

INVISION



• BI-ANNUAL MAGAZINE FOR THE VERTOS AND BY THE VERTOS •

ISSUE
NO.1

QUARANTINE ZEST

The aftermath of covid-19
at the campus.

CAMPUS PRINCESS

Walk the stilettos of the
model on the runway
through this issue

FRESHER'S EDITION

Dive in to find out more
about the life you will be
leading in Lovely
Professional University.

MAHESH BHATT

"The Last Salute" filling
all the entire Shanti
Devi Mittal Auditorium.



STUDENT ORGANIZATION CELL



DR. SORABH LAKHARPAL

**PROFESSOR AND ADDITIONAL DEAN,
HEAD, DIVISION OF STUDENT WELFARE,
LOVELY PROFESSIONAL UNIVERSITY**

FROM THE DESK OF



Through the face of adversity, opportunities evolve. This is the motto by which the students of Lovely Professional University have chosen to always endeavour into new ventures. Through the commendable efforts and collaboration of everyone at Student Organisation Cell, we present you INVISION. This bi-annual magazine aims to provide you with an invigorating and authentic view of the student campus life.

The Division of Student Welfare has always been filled with exciting, dynamic opportunities and to help push the students beyond their comfort levels and unlock their potential. Our university gates are always graced by eminent and enigmatic personalities and this magazine will also showcase specially penned pieces by the team for our readers.

A cursory glance at the contents of the magazine gives us a glimpse into the strides that our students have made not only in academics but in all aspects of life. We aim to consistently nurture such creativity and excellence in campus life. The magazine wishes to establish an effective virtual space for students and everyone in the university to communicate openly; a safe space for everyone to comment and share. I wish everyone at the Publications team, Student Organization cell the best of luck for the future, and may INVISION take off the flight and soar higher than ever.



DR. NITIN BHARDWAJ

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LOVELY PROFESSIONAL UNIVERSITY**

FROM THE DESK OF

Student Organization Cell is proud to present the very first edition of the student magazine, 'INVISION'. The magazine is here to provide an interactive and engaging platform to the students, so that they get an enhanced and deeper understanding of the events majorly organized by student organizations along with university activities, and much more. A magazine solely run by the students along with their collective efforts, it aims to deliver a fair and uplifting opportunity to capture the many facets of the diverse and talented student life on the university campus.

We are in strange times now, yet the unflinching efforts of everyone at the Student Organization Cell have made this possible. It had been a redefining moment for everyone; communicating through the virtual space and jointly executing the sundry of ideas. The final result surpassed everyone's anticipation, and we are overwhelmed and elated to present the fruits of all the hard work.

May this new literary tradition establishes an optimistic influence on the readers; and further progresses dynamically by the efforts of the campus life. I believe this magazine opens up an insightful portal into university life. I appreciate every student that has worked hard to bring this magazine to life, and I wish you all the very best for its future.



MR. SMIT PANDITA

DEPUTY OFFICER,
STUDENT ORGANIZATION CELL,
DIVISION OF STUDENT WELFARE
LOVELY PROFESSIONAL UNIVERSITY

FROM THE DESK OF

Being the ultimate platform, Invision magazine bestows synergetic & extravaganza to the learners of LPU. Orchestrated by the students and for the same, it is the paramount to exhibit your skills; call it for photographers, writers, artists, journalists and many more. Given the gateway to not only join this department but also to be a part of it to share your musings.

In this global pandemic, it heralds a possible breakdown of the symbolic social order, making us all nervous. Henceforth, seize this paramount to recreate your campus life and make each memory count by not only studying but also being a part of it and dispense your imagination which is boundless.

I believe this magazine opens up an important portal into university life and am enthusiastic to see its impact and evolution in campus life. I appreciate every student that has worked hard to bring this magazine to life and I wish you all the very best for its future.

AIM FOR *Greatness*

Bursting with new creative energy we introduce you to "IN VISION", an initiative by Student Organisation Cell under the aegis of Division of Student Welfare, Lovely Professional University. We bring forth this magazine with a vision that fulfils the "FOR the students, BY the students and OF the students" agenda. We'd like to extend our thanks to the mentors of Student Organization Cell for always having supported us through every step of the way and making sure our visions transcended into visionaries.

With great finesse the SOC team has once again turned a pipe dream into reality, a glittering stretch that perfectly kicks off this lockdown. A mixture of binaries that will create a new wave of influence for the students at Lovely Professional University while trying to straighten out the knotted ways of the world. Articles tailored to meet the reader's needs and specifies dedicated to unfold the reality and work that goes into organising events as well as create a paradigm shift in speculating a current affair. This platform provides an opportunity to the students to bring forward their perspectives, manoeuvre skills that allows them to kick off the norms of the generic society that has got our hands cuffed. We aim to inspire not just to do more but also aspire to be more.



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Special thanks to

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A QUARANTINE STORY

Mr. Sengupta and his chronicles.

A vibrant concert scene at night. The background is filled with bright, warm yellow and orange stage lights that create a hazy, energetic atmosphere. In the foreground, the silhouettes of a large crowd are visible, with many hands raised in the air, some holding up phones to capture the moment. A prominent blue light beam cuts through the dark sky from the upper right. The overall mood is one of celebration and collective joy.

TO ALL THE
FREHSERS OF
2020



WELCOME TO **LOVELY** PROFESSIONAL **UNIVERSITY**



FRESHMANSHIP

We've all watched movies while going to bed imagining how our college life would be. I for one, have always pictured college life to be shining, shimmering and splendid with parties, red plastic cups, dancing, the hostel corridors, late-night pajama parties, bunking classes, crushing on the seniors and lecturers (PS: excuse me for being a teleiophile but I happened to watch Main Hoon Na and the saree scene refuses to get out of my head). I can talk about movies all day but let me walk you through my freshman year, don't worry there are no eggshells. Yet.

Don't you freak out when life is smooth and there is nothing wrong with it at the moment so you start to live in constant fear that a storm is brewing? Anyway, my school life had been one hell of a ride and a pretty sweet one at that, so naturally, the bar for college life was set high. Freshman life can be like a first relationship, you are curious about every detail, enthusiastic, as active as quicksilver, and are up for any challenge. It hits you with a new wave of influence that transforms you into a walking mixture of binaries. One thing that movies constantly remind you is that a university gives you freedom but at the same time it teaches you about being responsible for yourself. You are now becoming an adult. It's odd to look back at your younger version who'd have to inform her parents every time she'd go to her friends', call them everywhere you reach and get Rs. 10 every day to eat panipuri from the stall strategically placed next to the school gate. This was me just 10 months ago but somehow serves as a distant memory from a version of myself that I no longer am.



2019



My first year seemed to go by so quickly that before I could even process in the huge change, I had to settle in. Clumsiness played the role of the protagonist during the first month of college. Let me help you explain it to you. I walked into the gates of this magnificent campus as I took a deep breath to sink into the new life that was going to begin here. The three days of induction were the only days we walked around the campus without any care about making it back on time for attendance or arranging a proxy. Made the same classic fresher's mistake of being late on the very first day and going along with the wrong department and realizing my mistake 3 hours into it (I clearly am very dumb). When I asked around, I was told to join the crowd at Baldev Raj Mittal Auditorium and it took me exactly two hours to realize I was in the wrong venue again. Apparently, my destination was supposed to be the grandiose Shanti Devi Mittal Auditorium for a cultural show and had to walk to SDM before I could lose the crowd again. Although I do wish I had left bread crumbs on the way back to my hostel rather than getting lost for more than 5 times on the same day. So that's pretty much the gist of my first day in college but don't feel so bad for me because all of this elevated on the third day of the induction in the achiever's gallery where I was introduced to the prodigious "Division of Student Welfare".

Here's one thing you need to know about me, I am a sucker for wearing any shirt that says "crew" on the back and to be a part of an organizing committee with walkie – talkies and headphones because of the show DilDosti Dance. Please don't judge me, but I enjoyed that show quite a bit and cried when Rey and Kriya finally got together. I didn't find the Rey to my Kriya but I did find great friends that sometimes make me want to take up cannibalism but will always be at the door when I need them. I get to experience things like crushing on people out of your league, forcing your friend to dress up for an event just because you want to see your crush, jumping on your roommates' bed like it's a trampoline when all they want to do is sleep, calling a friend up in the middle of the night so you'll have company to have a late-night dinner, bunking classes together to sit in Einstein's lap rather than sleeping in lectures, pulling all-nighters together because you ignored all the deadlines and now have to complete your work within the night before Cruella de vil gives you a zero.

I might have made it sound like first year was all rainbows and unicorns but there are always going to be times when you miss home amidst all the fun. Times when you just want to run back home and sleep in your mother's arms. No matter how your freshman year turns out, remember to experiment or try out everything. Join clubs, organizations, committees, try out every single food stall, bunk classes, study all day, work hard so that when you look back, you can be happy about not missing out on things. Give it your all whether it is for fun or studies.

Harshita Chintapalli
11905505
B.des (Fashion)





5 THINGS

NO ONE TOLD YOU ABOUT COLLEGE



YOU WILL NOT BE THE POO

From Kabhi Khushi Kabhi Gham

College isn't going to be cluttered with Lamborghinis and Bugattis while you walk around like you're on the runway of Paris Fashion Week.

One month into college you'll find yourself attending - classes with the most outrageous pyjamas with a pair of ridiculous sliders.



HOSTEL CORRIDORS

They Don't echo with the song "ABCD"

You don't get to party every night and sometimes might even be homesick. But you'll have your friends to get through it



THE EXAM PILE UP

The season of sleepless nights

3 Idiots was quite right about the exams and assignments piling up every semester. But there's always a Rancho in every class.



THE KAMLESH TO YOUR SANJU

The right people for you

No matter what, we all tend to find the best company we could've ever asked for.



UNDERSTANDING REFERENCES

You finally understand the song "Hotel California"

You will realise the song isn't about a hotel in California and wouldn't have to piece it all

MENTAL HEALTH

"Look at that ugly dead mask here and do not forget it. It is a chalk mask with dead dry poison behind it, like the death angel. It is what was this fall, and what I never want to be again. The pouting disconsolate mouth, the flat, bored, numb, expressionless eyes: symptoms of the foul decay within."

Sylvia Plath's words resonate with one in seven Indians who suffer the critical tussle of battling anxiety and psychological complications, aggravated by an array of inhibitions in matters on help-seeking.

It doesn't come as a surprise that only a sprinkling percentage of 29% and an average of 2% of adolescents are capable of identifying depression and psychosis, respectively. The alarming percentage of health literacy in the backdrop of yearly deaths attributed to a dearth of awareness as well as the stigma surrounding mental illness is a global problem given far less attention than it ought to receive. India reports six-digit figures in recording death from suicide every year. The conservative Indian social construct does not recognize mental ailments as consequential or a pressing problem, in the same way, urgent social issues in Indian households get swept under the rug of obstinate ignorance.

We, as human beings, thrive on validation. The drive to accomplishment receives a head-start when fuelled by appreciation and esteem. Cultivating optimism and positive thoughts, effectuating positive practices, and mannerisms in your daily life put you at a lower risk. Poor mental health accounts for increased chronic physical conditions as well. Psychological distress disrupts routine, has far-reaching implications on our professional as well as personal life.

The primary act of conceding disturbing emotional messages becomes an exhausting ordeal in itself. Confrontation succeeds in acceptance. In times of crisis, you tend to bottle up your emotions. Suppression appears more inviting



than triumphing over. It's simply easier to pretend problems don't exist, some would say. But the best way out is always through. You, as an individual, have been tossed miseries by life. You are resolute in your single-handed grapple when your lows drop-in, reflecting a flaming sky of your spirit and chivalry. No matter what little progress took place today, you survived. When disregard for your internally waged wars gets served on a platter to you, erase off the insensitivity, adorn it and wear it upon your skin like flowers and trophies distributed in victory.

Mental Health has been a subject of speculation in every second millennial or genZ circle, not because of the scientifically expressed mental-physical health correlation but the magnitude of tyrannical lives that undergo because of mental turmoil. Low-income nations and stigmatizing social settings further contribute to making severe upshots of such illnesses persistent across cultures.

For instance, the escalating fear due to exponentially skyrocketing numbers of Covid-19 cases in the world combined with little to no human physical interaction, complete isolation for those living away from families or in an alternate scenario, spending longer hours confined within problematic or abusive households has led to a spike in the hitherto afflicted headcount. The repercussions do not cease at negligence but turn exceedingly grave when those suffering from anxiety fall back on substance abuse as an escapist strategy. The danger substance abuse poses, one doesn't have to look at addiction statistics to grasp the immense hazardous outcomes.

People are hesitant about seeking help from professional therapists because the thought of speaking to a stranger about their deep-rooted apprehensions, sharing the abject misery of their state, without getting judged for who they are seems an idea lacking in prospect. Besides, a considerable part of the Indian population isn't economically equipped to afford cumbersome charges of counseling sessions.

Pro-tip for anyone who needs a cheap but foolhardy activity to revitalize during trying episodes: Mindfulness-Based Cognitive Therapy (MBCT) is a form of cognitive therapy that ensures consistency in the recovery of a mentally-ill patient.



Encompassing meditation and breathing exercises, MBCT helps reduce recurrence in bouts of depression (relapse) to promote healthy thought patterns.

Felt as an externally inducted refine mechanism, meditation enhances positive introspection. The distinct aspect of MBCT is that it does not necessitate approaching a professional. You can sit in your rooms, watch a couple of videos from a credible source and choose whichever sequence works for you. Self-teaching stimulates brisk recovery than the widely-known Cognitive Based Therapy.

Young people, especially those within the age bracket of 14-29, have the highest propensity to get diagnosed with clinical depression or psychosis, for discernible reasons that is.

Have your parents ever freaked out when the seventeen-year-old living under the same roof and same world as them was heard crying behind his/her bedroom door? It becomes diffi



cult to express when the response is at odds with the cooperation that children hope to solicit from their elders. Lack of attention from parents and peers, isolation, rejection, self-doubt, toxic surroundings scar children deeply and foment destructive thoughts. Different methods work for different people. Fragrances or scented oils help optimize the quality of sleep. Pets or plants improve mental cognition by fine-tuning with people, providing a tranquil effect and an easy, safe environment of companionship and endearment. Animal-assisted therapy is known to ease the effects of PTSD (Post Traumatic Stress Disorder). No wonder the charming detail in social media bios. A healthy parent-child relationship comprising acceptance and understanding is of vital substance in mitigating psychological damage. Indifference and paucity of empathy act as fodder to chronic worrying while caregiving can be rewarding for both parties. In peer groups or on social networking sites, it is imperative to predict ramifications of actions before yielding to them. What you think is a joke cracked in good humour or an inconsequential statement could act as a menacing trigger for another. The stigma around mental health needs to be quashed if we are to tackle it in the manner of physical illnesses

and not as an extraneous dispensable affair. The 21st is a conscious of the circumstances it is trying to sustain in the cradle of. The last couple of decades have witnessed dynamic revolutions and ensuing changes for all the right reasons. The scenario has only perked up with more people coming out on streets and from closets to give love, so far, they have been depriving themselves of.

The rainbow is as brilliant as ever, those marks you were ashamed of, being embraced wholeheartedly for the first time and over and over again; the self you've hated for its colour, shape, size beams with pride; the love you thought was forbidden because preposterous social construct dictated so, no more illegitimate, and rooted for by a thoroughfare of flags. Your gender orientation. Yeet. Your sexual orientation. Yeet. Your physical attributes no matter what unrealistic beauty standards say. Yeet. Your emotional spectrum, your sensitivity. Yeet. You. An effervescent undaunted feet-stomping Yeet.

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A vertical black pole runs through the center of the page. Five black silhouettes of people are shown at different heights, climbing the pole. One person is near the top, another slightly below it, then a third, and then a fourth. At the bottom, a fifth person is climbing. The silhouettes are positioned around the central pole, with some to the left and some to the right.

STRESS RELIEF

Stress is inevitable and is a part of life. But instead of going crazy and trying to fix everything in the blink of an eye, deal with it in a more systematic and effective way. Here are some tips that I would suggest to manage students' stress without leaving you overwhelmed.

ACADEMIC BURNOUT ?

Try these easy tips to manage student's stress

Take at least 30 minutes each day to unplug

I'll admit it, it's easier said than done. Instead of reaching for my phone, I meet a friend for a conversation or grab a book for a quick read. I take some time for myself each day to unplug from technology, even if it's just 30 minutes.



Take time to reflect

Depending on my schedule, I try to find a way to reflect on my day. This can be in any form. Mine revolves around thinking about the entire 24 hours at the end of each day.

As Albert Einstein once quoted,

'Without deep reflection, one knows from daily life that one exists for other people'

Sometimes doing this daily is tough, especially with a busy schedule. So, I often tend to reflect weekly every Sunday because I like to review my



Learn to say No

There are times where we all just say yes without any realisation because we are used to it. But first, we need to take care of ourselves and the best way to do so is by saying no if things do not seem good for your mental health. I embraced myself with the ability to say no because this simple two-letter word saves me from moments of distress.



Sleep is my friend. I get a good night's rest!



No surprise here. The recommended hours of sleep are between 6–8 hours a night, but our bodies can survive with fewer hours or even more. I have observed the hours of sleep my body requires to get through the day feeling alive and energetic.

I admit, there are days when I sleep fewer hours than what I normally need to fully function, but by building the awareness of that being a temporary situation, helps me to be more resilient throughout the day.

I use a digital calendar

A digital calendar helps reduce stress by collecting all events and plans into one place. I take advantage of free things in life and manage my calendar through a digital system.



Understand and accept stress for what it is. It's a part of life!



Whenever any stress invoking event comes up, I quickly consider all sides of the situation and practice positive self-talk. I tell myself that this is a temporary obstacle and I will soon overcome it.

I'm not afraid to take some time for myself

We're always on the run and forget to take time for ourselves to recharge. Recharging is a real thing. By taking time to recharge from all kinds of stress, this helps me to be more creative and think about the endless possibilities that exist in our world.



Lastly, I appreciate everything around me. I don't have to term stressful situations negatively. I try looking at stress as an opportunity to learn and grow! I hope these tips can help distinguishably to manage students stress.

Anuj Agrawal
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Run Through The Rain

"When I look back, I want to remember dancing in the rain; I want to remember life touching me. When I look back, I will know what happiness is. I will not be a novice anymore. "

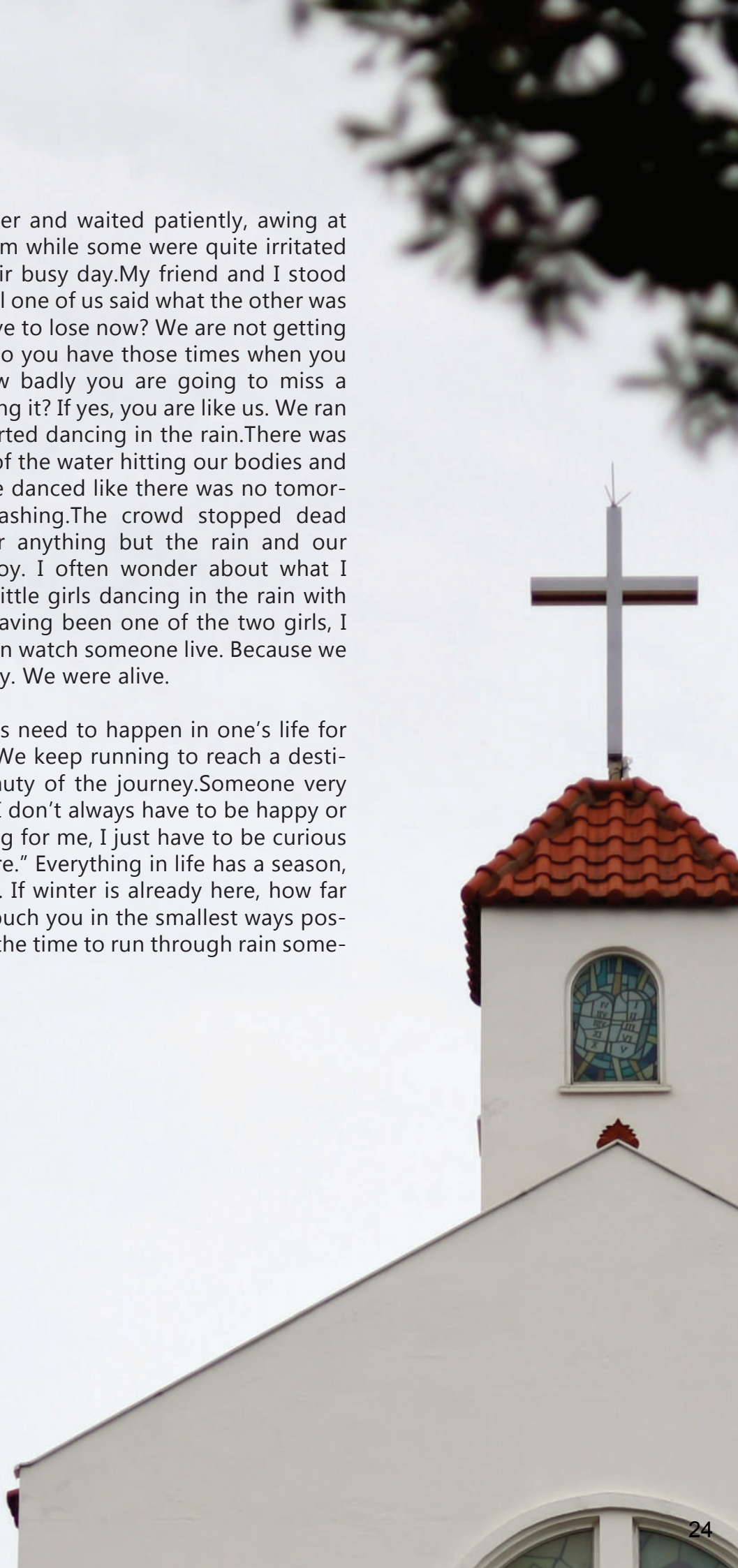
When someone asks you how you are, it is easy to say you are happy but how many times do you actually know what happiness is. I spend most of my days searching for it's meaning, trying to get somewhere near that feeling. On other days, my mind ponders if I have ever truly been happy and if I was, what made me happy enough to define the feeling. I keep pondering upon questions about happiness because I am desperate to feel it again because I know I once did. I am not new to it. I am going about my life knowing that I will experience what we call pure bliss, yet again.

There was one moment in my life when I knew I truly felt happiness. It was the day my friend and I had once decided to go to a mountain located at the other side of our city after bunking school. We must have been 15 or 16 years old then. Upon reaching, we found out there was a small church located at the very top. Neither of us even questioned the decision of climbing up there on a cloudy day. We kept walking, just a couple of curious school kids trying to make the best out of the secret trip. A narrow road separated the church and a graveyard. I still remember the feeling of the painfully beautiful weather that day; it was as if nature was showing us what it is like to live outside the four walls of a concrete building. I have never believed in god or a supreme power but I have always found peace in knowing that everyone at a temple or any holy place respected the surroundings. It added an aura to the place that is hard to find in other places. We went around the church and came back to see that it was pouring outside. It was the kind of rain that makes you feel the abundance of mother nature, the kind that makes your soul feel alive, water in such a hurry to hit the earth that it has no time to be gentle or poetic.

People quickly took shelter and waited patiently, awing at the beauty in front of them while some were quite irritated at nature for spoiling their busy day. My friend and I stood silently among others until one of us said what the other was thinking, "What do we have to lose now? We are not getting home on time anyway." Do you have those times when you realise that you know how badly you are going to miss a moment while you are living it? If yes, you are like us. We ran out of the shelter and started dancing in the rain. There was no music, just the sound of the water hitting our bodies and the land was the beat. We danced like there was no tomorrow, we needed that washing. The crowd stopped dead silent, they couldn't hear anything but the rain and our shouts and screams of joy. I often wonder about what I would think if I saw two little girls dancing in the rain with faces of innocence. But having been one of the two girls, I know it's better to live than watch someone live. Because we were there, we were happy. We were alive.

We think that great things need to happen in one's life for someone to feel ecstatic. We keep running to reach a destination forgetting the beauty of the journey. Someone very special to me once said, "I don't always have to be happy or confident in what's coming for me, I just have to be curious about what life has in store." Everything in life has a season, every purpose has a time. If winter is already here, how far could spring be? Let life touch you in the smallest ways possible and I hope you take the time to run through rain sometimes.

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THE
BLOCK
YOU KNOW,
THE PILLAR
STANDING
BEHIND,
YOU
DON'T

"WHAT WE KNOW IS DROP, WHAT WE DON'T KNOW IS AN OCEAN" – ISAAC NEWTON

We're far from knowing enough about this vast world but let's not go that far. How much do we know about the cell that carries every ounce of joy, learning, and hearts of the students of Lovely Professional University? I guess in simple words you can say the core of learning, failing, and growing through different phases of "vertos" college life starts from here.

It's high time we talk about the cell that stands behind making our stay away from home festive. Everything we see happening near the unimall or in front of the **DSW** aka the "13th block" whether it's a stall, seminar, or those events where we dance our hearts out while trying to bottle up those memories with our friends in little genie bottles. It runs with a motto "for the student, by the student" (Sound familiar right? Turn to the cover page), the sole purpose of this exceptional establishment is to provide the all vertos a platform to start something of their own, innovate, make mistakes and at the same time learn from it and grow.

The foundation of SOC dates goes back to the year 2010 a day that is also celebrated as **AVIR-BHAAV**, an annual celebration where all the organizations of SOC FAMILY come together to showcase their year-long work with a judge's panel scoring them for a tier level promotion. Since this day it has always been us moving forward without a flinch to look back. It was merely an idea to emphasize one's perspective and creativity with a bunch of dedicated people, it has come a long way.

Organizations managed to set standards since the break of dawn, events that still leave us flabbergasted. "FeedTheNeedy" was an event organized by PAHAL in collaboration with the "Robin hood army, India" where donated free grains and flour to almost 300 poor villagers and slum dwellers. They also collaborated with **PETA ORGANISATION**. Another organization SWAT called upon the stage founder of "Art of Living" the eminent Sri Ravi Shankar in 2019 as part of a Drug-Free India Campaign. They organized outstanding events like Drug Awareness Rallies, Orphanage Visits Youth Empowerment and Skills Workshop (Yes+), and Meditation Courses. AASHRAY did a flood relief campaign in Lohenyag district while SANKALP conducted a

plantation drive in collaboration with "Decathlon" consecutively for two years resulting in the plantation of more than 1000 plants. Did you think the technical field would be spared? Think again. LSCC has been organizing an annual event "**GO KART**" since the year 2012 in which teams from all over the country participate. They don't just win praise by their phenomenal organizing but they have also been the winners of the number of mechanical events and were the runners-up of "**EFFI-CYCLE 2019**" the annual event organized by Maruti Suzuki and SAE INDIA. RISC organization has organized "**e-bike**" and "**Solar car challenge**". ALTIORA organized "**MISS MULTINATIONAL**" while CREATIVE BEAST organized "**UNITED NATION PAGEANTS**", beauty pageants where participants come from all over the world. The list can go on and on.

"Coming together is a beginning. Keeping together is progress. Working together is success". - HENRY FORD

Currently, we have 240+ organizations working in 18 different categories to make the vertos' university life worthwhile in the best way they know of. Some of the categories are Academic, Technical, Social work, Gaming, Sports, Hobbies and recreational and so on.. Burning with pride I can say it's the largest student-driven body of Lovely Professional University.

You'd think the lockdown would bring us to a standstill but instead, we adapted quickly and moved towards the online platforms breaking our own records, we successfully organized 250+ online events until now and recently crossed our 1 million view milestone with student organization SML (Student management of learning)!

"Soc is the only department of LPU that allows all students to work under a single banner and still at the same time have the freedom to come up with their own ideas and ability to execute it"

What opportunities do you get, you ask? If it were one of the normal days on campus in the scorching hot or ice-cold evenings, I'd just ask you to Room no. 205, 13th block and take a look around the room. Believe me, when I say there's not a second that that room would be empty. It's

always cramped up with students trying to get their work done or brainstorm their ideas. But since we don't have the luxury to leave our beloved homes, I'd suggest you check out SOC's official website for now. Let me know if you're not left intrigued or awestruck (You can find me on Instagram @amar_045). With more than a 6000 crowd, students from all over the country come here to pour out their vision, fresh ideas to execute, learn, experience, and most importantly, make the vertos' memories cherishable. You can establish your independent organization and run it the way you like, become a great leader, and find your true potential. You will start to realize the amount of learning you can get by actively working here with your innovations, dodging all the hurdles and faculties helping us out through every step of the way. A place where a volunteer/organizational behavior/Co-CEO/ CEO of an organization are all treated as equals. It also allows you to understand how the corporate world functions.

We've had so many potential students and organizations walk into these rooms who now run their start-ups and doing a pretty great job in their respective start-up fields. You may have heard these names echo the walls of LPU.

1} Creative beast 2} Pentaomnia 3} Altiora 4} Spade Ems 5} Spasmodic 6} Republic motors

" Don't limit yourself. Remember you can go as far as your minds let you. What you believe, you achieve" – MARY KAY ASH { FOUNDER MARY KAY COSMETIC}

Let me walk you through my journey in LPU till now. My name is Amar Nath Rai, currently in my 2nd year of B.Pharmacy. Naturally, when I got my admission, I was excited to take a stepping stone of my carrier far away from home. The campus was everything I imagined, although the advertisements certainly did shape those images. I was

fascinated, excited, anxious, curious, everything at once. In the initial days, we were introduced to the atmosphere of college which was going to be our home away from home for the next 4 years through a well planned and executed **"INDUCTION PROGRAMME "**. Since the induction went pretty smooth, I had a misconception that college would be a piece of cake [well of course the confidence comes from the two-year drop for NEET medical preparation I took beforehand]. It wasn't the study ethic that bothered me but the 9 – 5 hour long classes worked its way to my patience level, I told myself that I had come with a purpose that I shouldn't forget about. So, I focused myself fully into studies and when I say focused, I don't mean I became a bookworm spending his nights in the library (honestly, I've been to the library twice.) The more we got cramped into harsh timetables, the more a holiday or a weekend started to feel like a dream.

But then came **"INDIAN SCIENCE CONGRESS 106TH"** like an angel sent from heaven. I was asked to work as a coordinator by the department alongside 6 other students, for the **"PLENARY SESSION"** to be held at Shri BALDEV RAJ MITTAL AUDITORIUM.

ISC was equal to Disneyland with all the Noble laureates and delegates from all over the country. It was the moment I knew what I was missing in my college life.

Those four days taught me to have an open mind and I am not ashamed to say the fact that I was a dork in the initial days of my college. Since I hadn't approached anything other than academics, I decided to experience a new path moving towards the center of co-curricular activities of our college – DSW. I looked for clubs and organizations that grabbed my attention and interviewed most of them. After a few days of waiting, I got selected into a few organizations - spade, ample, and heartfulness.

The interview process was on a whole new level. Spade had conducted two exciting rounds of





filtering, the first consisted of a classic one on one interview which I think I can say with confidence that I nailed it . Then came the inane second round to arranging 20 foreign students under 10 minutes after 7 pm outside DSW. This was after 5 pm when most of the students either reach their hostels or are found nowhere near our location. The words "What do I do now?" were in a constant floatation in my head blocking every single thought I could have. I was numb because I didn't know know more than 7 foreign students when 20 of them were required. But luckily, I was one of the 25 students that were selected.

I was honestly so bored with my daily routine that I needed a change. I actively participated in events like **INCREDIBLE- 8, K. V SPORTS MEET, GOONJ GULLY, INDUCTION 2019**, etc. During this period, I also received an academic honor for my performance. I couldn't have asked for more, everything was going perfect. Freshmen Induction was when I understood the working of SOC, DSW {Division of Student Welfare}, **DSR**{ Division of Student Relation }, **DAR**{ Division Of Academic Relation}, **NSS, DYC**, etc. It's not an easy task to manage students in thousands completely clueless along with their families. It felt amazing to watch all these departments come together to make the new faces feel comfortable and home. It was only in the induction that I came to know about the existence of the SOC team, a body handling all the activities in UNIPOLIS, the main center of the college. It was always right

in front of my eyes but I never noticed.

Who knew that after a month of induction I would get selected in the SOC team and have the time of my life, I made amazing friends who now play a great role in my life, had the best learning experiences. Within my second event, **EFFI – CYCLE** {Yearly competitions of electric motor vehicles} I got the opportunity to coordinate as the hospitality head. My role was to make sure the arrangement of food for 150+ students, judges, and delegates from BIG names like MARUTI SUZUKI and ICAT managing directors for a 5-day long event. Eventually, I also got the opportunity to coordinate " **FBB CAMPUS PRINCESS 2019**" with 2 other members from soc. I was lucky u can say. But If you could see the amount of pressure this pageant glamour show brings with it, you will realize it's better to fill the audience seats.

After that, there was no turning back for me. All the events you have seen or heard of; I have been a part of. IT was in the 4th semester that I got to head a team in organizing "**FBB CAMPUS PRINCES 2020**". With judges like Ruhi Singh { actress and model}, Bennette { Times Of India, EDITOR } along with Dr.SorabhLakhanpal { Dean of DSW } it wasn't an event to be taken lightly, every arrangement was to be looked after. After working our asses off for a week continuously, the event ended by 10 pm. Exhausted, all we wanted to do was crash our hostel beds. Ironically it was my last on-campus event thanks to COVID-19.

Student Organisation Cell lets you identify your interest, hobbies, and potential. And who would not like to interact and meet their celebrity idols, everyone you gawk at on Instagram wishing you'd get to meet once. I had the opportunity to conduct events like FBB CAMPUS PRINCESS, EFFI- CYCLE 2019, IOCL, and interact with personalities like Gaur Gopal das { spiritual speaker }, Shreyash Agarwal { your quote founder}, ICAT {north region head} etc.

I was this regular student who had to come to this university to simply walk out with a degree in my hand but instead I found this whole new world that has me captured in its tentacles.

"WHEREVER LIFE PLANTS YOU, BLOOM WITH GRACE"

Amarnath Rai
11806070
B.Pharmacy





START UPS



STUDENT ORGANIZATIONS THAT BRANCHED
OUT TO BECOME REGISTERED START-UPS



Start-up by Student Organization
PENTAOMNIA



Start-up by Student Organization
CREATIVE BEAST



ALTIORA

Striving towards higher levels

Start-up by Student Organization
ALTIORA



Republic Motors

Start-up by Student Organization
REPUBLIC MOTORS



SPADE

Start-up by Student Organization
SPADE



SPASMODIC

Start-up by Student Organization
SPASMODIC

A STORY OF PERSEVERANCE

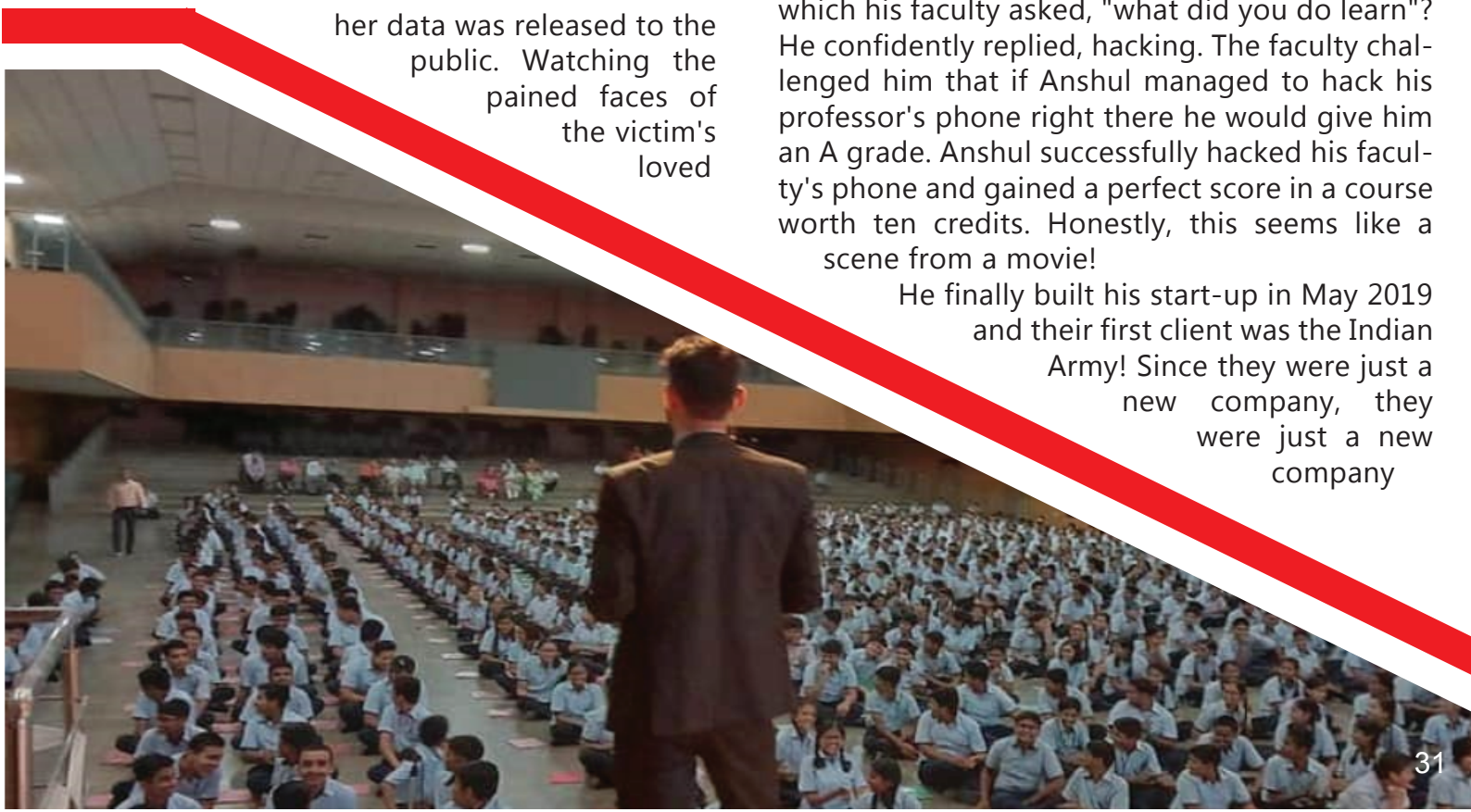
"I won't just lay me down and die, I will take these broken wings, And watch me burn across the sky."


From forming a student organization to building a company that helps multiple government agencies including the Indian Army, Anshul Pandey's journey is a story of determination and a smile that refuses to leave his face in the toughest of situations. He is an alumnus of our University with an Undergraduate degree in CSC, an MBA, Founder, and ex- CEO of the student organization, Living Out Loud, and currently the founder & CEO of Euinac technologies. He told us his story over a telephone interview. Where does this remarkable story begin? It all dates back to an internship in his second year when his superior officer was assigned a case in cybercrime. Everybody has one story or incident that restores their ideals and core beliefs that led them to take up a job, this was one of those incidents. A woman had tried to commit suicide after her data was released to the public. Watching the pained faces of the victim's loved

ones made a deep impression on him. He understood the importance of public awareness of cybersecurity. He decided it was time for the general public to have practical exposure to cybersecurity. Technology is mankind's greatest weapon but we give little importance to its devastating effects.

How did he work on his dream? Mr. Rahul Tyagi, the co-founder of Lucideus, plays a vital role in answering this question. They had first met each other in college while attending a conference by Rahul Tyagi. The curious and intriguing nature of Mr. Pandey's questions excited Mr. Tyagi. It led to a professional and friendly relationship, Mr. Tyagi became his mentor. Anshul understood the importance of networking. He conducted events, attended workshops, tried to meet new people, and worked hard. He managed to juggle his academics, events, and experiments very well while that obviously had its ups and downs. research. But he had not given it as much importance as the other students had. He stood there to tell his faculty that he had done no research to which his faculty asked, "what did you do learn"? He confidently replied, hacking. The faculty challenged him that if Anshul managed to hack his professor's phone right there he would give him an A grade. Anshul successfully hacked his faculty's phone and gained a perfect score in a course worth ten credits. Honestly, this seems like a scene from a movie!

He finally built his start-up in May 2019 and their first client was the Indian Army! Since they were just a new company, they were just a new company





, they did not have the resources to work with such a large client. Anshul found an innovative solution to this problem, they did not have the manpower to provide cybersecurity services to such a large database so, they started training people in cybersecurity instead. This transformed them from a small start-up that set out to provide cybersecurity to a few clients to one of the very few companies in our country to train people from the fortune 500 companies in cybersecurity. The biggest challenge for Anshul was not the set-up of the company but forming the right team. Since he had plenty of experience in the field already, he had helped to begin the infrastructure and a couple of his friends to join him in the endeavor. But as things progressed, he faced more challenges, as people in his team decided to quit. His leadership qualities were under question, this was a difficult task. During his time as the CEO of Living Out Loud, a comic show with high profile celebrities from South India was organised along with Student Organizations Society for Management Learning (SML) and Thalassemia Free India and Welfare Association (TFI). Due to some last-minute glitches the celebrities decided to cancel their trip to LPU leaving a full packed auditorium of a large enthusiastic crowd anticipation. It was not an easy situation to handle as the while the volunteers were befuddled and had no idea what to do next.

No matter how many hurdles were put in front of him, he jumped, none of them seemed to stop him from running towards his dream. He believes



confidence and determination are the two things hardest to achieve but are the key to achieving your goal. Anshul has proved this time and time again. We are very proud of his success and truly inspired by his perseverance. We wish him the very best for his future endeavors.

Harshita Chintapalli
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B.des (Fashion)



The Interview

The reputed and much-acclaimed filmmaker and a visionary artist Mahesh Bhatt visited Lovely Professional University to stage his play, 'The Last Salute.

Getting to interview the huge personality was, personally speaking, absolutely nerve-wracking, and professionally, the highlight of my journalism career so far. The play takes its roots from many relevant topics that are still plaguing and igniting fires of riots throughout the country, as well as the world.

Originally set in the backdrop of the USA invasion of Iraq, and all that followed over time. However, it offers a closer look at the violent decisions that were taken and how various alternatives could've been employed instead. In a play that highlights the torture, humiliation, and possible loss of life that befalls any dissenting or opposing voice, I found it particularly crucial to ask some very pertinent question about the current state of affairs to the man himself.

First, I'd like to extend my heartfelt thanks to the Department of Journalism, Film and Creative Arts for giving students like us the platform to further push ourselves forward in our desired careers through the opportunity of interacting with the celebrated pioneers of the field. Next, I'm deeply grateful for having PP Sir as our Head of School, as he's ever so encouraging of students to put their best foot forward; and our Head of Department, Dr Akash Deep Muni sir for giving me the motivation and support that I value quite a lot.

The show was still going on. Just a few minutes before my meeting, I had been witnessin the horrors of the war that was unduly launched against Iraq; as an audience, in the dark, with the colossally terrifying sounds of the cries of the innocents. Suffice to say, I was very much awestruck by the raw performance and had completely immersed myself in the play.

Minutes later, my phone rang. It was my HOD sir asking me where I was, and why I am not there in front of the Green Room with the rest of the Media team. Well, quickly I ran out of the auditorium and met my professors, and the rest of the Media team waiting for Mr Bhatt in front of the Green Room.

Mr Bhatt was there standing only a few metres away from me, in a flurry of cameras, lights, and people, he was ushered inside the VIP Green Room for photo ops, tending to the questions of the official reporters, and students waiting to interact with him.

Truth be told, I could barely put five steps inside the room because it was already filled to the brim with press people. I could feel my fate resigning, and me not getting the chance to pose my carefully constructed questions. I spent an entire day mulling over the structure and chronology of the questions, spent hours in research – only to know, I'm allowed only one question. Well, I was still quite adamant about getting my point across to him.

Quite strangely, right before he was about to leave the room after answering the reporters and posing with everyone in the room, I included; - HOD sir stepped in and asked whether he could kindly spare a few more moments because a Journalism student is waiting to ask him some questions.

Right at that moment, I felt the choice between fight or flee. Well, I gathered my thoughts, put down my notebook, and tried to be steady and focused.

I greeted him, 'Good evening, Sir. We are very glad to have you here, and I'm beyond honoured to get the chance to interview you.' He merely said it's his pleasure, and asked me to continue with my questions.

'Sir, given the current socio-political scenario that is ravaging the country, to what extent do you think is the theme of stifling the voice of dissent and silencing the opposition portrayed in your play in context to the USA- Iraq war, still relevant right now?'

Mr Bhatt thought about it over a second and began to answer in a calm and composed manner.

He began by saying how deeply it will always be relevant no matter what time and age the audience belongs to. There shall always be contention between the rights and wrongs, but now there's a much higher degree of awareness present among, - signifying me, 'the people of your generation.' He continued.

The sheer thought of being silent and dormant to the atrocities taking place doesn't come easily to this generation of people, and it should be that way. However, as long as there is the right way, there will always remain the wrong way of doing things. The constant battle between the two must never stop because then the factor of indifference shall set in. The relevance of dissent and opposing voice will



The wars that erupt are merely the violent section of the battle. The actual battle lies among the people of today. They feel connected to the problems around them, but not with each other. This disconnectedness present among the people will soon lead us all to the pitfalls of alienation. People need to learn how to reach out to one another and uphold the thread of fraternity among themselves.

This will give rise to a much-heightened understanding of the trials and tribulations that each one of us is facing now. Now, deeper human connections with people will make everyone realise that there are much more efficient tools of disengaging conflict: that is through dialogue and employing means of nonviolent tactics. At the end of the day, human connections help us remind ourselves that whatever negative thoughts enter our mind, there is always much more positive and helpful alternative to that.

When he finished, the entire room fell into a hush; everyone was wondering how a man could take such a question and break it down as simply as possible. He touched all the important aspects of humanity and the conflicts of interest that everyone seems to be facing with the people in power. His unassuming way of answering, brimming with earnestly and genuine insight, made it a treat to hear him. His impeccable eloquence truly won us over.

And, with that, he was again ushered out of the room, sparing a last, 'Goodbye,' or, if you may, the last salute.

Radhika Dey
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BA Journalism and Mass Communication

be omnipotent because without that the further progress of the civilization will cease forever. When he was younger, his days were spent enjoying the simple pleasures of life, as compared to the youth of today fighting for what's right and what is important to them.



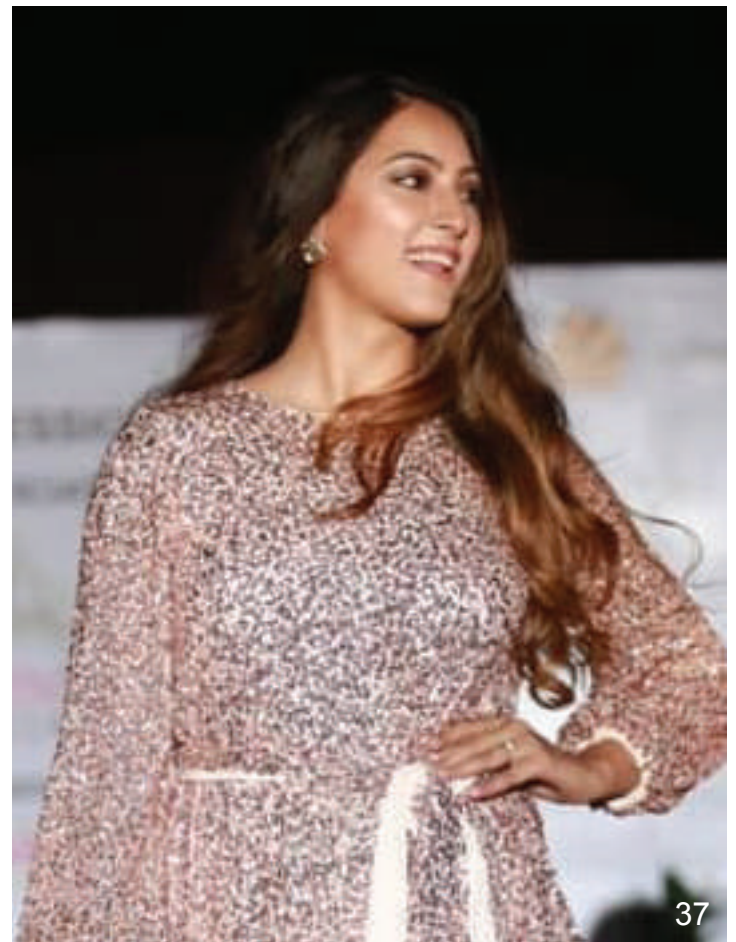
THE RAMP WALK

How many times as students have we wanted to sneak into the Shanti Devi Mittal Auditorium to look at the beautiful angels walk the ramp in their stilettos? Campus Princess, a search for Miss India aspirants from all over the country, a passionate stage founded by Mr. Benette Nathan an editor of the Times of India, to find beauty queens from every nook and corner of the country to get them closer to the coveted Miss India title. Lovely Professional University has had the opportunity to host this beauty pageant every year since 2017 where former title winners and Mr. Benette himself present themselves as the judges to pick worthy candidates. Campus Princess is an initiative started by Mr. Benette Nathan alongside Miss India Organisation, Times Of India, and FBB. The agenda behind Campus Princess was to give an opportunity to the youth so they fast-track their journey towards Miss India as they dodge the long process of zonals, states, and other rounds that the participants usually have to go through. The winners of campus princess from every college are then personally trained by the Miss India organization to prepare them for the final round of Campus Princess. The winners get a DIRECT entry to the infamous Miss India and Miss Diva pageants. We couldn't be more excited to introduce the two consecutive winners of campus princess as the students of our university, Ms. Ishnoor Kaur (2019) and Ms. Reebu Gupta (2020), the two talented angels who will now be competing with campus princesses from all over the country to contest in Miss India 2020.

"How does it feel to be under the spotlight as the winners?" we asked Ishnoor Kaur and Reebu Gupta to which they responded very positively, expressing gratitude to their mentors for motivating them to go up on that stage. Ishnoor Kaur is a first-year

B.com student who had not had any prior training before she first competed in Atan Fashion Week but she had everyone in awe by winning the runner up position. This unexpected victory helped her realize her potential.

She then decided to participate in Campus Princess, little did she know that she would walk away with the crown along with Ms. Sana Dua (Miss India, 2017) on one side and Ms. Harnaz Sandhu (Miss Punjab, 2019) on the other. A proud moment she looks back at with confidence as she trains herself for the upcoming Campus princess finale taking place in December where she would





compete with Ms. Reebu Gupta as well. Reebu Gupta, the winner of Campus Princess 2020, is a second-year student pursuing a Master's degree in zoology. She had previously won numerous titles on national platforms like Miss Eva India 2019, Miss Ora Face India, Miss Goodwill Ambassador, and Mr. & Mrs. India 2019. Meanwhile, she also worked as an independent commercial model while approaching agencies and auditioning for them. She kickstarted her modeling career with a fashion show held at the Chitkara University representing a student organization, AtanDharyati. Ironically, she had not planned on participating in Campus Princess 2020 because she fell sick but still volunteered to help the rest of the participants in their grooming sessions. On the day of the event, her constant supporter and team-mate pushed her to go on stage because he saw it as an opportunity that should not be missed. To their pleasure, she did bag the crown along with Ms. Ruhi Singh.

When asked about the controversies surrounding the pageant world that claim to club social causes with beauty standards, they both seemed to partially agree that they did not support conservative standards of beauty. Although, they seemed to have different views about the rest. Ishnoor says that in her opinion beauty is about being healthy both physically and mentally. She believes that men and women that are portrayed as role models must showcase a healthy, confident, and passionate person. On the contrary, Reebu Gupta believes that the concept of beauty with purpose is a concept put forth by society to check their boxes of requirements for a role model. The Pageantry world has to include them as one of the one of the criteria to put on a good face. According to her, inner beauty and confidence are all you need to want to make a change. This is an age-old controversy discussed at multiple periods on different occasions.

"We shine the light on whatever's worst. Perfection is a disease of a nation" sings Beyoncé in her 2014 solo ballad "Pretty hurts", a song that won her the best video with a social cause at MTV Awards that year. The song emphasizes beauty taking over talent and the promotion of unhealthy physical attributes. Beauty pageantry was a tradition started by the European councils that dates back to the medieval era, 1839 when English officials found them as a solution to set a role model for a society that was later shut down after public protests.

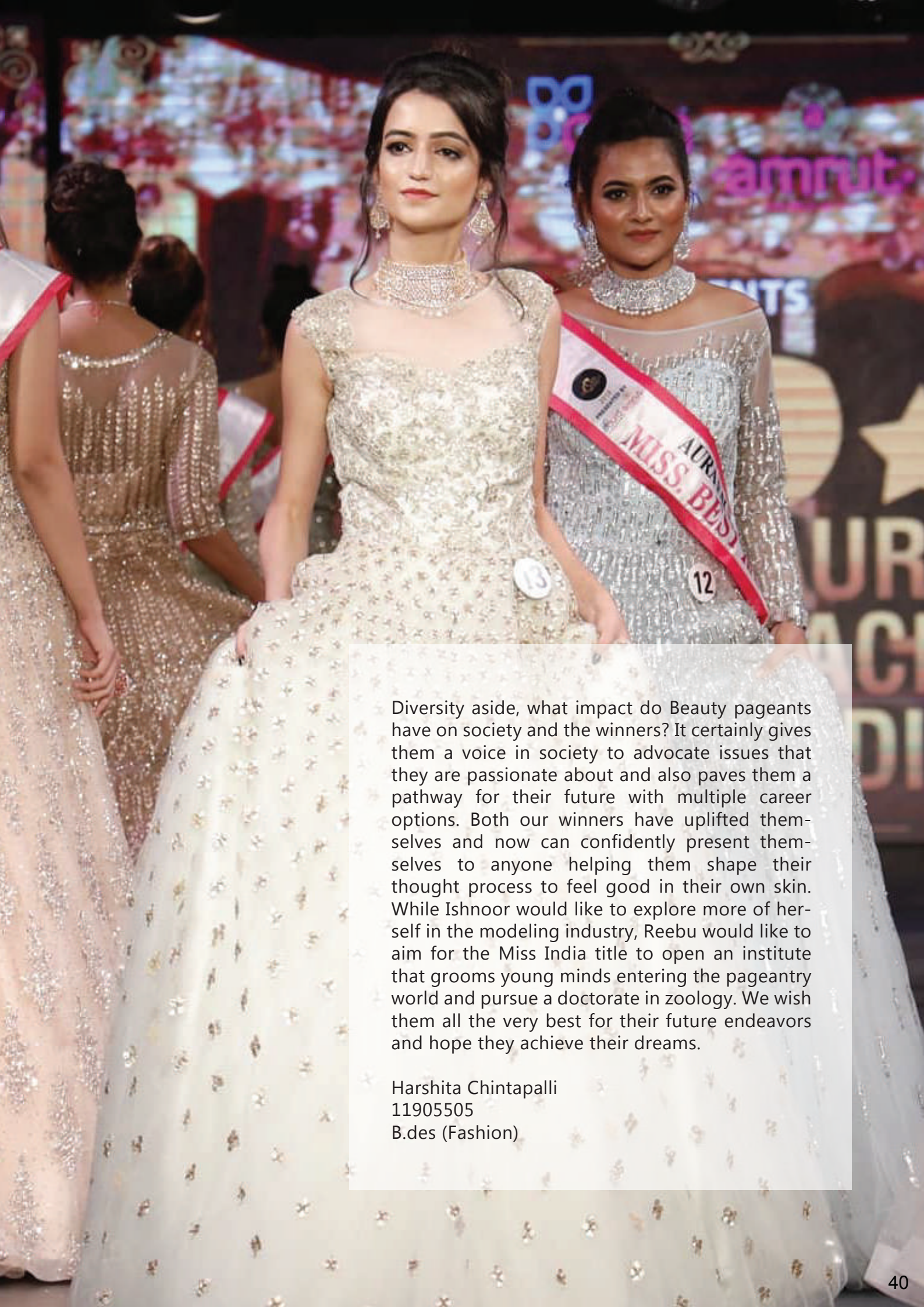


beauty with 36-24-36 attributes is not beauty but disrespect as the participants are represented as objects. This historical moment has been recorded in a 2019 film, "Misbehaviour" that portrayed the perspectives of both the activists and the participants. Supporting the activists' cause, the movie highlights a very specific part of the contest when the participants walk the stage together to turn on their heel to present their backs as the judges score them accordingly. Physical beauty is still a primary judgment factor at beauty contests, literally representing the participants as objects, be it men or women leading the society to believe that a certain body type is the only way to be perceived as beautiful. The 1970 Miss World title was won by Jennifer Hosten, a hardworking middle-class woman from Grenada. She had become the first black woman to ever win a title in an international beauty pageant. It was an inspiring moment for many people in the black community. "The crown on my head put my country on the map and showed the world that women can do anything," said Jennifer Hosten in an interview with The Guardian. It was the first time that the world swayed away from European beauty standards to see a "colored" woman as beautiful.

This tradition again came into the spotlight when businessmen saw this as an opportunity and used it to attract tourists to kick-off tourist seasons. Since then beauty pageants have been in a constant churn of shutting down and reimbursing for their methods of shaping the society and their perception towards beauty. Trying to keep up with the critics, international agencies tweaked their contests overtime to find winners that serve as societal role models who travel around the world to talk about important social issues and contribute to charitable work.

Although society has accepted the format and benefits of these events, they are still not without controversy. The 1970 Miss World incident talks about the exact controversy that is pageantry. It had two defining moments, the Women Liberation Movement publicly fought for the progress of women's position in the society but at the same time, a black woman walked the stage with a crown for the first time. The 1970 contest had 100 million people watching when a group of female activists threw flour bombs at the stage to scream to the world that





Diversity aside, what impact do Beauty pageants have on society and the winners? It certainly gives them a voice in society to advocate issues that they are passionate about and also paves them a pathway for their future with multiple career options. Both our winners have uplifted themselves and now can confidently present themselves to anyone helping them shape their thought process to feel good in their own skin. While Ishnoor would like to explore more of herself in the modeling industry, Reebu would like to aim for the Miss India title to open an institute that grooms young minds entering the pageantry world and pursue a doctorate in zoology. We wish them all the very best for their future endeavors and hope they achieve their dreams.

Harshita Chintapalli
11905505
B.des (Fashion)

A CONCERT WITH **THE LEGEND**

GURU RANDHAWA, a name that speaks for itself. Just like the late-night show host David Letterman says, my next guest needs no introduction, it was a moment of immense pride and honour for Lovely Professional University and Student Organization Dragcon to host such a charismatic and well-known Punjabi and Indi-Pop Bollywood singer. Every inch of the university echoed his name, and there wasn't a single foot staying still on his beats! The first-ever multi-city concert featured Bollywood music sensations - Guru Randhawa and Divine. Music lovers from all three campuses were exhilarated to watch their favourite music artists perform. Realme Sundowner started this massive celebration of music and elation with the first leg from Jalandhar on 10th October at Lovely Professional University.

With a popular and famed singer up for a performance, we took it upon ourselves to ensure top-notch security, hospitality and other requirements. It was an enormous pressure upon the DragcoAn family to plan and execute each and every aspect with utmost perfection.

We didn't want to leave any stone unturned and wanted to give our best. There was a lot of pressure upon CEO, CO-CEO and OB members. They worked day in and day out. OBs motivated their subordinates and got the work done on the ground level as the work without motivation is no more than an aimless arrow. However, there is nothing that a well-oiled team cannot achieve, and this was proven on the day of the show! Though the name was enough to attract the crowd, we had to make sure that each and every individual know what





the upcoming event is. Selling the tickets to students is not an easy task. We made the best shot and our experienced and hardworking marketing team under the guidance of CEO, CO-CEO and other OB members did a tremendous job and made it one of the most successful events in the history of LPU. We were beyond lucky to have such great seniors who gave us profound and strategic guidance along the entire way.

Realme was our primary sponsor for the event. They had a bunch of really fun and interesting questions and games lined up. It was an incredible opportunity to keep the massive crowd engaged, as well on their feet! There was a small giveaway, as well, where the students with the correct answers had the latest smartphones and earphones as the prizes! This also made the student and the star interaction entertaining and exciting.

Personally, what I experienced that evening is something beyond what words can capture. The mere thought of the dream-like arena with the blinding and flashing lights, heavy bass sound, and intricately decorated stage made me believe that all of the hard work building up to that very moment was worth it! And upon that, the melodious voice! Students around me danced their hearts out! The scenario around made everyone pumped up, and all of the stress merely vanished into thin air! Each one could be seen enjoying their fullest. The faculties who usually seemed so strict were also seen dancing along with the students.

We would like to forward out our sincere thanks to the Student Organisation Cell and Lovely Professional University for their constant support all along the way.

The event was nothing short of a gigantic and unbelievable success! And now it adorns the place at the very top of the gems and crowning events of Dragcon, and LPU.

Charu Katiyar
11814268
BBA



The background of the page is a photograph of two women standing on a stage. The woman on the left is wearing a long, form-fitting gown with a colorful, intricate floral and geometric pattern in shades of green, gold, and red. She has her hands on her hips and is looking towards the camera. The woman on the right is wearing a dark, sequined gown with a floral pattern. She is also looking towards the camera. The background is a dark blue stage with bright, out-of-focus lights in shades of blue and purple, creating a starry or galaxy-like effect.

BENCH MARK *Shows*

We've all experienced and excitedly watched the biggest events on the glittery stretch carpet of Lovely Professional University. The infamous student organisation Altiora has played a vital role in bringing forth some of the most memorable events of our college. We've created many cherished memories in these events, moments that we will always look back upon to relish. We all want to be part of the "cool" organisation that brings so much fun, joy and festiveness to the campus but little do we know about the months of planning and management it takes under immense pressure to create events on such a big scale. It is nothing short of running a big business with the stakes, the large-scale organisation and management, the last-minute problems etc. Whether you are interested on having a start-up, be in a big financial environment, undertake management or simply need the experience of communicating with various kinds of people; Altiora does it all! Here is what we have learnt from the people inside about what it takes to turn a vision into a visionary.

Altiora has been a working organisation since 2016 when they first brought forward their first event – India's gully style with a whooping revenue of 1,80,000+. Opening with a bang we thought but every single following they set a whole new record all over again, whether it be Fashion Weeks, Film Festivals or Launch Festivals. Their track record screams if you fly, you only fly high. Although, "It's never a straight line with anything in life and so wasn't our journey with Altiora" says the founder. Whether it was working with Mr. Rohit Khandelwal, Mr. Vishnu raj Menon, Ms. Nehal Chudasama or other celebrities, they've always had their ups and downs to the glamo.

No matter how prepared you may think you are, there are always unexpected situations that will create havoc and you won't ever see them coming, something Altiora learnt the hard way during Ardour Fashion Week Season 2. After the success of Ardour Fashion Week season 1, the team decided to bring another version of the pristine fashion week. It was well budgeted at 27 lakhs with 16 designers showcasing their designs, 22 models walking the ramp, setting up the biggest ramp and stage that Lovely Professional University had ever seen with their sponsors supporting them. They thought had a concrete financial planning before the storm hit them. A bunch of last-minute changes in travelling and stay due to the Delhi elections caused them a huge loss.



To top it all off, one of their third-party sponsors who had promised an amount of 3 lakhs had backed out costing them an entire loss of up to 5 lakhs. The next hurdle was when their next event got cancelled due to a cyclone and they did not get a chance to recover their previous loss. In spite of the losses and the ups and downs, they still believe it was one of their greatest achievements and indeed learnt a lot from each and every event. Altiora has always been known for their esteemed guests at every event and their stunning stage set-ups. The most appreciated event they conducted was the Maruti Suzuki Ignis Launch event, their third event budgeted at 22 lakhs. They managed to set the standards for an EDM night with a 22k+ crowd dancing to their beats.





The entire show was planned with finesse that got our Worthy Pro Chancellor, Madam Rashmi Mittal to prompt the golden words, "Even Lovely Professional University wouldn't have been able to conduct something this huge and outstanding". An event only 15 students managed altogether. They have never compromised on the quality of their events, be it the guests or the stage, trying to elevate their events through every step of the way. Every single event they conducted as a student organisation left a mark on the pages of Lovely Professional University's history, from Gully style, Avant Garde, Ardour Fashion Week-1 & 2, Maruti Suzuki Ignis launch, Miss Multinational, Mr. & Mrs. India, Fashion Premiere league to many more. They converted themselves into a Start-up incorporated as a Govt. Ltd in 2017 and have been working since. They now plan on extending their roots into the corporate world while they shortly open their office in Delhi as an event management company

extending themselves from fashion-based events. They believe surviving in this industry is all about dwelling well into your contacts to cease every single opportunity coming your way. Their future plans are quite ambitious and rightfully so as they have planned to begin their very own PAN India Beauty Pageant – Grandeur India, being conducted all across the country. They also intend to open up their NGO for the betterment of the society, a lifelong dream of the founders. "Everyone wants to be the reason for a smile", a beautiful motto they stand by. The one thing they would advice everybody to focus on is to never focus and earning money but THINK BIG.

Harshita Chintapalli
11905505
B.des (Fashion)

INNER DEVELOPMENT THROUGH VEDIC WISDOM

Peace of mind is a piece of cake. We live our life acquiring all sorts of knowledge concerning our survival and existence. But a little attention is paid to the way of living due to fast-paced development of the world and busy livelihood. It causes chaos within the mind.

Today's youth is facing an existential crisis, inferiority complex and struggles to feel wholesome when it finds itself alone. So to help the students sharpen their inner self and lead an ideal and peaceful life, a 7-day Life-Transforming Online Certification Course on "Inner Development through Vedic Wisdom"



The course consisted of 7 sessions delivered by top Industry Experts, CEOs, IITians and Life Coaches who shared their experiences in how Vedic Wisdom helped them succeed and advance in their careers.

The downside of many attractions is that they are distractions.

Mr Amogh Lila Das, who is a renowned YouTube Personality and a Life Coach, discussed distraction management in his session. Distraction management is to build habits that help us eliminate distractions and hence stay focused. Distractions could be

smartphones, drugs, opposite sex, etc which makes us lose sight of our goals. They disrupt the healthy functioning of the brain and as a consequence, we become less efficient in studies or anything that we do. To immunise ourselves against distractions, we should mould our lifestyle in the principle of simple living and high thinking by renouncing luxuries and practising minimalism; that is knowing the difference between what we want and what we need, hence acting accordingly.

Preparing the mind to follow such a fruitful pathway is not as easy as it sounds. The most complex



organ of the body is just as difficult to control. Mr Gunjan Chaudhary (who is a Founder of KiCo, MadeEasy Faculty for GATE and IES) disclosed the secrets of mind in his session.

As mentioned in the Bhagavad Gita, controlling the mind is possible by learning the art of attachment with detachment. Meaning of this self-contradictory statement is to stay attached with every concerning responsibility of the body but detach from anything that agitates our emotions. Mantra Meditation and yoga can help gain control over the mind. Giving our hundred percent effort and dedication in everything that we do, doing the above-mentioned practices along with faith and reliance on God does the trick to gain control over the mind.

With a full command of mind, we can begin to construct a perspective towards life. And what's better and productive than carrying an optimistic head? Dr R K Behera, with PhD from IIT Kanpur and currently serving as a professor at IIT Patna, in his session on Perpetual Optimism, explained the importance of prioritising our happiness and contentment rather than comparison with others. Just like a spoiled child, our mind prefers getting short-lived happiness from worthless assets and forgettable triumphs over long-lived bliss of the peaceful and satisfied inner self. All that we do is fantasize the comfort of success and overlook the hardships it takes to get it. There is a long trail of failures before success but the company of enthusiasm and optimism should never be lost on the way.

Away from the distractions and equipped with perpetual optimism, one longs for nothing but peace of mind. Mr Ashish Mishra, who is an alumnus of NSIT and IIT Delhi, enlightened the students with a formula to attain peace.

In relentless search of peace, everyone finds misplaced compassion, complications in relationship, morality vs. immorality dilemma as obstacles.

Krishna states in Bhagavad Gita that one who knows God can achieve peace of mind and enjoy the bliss of his sole existence. We should embrace whatever universe provides with complete agreement and contentment. We should set achievable goals and be aware of the pain we are willing to endure to achieve them. This way we can prevent ourselves from getting overwhelmed and ensure being at ease in the end.

A stable and peaceful mind is open to all kinds of knowledge, but a doubtful and ignorant one will always end up getting lost. In his session, Mr Deepak, who is an ex-Officer IOCL and an IIT'ian, talked about overcoming obstacles on the path of knowledge. We should know that knowledge is either scientific or spiritual. However, they both exist in harmony.

Science is a study of matter while spirituality is the practice of knowing and believing in the force that drives it. The flaw of ever-evolving proved and unproved science theories are that they become a dogma over time. For example, the theory that cholesterol increases the risk of heart diseases was disproved in 2015 due to lack of evidence. Still, this updated fact is unknown to masses.

Science theories are dynamic and mutable but Vedic Scriptures on the other side are the same and have remained unchanged since eternity.

Abiding by the teachings of Vedic scriptures, we can completely transform our way of living and hence life. Effective living can be elaborated as the efficient and productive use of talents and capabilities in a manner that brings about inner peace. Six principles of effective living were explained by Mr Nitin Arora, who is a Director and CEO of KDS and an Ex-US Deloitte

Consultant, aided by his rich knowledge of Vedic scriptures and personal experiences.

The 1st principle is to seek knowledge of the difference between matter and spirit and the source of both.

The 2nd principle is to direct our goals and desires toward spiritual/self-realization.

The 3rd principle is to invest in building character with traits like integrity, humility, simplicity, etc.

The 4th principle is to keep the good company of people who will lift you higher.

The 5th principle is to be responsible and give your full dedication.

Last but not the least, the 6th principle is to foster gratitude.

With these six principles in mind, we can greatly enhance our productivity.

Mr Sudhir Kumar, who serves as an International Business and Economic Consultant, talked about productivity enhancement through spiritual wisdom in his session.

Productivity has a few outer influences but many inner influences. Our inner thoughts are affected by uncontrolled emotions which create a hindrance in the syncing of action and thoughts. To stabilise our mind, we must find a stable entity to hold on to and spiritual wisdom is just what we need.

Yoga, Meditation and; Mantra helps us elevate our consciousness to the spiritual level. Yoga establishes union with God while Mantra liberates our mind from stress and anxiety, saving us a lot of free energy and therefore making us more productive. Spirituality helps in gaining control over our emotions and clears our path to reach the truth. This truth brings about peace in our life and inspires us to be humble, selfless and grateful for everything we have. Spirituality must not be confused with religion. Religion is restricted to a class or sect of people, whereas spirituality gives the message of universal brotherhood and it connects all with one another.



If the youth realises importance of spirituality in life, they can surely lead a blissful and peaceful life and eventually attain salvation.

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Carnival Cinemas with the Pandemic



Movies have always been a huge part of one's life! And when we talk about college life, they help a lot as the students correlate and grapple in their day to day life with these movies. A nostalgic ambiance is created as we remember the old movie trips with friends in those golden days of life. But fortunately, or unfortunately these funny trips, laughter pack of friends, all have now become just a memory! The oldies have nothing left than blaming their mounting age and the youngsters have been sealed due to the COVID-19 pandemic.

Today we all feel the absence of the cinema industry in our life but never thought of them for whom this was the bread and butter of their family. Student Organisations Wings of Hope and Spasmodic do care for them. Thus, seeing the need of the situation a talk show with Mr. Kunal Sawhney, the Vice-President of 'Carnival Cinemas' on 'Pandemic Chaos in the Cinema Industry' was organized by Wings of Hope and Spasmodic.

The talk show was kick-started with a warm welcome of the guest, by Mr. Vishnu- who anchored the show, followed by a small chit chat on how this quarantine is serving him personally. Mr. Kunal then thanking Lovely Professional University for inviting him to go live and interacted with the crowd.

Just like most of the non-essentials businesses the cinema industry was forced to shut its doors during this pandemic.

Proceeding with what are his thoughts on this pandemic, Mr. Kunal answered several questions on "How the lockdown is hitting the workflow for Cinema Industry?" Answering one of the questions, on how they are managing to pay the 'Carnival Staff,' without any funds generated? Mr. Kunal stated that at this point it would be cruelty if we leave our employees without pay and would be against the ethics of the organization. So, every employee of Carnival Cinemas is getting paid amid this lockdown. The biggest stumbling block would be the uncertainty of when people will go back to sitting crowded in enclosed places. Tackling these post-COVID-19 circumstances Mr. Kunal discussed the plans and initiatives that Carnival Cinemas proposes to do. He briefed that complete social distancing will be maintained and the number of screens will be increased to handle the number of people visiting the cinemas. Adding to his statements he further said that the old blockbusters will be once again on board until any new movies are released.

Overall, the talk show was a wonderful session organized by Wings of Hope and Spasmodic, a historic benchmark was set by them as for the first time their live targeted 11k+ viewers on Facebook and 7k+ viewers on Instagram. The organisations have always aimed to be a ray of hope in a person's life and have always motivated, cheered, and made students laugh through their humongous and fantastic series of events.

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THE JOURNEY OF THE TOP 5 FROM LOVELY PROFESSIONAL UNIVERSITY TO THE 10th BCS

Bhartiya Chhatra Sansad (BCS) is a non-political platform to sensitize and harness the power of youth mainly through the general Secretaries, joint secretaries, and socially active and politically sensitive students from around 25,000 colleges and more than 400 universities in India. Its Motive is to create more youth politicians and Leaders. The 10th BCS was held from 20th February 2020 to 23rd February 2022 at Vigyan Sabha Rajpath, central secretariat, New Delhi. More than 10,000 students all over the globe participated in it, after which only 32 got selected to showcase their speech in front of the very eminent personalities such as the president of India, various state governors, and other officials. Out of these 32 students, 3 were foreigners and the rest were all Indians. Out of the 29 Indian selected students 5 were the winners belonging to Lovely Professional University.

These 5 included Ankit Dokania, Saahas Ramaul, Muskan Katoch, Vishnu, and Aviral Dwivedi.

Ankit Dokania, born and brought up in the state of Jharkhand who's father is a political member of the Jharkhand Mukti Morcha party while his grandfather was a writer and a language professor. So basically, he has been molded towards debates, writing poems, politics since childhood. A student of Lovely Professional University currently pursuing computer science, who has already represented LPU in the Theatre Category in various events which is his main agenda even after graduation. Later he joined the Literary Club and came into the limelight followed by his participation in mega-events like; youth vibe, Spectra, Magnum, IIM. Lucknow, and MUN.

One day, sitting in a cafeteria having a cup of coffee he receives a call from Dr. Nitin Bharad

waj sir asking him to participate in BCS and prepare himself as it was a colossal opportunity. He called others as well who were good at speaking and debating. So all the 7 geared up and took one topic each, different from one another so that each one of them would get selected. They began preparing their speeches. BCS consisted of a total of 8 sessions for about 4 days (1 Day, 2 sessions – one before Noon and another after 2 or 3 PM. He took the ' \$5 Indian economy' which clashed with Muskan as she had also taken the same topic.

He started preparing his speech according to the structure which he has already followed in his previous speeches that are to start or end his speech with a poem or a Shayari. He believes that one should have a good technicality to deal with the audience and should have a proper structure with good voice modulation to attract them.

“My favorite speaker is Shri Narendra Modi because he can attract anyone with his words.”

– Ankit says with pride.



He just needs some books, a laptop, and his ear-phones because he loves to listen to songs that are old and weird. He takes approximately 2 to 3 hours to collect all the fact and to pen them down and To find out facts and figures, he uses his trustworthy channel i.eLallantop as it states the most relatable ground realities, government web-sites, people associated to the field, and the friend circle he has. He says," I feel empowered when someone doesn't appreciate my research because it is already known to others which means the citizens of my country are well-acknowledged and updated to the data. He believes media is too fake and formal to handle and he believes in reality and likes to study his topic more deeply and effectively. His favorite part of writing a speech is the research he does as he gets to know the topic more deeply which not only affects the levels of his knowledge but also is the reason for the applause he receives once he delivers it. What he says is not spoken by a lot of debtors and speakers so it is a win for him even if he loses the competition. Apparently, the first round required them to send a video of the 3-minute speech Off the topic that took Which had to be sent to BCS within 2 days. Anki says," the first round was pretty

much easy to clear because the structure of their speech was totally different from the rest of the students who participated and everyone pretty much like their speech."

In the second session, they were asked to narrate their same speech over a Skype call in front of the channel. Unfortunately only 5 got selected out of the 7. For the 3rd session, they all went to Delhi on a given date where they were required to deliver their speech in front of the panelist which later advise them to not include certain points and data like this can be aggressive and rude to the big dignitaries and central government who shall be present at the main event.

Ankit claims that for most of the sessions, in the beginning, he was Avoided for a long time As his speech consisted more of harsh truths, aggressiveness, and anti-government Material. He was asked plenty of questions who's Answers flattered them and then he never fell back. He explained with joy,"

I received a call in the evening congratulating me and fellow mates over our success of being selected in top 32. Dr. Nitin Bharadwaj Sir, Assistant Dean of Division of Student Welfare, and Dr.



Sorabh Lakhanpal sir, Head of Division of Student Welfare Called us to congratulate as well. I was overwhelmed by such an achievement."

The next day was the final session and the main event where we all have to deliver our speeches in front of the big dignitaries, central government, and other big officials. He expressed his sense of achievement and said that I shook hands with the Bharat Ratna Award winner, Our Honourable former President, Shri Pranab Mukherjee and The contemporary President of India, Shri Ramnath Govind was also present there to inaugurate the ceremony and this was a moment of remembrance in my life. I remember," Saahas had his session first On how social media influences the today's youth. He was admired by everyone and got a good response." But in the former sessions, Ankit did not get the response she was expecting So what he did was he changed his entire speech at the end moment, he walked over the sentences and words against the government that is hespoke anti-government for about 2 minutes and the rest one minute he spoke about the solutions. To this. He never spoke in favor of the government though he was delivering the speech in



front of them Because for him reality is what people need to hear.

From childhood, he was taught to be clear about the opinions and keep them effortlessly, And so



this is what he did. He believed he was a mediocre. And he had to choose one side either this or that and so he decided to take the risk on that platform where once demonetization was announced by the Modi Sarkar. But who knew, The hard work and the nights spent scrambling over the paper, researching about the topic would bring him out with the flying colors as he received a standing ovation from the panelists which included Padmashri economist, Padma Bhushan, Maharashtra state government, Niti Aayog budget decider and other officials and members of the event. He described how the continuous round of applause and whistles made his heart sink and brain proud of himself. Ankit says, "I was happy that my risk got executed because if it wouldn't have been then my university could have been impacted. Also our Honourable CM of Punjab Shri. Amrinder Singh made us proud as he received the Best CM award and we made him proud by rolling up in the top 32 Speakers in BCS. He also says his major motive is to be a Young leader because most of the politicians include minimum age group from 28 to 30 as the BCS is one of the starting points to make amendments in the constitution of India if they are worth-making. Because when a student like Ankit delivers a speech in BCS which is being written down by the officials through a typewriter simultaneously as the speech is going on with the solutions being added to it. He says, "All the matter which we spoke is written as small articles in a brochure form which includes challenges, solutions, amendments of the

cause we are speaking for and are later handed over to us. These brochures are also packed up in the files and sent to the government for reassurance. And who knows this could be my beginning step towards being a young political leader because I did feel empowered when I was delivering the speech."

BCS was an important step towards his dream to perform in front of a colossal crowd as an artist. What flabbergasted me while taking his interview was that his parents didn't even bother to appreciate him for such a colossal achievement maybe because his father did this years back when he was going through his success stages and this was a piece of cake for them and they have more and bigger expectations from him. They only congratulated him on his success. After all the praises and appreciation, the event came to an end. But it was surely not an end for Ankit. He received a call in the night from the officials of Vigyan Sabha that the Minister of Jharkhand invited him to the Jharkhand Bhawan for lunch at 9:30 AM. He says, "I and Vinayak sir out of excitement reached the Bhawan at 9:00 Am." There they had a good 2 hours therapy session where he received tons of appreciation and warm welcome by the authorities. He had lunch and coffee with the officials and the Minister flattered by his speech showed him the Bhawan. Honourable Minister appreciated the Lovely professional University for bringing out such a talented bunch of personalities, all groomed up. "I am thankful to LPU, Dr. Nitin Bharadwaj sir, and Vinayak sir from SOC and Mrs. Vaishali ma'am from the Literary Society for supporting us as they served us with all the basic accommodations and amenities which were luxurious for about 6 long days." Ankit added.

Dishika Jain
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TEAM ILLUMINATI

Team Illuminati Racers, one of the largest student motorsport teams in India, the official student motorsport club of Lovely Professional University. LPU SAEINDIA COLLEGATIVE club is a registered college chapter of SAE (Society of Automotive Engineers). The team comprises of immensely dedicated and motivated engineering students. Working on these projects provides the students to incorporate the theoretical knowledge learned in classrooms into practical applications. Every year the team participates in three SAEINDIA projects viz. Baja SAEINDIA, Efficycle SAEINDIA, and Supra SAEINDIA. They have also been actively participating in Bharat Rally Car Design Challenge (RCDC). Team Illuminati Racers stand to be the only student motorsport team from India to participate in a professional car rally i.e. 'India Baja' or 'Road to Dakar', where they competed against leading automotive manufacturers like Isuzu, Polaris, Mahindra, Hero, TVS, etc. LSCC, the tier-6 club organizes the International Go-Kart Championship in Lovely Professional University since 2012. This year happens to be the eight venture of LSCC organizing an event in which international & national colleges design and fabricate their own

Go-Kart to compete. Ever since the foundation of this club was laid in 2012, it has soared to achieve immense heights. The highly efficient and motivated team, in the first year of the establishment itself, built a Formula Student Race Car and participated in the Supra SAEINDIA at Budh International Circuit. These racers also successfully organized India's first National Go-Kart Championship and have been on a roll ever since. Getting better every year, in 2014 they went on to participate in the BAJA at Texas, United States of America. After having soared overseas the team got all hands on deck to create an eco-friendly trike. This creation enabled Lovely Professional University to be represented at the Efficycle SAE-NIS. But the team didn't stop at this, they moved forward with determination and participated in the Supra SAEINDIA at MMRT, Chennai. Their glorious attitude and the will to succeed kept them going and in 2015, they achieved a milestone with International teams participating at the National GoKart Championship organized by our vertos through LSCC. The racers also represented Lovely Professional University at Efficycle, SAEINDIA, and received immense appreciation for their creation.



The year 2016 took IGC to a greater height with a massive engagement of 200+ teams. Not only did they represent our university at the Efficycle but also rose Lovely Professional University's name by participating in the Baja SAEINDIA and brought laurels to the university by bagging the third position at Explorica. And thus, began a thirst to do better and deliver the best each year. Along with side participating, organizing, and bagging awards, the team has also been a signatory to major sponsorship deals with Coca-Cola (2013), Engineer's Academy (2014), and 20+ International MNCs. They have also had a plethora of sponsors such as Altair, Asap motors, BKT Growing Together, Bhartiya Manufacturing industries, Mathworks, Unbrako, CADD Centre, PYE, Koshi motors, Honeywell, SuperATV, Schroth, Charcraft Electronics, Burnout, etc. Let us have a look at the events that Team Illuminati Racers have organized as well as participated at.

THE BAJA SAE

The BAJA SAE Series is an event for undergraduate engineering students, organized globally by the Society of Automotive Engineers, USA. The BAJA SAE tasks the students to design, fabricate, and validate a single-seater four-wheeled off-road vehicle to take part in a series of events spread over a course of 3 days. The 3-day course tests the vehicle for the sound engineering practices, the ability of the vehicle in terms of gradeability, speed, acceleration and maneuverability characteristics, and finally its ability to endure that back-breaking durability test. BAJA SAEINDIA is one of the challenging off-road student motorsport events in India.

FORMULA BHARAT

Formula Bharat is an engineering design competition in which students from colleges and universities across the country, compete with a life-size Formula style vehicle in areas of engineering design, overall cost, marketability, and dynamic performance.

The series replicate the global student Formula series hosted in around 11 countries per year.

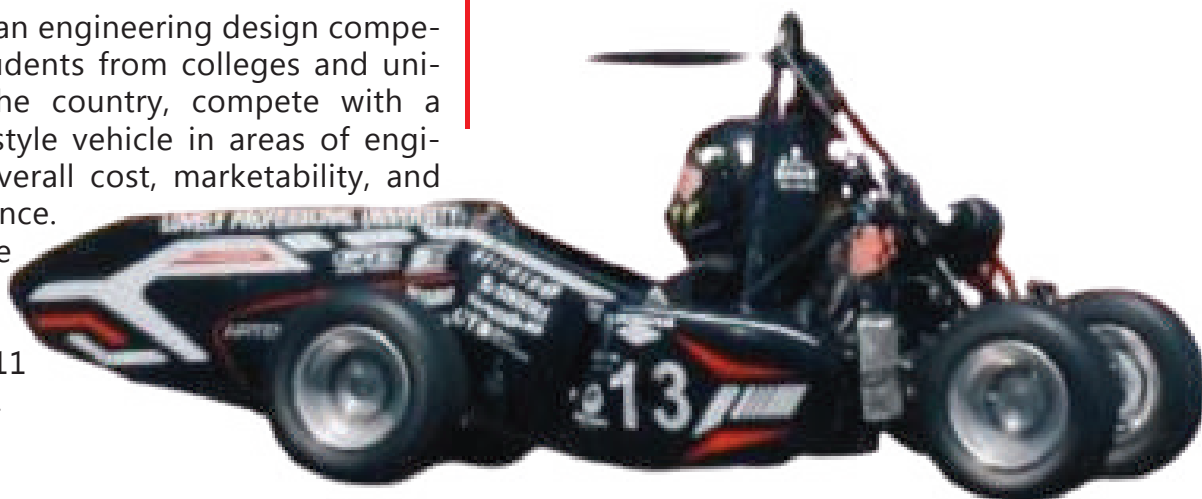
The purpose of this competition is to encourage students to gain hands-on practical experience while applying engineering theories studied in the classroom. In addition to this, students learn the art of management and teamwork, essential skills required in the 'real-world'. These student teams are required to build a new vehicle from scratch year-after-year and seek sponsorship and donations by their own means to fund the project.

EFFICYCLE SAEINS

Efficycle derived from Efficient-Cycle promotes the objective of providing an opportunity to the students to conceive, design, and fabricate a three-wheel configuration vehicle powered by human-electric hybrid power and capable of seating two passengers catering to the day to day mobility needs. The vehicle must be aerodynamic, engineered for performance & safety, and ergonomically designed. The objective is to promote innovation and generate consciousness amongst the young engineers towards environment-friendly mobility solution.

THE RALLY CAR DESIGN CHALLENGE

Rally Car Design Challenge (RCDC) is an engineering design challenge for budding new engineers of the country. This is India's first challenge in which engineering students come together to participate with professional motorsports people. The target for the teams is to design a two-seater buggy that is aesthetically and ergonomically sound and is a fun and durable machine in its own ways.







INTERNATIONAL GO - KART CHAMPIONSHIP

IGC is one of the biggest student Go-kart events held every year in Lovely Professional University. LSCC is organizing this event since 2012 in which National and international participants have to manufacture a full functioning Go-kart. The mission is to bring out students from their lecture halls and implement their theoretical knowledge and use it practically with out of box ideas. Also, techno-mangers graduates will run their Go-kart on the live arena with 10,000+ spectators watching them with keen eyes.

MECH AUTO EXPO

Team Illuminati Racers has also been participating in Mech Auto Expo Ludhiana since 2019. It is an automobile event aimed at promoting automotive industry. The Aim of participating in this event is to seek sponsors support in any form (monetary, raw materials, supplies, services etc.) This also helps students in gaining industrial exposure and business to business relationship.

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STOP WORRYING AND START LIVING

“When you do a good deed for people, it always comes back to you in a good form”

Dr. MD FIROJ ALAM {PT} is a proud alumnus of Student Organization Cell with a graduation degree in Bachelor of physiotherapy from Lovely Professional University. He comes from a remote area of Sitamarhi, Bihar where very little facilities of health care are available. As a result, he grew up to be a humble introvert who never missed an opportunity to learn and grow. Similar to all of us, he was absolutely mesmerized as he set foot on the campus and was flooded with opportunities he never once had. After one semester of focusing on academics, he started exploring the college and participated in the e-cell and placements as a coordinator who was soon involved with a valued opinion by an official on a departmental level. He was able to take part in more than 300 medical camps held in Jalandhar, Punjab. He even got the opportu-

nity to play the role of a field physiotherapist during the national rugby football championship with players from all over the country who would approximate up to 450 patients. His role as a member of Sankalp Environ was commendable. He was always seen in front-line for any social cause for the upliftment/ awareness of society.

Currently, he is working as a frontline health care **COVID WARRIOR IN SITAMARHI, BIHAR 2020.**

In his 3rd year of graduation, he worked under the supervision of a clinical physiotherapist at the Saevodaya Multispeciality Hospital, Jalandhar. Upon seeing his hard work and dedication he was offered an internship which later converted into a full-time job. In the year 2019, he participated in the **PROJECT EXPO** and presented an article on the topic, primary dysmenorrhea {condition of cramping pain in lower abdomen occurring during

or after menstruation} and won the 1st prize with 5000 rupees worth goodies. Under such a small age he achieved innumerable recognitions. He presented a scientific poster on PLANTAR FASCIITIS at the constitution Club of Parliament house, New Delhi. Last year he received an Excellency Award for his work in the physiotherapy field at Cabana, Jalandhar. Recently he was also chosen as one of the top 5 reviewer board members in Acta scientific Orthopedics International Journal.

Continuing to this, he published an article on **SHORT TERM EFFECTS OF KINESIOTAPING WITH MOBILIZATION ON BALANCE INPATIENT** for the patient suffering from osteoarthritis of the knee joint. which later got selected as the best article in the issue of 2019.

This article was a focused study of various treatments of a disease called **OSTEOARTHRITIS** {in this condition synovial joints of knee get affected and is mostly seen in elder people. In the past decade, it has been growing rapidly in India due to altered lifestyles, consumption of junk food, age factors leading to a condition like obesity which further results in osteoarthritis. According to studies women are more likely to have OA by 31 % than men (i.e. 28%)}. People with high BMI and minimal physical activities is also one of the reasons to have OA. The Symptoms of OA are known to cause significant pain, stiffness, and disability which leads to a deteriorating quality of life. You might have observed in your surroundings how elderly patients with knee and hip OA adopt various strategies while walking.

One technique they develop is the Trendelenburg's gait, tilting of the pelvis to the opposite side, and the shift of the center of gravity results in instability. As a result, there is poor balance control resulting in constant falls. Studies show that people with self-reported arthritis had a 50% increase in the risk of recurrent falls.

When asked about how he looks at his achievement till now Dr. Firoj replied- "**if you want to be successful in life you have to be consistent, hardworking and most importantly honest towards your work**"

In his study, Dr. Firoj used the combination of mobilization and Kinesio taping technique on five female patients with osteoarthritis knee joint condition with age group 45-60 years. All the patients had a history of knee osteoarthritis from 2-5 years with Grade 1-Grade 2 based on radiological findings diagnosed by a physician. Patients with osteoarthritis of Hip, any systemic disease, recent fracture of tibia or femur, subjected to any lower limb surgery, any type of lower limb deformity, Grade 3 OA, or intra articular-corticosteroid were excluded from the study.

Patients fulfilling the inclusion criteria then were informed and consent was taken from them. As the study moved further, the following was done: Like Baseline measurements were taken for muscle strength, pain, balance, and coordination. To assess muscle strength, **MMT** was done for Quadriceps and m-strings bilaterally. For the measurement of pain, subjects were asked to fill the **NPRS**. For balance, coordination, and functional balance, TUG, and WOMAC scores were filled in respectively. This was then followed by a treatment

intervention with Mulligan mobilization and Kinesio taping. MWM with the sustained manual glide of the tibia (anterior-posterior and posterior-anterior) during active knee flexion and extension in supine was given.

The glide force was sustained while the subject was asked to perform 6 repetitions of full-range active knee flexion and extension. The technique was given in a supine lying position. K - Tape was applied in the form of a superior Y technique for the stabilization and support to the patella and surrounding muscles. The Kinesio Y strip tape was applied light with 25% stretch tension on the medial side of the knee joint and 50% stretch tension was applied on the lateral side of the knee joint. I form strip tape was applied over the inferior pole of the patella to maintain the mechanical correction. The results were measured before the intervention and after 48 hours of intervention.

The Berg balance scale is a clinical test for standing and dynamic balance in the patient of OA knee. This test consists of 14 tasks testing the static and dynamic balance of the patients. Each task is scored on a 0 (unable to perform or need assistance) to 4 (able to perform independent task or ADL) scale with a maximum score of 56. Following the intervention after forty-eight hours, post-intervention data were collected for muscle strength, pain, balance, and coordination. He examined all five cases closely under his supervision in which one case the description was of a 58-year-old patient complaining about pain in both knees which in turn caused difficulty in walking and standing for a prolonged time for the past 5 months. This was when the pain started to disturb her psychologically. She had been taking regular physiotherapy treatment from LPU OPD, Phagwara for the last 5 days as it was hindering her day to day life activities. she had no history of diabetes mellitus, hypertension. When the result was out the patient-reported pain on the NPRS scale as 6/10. On observation, the build of the patient was mesomorphic and there was neither any redness/swelling nor any deformities.

On palpation, grade 2 tenderness was found in both the medial and lateral aspects of the left knee. On examination, MMT for hamstring was 3/5 and for quadriceps was 4/5 for left knee and MMT quadriceps 4/5 hamstring 3/5 for the right knee. Patients' Time Up and Go score came out to be 13 seconds, Berg balance score was 45, while the WOMAC score was 29.



After thoroughly going through her results, physiotherapy treatment of mulligan mobilization {MVM} of 6 glides, 3 sets and then K taping of Y shape was applied on her left knee.

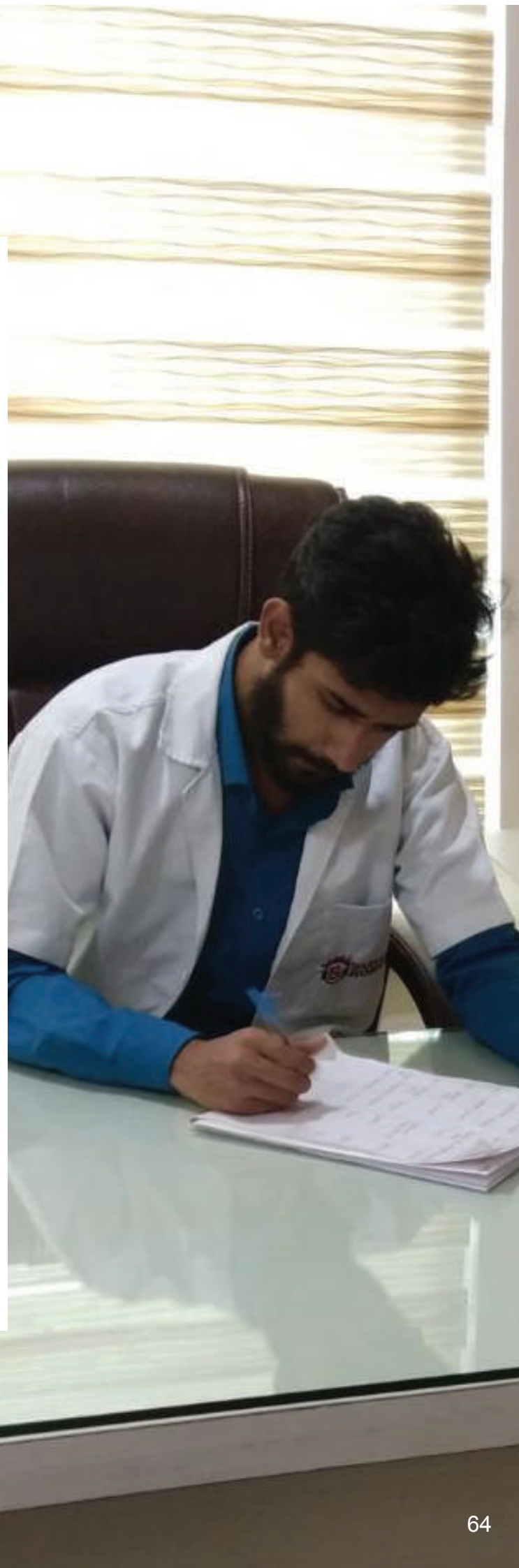
On post Treatment Pain started to get reduced drastically by application of a combination of Kinesio taping and mulligan mobilization both. The TUG score then came out to be 10 seconds and the Berg balance score also improved as it went up to 53 from 43. The intensity of pain as noted by NPRS {Numerical Pain Rating Scale} also reduced subsequently to 5 from 7 and WOMAC [the Western Ontario Mc-master University Osteoarthritis index] score also showed considerable improvement that decreased from 33 to 22.

Lastly, at the end of the article, he concluded that Kinesio taping in combination with the Mulligan Mobilization treatment technique is found to be effective in managing pain, improving balance and coordination, for the short term. Range of Motion and also prevent the risk of fall for in an osteoarthritic patient. Hence the purpose is to analyze the combined effects of Mulligan's Mobilization with K-Taping. He found that Mulligan movement with mobilization with a combination of Therapeutic Knee Taping {With Y Shaped} is an effective treatment for osteoarthritis symptoms including management of pain and improving balance in particular.

He aims to achieve more and believes it is just the beginning and as a health care professional, he would like to bring change to his hometown, Sitamari, and reassembling the underdeveloped places of Bihar by spreading awareness to educate themselves as they help each other build a better society.

IT IS THE JOY OF DISCOVERING SOMETHING NO ONE EVER DID BEFORE THAT KEEPS ALL CURIOUS TO FIND NEW THINGS.

Amarnath Rai
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B. Pharmacy





R

ROBOTICS AND INTELLIGENT SYSTEM COMMUNITY

AUTOMATION ~ THE FUTURE IS HERE

Industrial automation is using the set of technologies, control systems, with computers or robots handling different processes and pieces of machinery in an industry to replace a human being. Industrial automation can be achieved by several different means, including mechanical, electrical, electronics, pneumatics. The future is all about automation and advancements, which lead to a comfortable economic life. An extra set of hands at work always speeds up the production. But imagine if that extra is a robotic arm which does the work at a faster pace, more precision, more versatile, and technology with wider applications.

The robotic arm is a mechanical arm with high durability and built with good aesthetics, programmable to perform various tasks making it a dynamic technology. It is so versatile that it adapts to any type of task, guided by the programming system and controller. Robots can be moved as they perform their tasks with no additional setup.

In the academic year 2018-2019, Student Organization "Robotics and Intelligent Systems" started the project on this robotic arm with three degrees of freedom. The prototype was initially built by wood under the guidance of our beloved mentor Mr. Bikash Kant sir and developed by a group of coordinators. The Robotic arm was displayed in various workshops and competitions conducted in Lovely Professional University that got us the students' attention as they witnessed the project. The main advantage of this arm is to perform various tasks, which can be possible by programming to a task through Arduino-UNO. Synchronizing all the servo motors [Actuators] in the arm with Arduino performs the task. This Synchronization can be done in Arduino IDE by installing servo motor libraries and programming commands of the servo motors. In the academic year 2018-2019, Student Organization "Robotics and Intelligent Systems" started the project on this robotic arm with three degrees of freedom. The prototype was initially built by wood under the guidance of our beloved mentor Mr. Bikash Kant sir and developed by a group of coordinators.

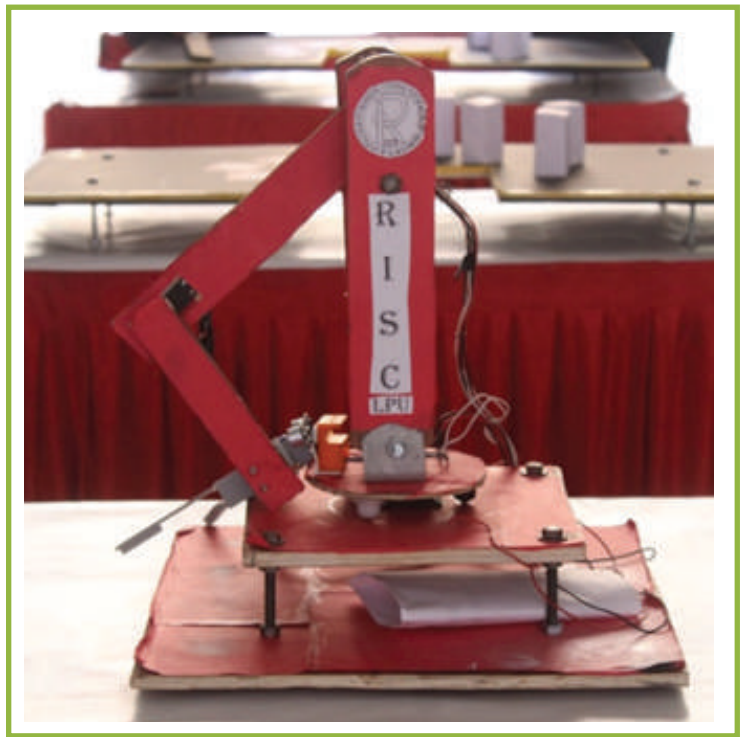
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At the same time, this prototype can also be used for a high-end task which involves human control over the robotic arm. To do that, a connection has to be established between the robotic arm and the human control. Robotic arm receives the instruction/input from the mobile application, which can be designed according to our purpose in MIT App-Inventor, this mobile application acts as the human control. The link can be established with the Bluetooth module [HC-05], this Bluetooth module in the slave-mode is synchronized with the Arduino and is set up with the arm circuitry and mobile application is the master in transmitting the instructions to the slave-mode Bluetooth and then to the Arduino for the actuator movements. In this way, the instructions can be transmitted from the master [mobile app] to the Robotic arm through a master-slave Bluetooth connection. To make this prototype work for more complex tasks, Additional sensors like ultrasonic can be used for the detection of objects and inverse kinematics can be introduced to make the prototype more flexible.

It acts as a satisfactory alternative for a human requirement in fields owing to its speed and accuracy in usage.

Industrial: Its application in industries vary from small industries for which high precision is required, whereas for huge industries high capacity and speed are vital. It can be treated as the best alternative, where a repeated task has to be done without any requirement of human intelligence. Depending on the work volume, accuracy, and speed it can be installed in many industries where it helps in the reduction of labor expenses for repeated actions with better accuracy and speed of performance.

Medical: It can be used as an alternative for the



human hands of physically challenged people. It can be used in performing sophisticated operations and therapies where human intervention may not yield the required accuracy and tedious.

Defense: It can be used in remote accessing of arsenals and weapons whose direct handling is dangerous for humans. This bot, when added with some extra features like image processing and machine learning, can be used as a smart soldier for continuous monitoring of sensitive areas and taking actions remotely.

Remote places: It can be used in applications where remote access of a device is required like accessing the valves of dangerous chemical lines where human intervention is not possible.

Additional features like a connection through the internet, machine learning, and artificial intelligence will even help the bot in performing further sophisticated operations. RISC-LPU is proud to have this prototype of the industrial robotic arm in its procession.

This prototype is the first step towards automation and its advantages over other robotic arms help it to have its reach over different economic-sectors of the society, making it a useful technology in the manufacturing line. This robotic arm has various applications and advantages



A SEMESTER ABROAD

Covid in Canada

On the 28th of December, I traveled to Lethbridge, a city in the province of Alberta in Canada. Although that was the start of the semester abroad program the real journey had started months before. It started as a simple desire for a change of scenery but grew into a full-fledged decision with an announcement from the Division of International Affairs. To be honest the Division of International affairs was with me from step A to the step Z of the whole procedure. The first steps were a few interviews to test my compatibility for the program. After which I had to get consent from my parents and collect financial proof that I would be able to support myself during the program. After presenting all these, I was sent a Letter of Acceptance from the University of Lethbridge. I had to include the letter of acceptance, my financial documents and a proof of the exchange program during my Visa application. After receiving my Visa, things were straightforward. Book a flight and reach Lethbridge. The Division of International Affairs made sure I got my paperwork right and even checked on me after the end of the program. Now that I gave credit where credit is due, I have to write about the wonderful experience Canada was for me.

On arriving in Lethbridge, I was greeted by the landlord of my residence Mr. Ken and a crazy cold weather I was not prepared for. Now, Ken was what I always pictured a Canadian would be like. He was just so polite and nice. He took me to the house where I was supposed to stay for 4 months but ended up staying for 6 months. This house was well furnished and designed beautifully. I was the first guy to arrive and had to share my new year with three girls in another house owned by Mr. Ken. They had arrived just a few days before me. They were from Japan, South Korea, and Chile. Their hospitable natures and our very diverse cultures made our New year pretty fun. Then one by one my other housemates started to show up. In total there were 10 of us in one house. Five guys and five girls. The house was divided by a wall in the middle that separated the guys and girls. Each person had their own room and shared a kitchen and living room.

had three guys and one girl from Belgium, one guy from two girls from Poland, one girl from Germany and one girl from Italy. The day we arrived we were given an orientation by Ms. Diane who was our coordinator for the program. The first two months passed with us adjusting to the different academic structure and dividing household chores. We all went out quite often during these times and made quite a few Canadian friends. The weather during this time reached -40 C. The coldest I had experienced up until this trip was a mere -5 C. Combined with the windy atmosphere of Lethbridge, the weather was no joke. All ten of us living together had gotten close by this point. Halfway through March, we had already traveled to Calgary for a birthday, gone skiing, and played in the intramurals.

The corona scare hit us at the end of March wherein the University decided to switch to an online platform. All of us adapted quickly to it and finished our exams by the 20th of April.

Now, this is the tricky part. Almost none of us had prepared for the flight bans that were issued to address the pandemic situation. Most of us including me had booked our flights to leave by the end of April which seemed impossible. This time of crisis is the force that brought all of us closer than we already were. We started designing activities and small lunches or dinners every Sunday to keep our minds fresh. One week the guys would all come together and prepare a few games and a meal for the girls. The following week the girls would do the same for the guys. We spend birthdays, small celebrations, and even Easter in such a manner.

Soon after the dust had started to settle, and travel was possible we started going to different provisional parks and treks together. The crowd I was with really enjoyed Landscapes and before I knew it, I was enjoying them myself. As we neared the end of May, some of them left and we were down to seven people. During this time, we got closer to our Canadian friends and we would invite them over or go over to their place regular

ly. We kept innovating games and made a ton of new ones to keep ourselves entertained.

One of the best experiences I had was visiting a Canadian friend's farm, where we stayed there for a day and a half before returning. During the time we spend on the farm we set up a campfire. Told stories and did target practice with guns. Yes. We actually got to shoot a 0.22 rifle on cans and a shotgun to shoot down flying discs. Despite some shooting experience from NCC. The whole experience refreshed all of us. The COVID situation may have closed down a few places we wanted to see. But all in all, it opened up so many experiences we had no idea about. The whole COVID situation had left me stranded in Canada so to speak and I was surprised when I finally got a reparation flight to India. Although the tickets were too expensive my Dad wanted me to come back home. Nobody had expected me to leave that early after my first flight got canceled.

The day I received my flight tickets we had planned to go to Calgary one last time as everyone was leaving from the airport in Calgary. Unfortunately, the reparation flight I had received started its first leg from Toronto, and therefore we had to part ways in front of the house. We had all stayed together in one house for almost half a year and everybody was struggling to keep their emotions in. I always made this joke asking one of the girls to cry any time something emotional happens so that the moment would seem special. It was a running gag that we kept doing. But this time I let the first tear slip and once I did. We all just let it out. I got a hug from everyone with their own individual goodbyes. If any moment had hurt in the whole journey It must have been the farewells. With a heavy heart, a facemask, and a hand sanitizer I made my way to Delhi in a 14-hour direct flight from Toronto. Despite the pandemic and all that followed, I enjoyed every moment of the semester I spent in Canada.

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THANK YOU

TO ALL THE FRONTLINE WORKERS





**WE WOULDN'T HAVE STOOD
A CHANCE WITHOUT YOU**



Ambassadors of Hope

Who knew the world would come to a stand still
With a virus getting under every frill

With social distancing being the new normal
Wearing a mask doesn't seem formal

What life lessons this time has taught
Where life necessities everyone has bought

From handshakes to namastes, reviving the old
norms
We are experiencing life in all together different
forms

The AQI levels have been so lean
Since the environment is Oh! so clean

Ozone layer filled it's hole
Cleaning ganga river achieved its goal

Life was always on the run
Now being stagnant is so much fun

My parents never had time
Now they are all mine

Families dining together for all three meals
Beyond explanation as to how it feels

Never knew my dad was world's best cook
& Mom with her poems could write a book

With the fields shining with new crops
I could see my backyard mountain tops

Loosing jobs & falling businesses break you
inside out
Creating innovative business ideas to pop out

Soldiers in the form of doctors & cops are in
the make
As fighting an invisible enemy for them is a
piece of cake

Kind gestures of servicemen gives us hope
That humanity in abundance still has scope

We shall overcome this pandemic as divided
we stand
Coz United in our hearts is the hope strand!!

Kanika Sobti
20015
Dy Law Officer
Lovely Professional University



INDIAN GOVERNMENT

A Critical Analysis of India's Corona Strategy

India initiated its safety measures against the pandemic on the 22nd of March with the announcement of Janata Curfew that was supposed to be held between 7 AM and 9 PM. This was then followed by a national lockdown with a mere four-hour notice just two days later. India now stands as one of the worst-hit countries with 3.31 million confirmed cases, 60,472 deaths, and a 3.3% death rate. The countrywide lockdown was imposed only two weeks after the declaration of the pandemic in a bid to stop the spread of the virus in a nation with a relatively large population density. India is the country with the longest and strictest lockdown inflicted for 75 days of harsh curfews. The necessity of a lockdown on the national scale for a geographically large country, such as India, has been widely questioned. Mr. Jayaprakash Muliyil, an epidemiologist, suggests that a sufficient amount of time could've been given to prepare for such a strict lockdown, allowing the public to take the necessary measures instead of leaving almost 30% of the country's population stranded away from their homes. This created a disaster for an unprepared economy, migrant population, and daily wage laborers. The devastating effects on the economy put pressure on Mr. Modi to partially rescind some of his extreme measures. Critics seem to feel that Modi failed the Pandemic test and we could've planned a better-crafted strategy since China and Europe had adequate data to plan an intelligent lockdown.

Despite the downs, WHO and other foreign institutions seemed to give Mr. Modi the credit for containing the virus in the initial stages and his quick responses. The entire country including remote areas is now aware of a virus, COVID-19. The quick responses included 21,000 medical institutions already working to reduce the impact of the virus and setting up COVID testing labs before the detection of the first case in the country.

However, for the locals, the impending recession of the pandemic has taken its toll on the country's economy. The government has announced certain measures to aid citizens with disadvantages. Finance Minister Nirmala Sitharaman reported a Rs. 20 lakh crore package that amounts to nearly 10% of the country's GDP. This package was allotted to the Atmanirbhar Bharat scheme that focused on what was called the four L's- land, law, liquidity, and labor. The Reserve Bank of India initiated liquidating Rs. 5.6

lakh crore worth of measures in March and Rs. 1.7 lakh crores from the former package were allocated for distribution of free food grain and cash to the impoverished for three months.

The government assured a transfer of Rs. 500 in cash to women with accounts under the "Jan Dhan" scheme every month while Rs. 2000 was said to be credited to 80.5 million farmers as an advance payment under the "PM KISAN" scheme. The PM Garib Kalyan Yojana (PMGKY) aimed at providing free ration to over 80 crore people. As helpful as these schemes sound, none of these schemes came with a proper roadmap on how it would reach its people. The government almost entirely seemed to focus on liquidity measures for the two initial schemes/relief funds while there has been no update on the actual expenditure of the liquidated assets.

The infamous PM cares fund recorded an approximate of Rs. 10000 crores, a relief fund started by Narendra Modi as he asked the public to help fight the pandemic. Most ministers, actors, cricketers, industries, brands, and the common man heroically rose to the occasion and donated their share. The need for PM cares fund was questioned by the Congress Party due to a certain PMNRF fund. Prime Minister National Relief Fund (PMNRF) is a relief fund utilized primarily to render immediate relief from disasters which was started by Jawaharlal Nehru in 1948.

The government responded that the PM cares

allows a more focused approach to the pandemic and that since the Congress party acted as the trustee, it would be unfair to give a particular political party the authority of the funds. However, the PM cares fund had no transparency and was flooded with petitions under the RTI act demanding clarity. The government claimed that the PM cares fund was not substantially financed by the government and hence was not a "public authority" to come under the RTI act even though millions donated to the relief fund upon the strength of the Prime Minister's name. They recently gave a vague allocation of funds to broad categories that do not remotely answer the questions raised.

The government schemes seem to have failed to execute their promises to the lower economic classes. Furthermore, even if someone did qualify for withdrawals from the benefit of a scheme, the processes left them in an excruciatingly tedious loop. It did little to remedy the disastrous effects of the lockdown that left millions stranded without money, food, or shelter. While the upper and upper-middle classes handled the lockdowns without serious hurdles, the poor were in a crisis of hunger and shelter. The impact on the country's informal sector caused hundreds of deaths as they walked back home from cities to their villages.

Fatigued by their long journey on foot, 16 migrant workers returning home to Madhya Pradesh from Maharashtra where they worked in a steel factory, fell asleep on the railway tracks and were crushed to death by a goods train. In another incident, five migrant workers died when the truck that carried them and many others from Hyderabad, Telangana, to their homes in Uttar Pradesh, overturned. An eighty-year-old man in Tamil Nadu whose livelihood was dependent on bus travelers for food died after the lockdown was imposed with a lack of income for even food. A twelve-year-old girl died due to exhaustion after walking a hundred kilometers with her parents who had left for home after the lockdown was extended for the first time. There are 1,462 more such cases. More than 150 were killed in road or train accidents just towards the end of April. They were not worried about the virus; they were worried

about food. Phones weren't answered when they desperately needed their own, hard-earned salaries.

They had fallen off the government's radar and had been abandoned by their employers that tried to cut their losses. Having lost all faith in the cities, migrants have vowed to never come back to the cities. They believe staying back in villages would earn them a very little income but they wouldn't have been left to die.

These victims had come to the cities in search of work and a better life; they wanted their kids to have a better future and tried to break the cycle of poverty. Instead, they became the victims of exaggerated political acts, yet again. The lower economic class is always neglected as "collateral damage" to every crisis, flood, or disaster as a punishment for being born into lesser money. Social hierarchies have normalized the more frequent and unnatural deaths of the impoverished without assigning any blame on the fortunate ones, or authorities for not doing everything in their power to stop them from being subjected to inhumane conditions. However, credit has to be given where it is due. People working in medical facilities, NGOs, and some common citizens have contributed greatly to improve the pandemic. They provided crores of meals and food kits across the country. Using social media as an asset, groups of people have raised large sums of money to help with travel, food, and water expenses. Schools and colleges stepped in to provide temporary shelter until the situation improves. These are commendable acts done by taxpaying citizens that did more when the government failed. One has to understand their privilege of being born into fortunate circumstances and feel a duty to help their fellow people that didn't.

The pandemic was made into another economic punishment for being born poor. It shows that the more recent tendency in the national government has favored rhetoric analytical rigor and politics over economics. It is once again India's poor that are and will be most affected. As Hartosh Singh Bal says, the affected are only left with the most Indian phrase of all - "BhagwanBharose". It is not an expression of faith in the rule of heaven, but an expression of a lack of faith in their rulers on earth.

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INDIAN ECONOMY



Stay safe stay home, suddenly feels like it's almost been a decade since the lockdowns. It feels like the world has come to an end, thanks to the Show stopper of the decade 2020, right? Women have abandoned their trait of bargaining while children have given up their bats and balls and the men are struggling to bring out their business above the emulsion of degradation. The deadly pandemic COV ID 19 has changed the way the world works just like the Great Depression, dot-com bubble and 2008 financial crisis did the past. The economic damage has and will continue to haunt the people more than the disease ever could have done. But as with economic adversities of the past, new industries will emerge bringing with it the renewed hope of recovery. Eventually,

things will go back to basic given we change our definition of basic. Due to the lack of Labour supply, raw material, decreased movement of people, restricted demands, reduced sales and the fear of COVID has adversely affected the apparel and textile industry, auto sector, aviation & tourism, shipping, non-food retail, building, and construction. Whereas the sectors which have survived through the pandemic include Digital and Internet Economy, (obviously due to the onboard burden of online education, work from home and online shopping). FMCG and retail, chemical manufacturing, and Pharmaceuticals have aced the survival and have won the battle.

Considering the economy in the present scenario, liquidity is expected to remain tight despite the central bank's efforts to reduce the interest rates. Banks and financial institutions will be under immense pressure as the fear of NPAs, insolvency, and bankruptcies increase multi-fold. The Government will focus on meeting hyper demand for essential goods while non-essential businesses will focus on recovery. New strategic alliances and business partnership does not seem to emerge during this period.

Let's throw some light on the world's 5th largest economy by nominal GDP and the 3rd largest by purchasing power parity — THE INDIAN ECONOMY. Recovery of the underlying economy will be slow and it will take around 2 years for normalcy to come back. While presenting the Finance Bill for the year 2020-21, the Union Government had reasonably estimated India's nominal GDP growth rate of 10 percent. However, the same now seems far from reality. The slowdown in demand, closure of production activities, fall in the global price of crude oil, restriction on foreign trade with certain countries, price decrease in the commodities like energy, metals, and fertilizers, restrictions on the aviation industry as also on tourism, amongst others, are bound to exert downward pressure on the inflation, thus adversely affecting the economy chart. It is believed that India's aggressive lockdown could bring the country's growth down to 2.5 percent from 4.5 percent it had earlier estimated. However, as per a statement released by the

Chief India Economist of Goldman Sachs the economic growth of India has been estimated at a low figure of 1.6% only.

Stock markets have a mind of their own, formed by the collective emotions added to the intelligence of millions. Overall uncertainty with no investment seen in the near future, the Indian stock markets have crashed. A UN report estimated a trade impact of more than 350 million USD in India due to this outbreak. However, after the declaration of the complete lockdown, Sensex and Nifty gained a little, adding a value of about 66 billion USD to investors' wealth. The trend however reveals that the curve has been meandric with absolute uncertainty. Availability of debt capital will be scarce In India Whilst equity capital will be available in plenty over some time.

The live events industry has also estimated a loss of more than Rs. 3000 crores.

"Due to the emerging financial distress faced by most companies on account of the large-scale economic distress caused by COVID 19, the government has decided to raise the threshold of default under section 4 of the IBC 2016 to Rs 1 crore from the existing threshold of Rs 1 lakh," said Finance Minister Nirmala Sitharaman. On 12.05.2020, they announced a Rs 20 lakh crore relief package aimed at providing a safety net for those who



were hit the hardest by the Covid-19 lockdown, along with insurance cover for frontline medical personnel. About 800 million people are expected to get free cereals and cooking gas apart from cash through direct transfers for three months. The RBI, on 27.03.2020, also

announced a Regulatory package to mitigate the burden of debt servicing brought about by disruptions on account of the COVID-19 pandemic and to ensure the continuity of viable businesses.

"Prime Minister Narendra Modi on Tuesday announced an extension of the Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY), a program to provide free ration for over 80 crore people, mostly poor, by five more months till November end," says Print India. All commercial banks are permitted to grant a moratorium of three months on payment of all installments falling due between 01.03.2020 and 31.05.2020. The repayment schedule for such loans as also the residual tenor will be shifted across the board by three months after the moratorium period. Interest shall continue to accrue on the outstanding portion of the term loans during the moratorium period. In respect of working capital facilities sanctioned in the form of cash credit/overdraft, lending institutions are permitted to defer the recovery of interest applied in respect of all such facilities during the period from 01.03.2020 up to 31.05.2020. The accumulated accrued interest shall be recovered immediately after the completion of this period.

Although economic stress is not all the side effects of the pandemic. As the world overcomes this pandemic, discretionary demand will pick up as people become imprudent. Retail leverage in the world will hit new highs. The use of addictive material – tobacco, narcotics, alcoholic beverages will jump multi-fold. The next 5 years are going to be the golden period for media and entertainment. 3D/4D chatrooms and conference rooms will emerge rapidly. The largest chunk of media spending will shift from television to digital. Print media will take a hit. Businesses will experience an increase in productivity due to reduced staff. Remote work will see an uptick. The burden on local transportation infra will ease. Fewer roads, less traffic & pollution.

This may be the time to reset. Never before has the world come to a standstill where one can pick apart the many moving pieces – like Tom Cruise in Minority Report. We have the opportunity to rethink everything. If we do things right, we may be able to fix challenges that face humankind – environmental damage, inequality, etc.

Dishika Jain

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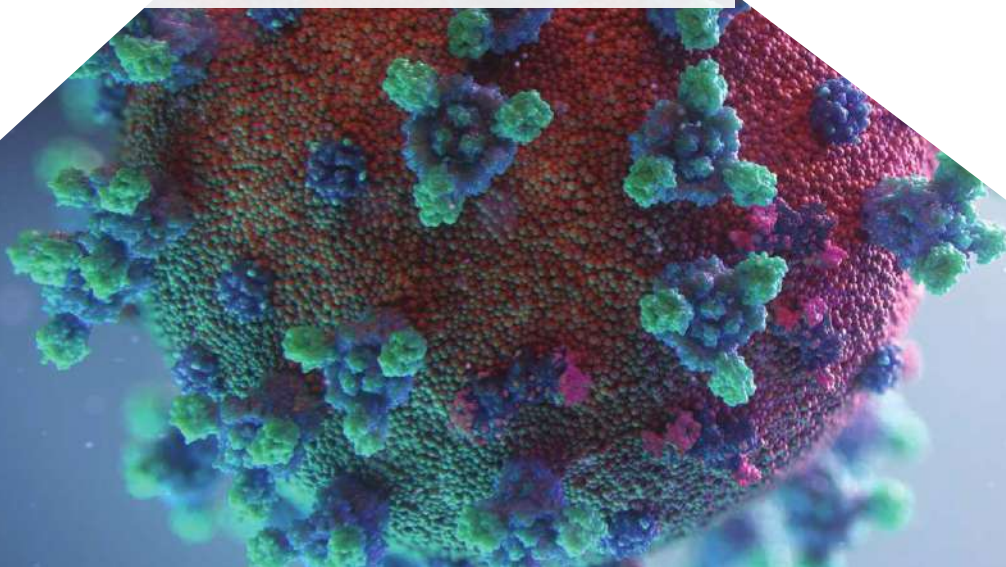
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HISTORY IN THE MAKING

Words fall short to describe the havoc that has been created by literally a piece of code sized of 80-120 Nanometers leaving the entire world on its toes. The novel COVID-19 was declared a PANDEMIC on the 11th of March, 2020. A virus that wrecked the very working of the world and spiralled us into a blame-game with its main players being China, the United States of America, and the WHO- World Health Organisation. It has affected almost 216 countries with 63,97,294 diagnosed cases and a death toll of over 3,83,872 within a time span of six months. Although, it was declared a Pandemic due to its rapid spread and not the severity of the disease itself. What seems ironic is that in spite of being uninfected, we all fall victim to it as it challenges our societal structures and foundations. Every country is on an orange alert while more than 7 countries have been under severely restrictive mass quarantine measures including India leaving us in a difficult position to even imagine the aftermath of this pandemic that has our jobs, lives, food and shelter hanging by a thread with our economies on the verge of collapse while we don't even know how and where it originated. In the public's mind, the origin story of the COVID-19 seems well fixated on bats because the scientists confirm an 80% genetic match to the SARS, a bat virus. The wet market at

Wahun, China reported its first human cases in December 2019 leading us to believe that the Huanan seafood market was where the spread to humans began through an intermediate between the bats and the humans. When the first 41 COVID patients were further investigated, results showed that 27 of them had direct exposure at the market but the first known case did not, leading people including the President of the United States of America to believe that this was a "Plandemic" played by China. In contrast to this theory, analysis of the genome sequence showed that it's effective binding to human cells is a result of natural processes while even the World Health Organisation said that it had a zoonotic source and not a result of laboratory construction lifting the accusation on China. Even though the origin story remains uncertain, everyone seems to agree that China underplayed the outbreak as their media ignored it to focus on their Lunar New Year plans with a gathering of over a million. WHO was alerted about the virus on the 31st of December when it was only on 21st January that the virus had made its first appearance on the local newspaper that accused the state of ignoring and trying to cover up the outbreak. China detained and censored its doctors that tried to alarm the citizens.



The matter seemed to be taken very lightly when the genome sequence wasn't even shared until one doctor had done it on his own, whose lab was later shut down for "rectification." Most countries including India are attempting to cut their ties with China for their role played in the pandemic.

Clearly the world seems to be falling apart due to this coronavirus, corona meaning crown in Latin because of its crown-like appearance. There are almost a hundred types of coronaviruses but only 7 of them affect the human body. Is COVID-19 deadly?

The answer is no, it isn't a deadly virus as it has a death rate of up to 3%, most of the infected show symptoms of normal flu but its ability to spread like wildfire is what makes it so dangerous. The protein spikes that make them appear like a crown embed with human cells hijacking the host cell machinery to replicate its genes.



Their most dramatic effect occurs at the spleen, lungs, or the intestine. The virus infects the victim's immunity cells to replicate exponentially and cause havoc as they yell "bloody murder" that results in the killing of healthy lung tissues. In most cases, the immune system slowly regains control but when it comes to the severe cases, the lung's protective lining is completely damaged leaving the alveoli prone to bacteria to enter the body and then blood to overrun the body. Such cases result in pneumonia and then death. Measures like social distancing, use of sanitizers, masks, and the constant practice of washing hands may avoid the transmission effectively. This Severe Acute Respiratory Syndrome (SARS) related coronavirus can be controlled only when individuals make sure they don't get affected and don't let others get.

So don't take it lightly when your watchman sends you back home to come back only with a mask or if your parents refuse to let you go out. Stay home. Stay safe.

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MATRIARCHAL SOCIETY

M

Matriarchal society refers to a social system or a community that is governed/led by females where they are in onus of the highest attainable positions of politics, leadership, moral authority, social privilege, and control of property. While there are various prejudices and misinterpretations associated with what matriarchal societies are, the

definition mentioned above, as of today stands to be the most relevant and true. Matriarchy in no way means to degrade the qualities/capabilities of men but simply means to uplift women to play prominent roles in every sector. The concept of females having a hold over such prominent sectors might sound new but is as old as 1.5 million years and is strongly backed by archaeological evidence such as the ancient Venus statues. As a matter of fact, matriarchy was prevalent way before patriarchal societies even existed. Historical and archaeological evidence proves that patriarchy was developed as late as 3,000 BC and that matriarchy was the only sociocultural form to have existed before the tables turned. In matriarchies, mothers are given the utmost importance and bear superior rights towards the child and governance of the community. They also hold rights over property, political affairs, choice of marriage, and divorce. Demystifying the myth around matriarchy, author Cynthia Eller in her book "Myth of Matriarchal Prehistory" proclaims that "It allowed me to imagine myself and other women as people whose biological sex did not immediately make the idea of their leadership, creativity, or autonomy either ridiculous or suspect. It provided a vocabulary for dreaming of utopia, and a license to claim that it was not mere fantasy, but a dream rooted in an ancient reality." The idea of matriarchal societies seems more pressing and needful than ever before, while there are several ongoing movements to uplift the status of women, the establishment of more matriarchal societies can be a massive breakthrough in providing women the equality they deserve.

Matriarchy does not stand for giving women rights over men and controlling men as slaves but simply providing equal and slightly higher status to women par the societal norms and notions.

Let us take a look at currently existing Matriarchal societies and their functioning.

Khasi, India. Khasi lies in the northeastern region of India. This matriarchal society empowers women in every role. The daughters are considered as the legal heir of the family and children primarily bear the mother's name. the community here practice matrilocality under which the children live the mother's family. This prevents the fall of the economy or difficult transition in case the parents get divorced since here the mother always bears the custody of the children. Another phenomenal rule in this community is that a child whose mother has been impregnated and left by the man is never considered illegitimate..



Umojo, Kenya. Rebecca Lolosoli is the founder of this village which lies in the grasslands of Samburu, northern Kenya. It was founded in 1990 by her and 15 other women who had survived rape at the hands of the British soldiers. This village has a ban over men and is protected by a thorn fence to keep men out. The village is a safe haven for women who have eloped from immensely patriarchal societies and have been prey to the vicious crimes of rape, assault, forced marriages, and violence due to gender. Umojo in Swahili means 'Unity'. The women living here earn their living by selling handicrafts, teaching, and tourism. They also educate women in their neighboring villages about their rights. In 2015, the population of Umojo was 47 women and 200 children.

Musuo, China. Musuo in China is yet another daunting example of matriarchal societies where women are the head of the family. Musuo families are typically huge and the community here is governed by a union consisting of the heads from every family. This society has no compulsions on couples staying together, in fact, the men here stay with their mothers. Women here are free to choose as many intimate partners as they want with no taboo or stigma attached. There is no stress associated if the women are impregnated since the child stays with the mother and the society does not have a concept of husband or father. While there are various false notions that the museum women provide sex to anyone for free as sex workers, it is in no sense true. The women are free to choose who they want to mate with as a choice and not a profession.





Bribri, Costa Rica. Bribri is a community found in the Limon province of Costa Rica northern Panama. The women here pass on their heritage to their children and grandchildren. Every member of this community belongs to a clan that is assigned to them by their mother. Cacao, a traditional drink used in sacred traditional is strictly made by women as it is believed that the Cacao tree was a woman. The population of this community lies between 12,000 and 35,000. Because of colonialism and western tourism, the people here are left unemployed.

Alapine Village, Alabama. In 1970 amidst the gay rights movements, a group of women decided to live together at a beach in Florida. The community was only for lesbians and men were forbidden. In 1990 they moved up to a mountain top in Alabama and established a village called Alapine Village. These women live there till date and work together happily in this no-man land.



Minangkabu,Indonesia. Puti Indo Jalito, the first wife of King Maharaja Dirajo established this community in the 1300s. The inheritance of land and property here is from mothers to their daughters. While men here can take up leadership roles, they have to be elected by women and they can be removed at any given point of time. Women are the major runners of this community since the men typically travel overseas for work and women take up the responsibility of the family and community. The women here believe that men do not need a proper home since they keep traveling and hence the women are superior in governance

While there are a few more matriarchal societies existing, they are only a handful and can be easily counted on the fingers. Though the concept of matriarchal societies is legitimate and logical these communities still struggle for recognition and acceptance. These communities are a personified example of how women can lead and prosper a community as effectively as men. In the end its just a matter of acceptance and equality.



BLM and Being Comfortably Numb

-Radhika Dey
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The sheer injustice and brutality against George Floyd leading to his subsequent death have sparked a wildfire of global outrage. The mistreatment of more people due to deep-seated racism and inhumanity in the US has been brought to light. Protestors across the States took to the streets to dissent against such atrocious police behaviours; it gained quite a huge momentum in various other nations across the world, as well. Twitter became the hotspot for live and up-to-date news; and citizen journalism came to the forefront as mainstream media got abused, attacked by rubber bullets and sprayed by tear gas.

Despite all these, only one out of the several unnamed victims got the justice they deserved.

However, does it end here?

Johann Galtung, a well-known Norwegian political thinker, coined the term 'cultural violence'. All of this comprises non-physical violence in the form of negative attitudes, prejudice, hate, discrimination and more.

In India too we practice it all the time - every man wants a fair-complexioned bride; we look

down upon people who are dark-skinned especially Africans and South Indians. We practice casteism, consider certain sections of people inferior, refer to people from Bihar and UP in a disparaging way. We cast horrible racial slurs at our countrymen from the North-Eastern states and so on and on.

All of this is hardly a big secret, rather, we all know yet; we wholeheartedly decide to live with it. A veil of comfortable numbness; acting as a façade of pleasantries and tolerance. A closer look will open up more such ghastly occurrences that slip past us right under our nose. Recently there has been a lot of social media buzz about the case of a father-son duo dying due to unbearable cruelty in police custody. When a former athlete spoke up on these outrageous numbers of instances of police brutality in the country, he was merely cast in an anti-national light.

Going back to square one – the citizens of this nation are merely too unperturbed by the fact that there is an institutionalised system wielding a stronghold over innocents through an abuse of power. And then, the same people get on their Instagram and Twitter to send out an '#BLM', because relevancy matters, not the authentic actions.

The brazen acts of police brutality that have been plaguing the world is nowhere near a brand new occurrence, it is merely about the screens capturing the scene, and broadcasting it at the right time. If we're to think about the incredible protests movements in the US that went on for weeks despite the obvious health risks; - one thing is evident, that nobody wants to tolerate such repulsive repetitive acts of discrimination and torture. The efforts of battling the heavily armed police forces with voices, slogans and signboards itself say a lot about which side is in power and which side is abusing power. If the same setting is applied to Indian police with Indian citizens, - we already know what will happen. Rage on social media for a few days,

the political parties shall try to work in an angle of religious conflict, more debates on the national television, and finally, a clear palette sooner than you'd like. Then, it is time for us to understand that police brutality is not justifiable by any means. We are so ready to mourn the deaths of people who have been done wrong and killed at the hands of sheer injustice, but when we take a look at turf, why does nobody bat an eye? From the people of Kashmir suffering many a thousand unheard deaths being locked in internal confinement, and being at the mercy of oppressors with guns; to the blood fire that raged on in the lengths and breadths of the country due to establishment of an inhumane Act.

The context may seem different, but the concluding scenes of pain and suffering always stem from the cusps of unchecked police brutality and blatant abuse of power.

The Government knows the unchecked tap of power that is going as-they-may on people hardly deserving. Yet, talks of "reforming the police institution" never comes around.

As opposed to the US where defunding the police is taking the country by storm, India is trying to steady herself by wondering if further investment into the police institutions are profitable or not. Not helpful, but profitable, because the money shall go down in channels where it spills out only under the table and never on the records.

But what does it mean? You are only as powerful as the number of digits in your bank account, if so, then is all a fixative economical exploitation or a brazen socio-cultural one? To make sure that the hands of our oppressors are tied, the first thing is to do is to take away their toys. Take away the funds that help them get their toys. Watch them stoop down to the levels of the civilians over whom they love exercising unfathomed power.

Of course, this wishful thinking is far from coming true. Battling the repercussions of such decisions in the West can be drastically different in our nation of billions. The bud of this stem grows in too deep to be pulled out so swiftly. This breakage may change the nature of the forest if not done right. Taking in parallels of the two versions of the same event, we can understand the blatant difference and the residual indifference that still lingers on. The same thought going over in repeat; take away all the facts and figure and see the names for the people they represent. The lives destroyed, the innocent blood spilt. Our societies are built so we thrive in celebrating each other, and as a community – the very essence of Indian culture.

We are undisturbed by the news of two men innocently bleeding through their lungis after being abused, and a little boy sitting on his dead grandfather looking lost.

So my question is, when did we become so comfortably numb?



A QUARANTINE STORY



The old guy next door hadn't been an inconvenience except in the first couple of dull ashen afternoons when he was shifting to this uncordial neighborhood people avoided at all costs. The discomfort everybody exhaled at his arrival wasn't a perfect welcome for the seventy year old. Corona cases were on the rise and the city wasn't providing well for the financially crippled. The old guy next door, apparently nobody knew his last name yet, went about unpacking, making himself comfortable but occasionally some crockery would topple over and the racket would reverberate across all adjacent houses. There was everything to induce sorrow about this nearing-death individual who hadn't developed the typical impatient bitterness the elderly display. However, that wasn't the sole interesting detail.

In many ways, he would pass for a self-invested no-nuisance man. Nobody had stepped inside the house ever since it was occupied although rusty golden curtains were evidence enough to depict his affinity to picturesque items of intricacy. On rare days, whims of classical music would waft past our windows cutting through everyone's preconceived judgments, a collective synchrony of old minds merging tenderly amidst the notes. A gulmohar tree, foliage inclined towards our end, trunk on his , bloomed a profuse volume of vermillion during the season. The logical answer would be somebody had started taking care of Lord Krishna's precious. Mr. Sengupta, as we know now, was quarantining well. Old age did not deter him from performing duties one actually hopes the youngsters would rise to the occasion of.

The neighbors had grown fond of his sweet humor and light laughter. He appreciated the endearments but retreated to his easy refuge called home. Twenty days into quarantine when everybody was struggling to keep themselves locked in, the wrath of a microorganism as prevalent as ever, Mr. Sengupta took up the unusual task of adopting five dogs from the local pet shop. These didn't belong to sophisticated and cutesy breeds. These were strays one'd call charming from afar and feel repulsion when standing close. Once home, In no time did the animals start resembling those of fancy breeds. He was taking care of his home, himself and five strays. Quite a spirit. This tall truth of integrity and esteem approaching demise went out on regular errands, taking exceptional precautions against the disease, to feed dogs all around the city. On normal days, these animals would've had more to eat and less to share amongst themselves, but lockdown had made situations pathetic. People did start complaining eventually, the scare hadn't dispelled yet. Mr. Sengupta was at odds with conflict. You could've demolished his house and he'd stand over the debris breathing calm and slow to avoid a skirmish. It certainly does not mean he wouldn't demand capital punishment. In any case, he refrained from being a direct source of misery to anyone. The objections being made against his errands needed to cease. His food distribution to those in need did not. Requesting the assistance of animal shelter groups, he began funding a certain group to propel them into carrying out his errands on a weekly basis. The exercise stretched to including cats too.




Mr. Sengupta had no intention of taking a breather. Desperate times need desperate measures. Even with hairs greying, he was one to take charge. The man had so many virtues, had retained them after all these years, was touching lives still, one would run out of words in uttering praise. In a short while, distribution of self-created canvas paintings from a certain stranger fuelled evening gossip. The Lockdown Santa wasn't overly generous with his creations in case you had started imagining how unbelievably taxing it would be. The canvas prize only ever reached those who cared and cared enough about the unprotected and the impoverished, who made contributions and attempts to deposit light in lives of some. If you received one, the whole street would come to know of your goodwill. And who should it be other than the friendly neighborhood oldie. Over the months, postcards started going out, distinct blues and mellow yellows for the hospitals, assuring purples and restorative tangerines for low-income workers, striking whites and subtle cherries for the rest. These were sent out all over the city with different editions and graphics for every month of lockdown. The message was uniform : We are in this together. These sincere gestures of kindness stuck with people.

This striking old man, on an ordinary day, would've become a substance of criticism. Fabricated stories and unkind presumptions pelting on his door instead of innocent acknowledgements. In his case, sheer virtue overrode cryptic repute. World news was getting worse. National news was a listicle of impediments. The seventy year old next door believed these impediments were mere glitches. The pandemic was just another glitch in the grand scheme of things. Glitches are a flimsy, dramatic pulsating colour mix, pretty but inconsistent. Nevertheless, by definition a glitch is a temporary malfunction. We do get rid of it after all, don't we ?

Sudeshna Chakraborty
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BA Journalism and Mass Communication



The background of the entire page is a dark, textured surface. Two hands are visible, raised from the bottom towards the top. The hand on the left is more prominent, with fingers spread and palm facing forward. The hand on the right is slightly behind and to the right, also with fingers spread. The lighting is soft, highlighting the skin tones of the hands against the dark background.

R

esilience:

The Secret to Overcome Adversity

1

Self care, the first and foremost step is to love and take care of yourself. Take proper sleep and maintain a healthy lifestyle , no one is at their best if they're overtired. One should eat regular nutritious diets, do regular exercise or yoga/meditation , read books etc.

2

Reframe your thought process, having a negative attitude towards every situation leads to negative outcome only. Instead of cribbing about the adversity one should see it as a challenge or a good change.

3

Call out for help, discussing problems with the ones who are trustworthy, can help you to easily cope up with the difficulties you're facing, having someone give an insight view or advice about the situation reduces the problem to 80%.

4

Give time, some situations in life require nothing but some space and time, becoming impatient causes nothing but depression and anxiety with further adds on to the problem.

5

Stop worrying and focus on what you actually have in control, instead of worrying and paying attention to the crises which has already taken place try focus on the things which are still in your hand before it's too late. Develop positive attitude and have a strong will power to overcome any adversity in life.

Aadya Sharma
11705412
B. Pharma



STUDENT COLUMN

“All the students are creative and deserve the ability to let that creativity flourish in all its element beauty”



THE ESCAPE
THE SPLASH
THE DESIGN CROWN
THE SHOT





Little Red Riding Hood

Lies I've told and promises I've broken
And all the silent truths I haven't yet spoken
All the people out there I've killed twice
And the thread of fragile trust I've cut thrice

The shores I've robbed of crystal clear brook
The nights I have raped, each and every nook
Myself wasn't this monster, I was a girl naive
Worshipping the generous god, happy to be alive.

Till one day the big bad wolf approached me in disguise
Sweet pink cotton candy he gave me in prize
Ruffling my flowery hair, the wolf grabbed my hand
Promised me that after night we'll be in Neverland

His car leather smelled of alcohol fermented in hell
And the closed windows blocked the blaring cries of knell
His nails ripped apart the skirt I wore that morrow
And choked the fragile innocent neck, entrapping the sorrow

He kissed my lips, and kissed them again
My ten years old soul wept in pain
Stench of rotting lust sewed my lips shut
Blood trickled down my chin and pooled in my gut

The soul chilling screams of dead graveyards I sang
My throat ripped apart; funeral ballads rang
He slipped inside me, my bones broke apart
The dam behind my eyelids became a melancholic art

Slam, slide, thrust, grind, and pushed deeper inside
Skin broke like paper clips thrown recklessly outside
I clutched the burning, stinking leather, praying to those up above
Begging, kneeling, rubbing my hands to free away the dove

Slam, slide, thrust, grind, he pushed deeper inside
I wondered for the first time, in heaven or hell did I reside
My body was bruised, my paradise long lost
Inside me pulsed the expensive innocence's cost

The engine roared to life and the windows rolled down
The big bad wolf drove the car downtown
Knells rang in my ear, my lips chanting along
To my horrendous, scary, and forlorn funeral song.

He lives now in a skyscraper that pierces the cloud of God
With wife and children, he walks down a felicitous road
While I lay down with my arms crossed on my chest
Dead, silent, murdered, raped, and forever suppressed.

Kiran Bala

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Pretty Little Bird

[Context: A bird born after the lockdown is unaware of the horrors of this world and refuses to believe me as I gave her a reality check while we watch the sun rise]

Pretty little bird where have you been,
On a voyage were you? Or still hatching.

You flit around branches in peace,
Wondering about this mysterious pause,
I hate to remind you but this tranquil is a lost cause.

A world unvarying of your ancestral evocation,
One that was made centuries before my creation,
After me came many and kept coming forever,
For your kind this was a home never.

You search for the truth now,
To know more about this reality,
Pretty little bird it will lead you to insanity.

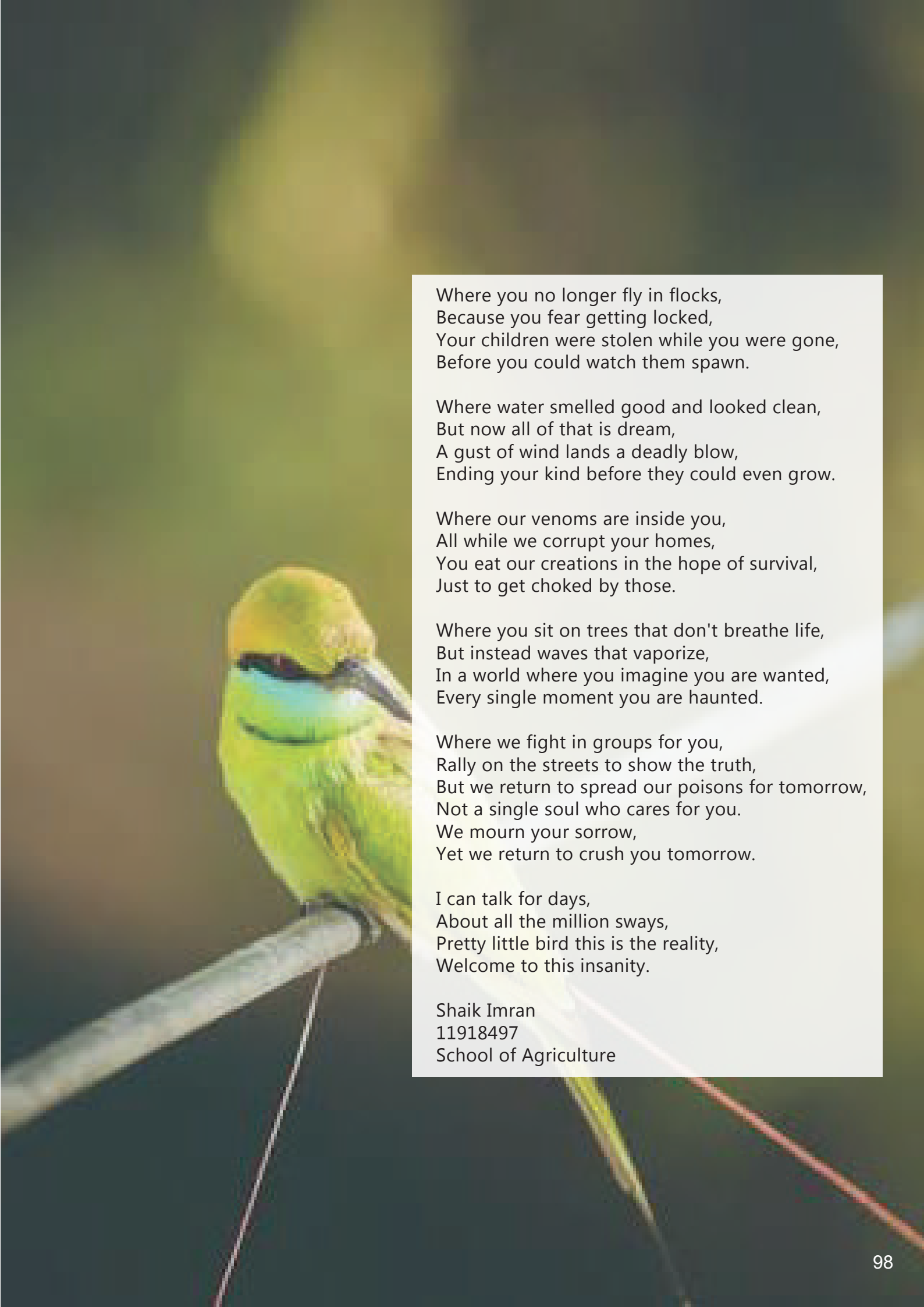
The green fields and juicy dew,
Bouncy insects and flowers around you,
You're overwhelmed by this melange,
I hate to remind you but this is a mirage.

You float free in the sky,
Looking down on dirt,
You see yourself in a stream,
And many worms to unearth.

Listen carefully as you plead for reality,
As I shatter your bundle of hopes,
And take you into my world of insanity.

Where your kind strives for survival,
And millions more cry in unison,
All while we crush you one at a time,
Before you could even feel the winds chime.

Where you hide in cracks and holes,
Unable to get your children homes,
Sitting on dreaded ropes you watch,
Hoping for your loved ones to hatch.



Where you no longer fly in flocks,
Because you fear getting locked,
Your children were stolen while you were gone,
Before you could watch them spawn.

Where water smelled good and looked clean,
But now all of that is dream,
A gust of wind lands a deadly blow,
Ending your kind before they could even grow.

Where our venoms are inside you,
All while we corrupt your homes,
You eat our creations in the hope of survival,
Just to get choked by those.

Where you sit on trees that don't breathe life,
But instead waves that vaporize,
In a world where you imagine you are wanted,
Every single moment you are haunted.

Where we fight in groups for you,
Rally on the streets to show the truth,
But we return to spread our poisons for tomorrow,
Not a single soul who cares for you.
We mourn your sorrow,
Yet we return to crush you tomorrow.

I can talk for days,
About all the million sways,
Pretty little bird this is the reality,
Welcome to this insanity.

Shaik Imran
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CHILDHOOD


Those lost days are all I want back, Playing on those mud tracks. Building the sand castle so high, With dreams so big in the eyes. Roaming with those friends all around, Dressing as princess or a clown. Starting a game with the friends, It always starts but never ends. School was hard and boring time, Communicating with friends by mime. Recess was all we use to await, The bell dismissing it we use to hate. Evening time was full of delight, Sun got dim but future seemed bright. Owning a bicycle was a pride, Falling from it we all have cried.

Times have changed now and lost, It was our innocence it cost. That mud tracks are now concrete, There is no innocence in those streets, Those sand castles are run down, I think even the sand frowns.

Anamika Yadav

11813987

Mittal School of business



For a world as cruel as this,
This surely is beautiful.
A spider web of eternal stories.
Life wound in the threads of non existent
fate.

A fake impression, we call humanity
And celestial existence we call faith.

How more dramatic could it be,
countries, diplomats, wars and kings
Everything they are yet transient

But, chaos shall keep this world young
forever.

SOUMYA BHOL
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School of Agriculture

वो भी क्या खानी थी,वो भी क्या जदिगानी थी!
ना किसी की फ़किर, ना कुछ खोने का गम।
बस अपनी एक दुनिया थी,कुछ मीठी यारियां थी।
वो मां पापा का दुलारा,भाई बहन का प्यार।
वो भी क्या खानी थी,वो भी क्या जदिगानी थी।
सब कुछ समय से शुरू होना,सब कुछ समय पे खत्म होना।
12 बजना मतलब urgency सा हो जाना,
अब तो 12 नहीं,2-3 बजने पे भी
कई urgency नहीं आती।
ये कैसी है खानी,ये कैसी है जदिगानी।
फरि से वापस लौटना चाहता हूं, उन्ही पुरानी गलियों में।
ही स्कूल के दानों में,वो ही क्रिकेट के मैदानों में।
उन्ही पुराने दानों को, वापस जीना चाहता हूं।
भी क्या खानी थी,वो भी क्या जदिगानी थी।

Gautam Kumar
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CRIMSON

And the crimson sky has shaded
And our journey ends at the end of the day,
Between the dark and blowing air,
Glow the tempest, fades the sun,
And the rain in the evening keeps us together
in a flashback residing in my eyes of your eyes,
giving a way to tears.
Shall dreminess redress the past?
Will the sorrow break away
and our hearts find their place again?

If i cover behind the clouds,
Will you let me stay with you?
Will we sit together for a while?
Will we walk together holding hands?
Will you hold my arm again?
Again I'm dreaming for a dream,
Sitting on a bench near a stream,

SKY

Outside the boundaries that i
see,
Will there be another view?
Will there be another you ?
Will the time lesser this pain?
Will there be another rain?

The promises made for tomor-
rows have last,
The joyful man inside me has
now passed,
While my breathe brings me
your scent

By : Shivang Singh
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MBA

HELL OF LUST

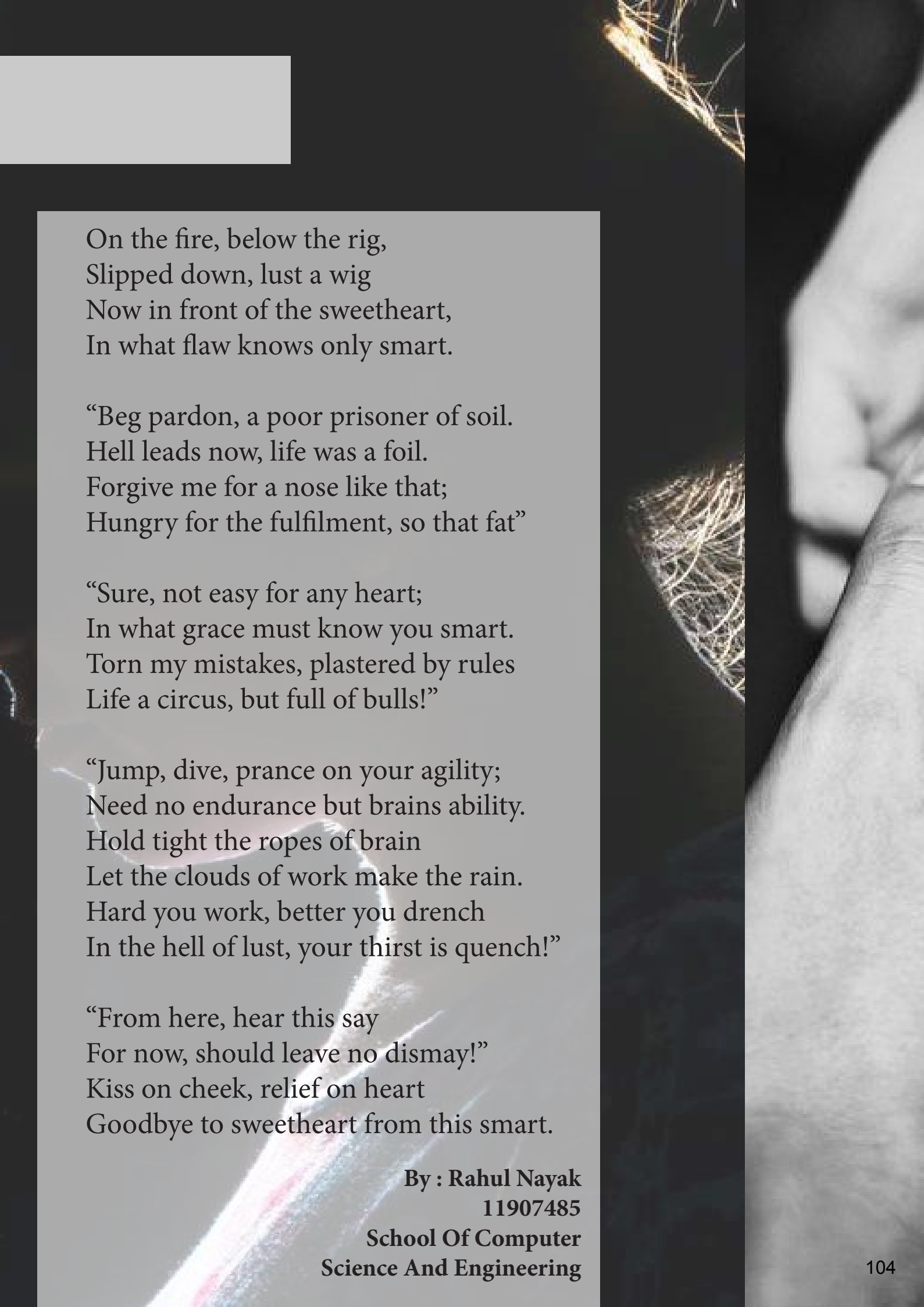
In the sweet-smelling garden of lust,
prancing like a jumbo bust.
Waiting by the lake for my host.
Attractive yet beauty at the most!

Through the silver-lined clouds came
she.
Contempt, rising beats, a golden smile
of glee.
Hosted the host, the golden queen,
“Hello! Bonjour, rejoice for what you
have seen
For you will witness the unseen!”

Handcuffed by my sweetheart,
In what flaw knows know no smart!
“Due what I die? What’s my break?”
Sunken heart with a body of wreck.

“You will know,” said the Goldie mail,
Reaching a heavied gate of golden rail.
Darkness thy should never encounter,
like this was the jail of terror.

“Welcome again to the hell of lust,
Rejoice for living a life of rust
Turmoil that you have lived inside
The peace that you have left beside
Everything for a tomorrow of mend
Rule of Ancestors, rules for a bend?”



On the fire, below the rig,
Slipped down, lust a wig
Now in front of the sweetheart,
In what flaw knows only smart.

“Beg pardon, a poor prisoner of soil.
Hell leads now, life was a foil.
Forgive me for a nose like that;
Hungry for the fulfilment, so that fat”

“Sure, not easy for any heart;
In what grace must know you smart.
Torn my mistakes, plastered by rules
Life a circus, but full of bulls!”


“Jump, dive, prance on your agility;
Need no endurance but brains ability.
Hold tight the ropes of brain
Let the clouds of work make the rain.
Hard you work, better you drench
In the hell of lust, your thirst is quench!”

“From here, hear this say
For now, should leave no dismay!”
Kiss on cheek, relief on heart
Goodbye to sweetheart from this smart.

By : Rahul Nayak
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“नही गया”

- रूखसत हुआ तो आँख मलिकर नहीं गया
वह क्यो गया है ये भी बताकर नहीं गया।
- वह यू गया कबिादे सबा आ गई
एहसास तक हमको दलिा कर नहीं गया।
- यू लग रहा है जैसे अभी लौट आएगा
जाते हुए चरिग बुझा कर नहीं गया।
- बस एक लकीर खीच गया दरमयिन मे
दविर रास्ते मे बना कर नहीं गया।
- शायद वह मलि ही जाए मगर जसितजो है शर्त
वह अपने नकश पा तो मटि कर नहीं गया।
- हार मे है आज तक वही खुशबू बसी हुई
लगता है य कजैसे वह आकर नहीं गया।
- तब तक तो फूल जैसी थी ताजा थी उसकी याद
जब तक वह पत्तयिो को जुदा कर नहीं गया।
- रहने दयिो न उसने कसिी काम का मुझे
वह खाक मे भी मुझको मलिकर नहीं गया।
- जफर ये गलिा ही रह गया उसकी जात से
जाते हुए वह कोई गलिा कर नहीं गया।



कलम से
कलम मेरी पहचान है।
तुझमे बस्ती लेखकों की जान है।
कलम से ही मान और सम्मान है।
कलम से ही रोटी कपड़ा और मकान
है।
कलम मेरी पहचान है।

तू तकदीर को बदलने वाली तस्वीर
है।
तू नींव के पत्थर पर गढ़ा एक
कीर्तमिन है।
तेरी ताकत से मनुष्य अभी अनजान
है
तू समय के चक्र को रोकने वाला
वरिम है।
तूझसे ही गीता बाइबल और कुरान है।
कलम मेरी पहचान है।

तू जीवन का मूल आधार है।
तूझमे तलवार से भी ज्यादा धार है।
तूझमे ही सारे जहां का सार है।
तेरे कदमों की आहट ही शायरों की
बखान है।
तेरे कर्मों की नशान बनी अब मेरी
पहचान है।

By : Siddhant Gaurav
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TRIGGER WARNING :

Domestic Abuse

The woman in the house next to mine wails into 10pms and 3ams.
my thin amber walls are no electric fences
to profanities mounting by the clock,
lashes flung across in a desperate need to establish authority.
his curses resonate through my bedroom wall
droning and piercing
as if prayers chanted to urge shame.
I start marking my calendar,
encircling dates when I kneel under the sky
plead the tyranny finds an exit,
because the house next door is a labyrinth of injected fears
and purple humiliations,
of suicide attempts and lacerated backs,
of trembling silhouettes
and lingering crime
of nights when the eleven-year old climbs into her bed
throat, parched
eyes, stinging
eyebrows, sticky.
and sepia lips press themselves into flourish by morning,
palms an exhibit of red patterns she carves herself.
She tells me the air reeks of enforced guilt and declined respect.

There has been another attack.
another part of the world, battered by animosity.
News reporters are rambling casualties and terrorist organization names.
Important we talk about it.
People should be aware.
But what about terrorists at home.
The terrorist next door.
who does not feel the need to plan in stealth,
or to arm himself
attacks with announced intentions and reigns still.

Resistance next door, is scarce.
When her mother lights the candle on a power cut
summer holiday,
muffled protests against every hue of violation
she catches the flame bidding freedom a farewell
takes a blemish in the weakest spot to learn endurance.
It is going to be a lifelong battle without triumph in sight ,
she says.

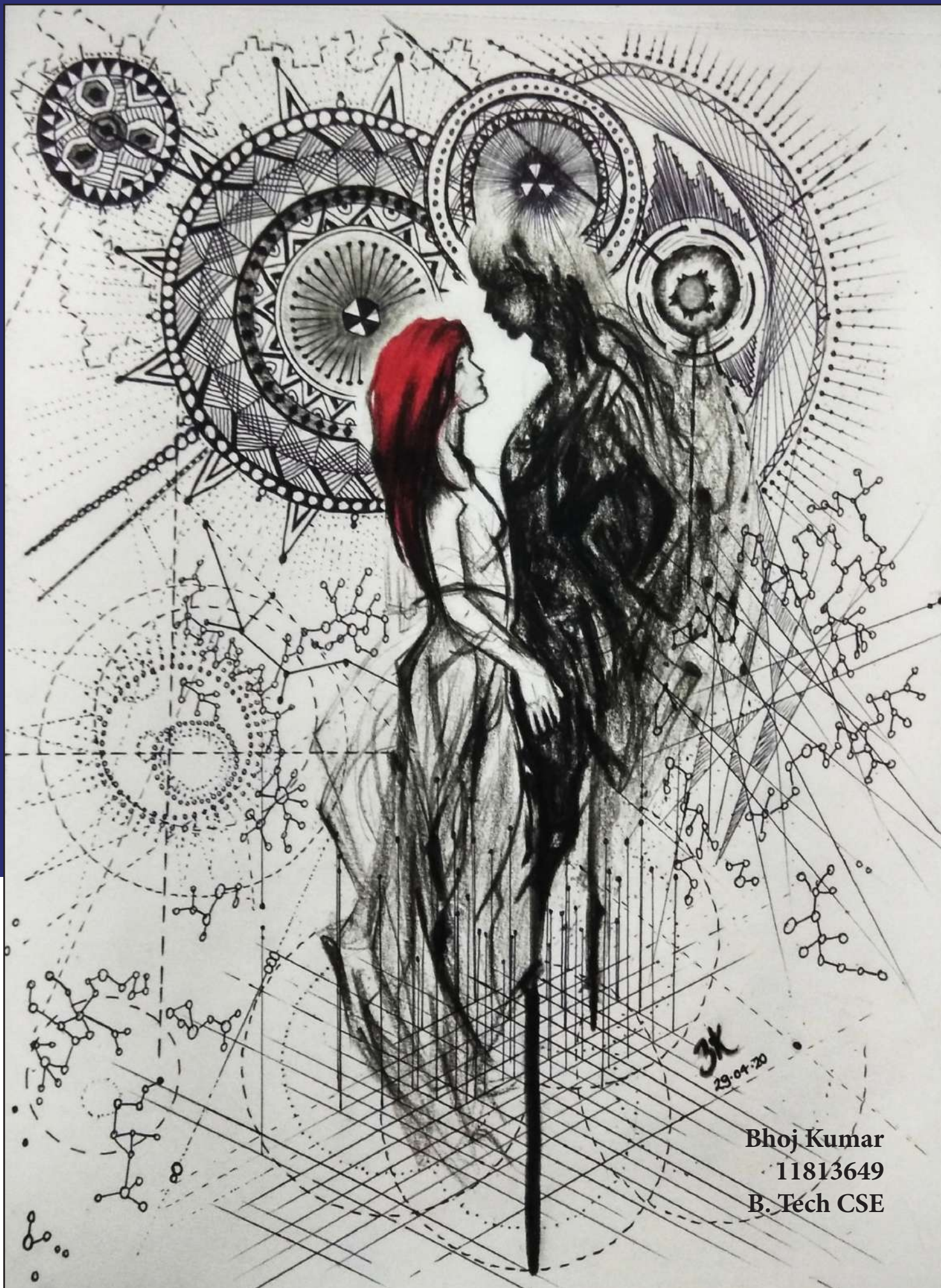
War wounds run deeper on the inside,
festering and turning raw vermilion
preparing to spew acid in their wake
So I mark my calendar,
this time encircling dates when my pleas go unanswered.

My eleven year old neighbour is a seventeen year old woman today.
She writes brazen and reads in parsecs,
prefers coffee beans and a buz cut.
She speaks through the phone,
voice a catalogue of perilous clarity
imprints of trauma
buoyant underneath
She knows now. She says,
These will be devotees of their own ugliness
elites of drunken valour
raise tides when they come
summon chaos and trample their oppression
conjure your personal hell on earth
because no matter which version of the myth you believe,
in all honesty, Persephone was never a helpless maiden forced into
courtship by the Lord of Underworld.
She loves grunge and is feared more than Hades.
Persephone is the fucking nuclear pasta.
And all women are her flesh and blood.

By : Sudeshna Chakraborty

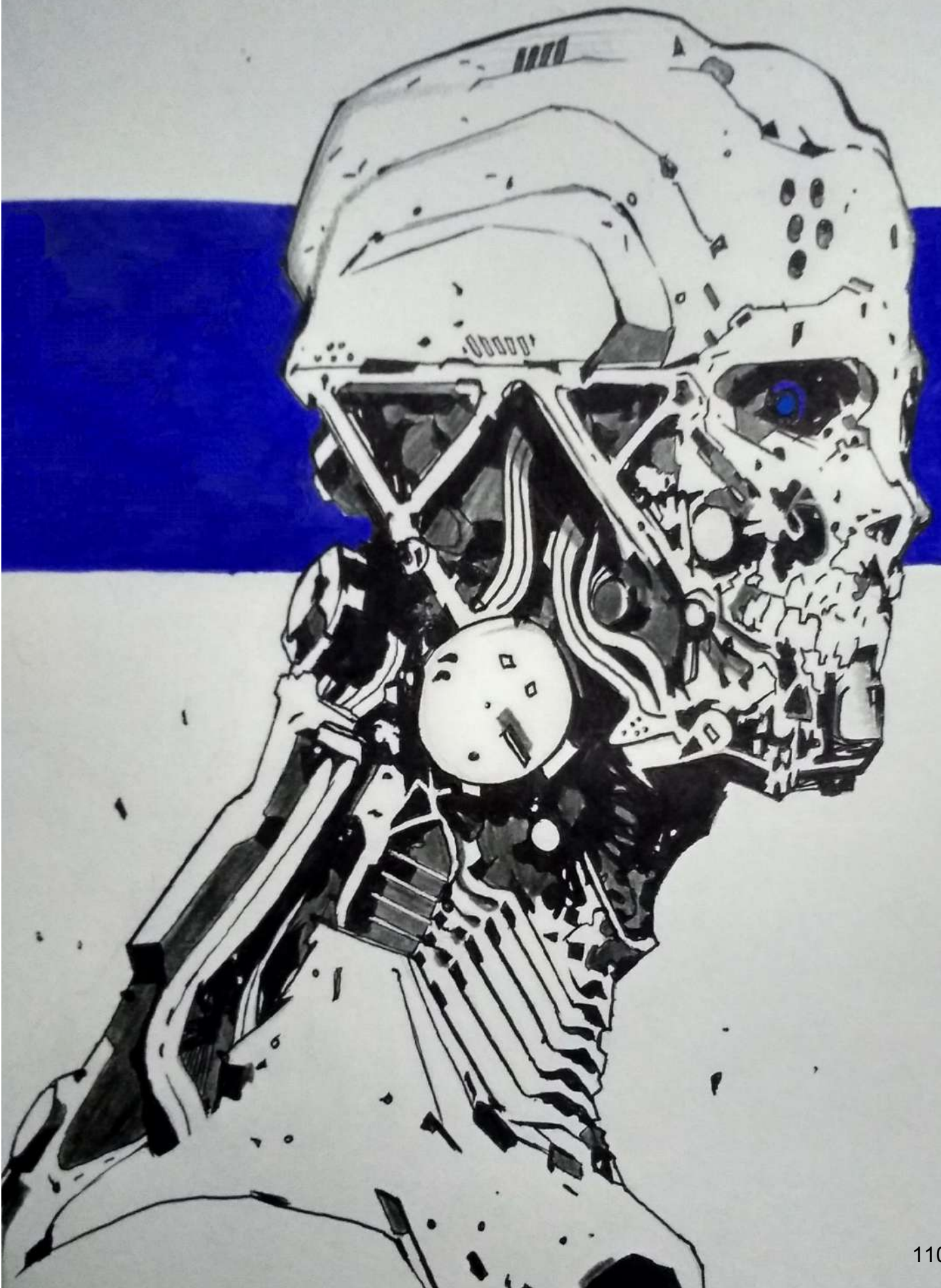
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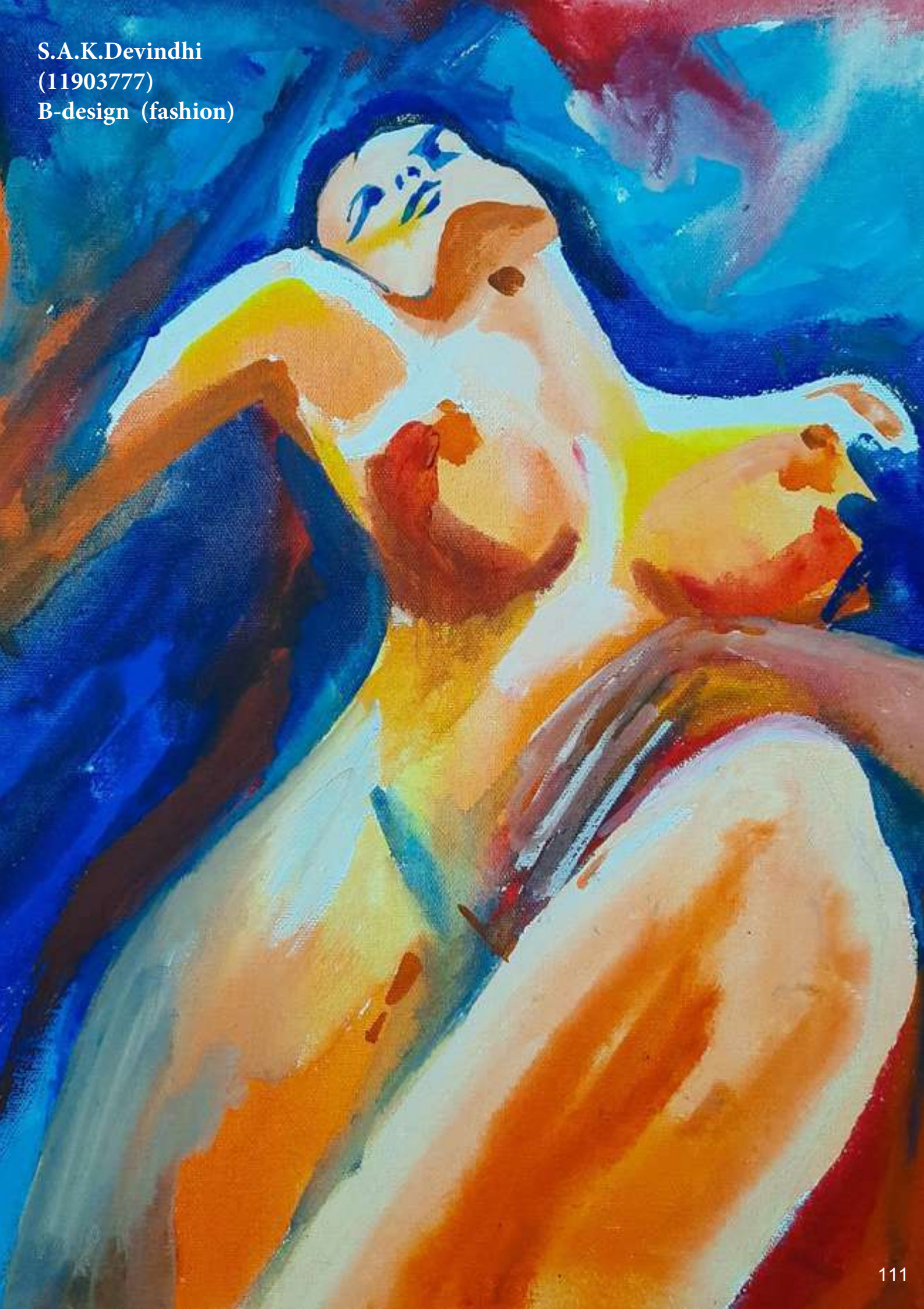
BA Journalism and Mass Communication



Bhoj Kumar
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B. Tech CSE

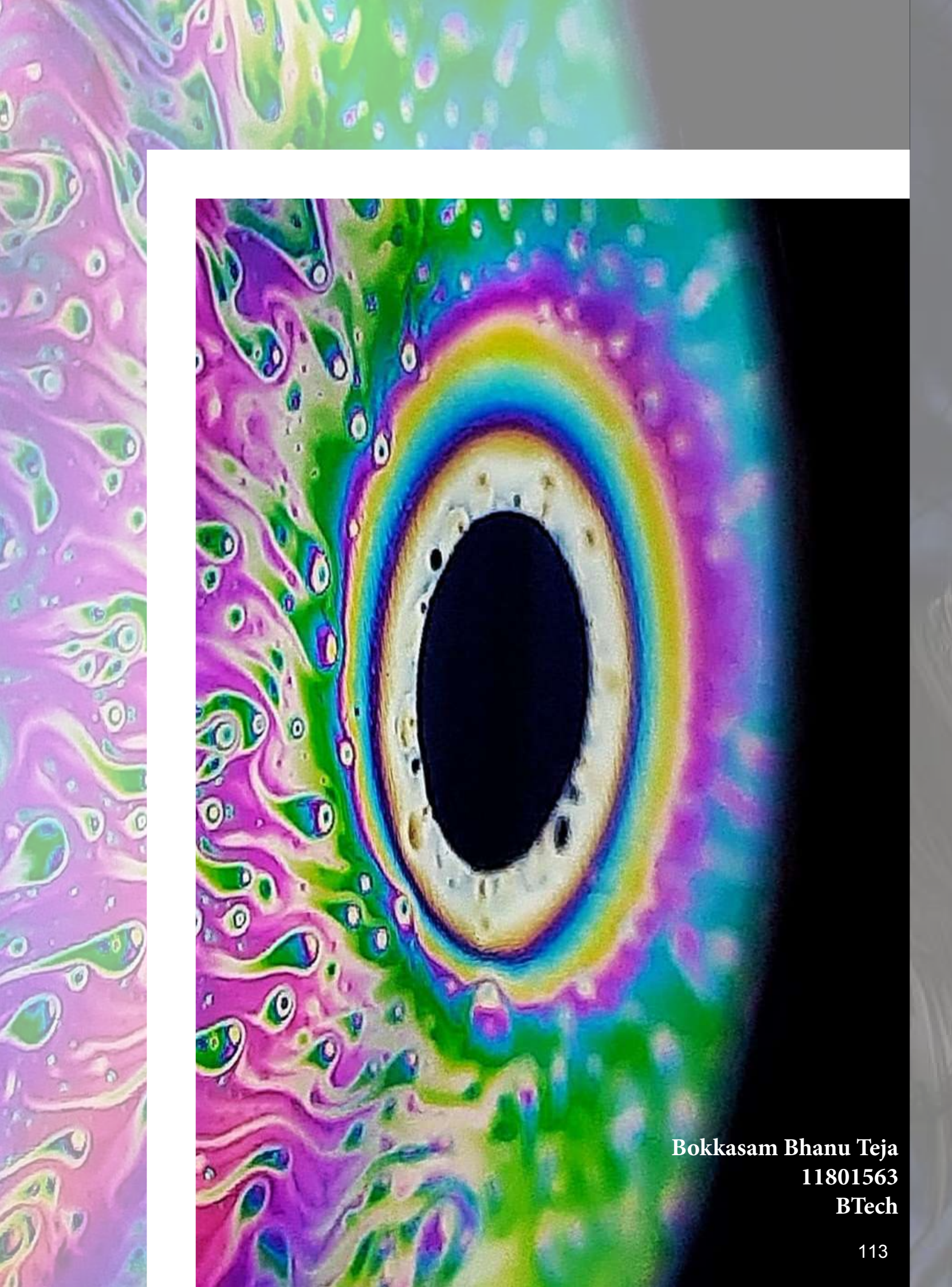
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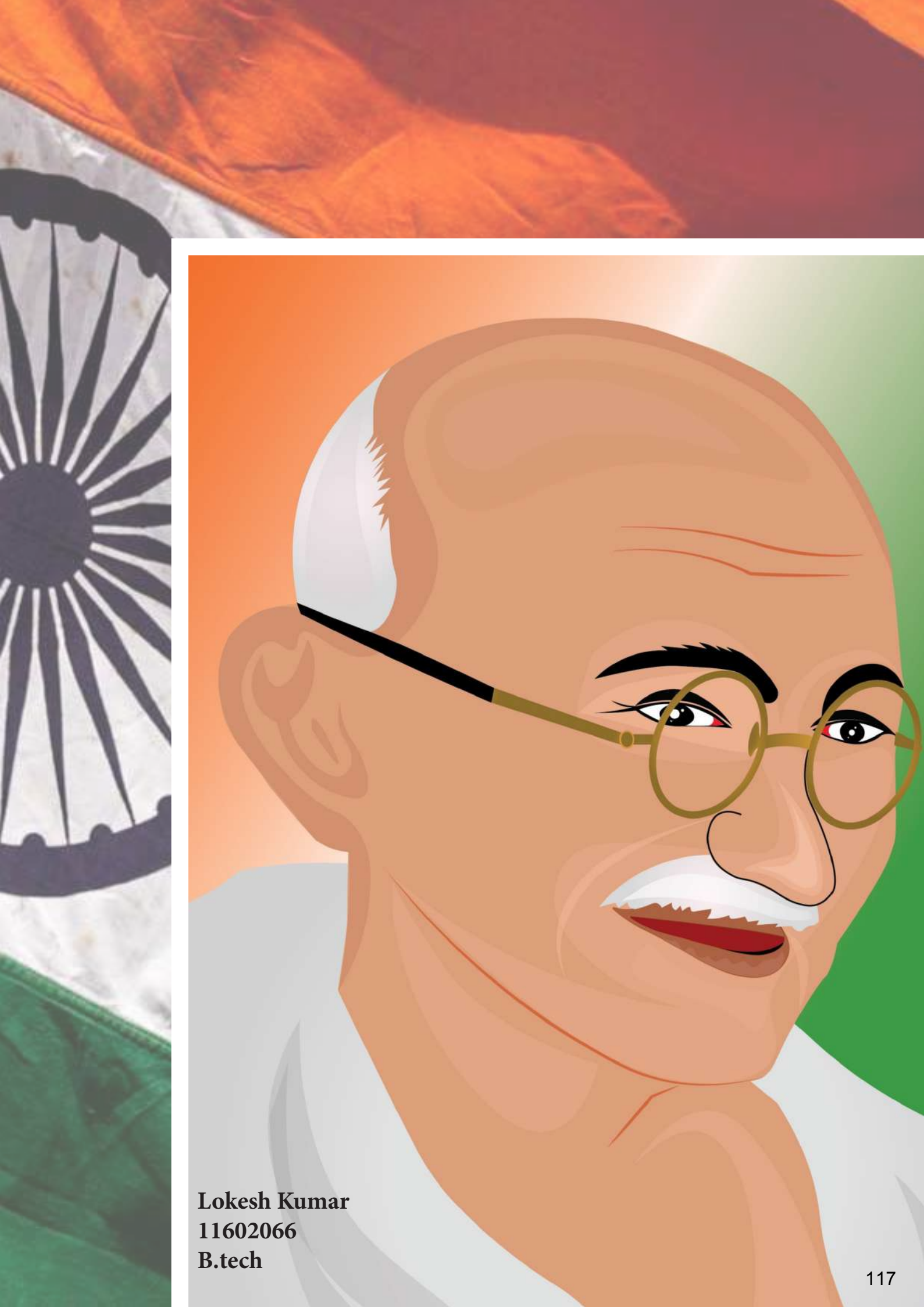


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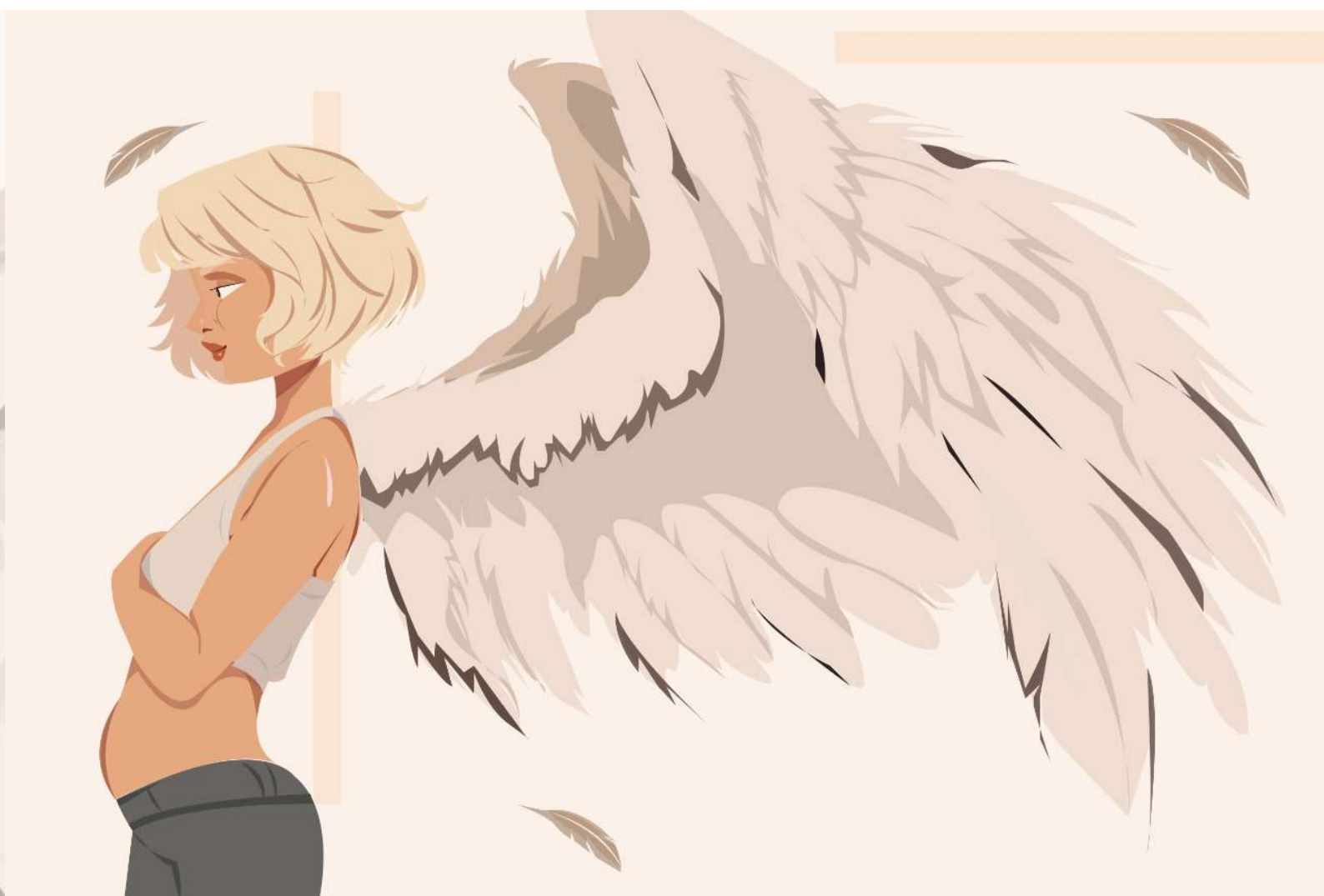




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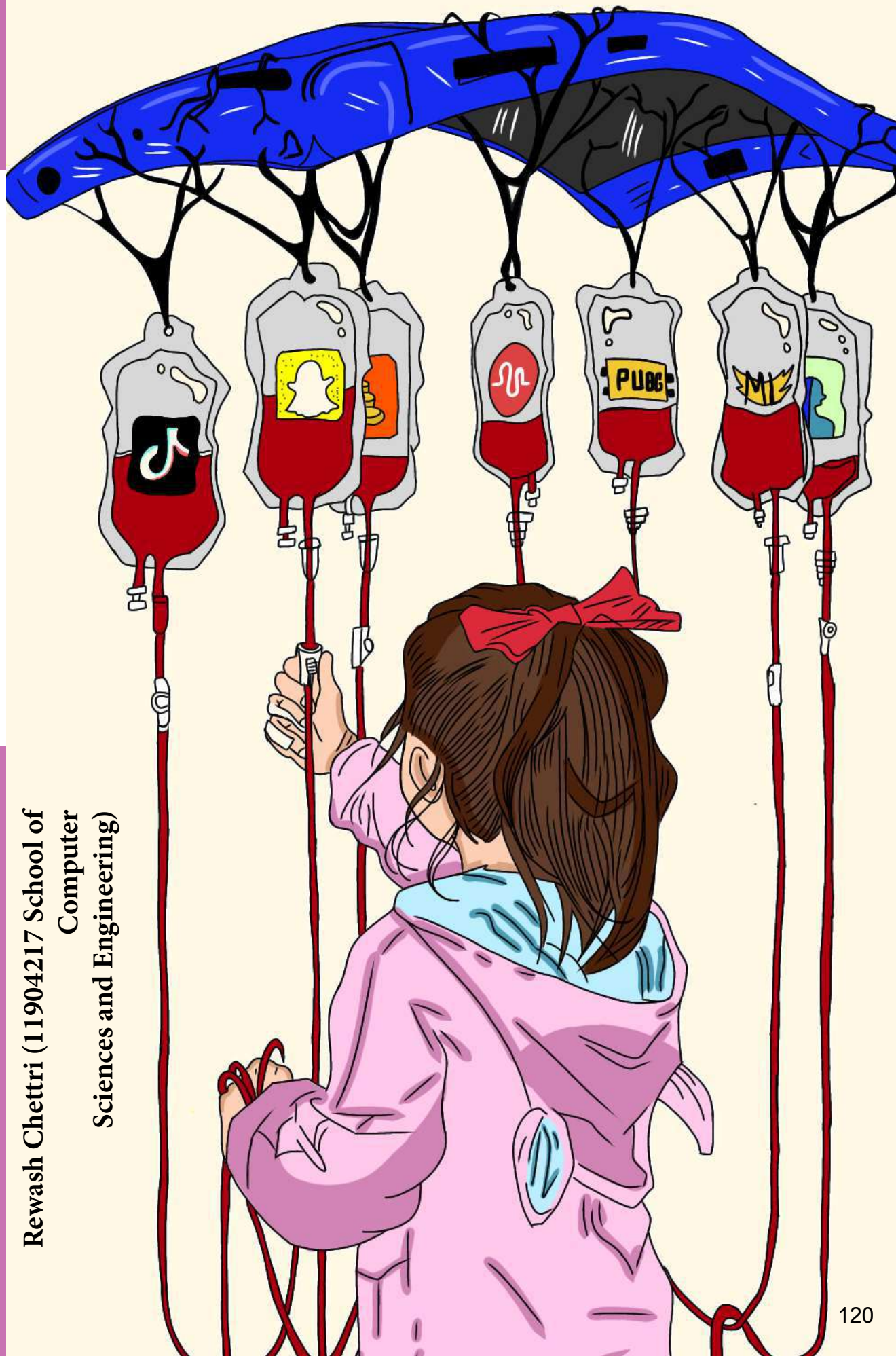


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11602066
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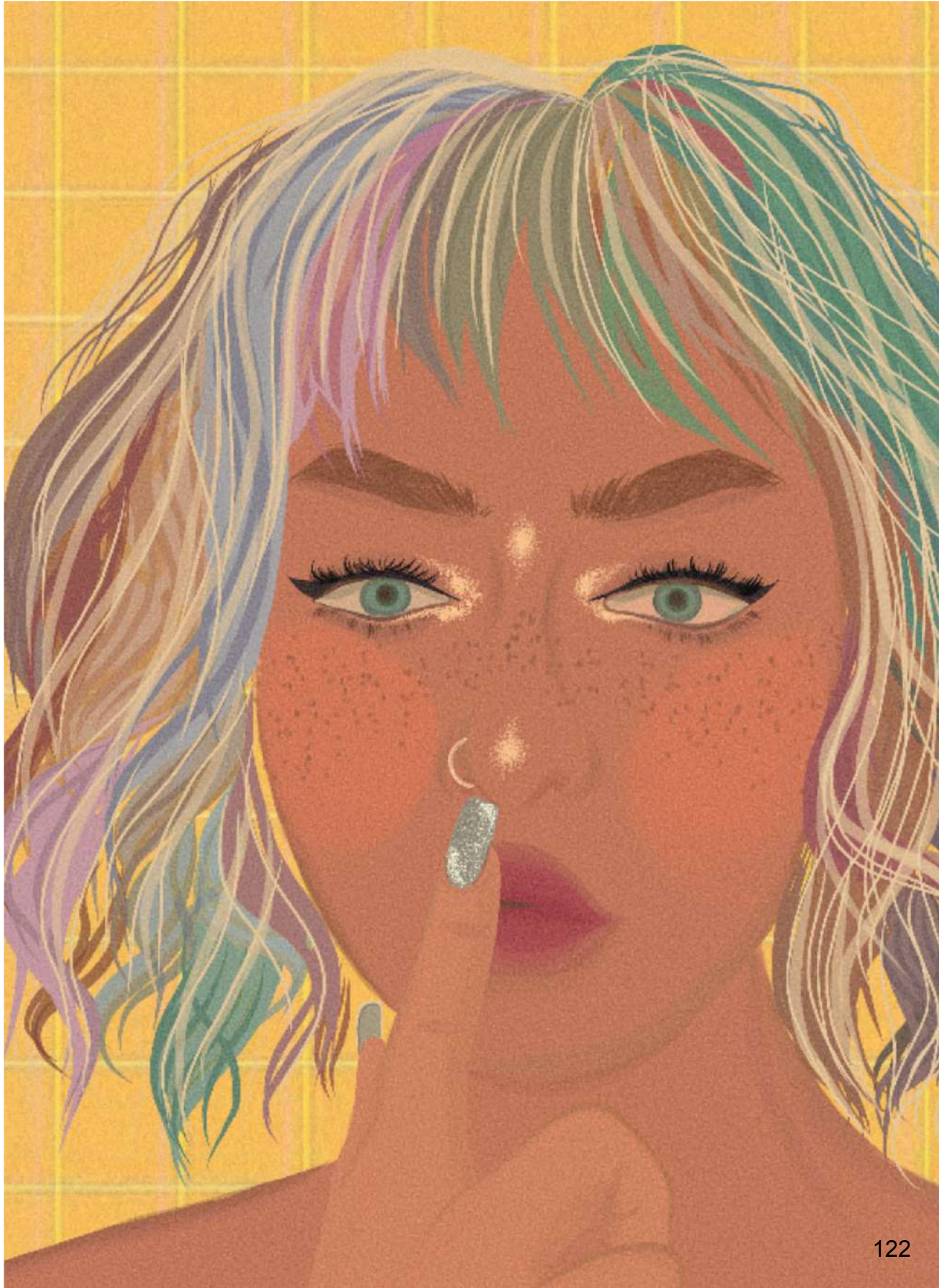
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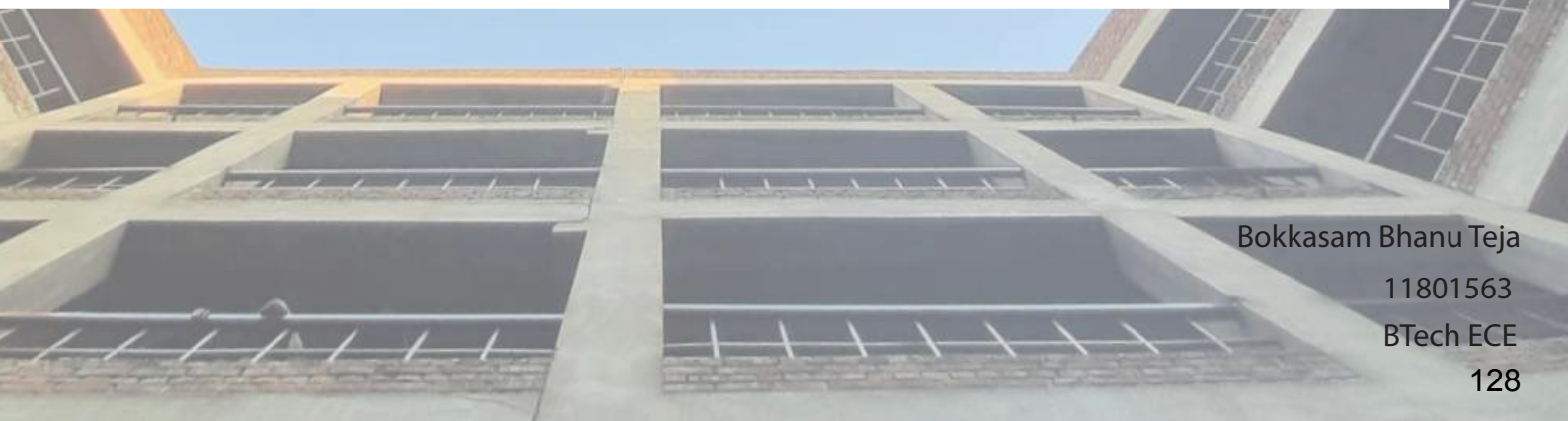
Gokul Raj
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Naveed Showkat Malik

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B.tech CSE 127



Bokkasam Bhanu Teja

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BTech ECE

128

Prachi Pandey

11702531

Btech cse



Ramdev More

11708604

Integrated M.tech Biotechnology

129



Arkesh Kedar Shenoy
11912270
BSc.Hons.Agriculture



M Atul Kalyan
11916865
BSc. (Hons.) Agriculture 131

Aditya swaroop

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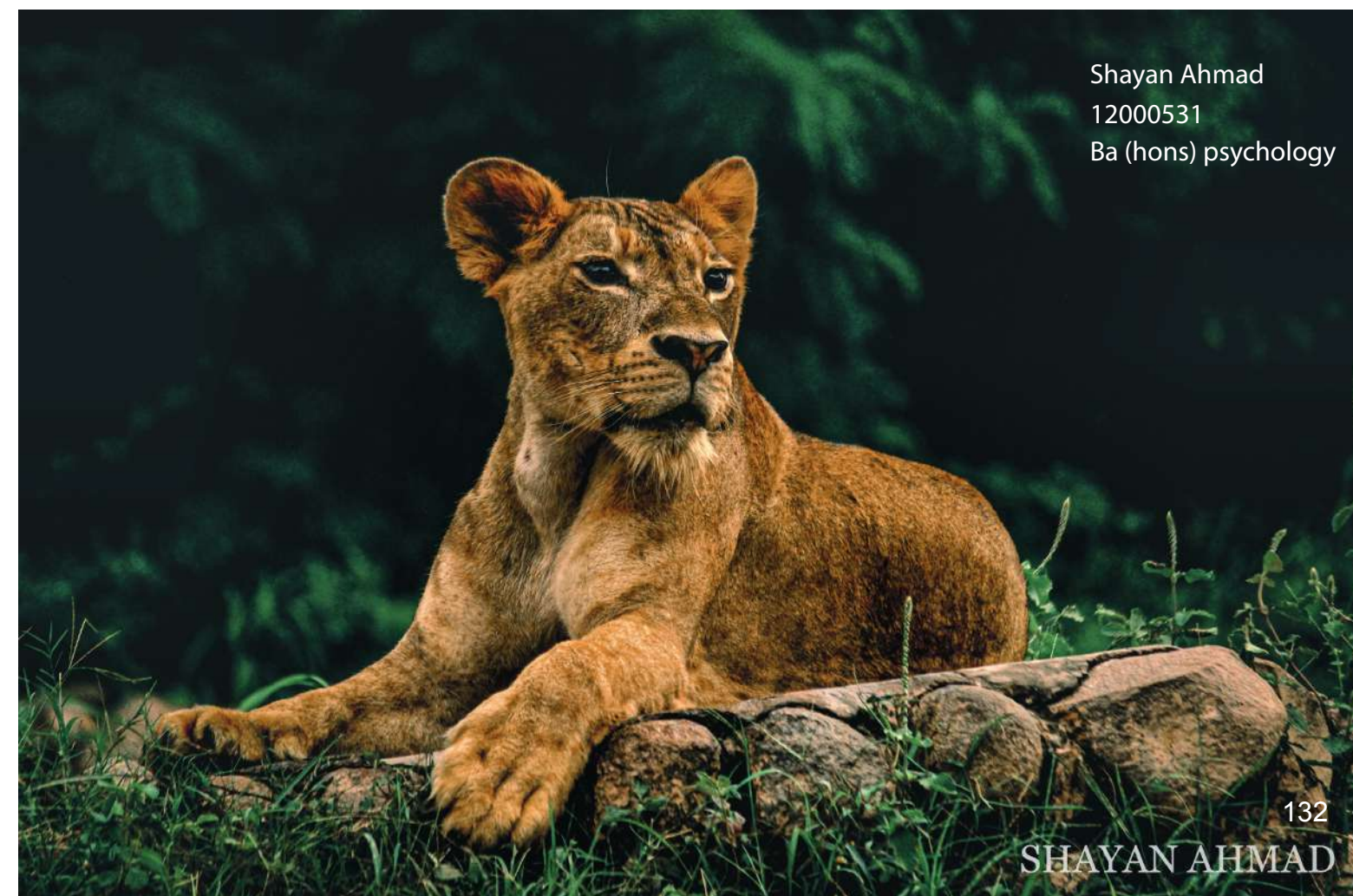
School of computer science and engineering



Shayan Ahmad

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Ba (hons) psychology

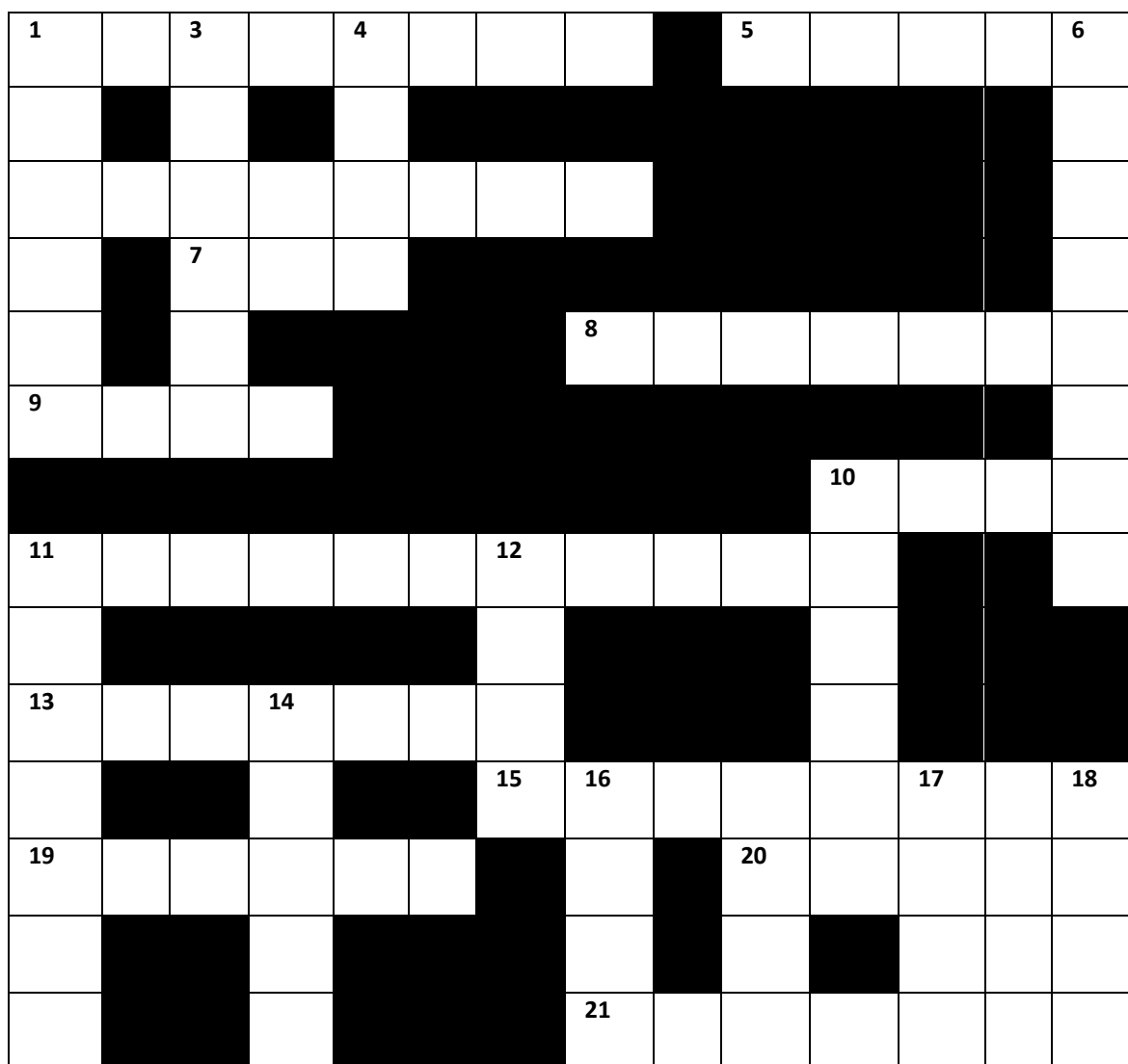


SUDOKU

	2	3	5				6	
4	8				2			7
7			3					1
9					6			2
					3	5		
	3	4	1			6	7	
6					1			5
3			8				2	6
	1				7	4	8	

SUDOKU 10

CROSSWORD



ACROSS

1. Soccer rules!
2. Water in air
5. Stories
7. Helium
8. Foundations of relationship & soil
9. Abominable snowman
10. _ _ _ _ ney Stinson
11. Snowstorm
13. Slackens
15. _ _ _ _ _ reports (Where we first learnt to forge signatures)
19. LeoNardo did not win this for Titanic
20. Insect (American slang)
21. Spun

DOWN

1. Herbal _ _ _ _ can be an alternative for medicines
3. Fear
4. Decay
6. Less tight please
12. Hoarse sound
14. The elements on USA's flag
16. Katy Perry's hit song
17. _ _ _ or West LPU is the best!
18. In the film Koi ..Mil Gaya, Jaadu was hidden in Rohit's house's _ _ _

WORD SEARCH

M	Z	F	R	P	J	A	K	Q	S	T	V	H
A	W	R	G	S	T	V	A	B	H	L	Q	A
H	M	U	N	D	R	A	G	C	O	N	T	R
E	W	I	N	G	S	O	F	H	O	P	E	Z
S	U	G	T	X	F	R	E	K	O	J	I	I
H	H	C	Y	T	V	H	D	K	P	O	P	T
B	A	N	N	U	R	W	O	L	G	B	S	A
H	N	R	T	V	B	I	N	G	G	U	T	G
A	L	A	S	M	L	U	V	W	D	N	E	X
T	P	B	L	T	M	O	S	E	S	Y	I	K
T	Q	F	G	G	N	A	B	A	D	C	N	L
J	D	H	G	R	A	V	I	T	Y	I	T	U
B	A	R	N	E	Y	S	T	I	N	S	O	N

QUESTIONS

1. Which renowned celebrity and his band performed at the Coke Studio 2019 in LPU?
2. Which student organisation conducted the first night marathon powered by electrica?
3. Which prominent Bollywood producer performed his play at LPU?
4. Which student organisation invited the well-known youtuber, Amit Badhana ?
5. Where did student organisation "Take-a-break" take the students for the adani port visit?
6. A student organisation started their own podcast show on spotify. Who is it?
7. Which student organisation conducted a show with Zakir Khan back in 2017?
8. Which student organisation brought the Bollywood music sensation, Guru Randhawa to our campus?
9. Which student organisation completed the 1 Million reach milestone during the lockdown?
10. Three words. 70 known cases. "I can't breathe officer...please stop." (Short form)
11. Where did COVID-19 originate from?
12. Filthy rich: convicted sex offender Jeffery _____ used his wealth and power to carry out his abuses. (Fill in the blank)

The dialogue test:-

13. -"It's going to be lengen...wait for it ...dary!!"
14. "Is it just me or is it getting crazier out here?" – Which movie
15. "Thappad se darr nahi lagta sahib. Pyaar se lagta hai." – Which movie

1.How many events did Student Organisation Cell organised in the lockdowns?

- a) 250+
- b) 150+
- c) 350+
- d) 50+

2.Which two student organisations made Covid awareness websites for the public?

- a)Motionman and Spasmodic
- b)Spade and Wings Of Hope
- c)Factum and Eminent
- d)SML and Dragcon

3.Which student organisation made the highest donation of upto 1 lakh In PM Care fund ?

- a)Agrinians
- b)Gravity and I2I
- c)Wings Of Hope
- d)Gravity and Spasmodic

4.Which student organisation organised a webinar with Ms. Shruti Kaswal, a national record holding Ice skater?

- a)Spade
- b)Motion man
- c)SML
- d)Heartfulness

5.Who invited the founder and CEO of “Your quote” Shreyash Agarwal ?

- a)Motion man
- b)Wings Of Hope
- c)Spasmodic
- d)Tachyons

YOU THINK YOU KNOW WHAT HAPPENED THIS LOCKDOWN?

6.Which student organisation made it's original track “Humara India” ?

- a)Dragcon
- b)Jhankaar
- c)Gravity
- d)Creative Beast

7.Who conducted the biggest virtual event on International yoga day inviting celebrities like Shankar Mahadevan and Baba Ramdev?

- a)Heartfulness
- b)Gravity
- c)SML
- d)Spasmodic

8.Which student organisation hit the 1 million milestone with their view on a webinar?

- a)SML
- b)Heartfulness
- c)Wings Of Hope
- d)Spic Macay

9.Which among the following organisation Conducted first busniness conclave events through online platform ?

- a)SML
- b)Pentaomnia
- c)Spasmodic
- d)Both a and c

10.Which Student organisation invited noble prize winner “Kailash Satyarthi “ as a keynote session speaker ?

- a)The dost
- b)Spicmacay Lpu chapter
- c)Creative beast
- d)None of the above

STUDENT ORGANIZATION DIRECTORY

Sr. No	Name of SO	Tier status	Email	Contact Number
1	Aashray	Tier 2	sujeet.11702889@lpu.in	9455349109
2	Adrishta	Tier 1	adrishtalpuofficial@gmail.com	9390290499
3	Agrinians	Tier 1	agrinians@gmail.com	+91 83093 21067
4	AGROS	Tier 1	agros4u@gmail.com	7898744133
5	AIESEC	Tier 2	aiesec.jalandhar@aiesec.net	9676685716
6	Ample	Tier 5	ample.lpu@gmail.com	8559074649
7	Anonymous	Tier 2	ceoanonymouslpu@gmail.com	7060794931
8	ASME	Tier 2	asmelpu2013@gmail.com	8309504306
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10	BINARY	Tier 1	murthyldr@gmail.com	7036295353
11	Bliss 11	Tier 1	awantikasama@gmail.com	
12	Castle crew	Tier 1	castlecreworg@gmail.com	9352258370
13	CastleCrew	Tier 1	castlecreworg@gmail.com	9352258370
14	Charizard	Tier 1	manvimehendritta99@gmail.com	8872112054
15	Club20	Tier 4	club20lpu2017@gmail.com	9914848587
16	Code Genesis	Tier 1	codegenesis11@gmail.com	9704543371
17	Codenyte	Tier 1	faisal.11616526@lpu.in	7986235984
18	Comicsens	Tier 1	milind121212@gmail.com	8696913969
20	Creative Beast	Tier 3	thecreativebeastlpu@gmail.com	8847578551
21	DAFINIQS	Tier 1	liza.rout.214@gmail.com	9877490351
22	Democrats	Tier 1	sbsanjaybafna@gmai.com	8003966375
23	Dragcon Student Chapter	Tier 2	Officialdragcon@gmail.com	8825070490
24	Electro Geeks	Tier 2	electrogeeklpu@gmail.com	8287850111
25	Eminent	Tier 1	eminentofficiallpu@gmail.com	-8011575233
26	Ethic Craft	Tier 1	ethiccraftlpu@gmail.com	79065 06635
27	Euroavia-LPU	Tier 1	ceo.lpu@euroavia.eu	9960801005
28	Factum - Fly High	Tier 1	factumlpu@gmail.com	87564 55093
29	Falcon	Tier 1	organization.falcon@gmail.com	9818113678
30	GeeksforGeeks	Tier 1	geeksforgeeks.lpu@gmail.com	7004594445
31	GENIOUS SQUAD	Tier 2	sandeep.s7474@gmail.com	8837840482
32	Gravity	Tier 2	gravitylpuofficial@gmail.com	8919563803
33	Heartfulness	Tier 2	heartfulnesslpu@gmail.com	9532709673
34	Hexagon Aerospace	Tier 1	dhavalgorfad143@gmail.com	9737544933

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Sr. No	Name of SO	Tier status	Email	Contact Number
35	Horizon	Tier 1	horizon.lpu@gmail.com	9877217504
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37	IGNITABLES	Tier 1	ignitelpu@gmail.com	+91 96032 11317
38	Ignite	Tier 1	ignitelpu@gmail.com	9603211317
39	INGINN- Ingenious Innovators	Tier 1	inginn.lpu@gmail.com	7031785903
40	Jhankaar	Tier 5	jhankaarlpuata1@gmail.com	9056504601
41	JUST DO IT	Tier 1	ANKUSHKUMARMEH-TA09@GMAIL.COM	8709972726
42	Litmus	Tier 1	mylitmus17@gmail.com	8427611945
43	Living Out Loud	Tier 3	livingoutloudlpu@gmail.com	8919134209
44	LSCC	Tier 6	lpusaeindia@lpu.co.in	7307733399
45	Magnus	Tier 1	vishnubhushanojha4@gmail.com	9914034545
46	Mega Minds	Tier 1	president@megaminds.tech	919354353646
47	Oasis	Tier 1	Workwithoasisorg@gmail.com	+91 85292 39874
48	Ojaswi	Tier 1	Ojaswilpu@gmail.com	+91 85339 85465
49	OMEGA	Tier 1	abhi28535@gmail.com	8707250549
50	ORATOR	Tier 2	orator.pi@gmail.com	7522845758
51	OTAKU	Tier 2	otakustream007@gmail.com	+91 94902 24942
52	Pahal - An initiation	Tier 5	lpu.pahal@gmail.com	9382149866
53	Paigaam	Tier 1	aqib082@gmail.com	8837855378
54	PAN-AFRICAN	Tier 1	lpupanafrica@gmail.com	9877423834
55	Pentaomnia	Tier 1	Pentaomnia@gmail.com	9592333800
56	Phoenix	Tier 1	phoenix.dsapu@gmail.com	9855289223
57	QUANTUM	Tier 1	iquantum.org@gmail.com	91 80966 53052
58	Renovation Tech Robotics and Aeromodelling	Tier 1	rtra.dsw@gmail.com	8709224510
59	RISC	Tier 6	risc.soc@gmail.com	6302 841 168
60	Sankalp Enviro	Tier 6	sankalp4enviro@gmail.com	8576985715
61	SANYUKT	Tier 1	sanyuktculture@gmail.com	91 95679 70335
62	Sapphire	Tier 2	akashrai0561@gmail.com	8968100844
63	SML	Tier 5	Sobsml@gmail.com	9838828646
64	Social wellness and Awareness Training Club(SWAT)	Tier 1	prakharpandey301@gmail.com	7233892769
65	Spade	Tier 5	ceo@spadelpu.com	7529029860
66	Spasmodic	Tier 2	spasmodiclpu@gmail.com	6370192178
67	Spic Macay LPU Chapter	Tier 1	spicmacaylpuchapter@gmail.com	9105786305
68	Splenor	Tier 2	mail.splenorteam@gmail.com	7989277180
69	Tachyons	Tier 2	tachyons2018@gmail.com	7018460974
70	Take a Break	Tier 1	arup.jyoti.kalita.148@gmail.com	901343031
71	Tanzanite	Tier 1	tanzanite.lpu@gmail.com	9521420150
72	Thalassemia Free India & Welfare Association	Tier 3	savinglives.tfi@gmail.com	9815910276

STUDENT ORGANIZATION DIRECTORY

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74	The Motion Man	Tier 1	themotionmanofficial.lpu@gmail.com	7018375250
75	Tranquil	Tier 1	ceo.tranquil.lpu@gmail.com	8949394098
76	UNYC	Tier 5	unyclpu@gmail.com	7985826200
77	Uttara	Tier 3	uttaralpu.so@gmail.com	8427828873
78	Verto Motion Picture	Tier 2	vertopictures@gmail.com	9494071744
79	VIBRANCE	Tier 1	vibranceofficials@gmail.com	8558931551
80	WEB NERDS	Tier 1	webnerds8@gmail.com	8484867661
81	Young crazy minds YCM	Tier 2	ycm.lpu@gmail.com	9381069146
82	YUVAA	Tier 2	ceo.yuvaa@gmail.com	7508005888

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