalf of Team Vision.

The event saw meaningful talks on how spirituality is a way of life and transcends the boundaries of religion; college is the best age to start with spirituality; in the rat race of the modern world we become negligent of other aspects of our existence and so on. Topics like stress, balance in life and well-being were discussed at great lengths during the session.

Day 2: Vimarsha: Panel Discussion on the Topic - "Transformation- Awakening the Souls of the Young minds"



Day 3: MARCONIX: The RJ Competition

It saw enthusiastic participation from students all over DU. Judged by the very popular RJ Sam and RJ Roshan, the event saw the best creative links presented on the given impromptu topics. The RJs commented on the fine skills and provided valuable constructive feedback to the budding RJs. They also thanked and applauded the efforts of Hansraj College and Vision Society. Scintilla was indeed a visionary fest which saw an enthusiastic participation in a plethora of interesting, meaningful and varying activities.



Hansraj College Supports the Capital's Fight Against Covid-19

PRINCIPAL RAMA OFFERS HRC HOSTEL FOR COVID FACILITY

Dr Rama wrote to the Chief Minister of Delhi Mr Arvind Kejriwal, Lt Governor Anil Baijal, Deputy CM Manish Sisodia, Health Minister Satyendar Jain and some other officials. She offered the Hansraj Hostel to be converted into a 100-bed ICU facility with the help of the authorities. This came amidst the shortage of hospital beds that Delhi witnessed. She also requested them to set up a covid testing and vaccination centre in the college as well as there was no such facility in North Campus.

Source: Hindustan Times

FEES WAIVER COMES AS A RELIEF TO STUDENTS AMIDST CRISIS

The pandemic left many in unexpected financial burdens and caused major debts on people. HRC stepped in to help its students who were affected by it and waived the entire fees of 28 students who wrote to the college authorities, after verifying their income documents. Other than this, half of the fees of 194 students was also waived off. To support the students, the college also offered financial assistance of Rs 2000 to 150 students. Apart from this, Rs 7500 is being given to 4 girl students of B.Sc and Rs 10 thousand to five girl students. The money will come directly in their accounts.

Source: Navodya Times

RT-PCR TESTING FACILITY AVAILABLE AT HRC

Since a testing facility was not available in DU's north campus, Hansraj College partnered with JITM Skills Pvt Ltd, ICMR and NABL approved lab and set-up a testing centre at the college.

"We have opened this RT-PCR testing centre in collaboration with JITM Skills Pvt Ltd. It's an ICMR and NABL approved lab. We also want to start vaccination here as soon as possible," said

Dr Rama. Both teaching and non-teaching staff have been impacted by the virus and this comes as a relief to the residents of the campus.

Source: The Indian Express

COVID- CARE FACILITY AT HANSRAJ HOSTEL

With the impending possibility of the 3rd wave of Covid-19, Delhi University is getting equipped to avoid the havoc of last wave, when the lives of several members of its faculties and non-teaching staff were jeopardized on account of the 2nd wave.

Thus, the varsity has decided to offer COVID care facilities in Janki Devi Memorial College and Hansraj College with 100 beds each.

Hansarians and their will to contribute to help fight the war

When the entire nation was facing a turmoil, we saw young students coming forward to offer help. With whatever resources they had at hand, they came forward to lend a helping hand in the fight against the second-wave of Covid-19 in India. Here is an excerpt of our conversation with two Hansarians who helped many people during the dreadful times.

SHRESHTH SINGH

"I saw various requests for resources such as oxygen cylinders, medicines etc on the college WhatsApp group. Having had the privilege of staying indoors in the safety of my house, I took it on myself to help verify the leads and help those running out there in the streets. A network was created between me, fellow volunteers and those providing services. The despair and helplessness that I came across daily did take a toll on my mental health but then I felt that presently my work is more important, my friends and family were very supportive. The thought of the most vulnerable section, those who have no internet or phones to get in touch with people, scared me. If I as a volunteer with all the services was unable to find leads, how would they? It was a dark time and I don't like to think about that period. I just wish that thing never comes up again, never happens again."

PREETI

"It all started in the month of April when a friend of mine introduced me to a group dedicated towards covid relief. The revelation of the current disastrous scenario rekindled the sense of social responsibility. I always wanted myself to be an asset and help the society, and maybe this was my chance to do something. We worked in teams to authenticate the case, verify availability of resources and handle the patient. Handling patients is a task of both pleasure and distress. The news of recovery brightens our day but there are instances of hardwork in vain. I keep in touch with the families of patients whom we couldn't save and try to help them with everything I can do from my side. The revelation of the disastrous scenario rekindled the sense of social responsibility and made me proactively work for the welfare of our society."

A GREEN VISION

HANSRAJ COLLEGE

GREEN WARRIORS CLUB

Green Warriors Club, is an Environmental society established in 2019 to work towards change and make the world a better place by conserving the environment.

The focus is on how one can become a part of solution for environmental conservation with "Greener the Present, Better the Future" being the motto.

It was carved out to bring together green warriors who could fight environmental injustice and work towards protecting it.

The society works by hand-on efforts by its members on reclamation of wasteland by plantation drives, plant adoption campaigns, creation of awareness, collaborative projects with NGOs and other environmental organisations. GWC has also organised events to promote the reuse non-recyclable items to help combat the pollution caused by plastics.

GWC's Annual Fest 'MIDORI' showcases eco-friendly ways to hold a fest by collaborating with NGOs. Regardless of being one of the newest societies in the college, Green Warrior's Club has been successful in leaving its mark across the Delhi University Circuit.



वटवृक्ष

मैं बरगद का पेड़ हूँ।
मैंने जमाने बदलते देखे हैं,
मैंने पूजा के दीपक जलते,
और घरानों के चिराग बुझते देखे हैं।

मैंने देखे हैं वे दिन सुहाने,
मैं देख रहा हूँ ये दिन तरक्की के
और अपने अनुभव से चाहो तो कह
सकता हूँ कि कल क्या होगा?

मैंने अपनी दाढ़ी पर बच्चों को
खेलते देखा है,
मैंने अपने चारों ओर
सावित्री सुहागिनों को
पूजा करते देखा है,
मैंने देखे हैं वे फैसले पंचायत के |
मैंने बदलते हुए ज़माने को
बदलते देखा है।

मैंने विश्वामित्र की तपस्या देखी है
मैंने शकुंतला की विवशता देखी है,
मैंने देखा है वनवास पांडवों का
मैंने राम की सद्भावना देखी है।

मैं हूँ वटवृक्ष
मेरी छत्रछाया में
सब खेल कूद कर बड़े हुए
और आज तुम
मुझे ही काटने चल दिए।

मैंने सब सुना है
मैंने सब गौर से देखा है,
मैंने तो बदलते हुए जमाने के
नज़रिये को समझा और परखा है |

तरक्की की लहर आयी और सबको साथ ले गयी
पीछे खड़े रह गए अकेले मैं और मेरी तन्हाई |,

बच्चे बड़े हो शहर चले गए
और मैं शांत हो गया,
पंचायत कमरों में होने लगी
और मैं सुनसान हो गया
सब आगे चले गए
और मैं सबकी यादों को
समेटा हुआ पीछे रह गया।

याद गाँव की तो
दफ़्तर वाले बाबू को भी आती होगी
मुस्कुराहट मेरी यादों को याद कर उनके चेहरे
पर भी छाती होगी,
किसी दिन वो भी वापिस आएंगे,
और मुझे देख
फूट फूट कर रोएंगे, मुस्कुराएंगे
लेकिन लफ़्ज़ों में
कुछ बयाँ ना कर पाएंगे।

- प्रीत चौधरी

EDUCATIONISTA

CAGING STEREOTYPES

The societal game that confines you to particular speculations

Commerce

“Are you sure about the stream you’ve chosen?” is the hollownest question that students are asked. Most people disrespect the choice of taking commerce, considering the student as not ‘worthy enough’ for science. “You’ll be restricted. Commerce doesn’t have much scope” has always been the most naïve statement that people shoot.

This stereotype doesn’t end with streams. “If you don’t make it through the CA examination, go for MBA. Most Commerce Students are persuaded to do CA, CS or MBA irrespective of their interests. Lack of awareness regarding the opportunities Commerce as a stream provides has made people indifferent towards the interests and likings of young minds. Commerce is usually thought of as a Subject for ‘Baniya’ and business households.

Science

Science has always been in demand because of the various explored career options it provides. Most students just go with the crowd and take up science. A high scorer is expected and pressurised to take up science.

The realization hits after some months when the subjects start haunting. “You were so good till 10th, what happened now?” greets most of the students who didn’t know where they were being pushed.

JEE and NEET are considered to be the gateway for all the happiness and success. The scope for Science students starts and ends with qualification of these exams.

Arts

“Arts is the most misunderstood stream. It is not an easy road for Humanities students as they are always followed by sceptical minds with stereotypical questions. “Didn’t you score well in 10th?” is the most common question they face. An arts student is assumed to be non – analytical, illogical or not smart enough. For society, arts have no scope. It either ends with being a professor or a Civil Service Aspirant.

I couldn't even make it to Commerce. Were my marks that bad !?

Should I go for B.Tech ?! It has good scope.



Scope is just a word. If you have interest in something, you can easily create a career out of it. A job that doesn’t coincide with your passion will leave you exhausted as you would constantly fight yourself to not give up. Since the society will not stand up for your mental well-being, it’s high time we start respecting our wants.

“Kuch Toh Log Kahenge, Logo ka kaam hai kehna, Choro in bekar ki baton mein , kahi beet na jaye raina.” speaks to all those young minds filled with confusion.

LOOKING FOR OPPORTUNITIES : Search Abroad

Studying abroad is a dream of many students and is it really a surprise when one has got the whole world at their feet, and if one is getting excellent education while experiencing exotic cultures who wouldn’t want that.

India is still lacking in the diversity of subjects as everything is divided into three streams with restrictive combinations but there are institutions out there which may have the subject you’re looking for.

Choosing to study abroad is a daunting and cumbersome process regardless of the benefit it reaps, to find your place in the colossal world can be hard but we have tried to narrow down your search and picked out the best countries to pursue your dreams.

Here is a list of best places to study abroad and scholarships to look out for.

1. Australia

Australia has approximately 22,000 courses in 1,100 institutions making it one of the most primary study destinations for Indians.

2. USA

With around 4,500 higher education institutes, all providing world-class degree programmes, US is a hub for international students. Its many universities are leaders in the ranking tables and maybe you can fulfil your American dream here.

3. UK

The United Kingdom, known for its Ivy Leagues, is the world’s second most popular international study destination and any qualification gained in the UK is highly regarded all over the world.

4. France

Higher education in France is one of the most accessible and economical options for an international student because of its low tuition fees and it’s particularly a good choice for those wanting to study business-related subjects.

5. Germany

Germany is renowned for its research, forward-thinking and modern facilities, it also offers a wide range of unusual degrees including Aerial Archaeology and Bionics

Scholarships

1. Tata Scholarship - Cornell University, USA

Tata Education and Development Trust offers this scholarship annually to 20 students in partnership with Cornell University to support them and they get the scholarship throughout their undergraduate period at Cornell University. To be eligible for this scholarship the student must have completed secondary school in India and be qualified for a need-based scholarship.

2. Commonwealth Scholarship and Fellowship – UK

Commonwealth Scholarships Commission offers this scholarship to Indian students specifically and approximately covers Rs 31,60,764 that includes tuition fee, living expenditures, and economy class return plane tickets. One should have at least 60% marks in Social Sciences and Humanities or a minimum of 65% marks in the Science, Technology, Agriculture and Engineering field to be eligible for this.

3. Australia Awards Scholarship

It’s a fully paid scholarship, covering tuition expenses, living costs, accommodation bills, return air ticket, and much more but it is open only for graduates from particular Indian universities.

4. Australian Embassy Fully Funded Scholarships

This scholarship is available for applicants of Undergraduate, Masters, PhD and MBA courses at specific Australian universities and any student who has attained a minimum of 50% marks in the qualifying degree can apply for this.

There is no way to cover the plethora of options that are available to you in this short article. You can definitely find the one for you with the right research while keeping in mind the things that are important to you, the economical aspect, the availability of courses, culture or something else, as these would guide you in choosing the perfect destination and institution for you

VOICES AND VISION.

Strict Parenting: Required or Redundant?

For

Strict Parenting and that too a For section for it? No member of this generation in their sane mind is going to support this cause. With Instagram Reels flooding with complaints about all that their 'brown' parents didn't let them do, which child is going to support the requirement of strict parenting. But if you look closely, we are talking about the requirement of limits. Indian parenting is infamous for being too strict and suppressive but today we'll look at it with a whole different perspective. The problem with the popular Indian parenting style is that we emphasize on and popularize constraints and not the importance of self-discipline. But strict parenting as a concept should not be looked at as an evil practice as is considered by most kids.

Strict by definition is 'demanding that certain rules are obeyed or observed'. We've always been taught that anything without limits is dangerous. This is the basis of this parenting style, setting limits and conveying its importance to the child. Successful nurturing is tied in with building up clear standards and encouraging the young ones to manage the results of their own behavior. Strict parents sustain their kids' advancement and development with consistency. They realize the importance of setting up norms for the development of a healthy atmosphere that encourages growth. The key here, however, is to shift the focus from building bars to helping children understand the importance of certain healthy limits.

Children who are subjected to a justified amount of authority, do not get astrayed while taking decisions and learning to make informed choices. They learn to believe in their own capabilities while regularly pushing themselves to realize their full potential. From a young age, strict parents instil important values like understanding the value of money and the importance of working hard to earn rewards in life.

The child should understand the importance and role of self-discipline in his/her life. They should be allowed to grow in a safe environment where they're allowed to develop ideas of their own, ask questions and be encouraged, and rewarded for behaving in the right manner.

Humans are dynamic, no two humans are identical. One single procedure or code cannot be devised to be applied for children all over. It's just that certain principles should be adopted or kept in mind while raising a kid, and a certain amount of authority helps them understand the importance of accountability which helps them become responsible humans in the future.

Against

Strict Parenting, also called authoritarian parenting, relies on sternness, fear of punishments and rules, to enforce obedience among children. It frequently lacks warmth and responsiveness, and substitutes it with strictness. Strict parenting has become the unpopular method of child rearing, since the arrival of the 21st century, with most of the parents opting towards a gentler approach.

One of the major reasons is the unhealthy power dynamics perpetuated by it. It puts parents into an authoritarian position, with fear being the principal instrument being used. When fear takes the place of empathy, it undermines the parent-child relationship. A narrative gets propagated that parents won't understand their problems, which makes the child feel restrictive and not supported, often leading to anger issues and depression in them. It has been found that kids with harsh parents tend to have more trouble regulating their emotions.

Also, harsh limits imposed on the children, forces them to lie often, due to the fear of punishment. In a recent meta-analysis of more than 1400 published studies, Martin Pinquart found that harsh control and psychological control were actually the biggest predictors of worsening behaviour problems over time. Research also indicates that adolescents and adults are more likely to suffer depressive symptoms if they characterize their parents as having used authoritarian practices in the past.

Resorting to obeying rules blindly, without learning to think for themselves may have negative repercussions later in life like becoming more prone to dodging responsibility, succumbing to peer pressure and authority under the garb of "following orders". Studies of American adolescents have reported that teens with authoritarian parents were not only less self-reliant but also least likely to feel socially accepted by their peers. A reverse effect might be them using authority on others, like engaging in acts of bullying.

Punitive discipline as a part of strict parenting, fails to achieve the basic intended target. They are led to believe that the sphere of control is outside and aren't helped to acquire the habit of self-regulation. It interferes with their development and makes them more rebellious and unruly as they grow up, since the power of 'fear' keeps on declining. In a Dutch research by Dekovic and Jannsens in 1997, kids with authoritarian parents were found to be *less* advanced when it comes to self-regulation and moral reasoning.

Thus, child rearing must be done in a mixed approach following a pattern of empathy, with strictness and punishment being resorted to, when required. Children long to be understood, and then only they open up in front of parents, sharing their doubts and emotions with them. Fear can be replaced with respect, as that creates a firmer basis of solid parenting.

A viable alternative to strict parenting is Authoritative parenting, whereby although rules are enforced, the rationale behind them are explained to the children, and their reservations listened to and clarified. Kids are encouraged to ask questions, and express if they feel something is wrong. Such a foundation will not only help in governing a child, but also in teaching them the nitty gritty of right and wrong, so that they develop the habit of self-discipline on their own.

Needle 'n' Thread



An unconventional letter: A letter to my future child.

Dear

In the middle of the night, when I want to present my whole heart to someone, it's you whom I have thought of. Strange! Isn't it? I am about to complete my graduation in this pandemic-hit year and you are still a lot far from your existence from my thoughts to the real world. But you know, the mere thought of your warmth, your bright smile, and your sparkling eyes still cuddles me with affection. I can feel that strong grip of your tiny hands with which you hold my finger; declaring all of your rights on me.

'Life' has always fascinated me and left me spellbound; now be it in those heavy textbooks with complex words or theories embedded in them or be it the one who just simply sits and pats on them joyfully (yes! Of course, it's you). The more I observe, the more beautiful it gets.

We are ever-evolving beings and so are our lives where 'How' and 'What' about change in the present with the past. What remains constant is your own key to value it; the key that unlocks contentment: one of the most underrated necessities. You know darling, the belief that this universe and its unseen power are my well-wishers is inculcated in me by my mother and I definitely want to pass on this legacy to you. Once this faith is in you; you will start finding happiness in every little thing, valuing your possessions, having compassion, understanding love, and putting in the best of your efforts. Your conscience will be with you.

As a mother, I will try my best to show the world to you from my sight and will encourage you to see it from different eyes. But my dear, never let anyone define for you that line between right and wrong. These are always perceptive and that's where the importance of having your conscience with you becomes crucial. You can come to me, hug me, cry too and ask me, 'Was that right?' and I will just smile, let you sleep in my lap and pat your head.

And there you will get the answer. You definitely will.

Love you.

Drifting towards the unknown

In the hum-drum of life, I lost my peace somewhere,
With eyes full of dreams and the urge to succeed,
I lost the child in me somewhere.

As time flies by, the rope of mindless race strangles me slowly,
A hurricane of Chaos churns inside,
With the fire of jealousy burning me cruelly.

The hearth of hope trembles and falls still,
As a stony chill creeps within,
While time halts, with an aim to kill.

Nevertheless, continues the pursuit of mythical happiness,
The opium of dozens,
The fairy tale of middle-class consciousness,

But, when the facade of expectations proves to be frozen,
All warmth decimates in a flicker,
And I find myself hanging from the edge of a cliff, thoroughly broken,

Engulfed by a sea of darkness – drifting towards the unknown.

Welcome to the real world

Death of one's kids is the worst nightmare for any parent. It becomes even worse when it is inflicted by the kid, on their own. An article on 'The Crisis in Youth Suicide', published in The New York Times cites Jean M. Twenge, a research psychologist, "We're in the middle of a full-blown mental health crisis for adolescents and young adults".

This article does not intend to be a repetition to the already voiced out opinions and facts. Instead, this focuses more on the mental health of the victim's kith and kin.

A tragedy that is becoming alarmingly common among young people in recent years, youngsters are surrendering to it for a momentary relief. As different testimonials prove, gaining rational control of that one moment is indeed a hard task. Heart overpowers mind. But if in that very moment the person is able to gain rational control over their emotions, s/he is rewarded with "LIFE". In an interview conducted by the Health magazine of suicide survivors, a common theme they all expressed was, "I didn't want to die, I actually wanted to live, but not with the same pain I was going through. That made suicide an option for me." A relief for the victim, but the beginning of a never-ending pain for their dear ones.

If you have noticed closely, when a mother begins her journey of becoming a mother, the utmost care she takes to inflict no harm on the baby forming inside her, is really one of a kind. 9 months and 9 days of utmost care! That's the pain she suffered to let us breathe the air. A recent video that I came across mentioned an incident. A youngster, seated comfortably in a restaurant, was waiting for his order to be taken. He looks around, sees many people; some dining, some waiting, others having a good chat. His attention was suddenly caught by a young pregnant lady. She just came in to dine with her husband. To our young boy, the couple looked pretty young. But what caught his attention was the manner in which the pregnant lady was trying to sit. She removes her handbag, her husband takes it from her and keeps it on a chair nearby. Very, very slowly, she seats herself. The youngster thinks, "Ha-ha! That was pretty interesting. I bet a 100-year-old would be seated sooner". His order arrives, he eats a hearty meal and heads back home. He sets off to describe the 'funny' incident he saw at the restaurant. His mother listens to him patiently and then asks, "Derek, did you not wonder why she did that?". Derek says, "Hmm, yes of course I did. But it did look funny though". His mother explains to him, "My boy, that isn't the story of one pregnant woman, it's the story of every mother. Every perfect child is the result of such serious care and concern. If she had sat speedily, the baby inside her would have to endure sudden jerks and shifts, resulting in serious cripples when born". She says, "Every single human life is the result of utmost love and care. Dad's love and mom's care; that is You!". Deeply affected by this, Derek realizes his mistake.

A pretty short narration, but real deep. This is just one small thing that a parent does. Likewise, there are very many sacrifices, concerns and care that give us the body we have and the life we so easily wish to abandon. Yes, whatever led to the choice of to-live or not-to-live, would have been a hard one; but are those so overwhelming that we can totally forget the faces that nurtured us?

Depression and suicidal thoughts blur our vision, undoubtedly. A blip in the nervous system, it removes the person's ability to choose thriving over suffering. Coupled with the stigmas attached, the person ends up in a fix, inept to find a way out. Unable to open up, s/he falls prey to the momentary relief. Having good connections and reaching out for immediate help can help prevent such actions. Perhaps, if you can inform at least one single person before you set out to do the heinous action, maybe you will still be breathing, a day later. Rat race and busy schedules are keeping people at bay. Patient ears are no longer found. To some extent the society i.e., each one of us is a cause for every single self-inflicted death. Things would have been easier if visiting a therapist was as cool as visiting a cardiologist and talking to people was as exciting as surfing on the web.

Well, life is surely complicated and like Monica Geller says, "Welcome to the real world. It sucks." But why do we forget the next line that follows immediately? - "You're gonna love it!".

Needle 'n' Thread



In our own world

Why has the world never taught us to enjoy our own company? Why do we always need something to distract us from the fact that we exist? Why can't we tolerate sitting in moments of silence just with ourselves?

From waiting in line for a food order to standing alone in a party, we want to keep ourselves distracted, occupied at all times so we forget the fact that we're alone. We always feel the urge to merge, we don't want to feel that we are alone in our existence at that very moment.

If you look closely from the moment you have started understanding things, everything has

required the approval of another person. From whether it's okay to behave a certain way to whether it's okay to dress a certain way, we always need someone else's eyes to look at ourselves. All our life becomes a race to keep validating our worth in the eyes of the world.

While all social media propaganda is directed towards these new concepts like self-love, body positivity, do we ever actually apply it in our lives? Do we ever actually sit back and question the values that we are being fed, the pressure that social media perpetually creates on us? Very few people actually are able to actively challenge the mindset that makes

them feel that they're not enough, not doing enough. Self love is not about just using the hashtag, it's about not beating yourself up if you're overthinking again, it's about not questioning your self worth if your partner cheated on you, it's about learning to say no and putting yourself first in times when you need to, it's about actually caring for yourself like you're a human too. Human race has always been so obsessed with perfection, and fitting in that we forgot to teach our generations that you can also stand out embracing your flaws, accepting, acknowledging and improving wherever you need to.

'To lead is to build an art piece'

Leadership is a quality, an art that is mastered only by a few. To lead isn't to succeed, to lead isn't to benefit, for it is a taste of humanity that enables one to enable others when required and also hold them back, if needed. To lead is to be a shadow and nothing more. You don't play a role model, you play a role in modelling people's ambitions. You are in-charge indeed, but your charges flow in your team's wires of dreams, wires of passion to light a few lamps of their self-build milestones. That is what a leader is supposed to be, that is what the art is, the quality is.

Not many are leaders, but everybody can be a boss. There's a wide difference in what a boss acts upon and what a leader is. A boss is when you're the head, the top of a building, most liked for its beautiful views, touching the clouds along with it. It never becomes evident to most that the top wouldn't be there if it weren't for the foundations below it. As a leader, you are different, not at the top, not inheriting approbation. You are, but a start, a bottom of the beginning. You lay the foundations in the sturdy building that touches seventh heavens.

Being a boss is hoarding acclamations, it is in a boss's name, in fact it is the team that deserves the trophy but holds the loss. A leader takes responsibility for every loss a team falls upon; but in the rise, he never places himself first, but the team collectively, is cheered and celebrated. Leadership means cutting through conflicts, bringing up the best qualities of the team, molding and holding teammates, and shaping the clay to walk on a path.

One very clear example of a fine leadership is of a teacher. He is never spoken of, he builds humans, he mends, weaves their principles, their morales, but he is never heard of, never brought up in a man's fabric of knowledge and virtues when the teacher is the only one who stitched it all together.

"To lead is to let go."

Is it okay to mask?

"Sophie, stop! "

Mrs. Anthony, Sophie's dear mother couldn't resist her ire. She pushed her onto the bed. The shouts of agony, displeasure, anxiety, confusion and terror filled the room. Nobody knew how to stop the 6-year-old autistic kid from behaving peculiarly; thus, the most thoughtful decision in their view was locking her up. I couldn't withstand the wind of insensitivity and thus took a step forward to speak. My aunt sensed my intention and pulled me back.

"We are guests and morally it's not wise to speak about their personal issues."

"Duh! Really? This is not moral. "I said in the most decent way possible."

"Go back home. Now!" she ordered. I spoke no more and headed towards the corridor. I was moving but my thoughts were still caged in the room where Sophie was crying for help.

Autism is the most misunderstood disorder. Look into the eyes when you speak, don't make these sounds, why are you whacking and stimming, you have no manners, why can't you speak properly, stop being so unmanageable, you are just adamant; the symptoms of autism have been questioned as misbehavior and socially unacceptable. Kids with autism are told to mask their instincts to fit into the so-called world of perfects.

"Look at her daughter, ill-mannered."

These societal statements pressurize parents to not go deep into knowing why their kid is so socially awkward and thus they tend to compel their children to put on a veil of perfection, hiding their identity.

That was my last encounter with Sophie. I moved to Pune for further studies. But destiny wanted me to experience autism closely. I found Ria, a classmate who was diagnosed with mild autism disorder at the age of 4.

"People ask me why I can't concentrate when somebody is speaking. My sensory organs are always in the most active state. If I'm at a restaurant, I can hear the movements of cutlery and everything the air carries. How am I supposed to concentrate on just one?"

"I whack, jump, shout, hoot. These are my ways of communicating and getting rid of all those anxieties that build up periodically. I'm not being rude when I can't make eye contact while speaking. There are times when I can't express what I feel through speech. "

My question to everybody, where are we lacking when we speak about inclusivity? Is it okay to mask our issues just to fit into society?

Today

The sun is set to rise again today,
Leaving behind the mundanity of yesterday.
The moon seems to be hidden behind the clouds,
Yet again set to disappear in the wake of the sun.

Somewhere It has already risen,
While some has not seen it for days now,
Some are sweating from its atrocious rays,
While some bask in its gentle warmth,
And some are just waiting,
Shivering, and wrapped in blankets.
The clouds are too dense,
The snow, too strong,
And there seems to be no signs of warmth.
Bleak, dark and uncertain like yesterday,
But they are still hoping for a different tomorrow.

The sun is set to rise again today,
But some horizons are hidden,
And some just there,
The path is clouded and stormy,
But it's still laid out,
And somewhere it's hidden,
In the bleak darkness.
Uncertain yet again,
Like yesterday but hoping for a different tomorrow.
Yesterday was a disappointment,
But today is hope.
The sun is set to rise again today,
Leaving behind the mundanity of yesterday.



Director's Cut

Reel to real

"Professor Severus Snape of Harry Potter Universe, might have been a tough nut throughout but he perfectly portrays how we should never judge a book by its cover. He taught me that love doesn't always work in your favor and you do not need the most romantic scenarios to show your love. That beautiful feeling is within you and no one has the right to snatch it, not even circumstances. Never be scared to go out and do things for those you love; do it without expectations. Because 'After All this Time', love will 'always' keep you on the right path."

-Naba Ali

"You got a dream... You gotta protect it. People can't do somethin' themselves, they wanna tell you you can't do it. If you want somethin', go get it. Period.- This message passed on by Chris in 'The Pursuit of Happiness', to his son strikes deep, as he never defined a dream. Everything was to provide for his son and get a roof over his head. The love he holds, the innate humanness that his character shows, the grey areas that overlap his actions sometimes, moves something within you, as he unlocks a new way of looking at life and happiness."

-Anushka Mina

In the movie "Dead Poets Society", Mr. Keating felt like a breath of fresh air in the ever-gloomy atmosphere of Welton Academy. A charismatic English teacher, he was never afraid to go against the traditions of the strict educational system to do what he believes in. He emphasizes reading and reciting great poetry to free oneself rather than blindly following the century-old traditions of Welton. Characters like Mr. Keating teach me to celebrate the passions that drive us in our lives, and I too found myself embracing the idea of Carpe Diem."

-Rishika Kareer

The show must go on

PERIOD DRAMA : DOWNTON ABBEY

Set in the early 20th Century, the show revolves around the British aristocratic family of the Crawleys, and their adapting ways of life in the ever-changing world. With stunning cinematography, memorable performances and well-thought-out costumes, Downton Abbey arrived as a fresh breath of air in the genre of period dramas, and has climbed up the charts ever since to be remembered as a classic. The beautifully crafted script, not only explores the dynamics within the characters and the various sub-plots, but also uses the platform to speak on the social issues of that time. All-in-all, it is a must-watch for audiences of all ages, and brings a certain warmth and happiness to the soul, as you live and grow with the Crawley household.

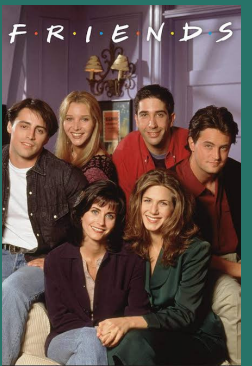


FANTASY : GAME OF THRONES

The sting of betrayal, the warmth of family, the horror of magic, the passion of love, and the bloodshed of wars – the Game of Thrones explores all these underlying themes under the web of politics, and how kingdoms rise and fall within blinks. The complex characters have been immortalized by intense performances of the actors, and breath-taking cinematography has only added to the brilliance. An integral part of pop culture, the script does justice to every storyline and makes it a treat to watch, every time. The show is undoubtedly one of the greatest ever produced, and if you still haven't watched it, you are definitely missing out on a lot of things.

SIT-COM : FRIENDS

F.R.I.E.N.D.S takes place at the very end of the millennium, right before the birth of the 21st century, during a time that is now looked at as a veritable Mecca of culture. It follows the lives of six adults living in New York City - each of them quirky in their own special and unique way. Be it Phoebe's unapologetic self, Chandler Bing's razor-sharp sense of sarcasm, Joey Tribbiani's lovably goofy antics, Rachel Green's various love stories, or Ross and Monica Gellers' unending sibling shenanigans, this show never ceases to entertain. Each episode follows the daily lives of these characters and is a nine-season journey, exploring the themes of friendship, love, laughter, heartbreak and everything in between. Today, F.R.I.E.N.D.S is an icon among icons and it is considered an informal rite of passage, for every teenager to watch this show and inevitably fall in love with it.

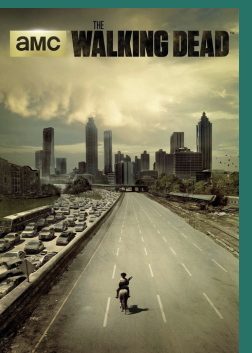


MYSTERY: SHERLOCK HOLMES

Based on Conan Doyle's Sherlock Holmes detective stories, this show makes for an amazing mystery-filled crime series. With the life-like portrayal of Sherlock Holmes, the high-functioning sociopath, by Benedict Cumberbatch, along with equally amazing performances by the supporting cast, you'll live the story with these characters. While Sherlock keeps proving his unmatched wit solving individual cases in each episode, the thrilling storyline that binds the series together, packed with mystery, drama and unexpected plot twists, will keep you on the edge of your seat, hooked until the very end. Brilliantly written, played and portrayed, this show will keep you captivated with each passing episode. If crime and mystery are your thing, you wouldn't want to miss this one.

HORROR : THE WALKING DEAD

The Walking Dead is a classic American post-apocalyptic horror TV series that follows the story of a group of survivors, months and years after a zombie apocalypse, in search of safe refuge led by former police officer, Rick Grimes. Gruesome and packed with spine-tingling thrill, it manages to beautifully capture the human element within the horror genre. Backed by some remarkable acting performances and great character development through the series, it draws viewers to emotionally connect to the characters' personal stories. It doesn't just confine itself to zombies but touches on moral elements too which become more intense in the later seasons. With its collection of complex characters, gripping storyline and excellent cinematography, this classic is a must-watch for all horror-genre enthusiasts.



"Jo March from Little Women, balancing her burning ambitions with the constraints that society puts on a female, somewhere represents all women. She isn't the perfect heroine and mediocrity of her existence yet the greatness of her ideas is actually what puts her character together. For me, she represents heroism of the simple lives, while trying to find meaning and purpose in her existence"

-Jasvi Srivastava

"Mama always said, life is like a box of chocolates. You never know what you're gonna get - Everyone knows this one line from Forrest Gump and so did I, even before I watched the movie itself. A simultaneously heartwarming and heart-wrenching experience, Forrest as a character can be summed up in one word – 'Innocence'. Forrest Gump reminded me of the value of bright, youthful innocence when the vicissitudes of life had colored my vision of the world a dull grey, and for that, I will forever be thankful."

-Soumik Dasgupta

INFLUENCER MARKETING

A New Term for an Old Concept



From social world to social media, our lives have changed. Till a decade ago, the arena of influencer marketing was mostly limited to the luminaries; but presently social media influencers are on the rise. Specially with the onset of the COVID-19 pandemic, the rise was further boosted. In today's swarmed advertising market, consumers crave for a more genuine and reliable voice.

This gives space for influencer marketing to leverage the customers with a more genuine and reliable voice. The psychology of influence is made use of to stay steady amidst the present cut-throat business competitions, in the profoundly saturated market.



Boons

One undeniable impact of influencers can be seen in their eloquent ways to persuade the people to stay inside their homes amidst the Covid-19 pandemic.

They amplify the discussion over various important issues and do not shy away from challenging societal challenges and also inspire large number of people to take a stand.

Many of them have created a safe space on their feeds to draw light upon crucial issues like mental health, body standards, feminism, racism and bash gender stereotypes.

They have raised awareness regarding mental health, sexuality and other issues especially in our culture, where there is a lot of misconceptions and obliviousness around this narrative.

The role of influencers in promoting small businesses is ever-increasing. An influencer can give a brand 4x more lift in brand familiarity than collaborating with a celebrity.

INFLUENCERS TO LOOK OUT FOR

KUSHA KAPILA

She is an outspoken feminist who started her journey from a writer at a company. Apart from her quick wit and alter-ego characters that everyone can relate to, she creates powerful content addressing pressing issues and stigmas in societies.

DR TRINETRA HALDAR GUMMARAJU

Karnataka's 1st trans-woman doctor, working to change the perspective of people towards the trans community. She constantly advocates the rights of the trans community and works tirelessly towards breaking the existing gender norms and binary.

JAMEELA JABIL

This fierce feminist has launched a digital crusade against unwholesome diet culture and damaging beauty standards set for both men and women. She has made people realise that in today's society, the physical requirements and the unrealistic beauty standards demanded of its members are downright ludicrous.

RANVEER ALLAHBADIA

Ranveer Allahbadia(BeerBiceps) describes himself as a 'Self-Improvement Content Creator'. He believes that physical and mental health is of utmost importance. His self-improvement podcasts The Ranveer Show, documents success stories and the struggles of people who have turned their life around from struggles to positivity.

Banes

They spread false perceptions of beauty which wreaks havoc on people's self-confidence.

influencer culture has created a toxic environment, especially for young girls, social media clouds their view of the 'perfect' lifestyle and they often end up with crippling self-doubt.

The fitness influencers glorify thin, toned bodies and basically, starving yourself. These are the destructive standards of fitness people are exposed to.

Their idea behind spreading positivity might have good intentions but this creates an overwhelming pressure on people to be happy even when their life is falling apart.

The influencers are often seen as human products, and the negative comments can really tarnish their mental health and it sometimes become too overwhelming

PSYCHOLOGY OF INFLUENCE



Innately social beings, our life is deeply affected by social influences. At times we feel pressurised to succumb to the social influence so as to 'fit-in' with the crowd. With advancements in technology, digital marketing is also growing manifolds. Given the huge number of audiences for social media, influencers use of social platforms for marketing, is no surprise. Considering the reach and engagement, platforms like Instagram, Twitter and Facebook, hold a prominent share in influencing consumer choices.

A smart influencer understands the psychological trigger that needs to be created to increase their sales or to add more heads to their subscriber's list. Realizing that they have to roll with the change, the influencers evolve their marketing tactics every day, to align with the likes and dislikes of their audience.

Meraki



Gyayak Jain



Devashish Khatak



Habiba Haroon

Habiba Haroon



Kalyanbrata Kar

Devashish Khatak



About Vision

Vision- The Media and Publications society of Hansraj college, has become an integral part of the DU Circuit, since its inception. A creative cum educative media society, Vision caters to the creative, educative and informative needs of the students. Through its biannual newsletter 'Hansvision', which is also the official newsletter of Hansraj college, Vision summarizes the activities of the college along with giving young talents space to showcase their flairs. Apart from 'Hansvision', Vision's active social media handles provide platform for students interested in Journalistic writing, creative writing, opinion-based writing, field reporting and other technical works. By being a society that enables the youth to put forth their opinions fearlessly, loud and clear Vision acts as the best space to cater to the needs of budding journalists.

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