

# JOURNAL OF CONTINUITY AND CHANGE

-BY GRADUATES



APRIL-MAY, 2022

JOURNAL OF CONTINUITY AND CHANGE

- BY GRADUATES

जर्नल ऑफ कॅन्टिनुइटी एंड चेंज

- बाय ग्रेजुएट्स

VOLUME: 2 | ISSUE: 1

“JOURNAL OF CONTINUITY AND CHANGE by Graduates” is an e-magazine, an initiative by SAKSHYA, the society of History department of Shyam Lal College (Evening), which deals with social, political, and economic issues besides keeping an eye on contemporary interpretations. This journal by graduates takes us on a journey of the past through the present to see the future aspects. As said by Mahatma Gandhi, "Live as if you were to die tomorrow. Learn as if you were to live forever". This journal will help you have a great learning experience as it comprises articles, book reviews, movie reviews, fictional stories, poems, etc., dealing with contemporary issues.

“PRESENT IS THE KEY TO THE PAST”

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**FORMER EDITOR-** Anant Joshi

**April, 2022 (Theme)**

**"The writer's panorama"**

## **CONTACT :**

Archana Bharti- +91 7209232412

Aaradhiya Tyagi- +91 7579881299

[jcc.slce@gmail.com](mailto:jcc.slce@gmail.com)

About JCC



## JOURNAL OF CONTINUITY AND CHANGE

-by Graduates

"JOURNAL OF CONTINUITY AND CHANGE by Graduates" is an e-magazine, an initiative by SAKSHYA, the society of History department of Shyam Lal College (Evening), University of Delhi.

The magazine features articles from the editors and from graduates all around the country. The articles are based on the respective theme selected for that particular edition. It also consists of a 'Creative Writing' section in which the creative work of scholars is published according to the respective theme of the section. The magazine has a special section for the Graduate's Scholars Talk Series (GSTS) featuring articles from the participants of GSTS of the previous months. We also have a 'खोज by Graduates' section in the magazine which includes research papers of the graduates which are not bound by the theme and can be on any topic provided the research is done by the graduate himself/herself. The magazine also has a 'Editors' Choice' section which includes recommendations by the Editors on various things like books, movies, podcasts, paintings, etc. At the end of the magazine, there is a QR page where you can give your feedback on the magazine and also subscribe to it to keep yourself updated on all the new themes that JCC comes up with henceforth.

Thus, the Journal of Continuity and Change (JCC) by Graduates makes its readers witness a plethora of interesting ideas all on one platform.



**YOU WILL BE BESTOWED A CERTIFICATE FOR YOUR  
PUBLISHED WORK.**

*-Team JCC*





# FROM THE EDITORS

*“We write to taste life twice, in the moment and in retrospect.”*

~ Anais Nin

What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is a proof that humans are capable of working magic. Since ancient times man has tried his best to document himself within the pages of history. Humans drew when they couldn't write, then they painted, and at last when they started understanding the meaning behind leaving records then only they were considered civilizations. Writing is not just a mere means to express oneself, it is the very essence of your identity. And though we all might have a different hypothesis about the gist of writing, no one can turn away from the fact that writing and reading go simultaneously with each other. If you don't have time to read, you don't have the time (or the tools) to write. It's as simple as that. You should write because you love the shape of stories and sentences and the creation of different words on a page. Writing comes from reading, and reading is the finest teacher of how to write. So if we really want to see a writers' panorama it is paramount to understand the key components of writing first. But is this only incorporated with Reading? No, reading is merely one part, others will include each and every form of the medium through which anyone can express themselves, be it media, journalism, theatre, cinema, or any other mode.

That's why the Journal of Continuity and Change (JCC) by Graduates is set on the theme: 'The Writer's Panorama' for the grand launch of the first issue of the second volume of the magazine. In this edition, the editors have touched upon unconventional topics and written on the art of writing and how its components play a significant part in our life.

In the article **JOURNALISM: A STRATAGEM** the editor, Ms. Priyanka Verma tried to show the threats and crises in journalism with the solutions. How journalism is functioning nowadays and how it should be working to give a boost to India's democracy.

In the journal, our editor, Ms. Divya Tyagi wrote an article called **WRITE TO EARN**, it tells us, to become a writer, first, we need to be well versed with the true meaning of writing and to understand that the real essence of writing is the writer. She talked about the reality of full-time writing jobs in India and the meager amount paid to writers for their works. The conclusion to this problem is sad but there is no other alternative available at the moment. The solution is to keep a secondary career.

Our editor Ms. Deepa Tiwari has written an article titled **लेखन की शक्ति**. With the power of writing, you will come to know how an article has the ability to change society, it is capable of bringing revolution, how it is capable of bringing peace in the midst of war, the power of writing style is inexhaustible.

Editor, Ms. Archana Bharti wrote an article titled **FREE TO READ**, in which she talks about the ban on books. While controversies over books remain a stagnant issue that has victimized even great classics like Harper Lee's To Kill a Mockingbird and the holy book Bhagavad Gita, the grievance of the situation is perceived by none. Even one challenge against a book can spark a literal fire in that particular book. Censorship of books not only restricts our freedom to choose for ourselves but also to express ourselves.

As JCC launches its 2nd volume after the successful completion of eight spectacular editions in the first volume, we would like to show our gratitude to all our readers whose feedback and support always motivate us on our way forward. In this volume, the team of JCC has tried to give our readers an even more invigorating feeling while reading our magazine by adding new sections and coming up with more creative themes. Finally, we are all set with hopes and aspirations to bring out the "JOURNAL OF CONTINUITY AND CHANGE (JCC) BY GRADUATES". This journal is indeed a pious attempt to give shape to the creativity of our budding scholars and bring out the best in them. While reading the articles, you will realize that this journal helps you connect the past, present, and future. We are living in an era of controversies with shaky opinions which put a devastating effect on our minds; this magazine will help you find the light amid the darkness.

We are thankful to our Professors, whose guidance paved the way for the development of the extremely well-written magazine. We extend our heartiest greetings and best wishes to the readers and hope this journal will garner your admiration and prove itself worthy of playing a decisive role in nurturing the reader's mind. At last, we are thankful to the whole editorial team for constantly working hard in creating this magazine. We express our considerable appreciation to all the authors of the articles in this magazine. It is this willingness to share knowledge, concerns, and special insights with fellow beings that have made this magazine possible.

-EDITORIAL TEAM

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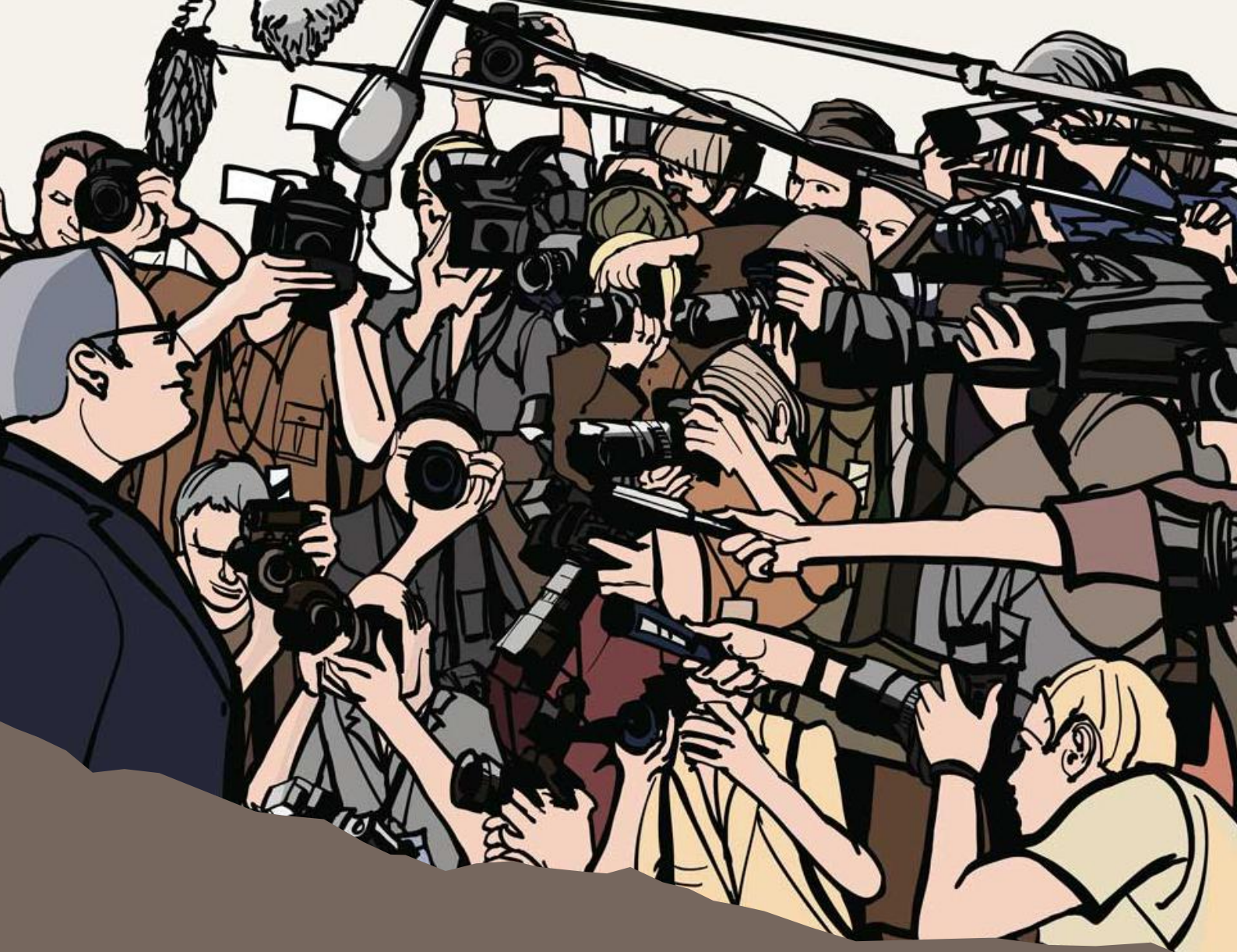
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# JOURNALISM: A STRATAGEM

– Ms. Priyanka Verma





Journalism is a wide and comprehensive career with numerous opportunities. It offset divergent areas of media be it television , newspaper or others, a journalist has esoteric tasks to carry out. Hence based on the size of an organisation, a journalist may work one or multiple tasks. How journalism is supposed to work vs how it is functioning are now two dissimilar deeds. Journalists research,write,edit,proofread and file news stories. It's a definition that we've heard since ages ,but what needs to be done is a whole different task. As their pieces are used on television and radio or within magazines,journals and newspapers , therefore it's important that every piece of news is scrutinized on an earnest level. A journalist's work is not only to write and assemble together the news stories to bring up the interest in their audience , but it is to collect , investigate and present information as a news story. The news is presented through newspapers, magazines,radio, television and the internet. They are obliged to present news in a well-rounded , objective manner.

But a double-edged sword acts both ways, journalism on the one hand can let you grow in character but on the other hand it gets stressful for a journalist and the profession becomes perilous. The startling news like the murder of journalist Danish Siddiqui haven't got much attention as compared to news like Russia-Ukrian crisis. Journalism being the conspiracy often leads to conflicts due to its main temper to curb belief. It is vitally important in democracies that news be perceived as independent and trustworthy, particularly one from the media that undermines public trust.



# JOURNALISM

Journalism , as a profession has been under attack all over the world since the time it started as a practice. But in recent times, in India, it has witnessed an unprecedented threat. The 2021 World Press Freedom Index produced by reporters without borders has placed India at 142nd rank out of 180 countries.







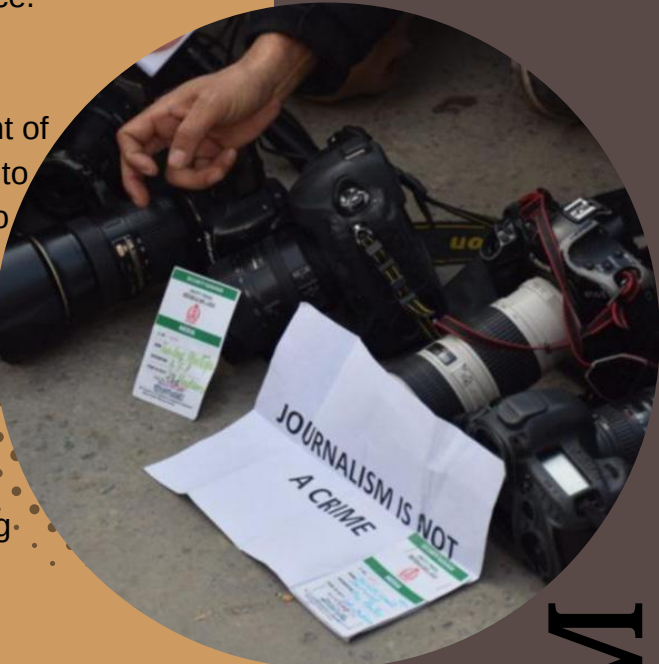
“ The true function of journalism is to educate the public mind and read the mind of the country and to give definite and fearless expression to that mind.”

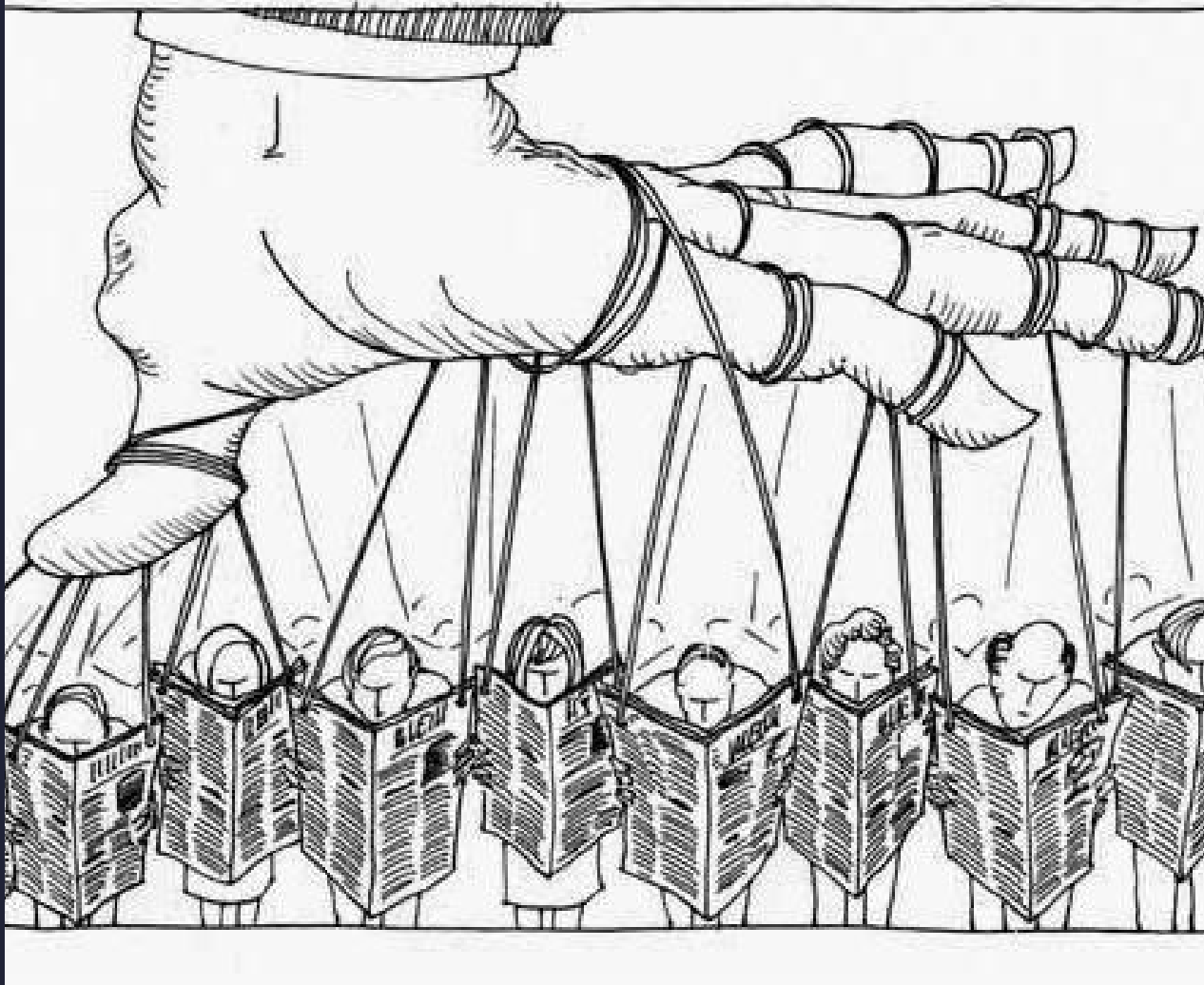
- Mahatma Gandhi

Indian Opinion, 1903

Freedom of speech , which is absolutely necessary for journalism to prosper & grow has taken a serious hit in recent times in India. In 2021 alone 46 journalists has been killed in India, reported by reporters without borders. This takes India among the five most dangerous countries in terms of journalists killed across the world this year. Apart, from journalists being killed at such an alarming rate, India is also seeing a number of journalist being detained. But this practice , is not exclusive to this present time, this has been the case since India's independence.

Journalism, if done with all honesty, is a profession that demands a huge amount of courage and inner strength. We have to ,that when a journalist asks a question to the government, holds the government accountable, he/she is basically challenging the state itself. Even when a single person tries to do that, any state ,tries to crush that person and silence it's voice. Being criticized and being held accountable is something which no state wants.





The other threat which is looming over this profession is a take over of a lot of news media space by corporates . Now what does it mean? It means that a lot of business tycoons open media houses and news channel. Now opening a new channel is not a crime, the problem lies in the fact , that these businessmen also fund different political parties in the country. Now whichever political party they fund/support, they try to turn the public opinion in party's favour and in this attempt a lot of fake news gets published or broadcasted which defeats the whole purpose of this noble profession called journalism.

So what is the solution of the above mentioned problems? How can a journalist work in an environment where he/she is neither threatened for his/her life nor pressurized to report fake news or even news in a way which is not neutral and might benefit a certain political group.

The answer to this question, in my opinion is opening up of media houses,news channels,news websites that are publicly funded , because when the public pays the public is served and when the corporates pay the corporates are served. We can take the example of THE NEW YORK TIMES, one of the most well reputed newspapers of the world, it gets it's revenues from subscription of it's print and it's digital content.

In India also there are similar efforts being made . There are few new websites and regional channels which are trying to do the same thing here , they are asking the common people to invest in them in the form of subscription rather than looking for big corporate investors. If this experient becomes a success,it will not only benefit journalism as a profession in India, but also would be a great boost to India's democracy.





# WRITE TO EARN

– Ms. Divya Tyagi



# WRITE TO EARN

**MS. DIVYA TYAGI**

(GRADUATE CANDIDATE, SLCE, UNIVERSITY OF DELHI)



*If there's a book that you want to read,  
but it hasn't been written yet,  
then you must write it.*

**-Toni Morrison**

When speech fades quickly, WRITING is the technology that stays forever. As young kids, we loved scribbling on the last pages of our books but, as we grew older, we realized that there is often a fixed image surrounding the use of the words 'writing'; the image of someone holed away in a dusty apartment, writing away his life, struggling to make ends meet.

There is a need to develop creative practice to meet the needs of individuals whilst facing ever-growing professional insecurity. In today's world, the term 'creative writing' has merely become the identity of the artistic amateur and only few people make meaning of the workings of the publishing industry.

The idea that writing isn't a very profitable path often scares those away that harbor a real passion for it. To an extent that they don't even realize the wide



range of opportunities that are available to them. (Lohani, 2022)

There are a million self-help guidebooks available on the internet to show you the right path to becoming a successful writer but the aim of this paper is to make you understand what writing is, to begin with, and what's the passion that drives the person in the direction to pursue writing as a job.



## The real essence of writing!

If you go on google to search the meaning of the simplest word 'writing' then the results will somehow look like this- **'words that have been written or printed'; 'the way a person writes'; 'the skill or activity of writing words'**. But the meaning of this simple term includes many such terms that require explanation or at least a thought.

Writing touches every part of our lives, and writing needs a writer to write about every aspect of our being. When we talk about the real essence of writing the only thing that comes to mind worthy of such a title is the **writer** itself. The writer gives meaning to the definition of writing and every term that is involved.

Writers tell stories, communicate ideas, and offer information to many different types of audiences. Writing is not only about the technique, it's about the expression of whatever thoughts that cloud your mind. I not denying that writing novel and getting publishers is tricky and full of technical issues but to kick start your writing journey and understand what writing stands for, all you need to do is



pick up a pen, grab a paper and jot down the first thing that comes to the mind. Quite simple right! But that's just the beginning and the journey that starts with nothing but feelings and expressions takes the course of a much harder route.

# Writing career in India!

Full-time writing is not a hobby, a diversion, an avocation. It means discipline. It's a job and it's not easy. (Jenkins, 2022)

Writing doesn't guarantee success, it's the passion for it that makes you keep going. But how do we even become passionate when we are not acquainted with the ideas and concept of writing and becoming full-time writers. The seed must be sown in the developing years of a child, during school years, children must be taught about the magic of writing and the possibilities of life and career rather than just teaching them to score well in exams.

And even if children are motivated to read books and start writing something of their own, the inevitable reality is that most writers end up in poor financial conditions. Consider this-a successful debutant whose book sells at INR 300 would at the most get 7.5 percent as royalty which comes to 22.50 rupees. If the sales figures reach the magic figure of 20,000 copies in a year, the net income would be rupees 4,50,000. (Franco, 2018)



Full-time writing is not a hobby, a diversion, an avocation. It means discipline. It's a job and it's not easy. (Jenkins, 2022)

In India, only authors like Chetan Bhagat, and Ravinder Singh can be full-time writers and the new writers have to struggle all their life to earn something while their friends working in the corporate sector will earn more by the time they are 40. This is why someone like Ravi Subramanian, an Indian author but banker by profession, won't leave his job to become a full-time writer.



Sadly, over the last few years, things haven't gotten better for authors in the publishing industry. The advances and royalties remain the same as they were ten years ago. This is because while it's easier to get published, it's not easier to get readers. It's also difficult for a new writer to make a mark. (Dutta, 2019)

Writers are celebrated everywhere in the world. Yet, there's a mismatch between their earnings and reputation and you cannot expect to pay rent or even the electricity bill with a writing income.

To sum it up, writing cannot be considered as a lucrative career for the vast majority. The risks involved, social costs and the meagre income outweigh the benefits in all ways; don't get carried away with the false notion of becoming rich writing books. Even if you're a bestselling author, the trick is to not quit your job.

Writers are indispensable components of the society who serve as important mirrors, and writing is here to stay as long as there are stories to be told. However, writing may not fare well as a full time career for the most of us, and the best way to enjoy writing is to have it as secondary career while taking care not to incur the usual social costs.

*“There is nothing to writing. All you do is sit down at a typewriter and bleed.”*

**— Ernest Hemingway**



The background of the cover is a traditional Indian miniature painting. It depicts a scene with several figures, possibly in a domestic or outdoor setting. There are large, dark green trees on the left and right sides. In the center, there are figures, some of whom appear to be engaged in a conversation or a shared activity. The style is characteristic of Indian miniature art, with fine lines and a rich color palette. The overall scene is somewhat dimly lit, with a focus on the central figures and the surrounding environment.

# लेखन की शक्ति

– Ms. Deepa Tiwari

# लेखन की शक्ति

MS. DEEPA TIWARI

(GRADUATE CANDIDATE, SLCE, UNIVERSITY OF DELHI)

## ले

खन क्रिया मस्तिष्क की कल्पना को व्यक्त करने का एक माध्यम है इसके द्वारा हम बेजान स्याही को अपने दिमाग

और दिल के विचारों को अभिव्यक्त करके कॉपी और भौतिक रूप से परिवर्तित करते हैं। लेखन हमें अपनी आवाज खोजने में मदद करती है। लेखन हमारी दूसरी आवाज है लेखन क्रिया वह माध्यम है जिसके द्वारा हम अपने मस्तिष्क में होने वाली तूफान को और होने वाले विचारों की अभिव्यक्ति करते हैं

लेखन क्रिया तलवार से ज्यादा ताकतवर होती है अर्थात अपने विचारों से, अपने लेख से हम समाज में परिवर्तन लाने की शक्ति रखते हैं वो भी शांतिपूर्वक।

लेखन और तलवार की तुलना नहीं की जा सकती है क्योंकि लेखन क्रिया उद्देश्यों को लिखने के लिए प्रयोग की जाता है और तलवार का इस्तेमाल लड़ने के उद्देश्यों के लिए किया जाता है अर्थात लेखन की शक्ति युद्ध के प्रभाव से अधिक मजबूत है। युद्ध हमेशा विनाशकारी होता है और जीवन को समाप्त करता है। तलवार केवल मार सकती है और तलवार के माध्यम से भले जीत हासिल हो जाए किंतु इससे साथ में हार, हानि और मृत्यु का परिणाम भी हासिल होता है। जबकि लेखन क्रिया के माध्यम से जीत हो या हार इसका तरीका सद्भाव, शांति और अनमोल है। लेखन क्रिया से लिखी गई किताबें हमें शिक्षा और ज्ञान देती हैं जो हमेशा हमारे साथ रहता है।

पुस्तकों के बारे में लिखा गया और कहा गया है कि 'पुस्तकें ज्ञान का खजाना हैं', 'पुस्तकें सर्वश्रेष्ठ साथी हैं', 'किताबें सत्य का मार्ग हैं' आदि। लेखन क्रिया से लिखी गई किताब महत्वपूर्ण और सही पाठ पढ़ाती है।

## लेख की शक्ति का दर्शन

लेखन में राजनीतिक नेताओं, अभिनेताओं, खिलाड़ियों आदि की छवि को बनाने या नष्ट करने की शक्ति है।

लेख युद्ध के दौरान शांति बना सकता है और शांति के दौरान युद्ध पैदा कर सकता है। लेखन क्रिया मनुष्य की भावनात्मक उपज है। वह समाज में जो भी अच्छा-बुरा, पाप-पुण्य आदि देखता है, महसूस करता है, वह सब वो अपने लेखन क्रिया में समाहित करता है। मनुष्य अपने अनुभवों व अध्ययन को कागज या अन्य किसी माध्यम पर उतार कर समाज को उस लेखन के माध्यम से बदलने का भी प्रयास करता है

लेखन में वो असीमित शक्ति है जो निहित विचारधारा के माध्यम से क्रांति उत्पन्न कर सकती है, सोए हुए जनमानस को झकझोर कर जगा सकती है।

उनमें एक ऐसी जान फूँक सकती है जो समस्त वातावरण व परिस्थितियों के मूल को परिवर्तित करने की क्षमता रखती है। पराधीन भारत में अनेको लेखकों ने अपनी ओजपूर्ण कविताओं से महात्मा गाँधी के नेतृत्व में चल रहे स्वतंत्रता आंदोलन में एक नवीन चेतना का संचार किया था।

केवल लेखन क्रिया के द्वारा हम अपने राष्ट्रीय इतिहास, देश की गौरव गरिमा, संस्कृति और सभ्यता, पूर्वजों के अनुभूत विचारों एवं अनुसंधानों, प्राचीन रीति-रिवाज, रहन-सहन और परम्पराओं से परिचय प्राप्त करते हैं।



आज से एक शताब्दी या दो शताब्दी पहले देश के किस भाग में कौन-सी भाषा बोली जाती थी, उस समय की वेश-भूषा क्या थी, उनके सामाजिक और धार्मिक विचार कैसे थे, धार्मिक दशा कैसी थी, यह सब कुछ तत्कालीन और उस समय के लेखकों के लिखे गए लेखन के अध्ययन से ज्ञात हो जाता है। भिन्न-भिन्न देशों में जितनी भी क्रांतियाँ हुईं, वे सब वहाँ के सफल लेखकों की ही देन हैं। प्लेटो और अरस्तू के साथ साथ होब्स, रूसो और लॉक नवीन और प्रभावशाली लेखन और सिद्धान्तों ने राज्य और अधिकारों के स्वरूपों को ही बदल दिया।

## भारत की स्वतन्त्रता पर लेखन क्रिया का योगदान

जन-जन में जोश भरने वाला ये पत्र 'अगर किसी जनमानस के पास मिलती तो उन्हें उनके धर्म पर चोट करते हुए उन्हें यातना दी जाती थी। अंग्रेज पत्र को पूरी तरह खत्म कर देना चाहते थे प्रजाहितैषी, बुद्धिप्रकाश, मजहरुल, सरुर, ग्वालियर गजट, धर्मप्रकाश, भारतखंडामृत, ज्ञान प्रदायिनी पत्रिका, वृत्तांत विलास आदि पत्रों ने और इनके लिखो ने उत्तर भारत में राष्ट्रीयता का बीज बो दिया। राष्ट्रीय जागरण, स्वदेश-प्रेम, मुद्रण कला का विकास तथा अंग्रेजी साहित्य के संपर्क से स्वतंत्रता-आंदोलन का अंकुरण हुआ

भारतीय नवजागरण के अग्रदूत भारतेन्दु हरिश्चंद्र ने हिंदी पत्रकारिता के माध्यम से राष्ट्रीय चेतना का अंकुरण किया। कविवचन सुधा (1867), अल्मोड़ा अखबार (1871), हिंदी दीप्ति प्रकाश (1872), बिहार बंधु (1872), सदादर्श (1874), हिंदी प्रदीप (1877), भारत मिश्र (1878), सारसुधानिधि (1879), उचितवक्ता (1880), ब्राह्मण (1883) इस काल के प्रमुख पत्र हैं जिन्होंने अपने लेखन क्रिया से आजादी के रास्ते में रोशन उत्पन्न की



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प्रेमचंद की 'रंगभूमि, कर्मभूमि' उपन्यास, भारतेन्दु हरिश्चंद्र का 'भारत -दर्शन' नाटक, जयशंकर प्रसाद का 'चन्द्रगुप्त, स्कन्दगुप्त' नाटक आज भी उठाकर पढ़िए देशप्रेम की भावना जगाने के लिए बड़े कारगर सिद्ध हुए थे। वीर सावरकर की "1857 का प्रथम स्वाधीनता संग्राम" हो या पंडित नेहरू की 'भारत एक खोज' या फिर लोकमान्य बाल गंगाधर तिलक की 'गीता रहस्य' या शरद बाबू का उपन्यास 'पथ के दावेदार' जिसने भी इन्हें पढ़ा, उसे घर-परिवार की चिन्ता छोड़ देश की खातिर अपना सर्वस्व अर्पण करने के लिए स्वतंत्रता के महासमर में कूदते देर नहीं लगी।

सुभद्रा कुमारी चौहान की "झाँसी की रानी" कविता को कौन भूल सकता है, जिसने अंग्रेजों की चुलेहें हिला कर रख दी। वीर सैनिकों में देशप्रेम का अगाध संचार कर जोश भरने वाली अनूठी कृति आज भी प्रासंगिक है-

"बुन्देले हरबोलों के मुँह हमने सुनी कहानी थी,  
खूब लड़ी मर्दानी वह तो झाँसी की रानी थी।"



देशप्रेम की भावना जगाने के लिए जयशंकर प्रसार ने "अरुण यह मधुमय देश हमारा" सुमित्रानंदर पंत ने "ज्योति भूमि, जय भारत देश।" निराला ने "भारती! जय विजय करे। स्वर्ग सस्य कमल धरे।।" कामता प्रसाद गुप्त ने "प्राण क्या हैं देश के लिए। देश खोकर जो जिए तो क्या जिए।।" इकबाल ने "सारे जहाँ से अच्छा हिंदोस्तान हमारा"।

## अब हम बात करते हैं Digitalisation का क्या प्रभाव पड़ा है लेखन शैली पर

पिछले 20 /30 सालों में डिजिटल क्रांति ने लेखन की शैली को ही बदल कर रख दिया है जिसका सबसे ज्यादा प्रभाव (सकारात्मक एवं नकारात्मक दोनों ) विधार्थियों एवं लेखको पर पड़ा है इंटरनेट के मंच जिसे skype, wasst up इत्यादि मे अंतः क्रिया बड़ने से संचार के माध्यम से सामग्री का आदान प्रदान बड़ा ही सरल हो गया है।

सूचनाओ तक पहुँच -डिजिटल का दौर शुरू होने से हमारी सूचनाव तक पहुँच आसान होगी जैसे यदि किसी लेख मे डेटा शामिल करना हो तो हमे ज्यादा समय नही लगता जिस कारण लेख और भी जादा शक्तिशाली और मनोहर लगता हैं आसान उपलब्धता,एक ही मंच में विशाल स्रोत आज सभी सूचनाएं जो लेखन शैली की क्रिया को आसान बनता है।

लेखो का विश्लेषणात्मक आध्यन - डिजिटल का दौर शुरू होने से लेख लिखने वाला अन्य लेखो के साथ विश्लेषणात् कर अपनी लेखन क्षमता को बड़ा सकता हैं।

ई लेखो की शुरूआत् - डिजिटल होने से एक और बदलाव आया है जिसे ई लेखो की शुरूआत कहा जाता है अब प्रकाशन के लिए छपाई जैसे कार्य में आसानी आई है और साथ ही साथ कागज की भी बचत ई लेखो से हो जाती हैं

समय की बाधा से मुक्ति - समय की बाधाओं से अब निजात मिल गया है क्योंकि सूचनावो की आसान उपलब्धता, प्रकाशन मे आसानी आ जाने से समय की बचत स्वयं हो जाती हैं

रख रखावो की व्यवस्था - जब हम कागज पर लिखे लिखो का भंडार (store) करके रखते है तो उसमे हानि पहुँचने का डर होता हैं किंतु डिजिटल का युग शुरू होने से अब हर लेख हर सूचना का भंडारान आसान और सुरक्षित हो गया है।

यह स्वाभाविक है किसी सकारात्मक चीजों के साथ-साथ नकारात्मक चीजें चलती रहती हैं । इसी प्रकार आज के डिजिटल युग में लेखन का कार्य डिजिटल के आ जाने से आसान हो गया है , समय की बचत हो गई सूचना तक पहुंच आसान हो गई तो इसमें कई नकारात्मक चीजें भी शामिल हो गई जैसे कई बार वेबसाइट हैक हो जाने के कारण हमारे ओरिजिनल लेख में गड़बड़ी हो जाती है ideas के चोरी होने का भी डर रहता है या फिर सर्वर डाउन होने के कारण कई बार हमें घंटों इंतजार करना पड़ जाता है अपने लेखों को दोबारा से पढ़ने या फिर किसी भी लेख को पढ़ने के लिए । जो चीजें हम किताबों को पढ़कर अच्छे से एनालाइज कर पाते हैं वह चीजें कई बार हम लैपटॉप और वेबसाइट पर पढ़ते हुए उतना अच्छा महसूस नहीं कर पाते और कई बार लैपटॉप या websites पर लेख को लिखना और पढ़ना हमारे सेहत के लिए नुकसान दायक हो जाता हैं जैसे हमारी आंखों पर प्रभाव पड़ता है आंखें कमजोर हो जाती हैं, रेडिएशन से anxiety और तनाव जैसी बीमारियां भी बढ़ती हैं ।इस प्रकार डिजिटल युग के आने से अगर लेखन शैली पर सकारात्मक के साथ-साथ नकारात्मक प्रभाव भी पड़ा है।

अतः लेखन शैली का जो महत्व है वो अटूट है इसमे ऐसी शक्ति निहित है जो सामज मे क्रांति लाने की क्षमता रखता है लेखन शैली मे आकर एक व्यक्ति खुद को संतुष्ट और पुलकित महसूस करता है। आज बदलते युग के दौर मे जहाँ हर तरफ सोशल मीडिया और डिजिटल की गूंज है, इस युग मे भी लेखन शैली ने अपने वजूद को बरकरार रखने के साथ साथ बहुत मजबूती से विकास भी कर रहा है, और लोगो पर अपना गहन प्रभाव जमा रहा है।





# FREE TO READ

— Ms. Archana Bharti



captivity  
unattainable  
restrict  
independent  
knowledge  
freedom  
accessibility  
censorship  
learn



## WARNING:

YOU MUST BE ABLE TO THINK FOR YOURSELF TO READ THESE BOOKS

CELEBRATE  
FREEDOM  
TO READ

BANNED BOOKS  
WEEK  
2017



Just

One

More

Chapter

# FREE TO READ

**MS. ARCHANA  
BHARTI**

(GRADUATE CANDIDATE, SLCE,  
UNIVERSITY OF DELHI)



A few years back I read a book that was once a source of immense criticism and bigotry. Reading it was an entirely different experience because the curiosity to dive into its controversial pages did not emerge from some recommendation site or any marvelous review by a famous critic but rather with the knowledge that it was once called a banned book. And after contemplating for a while when I finally reached the last page of the book, a very prominent question emerged in me. The question of Why. Why was this book banned? What was so controversial that it was not even allowed its birthright, that is, to

be read. Why was it that schools and educational institutions were so enraged by its contents that they even committed the heinous crime of burning mass copies of it? All of these questions swirled within me and with that rose the curiosity to read more books, particularly banned books.

You will be astonished to know that many famous books that you have loved reading were actually banned once upon a time and some are still in that state in a few countries. And these are not just some silly books but rather famous ones like- Harry Potter, 1984, Ulysses, Catcher in the Rye, Slaughterhouse-five, The Kite Runner, Thirteen reasons why and many more like them. Now, before we dive into the debate of whether it is right to ban books or not, we should first understand its process and the reasons given behind it.

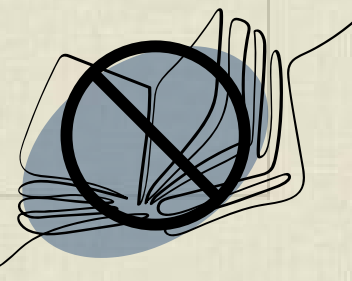




'Before a book is banned it is first challenged. A book challenge occurs when someone attempts to remove or restrict a piece of literature based on various objections' (15 Banned Books and the Reasons for Their Censorship, 2018). However, the book is not considered banned until and unless it is removed from a curriculum or library. This suggests that free access to the book is no longer available in the concerned institution or as in some cases, it can also be extreme like being prohibited by law. An interesting thing to note here is that, though books are challenged regularly, only about 10% of books that are challenged are banned. The reasons given for challenging a book remain many. Among them, a select few like sex, profanity, and racism remain the primary categories of objections, and most occur in cases of schools and school libraries. Frequently, these challenges are propelled forward with the innate urge to protect children.

Books that are challenged often are those that are targeted towards youth, yet still contain edgy content such as sexuality (like in *The Absolutely True Diary of a Part-Time Indian*), occult themes (like *Harry Potter*), violence (like the child-on-child violence depicted in *The Hunger Games*), profanity (including the racial slurs in *The Adventures of Huckleberry Finn*), and drug reference (as shown in *Thirteen Reasons Why*). Books that depict homosexual relationships are also challenged as we can see from the book *'And Tango Makes Three'* (a children's book that highlights a same-sex pairing between two male penguins who raise a chick together). While the intent is commendable, this method of protection contains hazards far greater than exposure to the "evil" against which it is leveled. In a *Wall Street Journal* written by S. Alexei, he notes that this method may be counterproductive in many instances, however, losing the opportunity for adults and children to discuss issues and material they will inevitably be exposed to and also because many children have already been exposed to these difficult situations in their real lives and books may provide an opportunity for children to explore their own conflicts with relatable characters.

While controversies over books remain a stagnant issue that has victimized even great classics like Harper Lee's *To Kill a Mockingbird* and the holy book *Bhagavad Gita*, the grievance of the situation is perceived by none. Even one challenge against a book can spark a literal fire in that particular book.







Banned

The challenges documented all over the world are those that represent requests to remove materials from schools or libraries, thus restricting access to them by others and not those brought by people merely expressing a point of view. Even when the eventual outcome allows the book to stay on the library shelves and even when the person is an alone protester, the censorship attempt is real. Someone has tried to restrict another person's ability to choose. Challenges are as important to document as actual bannings, in which a book is removed from the shelves of a library or bookstore or the curriculum at a school. Attempts to censor can lead to voluntary restriction of expression by those who seek to avoid controversy; in these cases, material may not be published at all or may not be purchased by a bookstore, library, or school district.

Till today there are many books that have been banned across the Globe and many times for absurd reasons. I have already mentioned some of these but now let's take a magnified outlook on this issue.

### **Bhagavad-Gītā as It Is Bhaktivedanta Book Trust**

**A Russian court has dismissed a call to ban an edition of the Hindu holy book, in a case that triggered protests in India. The commentary, not the text itself, was the cause for scrutiny, according to prosecutors in the Siberian city of Tomsk who wanted the edition to be ruled "extremist." The Russian translation of the book was at risk of being placed on the Federal List of Extremist Materials, which bans more than 1,000 texts, including Mein Kampf and publications by the Jehovah's Witness and Scientology movements.**



**Nasrin, Taslima - Lajja (Shame)**

**Motilal UK Books of India**

The headteacher at the K.C. Technical and Business Management College in Dhaka, Bangladesh (2012) was arrested after the book, considered blasphemous by some Muslims, was found in the school's library. The teacher could face up to three years in jail if he is found guilty of authorizing the book's inclusion in the library. The Prothom Alo newspaper said the teacher denied having the book and said he was the victim of a conspiracy. The novel was banned a year after its publication in 1993, and Nasrin was forced to flee Bangladesh to escape death threats from radical Muslims who considered it blasphemous for advocating secularism.

**Vonnegut, Kurt  
Slaughterhouse-Five**

Removed from Republic, Mo. High School (2011), but later returned and stored in a secure section of the library accessible only to parents. Teachers cannot require the book nor read it aloud in school. A Republic resident filed a complaint about the appropriateness of the book arguing that it teaches principles contrary to the Bible.

**The Moor's Last Sigh  
Salman Rushdie**

The book contained a character resembling Balasaheb Thackeray, the leader of the right-wing party Shiv Sena. The book faced protests from the party. The book also contained a dog named, Jawaharlal, named after India's first Prime Minister, Jawaharlal Nehru. Prime Minister P. V. Narasimha Rao unofficially banned the book. In September 1995, the local publishers Rupa & Co. were asked to stop selling the book while it was being reviewed. Rupa & Co. decided to approach the Supreme Court of India in response. The court declared the ban unconstitutional in February 1996. However, book sellers were reluctant to stock the book in Maharashtra, the home of Shiv Sena, due to the fear of vandalism.



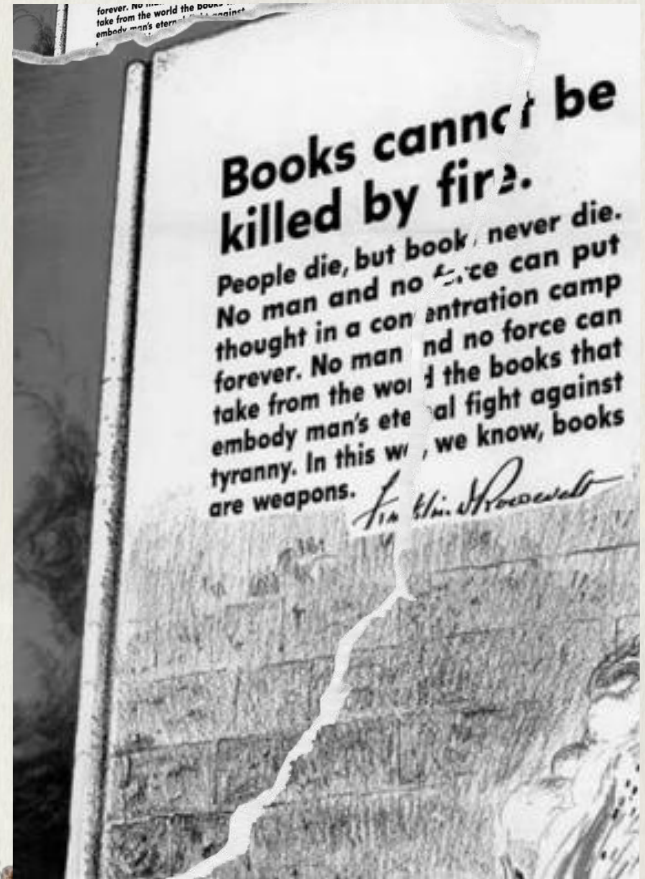
*Protect your Right to*

# READ

The books that the world calls immoral are the books that show the world it's own shame.

-Ralph Waldo Emerson

As you can see, hardly any of the banned books have got really just reasons for doing so. Though I'm not going to count all banned books in one collection of victims, neither am I going to say that books should never be banned. No, what I want to convey through this short article is awareness. Awareness that every day one of the basic and most important rights, that is, the right to read is in danger. According to Article 19 (1) (a) of the Indian Constitution, every Indian has a right to express their views, and this right is justifiably shared among all democratic countries. However, invalid accusations still continue to rise. Censorship of books not only restricts our freedom to choose for ourselves but also to express ourselves. While parents have the right—and the responsibility—to guide their own children's reading, that right does not extend to other people's children. Similarly, each adult has the right to choose his or her own reading materials, along with the responsibility to acknowledge and respect the right of others to do the same. When we speak up to protect the right to read, we not only defend our individual right to free expression, we demonstrate tolerance and respect for opposing points of view. And when we take action to preserve our precious freedoms, we become participants in the ongoing evolution of our democratic society.



**BANNED**



# आज़ाद परिदे

## CREATIVE WRITING

INSIDE THIS ISSUE

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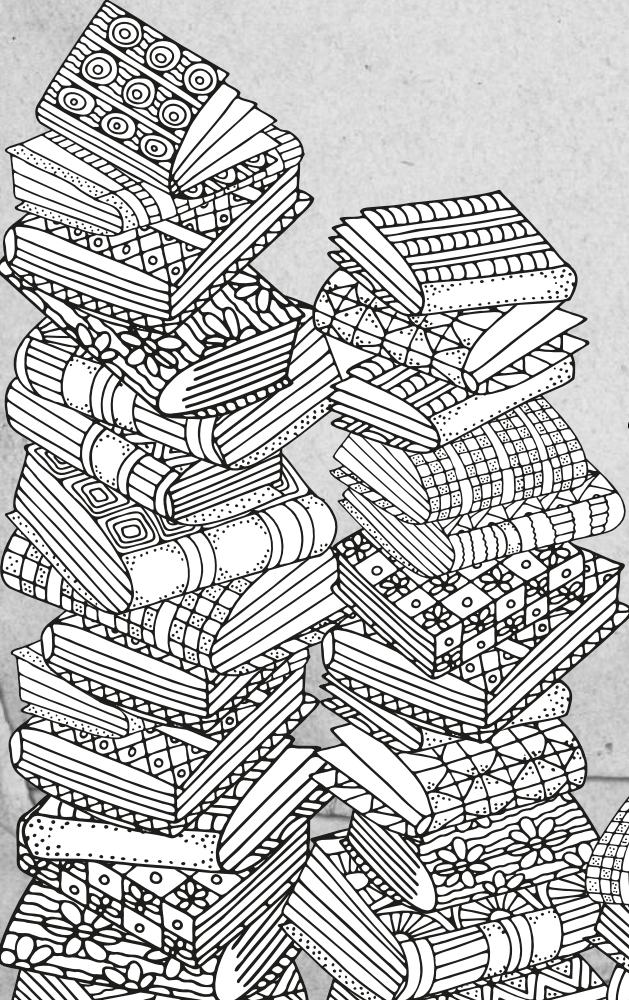
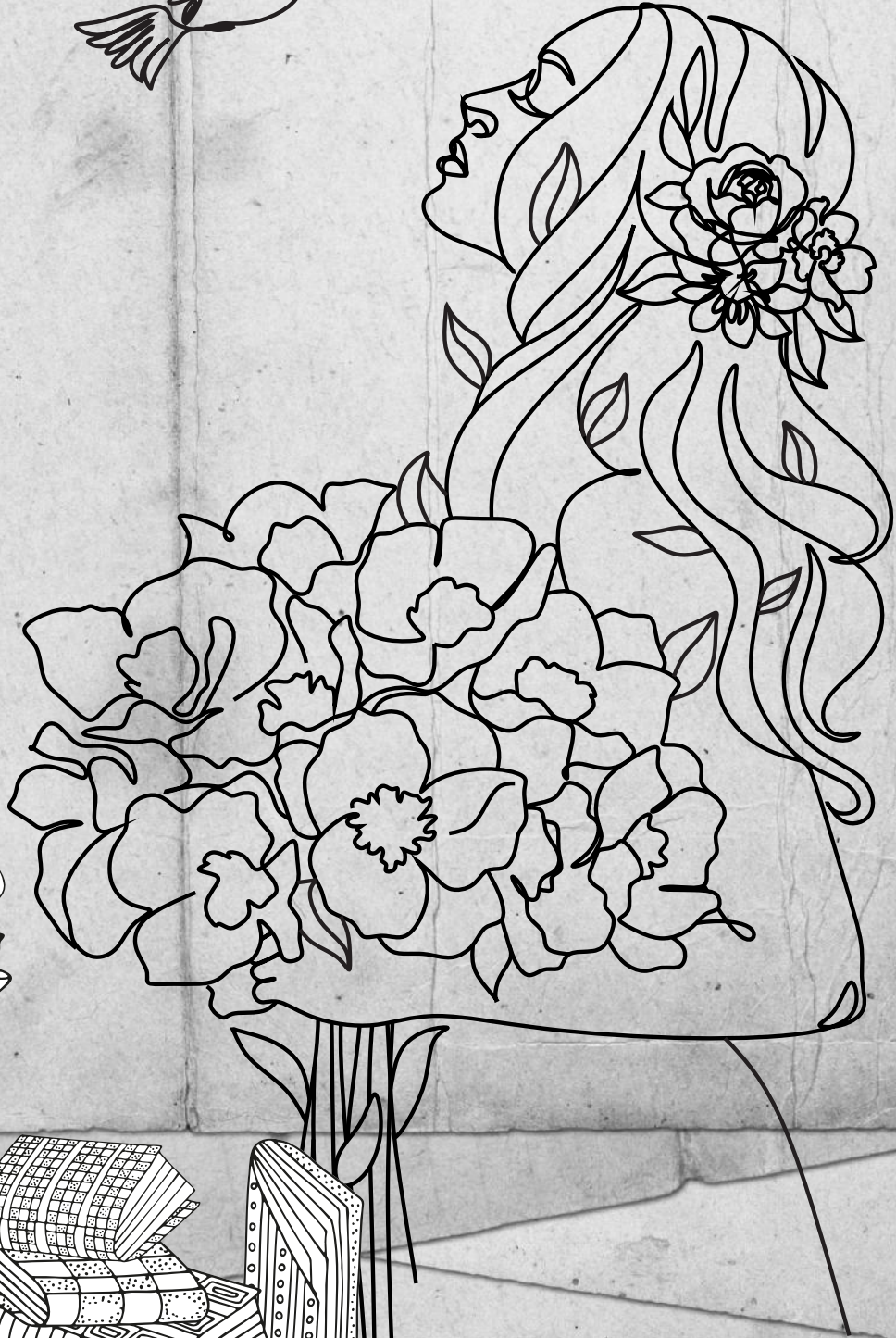
I TRAVELLED

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शक्ति

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जन्मदिन की चाह

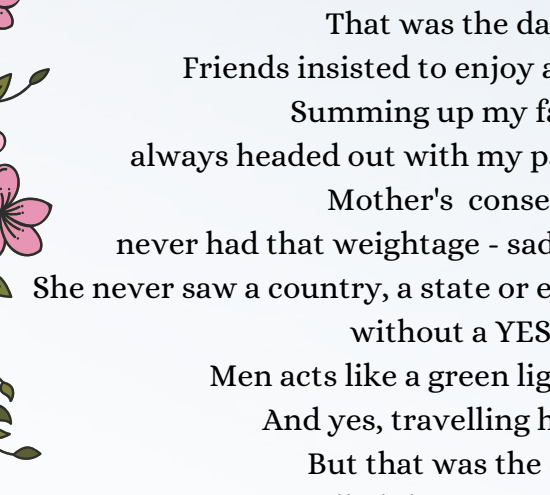




# I Travelled

**MS. JAHANVI SINGH**

(Graduate scholar, Kalindi College, DU)



That was the day,  
Friends insisted to enjoy a public ride.  
Summing up my facts,  
always headed out with my papa or that brat.  
Mother's consent  
never had that weightage - sadly, just being apt.  
She never saw a country, a state or even the neighborhood,  
without a YES.  
Men acts like a green light for life .  
And yes, travelling has life.  
But that was the day  
I just called the maternal power,  
Excited the lady expressed no deny ,  
However, her question of "but how"  
reflecting the downbeat is like a forever phenomenon till now.

Afraid I was,  
still, the enthusiasm was unharmed  
This friend gave her travelling card.  
yes it was a metro ride,  
Yes, a cliché in sight.  
Still it held my evolutionary might.

The friend gave no good words for an amateur like me.  
And the day modelled like an adventure, I can hardly forget.  
Termination of train, a concept I had no grasp of,  
So perplexed that,  
Ultimately asked a stranger about my own destination spot.  
It's a foolish exchange to remember now,  
Ha ha I still laugh along.

Reaching home was an accomplishment-  
like To FINALLY FIND MY HOME  
on my own.

Gave my vote next year,  
yet it was "that day"  
my mother noticed me grow.

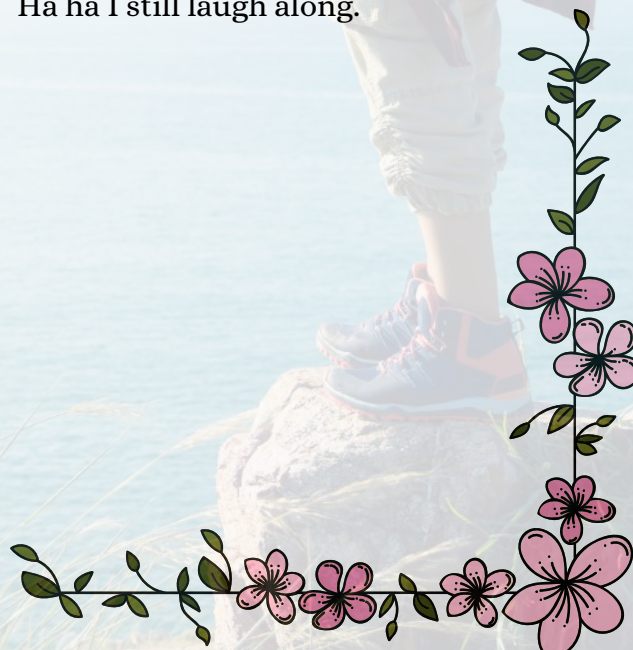
At the same juncture,  
father was in a phase of revelation and  
the barriers minimised in that moment.

First day I traveled alone,  
with my silly discoveries and devotion.

I felt the wind changing its pace

Or perhaps I detected it from "a safe"

So that was the day - " I TRAVELLED" without my Papa.





# शक्ति

MR. DEV CHAUDHARY

(GRADUATE SCHOLAR, SLCE, UNIVERSITY OF DELHI)

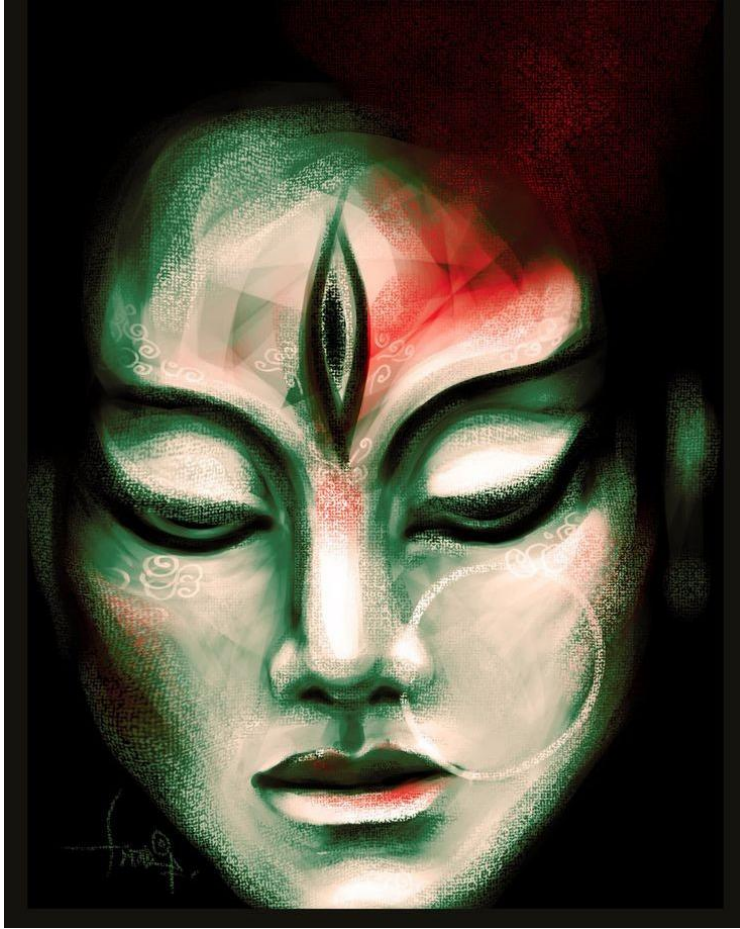
माँ बहन बेटी आस्वस्त नहीं  
पर नारी अभी परास्त नहीं !  
तरु पल्लव निज निज हृदय संकित  
मन दिप्ति बुझा भय से अंकित  
निज सकती बिसार पाथर कम्पित  
ज्वाला के चक्षु आंसू रंजित  
कमजोर शक्ति संहार नृत्य  
ग्लानि पर्णू सम्पूर्ण कृत्य  
उत्पन्न क्रोध ज्वाला प्रखर  
चित्कार फूट ढह शैल शिखर  
शोषण विरुद्ध शक्ति संधान  
समय सिद्धांत पनुरुक्ति प्रधान  
शक्ति स्मरण को अनुष्ठान  
शक्ति से प्रकृति दीप्तोमान  
छोड़ ममत्व और शील विवेक  
शक्ति रख ले अब रूप अनेक  
खडग हाथ में लेकर के  
लालित्य दान में देकर के  
काली ले अब भजु दंड उठा  
धधक उठे प्रचंड सिखा  
शक्ति साधे अब शक्ति बाण  
कालिके करे अब रक्तपाण  
शक्ति का हुआ हैअस्त नहीं !

जब शक्ति प्रखर नख पर होगी  
निसचर विहीन घरा होगी  
अनवरत योगिनी नतृक होगी  
लाशों में लगी येसिखा होगी  
भयाकुल ,मनजु जिह्वा न खोलेगा  
शंकर ,महाकाल बन डोलेगा  
शोषणकर्ता न बचा होगा  
हर देहरी तिमिर बिछा होगा  
हर कण कण रुदन मचाएगा  
दारुण दःख हर मन पायेगा  
हर प्रताड़ित रण में गरजेगा  
तब प्रजातंत्र भी लरजेगा  
तलवार म्यान से कढ़कर के  
शोषित के हाथ लगी होगी  
अहम से उठी हुई मुंठी  
नारी चरणों में नभी होगी  
ना सहमा हुआ मनुष्य तब  
चपुचाप बैठ कर देखेगा





प्रचंड तांडव नृत्य देख  
 इतिहास गरजना सीखेगा  
 तब उन्मक् क्रोध की ज्वालाएं  
 हर तरफ अग्नि घघकायेंगी  
 तब शोषित हुई नारियाँ उठकर  
 इतिहास स्वयं लिखवाएंगी  
 अभी हुआ है ऐसा हस्र नहीं !  
 मत भरो ग्लानि कर्मों में



हो जन्म जिससे महाकाली का  
 नारी गयी जो भूल भेद  
 शोणित सिन्दूर और लाली का  
 खड्ग हर तरफ खनकेंगी  
 न तर्पण होगा प्याली का  
 शंकर नृत्य न रोक सकेंगे  
 महिषासुर मर्दिनी काली का  
 हो न व्यथित ये सतंतुन  
 तमु करो आज कुछ ऐसे जतन  
 टालो शक्ति तांडव नर्तन

सहनेशोषण नारी तन  
 जननी रूप अनरुक्ति का  
 भार्या रूप गहू शक्ति का  
 ईश्वर गहू में देना चाहेजब  
 लालित्यशील और गणु विवेक  
 पत्नी करती गहू को पवित्र  
 तब शक्ति के ले रूप अनेक  
 बांध कलावा बहन कभी  
 वरदान न चाहे रक्षा का  
 देती सामर्थ्य वो उलट हमे  
 हमारी ही प्रति रक्षा का  
 नारी है वरदान सकल  
 तन मन जीवन की शक्ति का  
 माँमीरा है प्रतिबिम्ब नवल  
 राधा माँकी प्रिय भक्ति का  
 प्रेम परिवर्तित हो न जाए  
 रणचंडी की अग्नि में  
 क्युं कि, शक्ति होगी कभी  
 परास्त नहीं !!



# जन्मदिन की चाह

MR. VISHESH KASHMI

(GRADUATE SCHOLAR, SLCE, UNIVERSITY OF DELHI)



रजनी अपने जन्मदिन पर महंगी मार्केट से कपड़े लाई है और नीरज दरवाजे पर ही उसे तीव्र आलिंगन से बधाई देता है। रजनी भी यही चाहती थी परंतु खिन्न होकर भीतर कमरे में चली जाती है शायद वह और भी कुछ चाहती थी। जैसे कि नीरज उसके कपड़ों की, अच्छी आदतों आदि की प्रशंसा करें, इधर-उधर की दो-चार बात करें, पर नीरज ने ऐसा नहीं किया। वह कुछ "बिजी शेड्यूल" का है नौकरी करता है ना शायद यही कारण हो।

रजनी ने ऐसा क्यों किया? आखिर क्यों? .....

जून का महीना था। गर्मी इतनी बढ़ी हुई थी कि खेतों के रास्ते से गुजरने भर से लगता था कि गर्म पानी की नहर में चल रहे हो। महीने का पहला हफ्ता खत्म होने को था और इस बार उत्तर भारत में मानसून कुछ पहले आ चुका था, झमाझम वर्षा 3 दिनों तक चली। रजनी की मां ने उसे जन्म दिया।

उत्तर भारत के ग्रामीण क्षेत्रों में परिवार लगातार इस प्रयास में रहते हैं कि प्रसव घर ही हो तो उनका मान बचा रहेगा कि बहू की काठी मजबूत है। अतः घर पर ही रजनी की आहारनाल ब्लैड से काट दी गई और उसका पेट दो दिन में सूजकर मोटा हो गया, अधिक स्वास्थ्य बिगड़ने पर उसे अस्पताल में भर्ती कराया गया जहां पर उसकी जान बच गई और समाज के द्वारा उस पर पहले आघात को भी उसने वहन कर लिया।

रजनी के जन्म पर उसकी दादी को बहुत दुख हुआ कि लड़की हुई है, और रजनी की मां बोली-"कीया पोत्था जन्मा है तेने"।

रजनी धीरे-धीरे बढ़ने लगी पहले घुटनों के बल चली और मात्र 9 माह की हो जाने पर अपने पैरों पर चलना सीख गई मानो इस संसार में अपने पैरों पर खड़े होने को बहुत उत्सुक है। रजनी के माता और पिता उसे देखकर बड़े खुश रहते। पिता कुछ पढ़े लिखे थे तो अपने दोस्तों की बेटियों के जन्मदिन में कभी-कभी शहर जाते थे। तो फिर अब बारी उनकी थी, अतः पिता ने अपनी माता यानि रजनी की दादी से अनुग्रह किया कि जन्मदिन मनाया जाए, अब क्योंकि रजनी के दादा नहीं है तो बड़ी होने के कारण दादी अपने पति की उस सत्ता का सुख ले रही थी जिसमें वह खुद कई वर्षों तक घुटती रही। बहरहाल जन्मदिन के उत्सव की बात सुनकर दादी के मस्तिष्क का प्रत्येक न्यूरॉन सक्रिय हो गया और जिस प्रकार चक्रवात छोटे तिनके को एक मिनट में ब्रह्मांड की यात्रा करा देता है उसी प्रकार रजनी के पिता को अपनी आंधी रूपी कठोर बातों की चपेट

में लेकर दादी बोली-"तोको सरम ना आती है, अगर इसका जनमदिन बनावेगा तो एक के पीछे एक लग जावेंगी सारी कै यहां तो खूब मिले है और सात लौंडिया होवेंगी तोको। मोए से पूछे मत इस बारे में।"

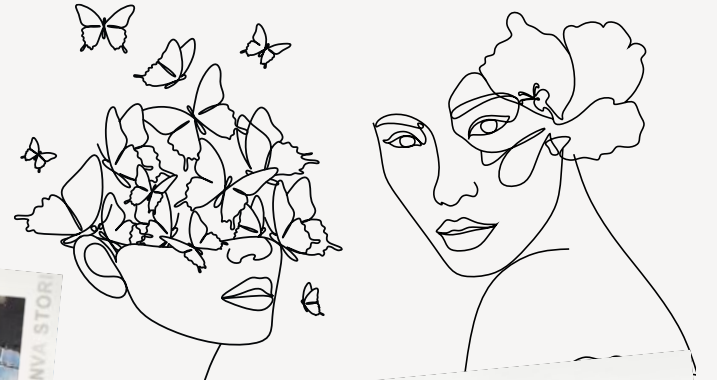
दादी जी बुलंदशहर के क्षेत्र से मेरठ के क्षेत्र में विवाह करके आई थी तो भाषा में ब्रजभाषा का पुट झलकता था।

इक्कीसवीं शताब्दी का पहला दशक था ,1991 के आर्थिक सुधारों का प्रभाव बड़े-बड़े सेठों के घरों से होता हुआ ग्रामीण कच्चे घरों में भी दिखने लगा था। पक्की ईंटे, गांव में चार-छः टेलीविजन दिखने लगे थे, ज्यादा कुछ तो नहीं बदला लेकिन रजनी के लिए मां मम्मी और पिताजी पापा होने लगे। रजनी और बड़ी हुई तो वह अपने उम्र के बच्चों के साथ खेलती , पढ़ाई करती और स्कूल जाया करती। पांच-छह वर्ष की रजनी जब नहा कर बाहर आती तो मम्मी उसे तौलिये में पूर्णतः ढक देती। एक दिन रजनी ऐसे ही बाहर बैठ गई, ऐसे ही मतलब बिना तौलिया लपेटे, तो मम्मी ने उसे बहुत डांट लगाई फिर रजनी ने कुछ क्षणों तक मम्मी के चेहरे को देखा और फिर खिसियानी होकर रजनी ने अपने चचेरे भाई की ओर इशारा करते हुए पूछा "उसे कोई कुछ क्यों नहीं बोलता" तब मम्मी ने जवाब दिया - "तू अब बड़ी हो रही है बोब्बो, समझा कर" । मम्मी की बात को समझने योग्य रजनी की उम्र नहीं थी। पता नहीं उसने क्या समझा होगा शायद..... यह समझ लिया हो कि.. बड़े होने पर खुलकर नहीं रहा जा सकता, छिप कर रहना होगा जैसे उसकी मम्मी पर्दे में छुपकर रहती है। रजनी ने 12वीं कक्षा उत्तीर्ण करने के बाद स्नातक में प्रवेश लिया और कॉलेज में आवागमन होने लगा। बस स्टेशन से

कॉलेज बारह से पंद्रह किलोमीटर होगा, स्टेशन पर चोर, बदमाश और लफंगे लड़कों की एक ऐसी जमात मिलती थी जो रजनी और उसके साथियों को तरह-तरह के भत्ते व उलजलूल बातें कहना अपने मनोरंजन के अधिकार के रूप में समझते थे। बस स्टेशन से गांव तक पैदल आने के रास्ते में भी इसी जमात के कुछ झिंगुर रूपी टुच्चे लड़के मिल जाया करते और तरह-तरह की आवाजें निकालते, कभी-कभी रजनी डर भी जाती पर उसे विश्वास था कि जब तक वह उनसे मुंह में लड़ाएगी तो कोई खतरा नहीं है। मानसिक आघात तो वह रोज वहन करती ही थी परंतु यदि शारीरिक या यौन उत्पीड़न की दशा कोई बनाना चाहे तो वह कुछ नहीं कर सकती थी।

बहरहाल, रजनी ने स्नातक पूरी की और 'तथाकथित'आदर्श भारतीय नारी की भांति उसके मम्मी-पापा ने दहेज देकर उसका विवाह नीरज नाम के व्यक्ति से संपन्न कराया।

नीरज ने स्नातक किया था और 'ऑपरेशन थिएटर' का डिप्लोमा लेकर शहर के एक अस्पताल में काम करता है। नीरज बचपन से ही लड़कों के स्कूल में पढ़ा हुआ है और स्त्री के साथ बोलने तथा साथ खड़े होने तक को "कॉस ऑफ डिस्ट्रक्शन" अर्थात् भटकाव का कारण मानता है। अपने इस बेतुके और बेकार विचार को प्रमाणित करने के लिए वह बुद्ध,कालिदास, तुलसीदास , स्वामी विवेकानंद और कलाम साहब तक को गिना देता है और तुलसीदास की पत्नी के वचनों को हमेशा याद रखता है जो उन्होंने तुलसी से कहे थे-





"अस्थि- चर्ममय देह मम तमाइ जैसी प्रीत ,  
तैसो जो श्री राम मह होती न भावभीत। "

लेकिन छायावादी स्तंभ, प्रसाद जी की श्रद्धा को बुलाने के लिए मनु को लगी फटकार को भूल गया-

" उस पूर्ण आत्म विश्वस्मयी को उड़ा दिया था समझ तूल,  
तुम भूल गए पुरुषत्व पुरुषत्व में कुछ सत्ता है नारी की।"

लेकिन अब किया भी क्या जा सकता है शायद उसकी स्मृति इतनी अच्छी ना हो। परंतु हाय! मनुष्य की आवश्यकता, उसने रजनी नामक स्त्री से विवाह किया है। विवाह के विषय में उसकी राय और प्रेम को लेकर उसके विचार किसी मध्यकालीन सामंत से कम नहीं है। पर वह समाज में झूठी मर्यादा दिखाने में पक्का था। रीतिमुक्त धारा के प्रसिद्ध रचनाकार और आलम अकेली के रचयिता आलम तथा उनकी पत्नी शेख के संवाद में -

" कनक छरी सी कामिनी, काहे को कटि छीन "- आलम

"कटि को कंचन काट बिधि कुचन मध्य धरि दीन"- शेख

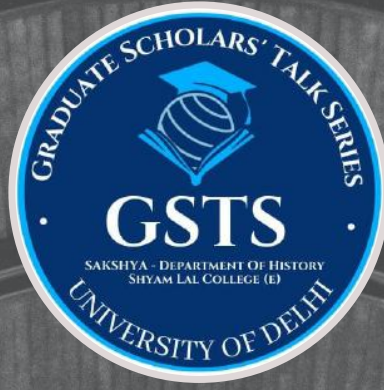
बस इसी प्रकार की बातों से नीरज बहुत प्रभावित रहता है पर शायद वह यह नहीं सोचता होगा कि आलम एक ब्राह्मण से इस्लाम धर्म को स्वीकारने का निर्णय शेख के रचना कौशल व आत्मीयता को देखकर किया होगा, यह पंक्तियां केवल उनके प्रेम से ही नहीं अपितु सामंतों के विलास के लिए होने वाली रचनाओं के प्रभाव से भी उद्धृत हुई होंगी।

रजनी का विवाह बीस वर्ष की आयु में हो चुका है इक्कीस वर्ष की होने पर वह फिर से अपना जन्मदिवस मनाना चाहती है और क्यों न चाहे उसने आखिर अपना नया जीवन जो प्रारंभ किया है। इधर बीते 10 वर्षों में भारत में काफी कुछ बदल चुका है। भारत अब ' डिजिटल इंडिया ' के नाम को पसंद करता है। कुछ उद्योगपतियों की कृपा से सभी वर्गों- मध्यवर्ग , निम्न - मध्य वर्ग , निम्न वर्ग आदि के हाथों में इंटरनेट की सुविधा है। हो सकता है कि कुछ अति पिछड़े या पहाड़ी इलाकों में यह सुविधा अभी नहीं हो। नीरज भी इंटरनेट का प्रयोग करता है कुछ अच्छा और कुछ बुरा। प्रेम की जो निम्न स्तरीय परिभाषा उसने अपने संकीर्ण मस्तिष्क में बिठाई थी उसे इंटरनेट ने और प्रबल कर दिया है वह इंटरनेट पर "पॉर्न " देखता है और प्रेम के कारण अपने जीवन साथी के साथ मधुर तथा नैसर्गिक रूप से यौन-संबंधों स्थापित करने के स्थान पर वह रजनी का यौन-उत्पीड़न तथा यौन-हिंसा करता है। रजनी तो अपने उत्पीड़न से ही अनभिज्ञ है। तो वह भला क्या विरोध करेगी परंतु वह दिन में घर का काम करके थक कर रात को पूरा आराम न मिलने पर परेशान जरूर रहती है। नीरज दिन में अस्पताल में नौकरी करता है और कुर्सी पर थोड़ी नींद भी ले लेता है।

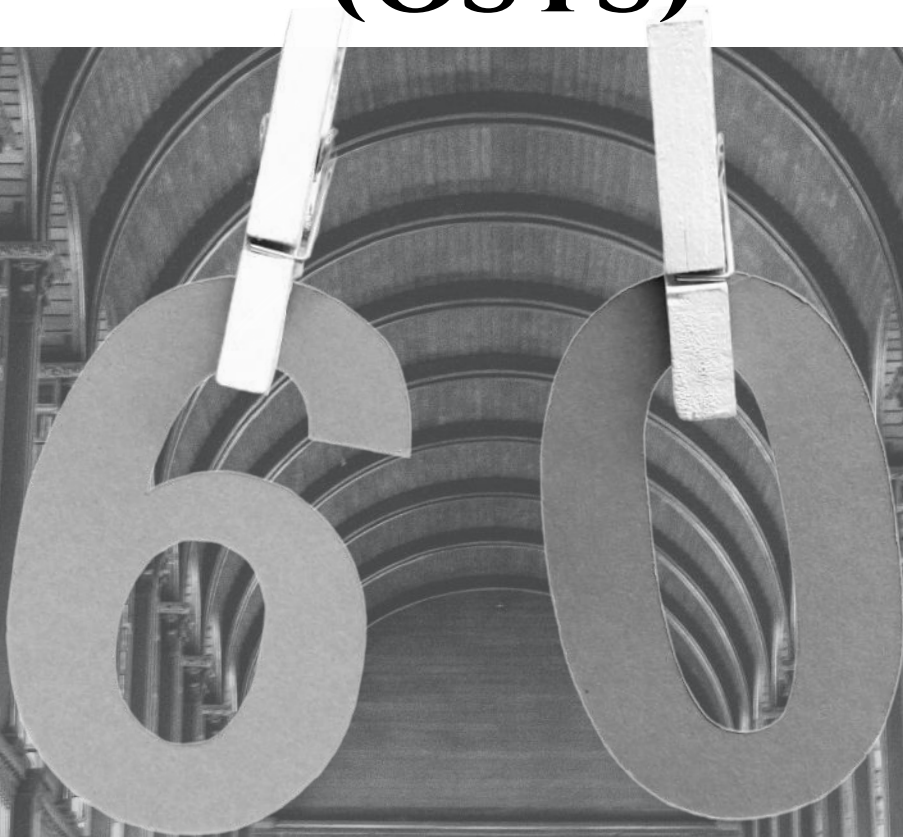
अपने नए जीवन के पहले जन्मदिन पर वह बहुत खुश है। उसने अच्छे कपड़े पहने हैं तथा शृंगार किया है। वह सोचती है कि नीरज जब घर लौटेगा तो उसे आलिंगन कर खुश होगा नीरज ने ऐसा ही किया परंतु इस आलिंगन में प्रेम के उस 'बर्बर स्तर' का भाव अधिक है जिसकी रजनी ने शायद इच्छा नहीं की थी। रजनी अपने को वैसा ही ठगा सा और असहाय महसूस करती है जैसा कि अपने कॉलेज के समय में लफंगो की जमात के झिंगुरो के समक्ष करती थी। तब मानसिक अब मानसिक व शारीरिक दोनों प्रकार के आघात वहन कर रही है। रजनी कल भी असुरक्षित थी और आज भी लेकिन न तब कुछ कर पाई और नहीं आज कर पा रही है।







**GRADUATE SCHOLARS'  
TALK SERIES  
(GSTS)**



*Celebrating 60 talks*





## GRADUATE SCHOLARS' TALK SERIES (GSTS)

JCC-Journal of Continuity and Change by Graduates introduces Graduate Scholars' Talk Series (GSTS), a weekly talk series, another initiative by Sakshya, the society of History department of Shyam Lal College, Evening. This talk series was started on February 7, 2021 (Sunday) and has been happening every Sunday since on 'Google Meet'. It is an online platform provided to graduate students to talk about a certain topic of their choice.

This series is started in order to voice the ideas and opinions of the students, to enhance their orating, thinking, and researching skills, and to boost confidence among them. All the participants get a participation certificate and an award is given to the SPEAKER OF THE MONTH selected by the GSTS panel.

All the talks are available on YouTube:

<https://www.youtube.com/channel/UCJwsPI6cEQn8mwcNZYvKc-w>

To register to participate in GSTS:

<https://docs.google.com/forms/d/e/1FAIpQLSckDoYoiXUaxU4433Lav1JdPr7JdI-OwdAGH3gUV5Q0mAkVvQ/viewform>

JCC will feature the works of the participants of GSTS. The participants featured in this issue are-

- Mr. Ishant Sharma - JAPAN & SOUTH KOREA "DIVIDED BY HISTORY, UNITED BY AMERICA
- Ms. Tisha Jain- WHY ABROAD NOT INDIA?

# JAPAN & SOUTH KOREA

“DIVIDED BY HISTORY, UNITED BY AMERICA”

**MR. ISHANT SHARMA**

(GRADUATE SCHOLAR, SGTB KHALSA COLLEGE, UNIVERSITY OF DELHI)

**W**ith the rising hike of Chinese power at international platform and high risk of potential cold war between the United States and the People’s Republic of China both South Korea and Japan hold the most strategic weight in this new potential rise of a new superpower as both nation-states i.e., South Korea and Japan have geographical proximity with China. They are also diplomatically and politically closer with the United States which makes them the most important player in North-East Asia and Indo Pacific.

Another significant importance of these states is their contiguity with the Democratic People’s Republic of Korea (DPRK) or North Korea, which remains as alone Nuclear-armed foe of the United States. South Korea and Japan are considered as the Powerhouse of Asia’s Economy also known as East Asian Giants with approximately an economy of (5.18 trillion dollars) of Japan and (1.619 trillion dollars) of South Korea. Both nations are regarded as Techno based countries as their indigenous companies are regarded as the finest Prime Technological and automobile companies in the world. LG, Samsung, Kia, Hyundai are classic examples of successful South Korean companies.

Mitsubishi, Toyota, Honda, Sony are classic examples of Japanese companies.

But if we behold in actuality the Bilateral relationship between Japan and South Korea, their relationship is full up of “Hostility and Distrust.” Both nations have long Historical Distress, which has developed distress between Seoul and Tokyo, which always remained as the stumbling blockage between Japan and South Korea.

## HISTORICAL BITTERNESS

Both Nation-states share a thorny history in which they had enormous historical infighting. Japan perpetually had a golden desire to conquer the Korean peninsula, which came up in the picture in 1910. Its ambition .remained the annexation of the Korean peninsula and turning up the whole peninsula into its colony. Japan polished its authority over judiciary, legislature and civil administration which was vested in the Japanese established government of Korea. There are many other reasons also for the perpetual bitterness between the two nations.







Japanese loaded atrocities on Korean Nationalists who demanded self-autonomy, anti-Japanese voices were brutally suppressed, and anti-Japanese guerrilla activities were smashed down hard.

## WAR CRIMES & ATROCITIES IN COLONIAL ERA

In the duration between 1935 and 1945, around 50,000 Koreans were laid down as forced labours in coal mines. This can be testified through the infamous (Hashima Island case) where Koreans were laid down as forced labours in coal mines and bearing intensive hardships, they were disregarded of adequate food and medicine

Korean women were characterised as “Sex Slaves” and were laid to please Japanese soldiers. These women faced sexual harassment, atrocities, mental humiliation during world war 2.

## IDENTITY CRISIS

The hegemony of the Japanese also came down upon their identity. The Initial initiative taken by them was the enforcement of the Japanese language. The Korean language was ignored; the Japanese language was pressed down as the primary language of Korean schools.

Worship at the Shinto shrine was enforced as compulsory. The principles of the Japanese emperor were inducted into the curriculum of Korean schools, and Koreans were forced to take up Japanese names

## JAPAN – SOUTH KOREA RELATIONS (POST WW2)

With the surrender of Imperial Japan and the Establishment of Independent Korea, an agreement between the USA and the Soviet Union was signed. This divided the peninsula on the 38 parallel and the establishment of DPRK (Democratic people’s republic of Korea) backed by the USSR and ROK (Republic of Korea) backed by the USA was formed.



## **KOREAN WAR (CONTRIBUTION OF JAPAN)**

With the emergence of the Korean War and the Invasion of North Korea towards South Korea, Japan (Occupied by Allied forces) played a decisive role in the rescue of South Korea and conquering the territory back to 38 parallel .

## **RELATIONSHIP BETWEEN JAPAN AND SOUTH KOREA (POST KOREAN WAR)**

With the Armistice with North Korea, the most paramount thing for South Korea was to rebuild its economy to make economic development. And to make this ambition in reality South Korea inked a treaty with Japan which is known as [ South Korea – Japan treaty of 1965].

In this treaty, Japan agreed to provide 800 million dollars to south Korea as economic assistance, along with giving permanent residence to the Koreans who were living in Japan before world war 2. The United States of America also argued for the normalisation of relations, and as a result political and economic relations also improved rapidly.





## DRIFT MOVEMENT BETWEEN (SEOUL AND TOKYO RELATIONS)

The Rapid Economic development of the Japanese economy and South Korean economy contributed to the creation of a warm and close relationship but a series of unfortunate incidents soured the relationship between the two nation-states.

The most Prominent issue was Japan's pre-world war colonial ambition. Another instance that enhanced hostility and bitterness between South Korea and Japan was the Textbook Issue. The Japanese government gave passages in history textbooks that just glossed over all the atrocities committed by it in the pre-world period in Asia.

## TRADE DISPUTE

In the current time trade again became the "Bone of Contention" between Seoul and Tokyo. Both Nation-State remains the champion of Machinery, Computer, Mechanics, Robotics. But recent resentment over Trade has made things worse. Last year Japan laid down export to cut back on chemicals and other materials which became a critical hit for the South Korean Technological Industry. It was cited that these materials are illegally sent to North Korea for making weapons. Japan also enhanced more restrictions that removed South Korea from their list of most favourable trade partners.

The South Korean government also retaliated accordingly. In his speech, President Moon Jae In stated "Warned Tech companies to prepare for prolonged Trade Dispute". After that, the South Korean government has encouraged the development of goods that were imported from Japan. South Korean masses also showed cold shoulder to Japanese commodities, clothes, beer.



## STRIFE ON CO-OPERATION

There was wide hostility, sourness in the bilateral relationship between Seoul and Tokyo which undoubtedly will affect security cooperation in the Indo-Pacific. In the Hostile atmosphere, South Korea was also observed to quash [GSOMIA]-General Security of Military Information Agreement. This is a trilateral way of strategic intelligence collection which is very pivotal for Washington, Tokyo, and Seoul to counter North Korea's missile threats.



## *American's Role in Bilateral Relationship Between Japan and South Korea*

The United States of America has always remained as the bedrock of this bilateral relationship. They see both East Asian states as very pivotal for their national interest to counter rising Chinese influence in the Pacific and nuclear threat from Pyongyang.

America always advocated for a Cordial relationship between Seoul and Tokyo to make a stable pacific. The USA knows the strategic importance of South Korea and Japan and America has acknowledged Military and Economical assistance to both states.

## *COMMON CONCERN AND NEW WAY OUT*

North Korea with its regular testing of nuclear arsenals and emergence of Powerful China in the backyard of both countries is a matter of fact. Both Tokyo and Seoul shares democratic values, a liberal world, and human rights They support rule established by law, and free navigation in Indo-Pacific which automatically makes them "Natural Ally". So it's their stint to forget the past and put much emphasis on Economic Collaboration to have a speedy Post-Corona economic resource. Much emphasis on military cooperation to contain expansionist China and to put the cap on Pyongyang's growing Nuclear test should also be made by both nations.



# WHY ABROAD NOT INDIA?

**MS. TISHA JAIN**

(GRADUATE SCHOLAR, SLCE, UNIVERSITY OF DELHI)

“

It has been cited that India would have been 30 years ahead of its current state if its entire talented people had not gone overseas.

**A**s reported by the Ministry of Home Affairs (MHA) in one of its reports, more than six lakh Indians renounced their citizenship in the past five years.

As of September 30, 2021 around 1,11,287 Indians have given up their citizenship.

In the past two decades, there has been a continuous outflow of Indians, except during the 2008 financial crisis and in 2020-21 due to Covid-19 related travel bans (Brain Drain: The Great Indian Migration, 2021).

## BRAIN DRAIN

Brain Drain is defined as the migration of health personnel in search of a better standard of living and quality of life, higher salaries, access to advanced technology and more stable political conditions in different places worldwide (Brain Drain From Developing Countries: How Can Brain Drain Be Converted Into Wisdom Gain?, n.d.).

### REASONS FOR BRAIN DRAIN

As Prof. Milind Sohni, a scholar, talked about the causes of this brain drain he pointed out some major points like-

There are only about 10 lakh fresh jobs available each year (both public and private sector jobs.). And the data from income tax show that of these, there are about 3 lakhs 'good jobs' which pay 15 lakh per annum or more and 30,000 jobs which pay starting salary of Rs. 10 lakh-plus per annum.

Hardly any Indian company serving the Indian customer, offers a starting salary of Rs. 10 lakh per annum. Only multinational companies serve these jobs. From the MHRD data, we see that about 30 lakhs Indian students graduated last year from about 45,000 colleges.

It is impossible for companies or state agencies to meaningfully interview such a large number of applicants for every job. The short-listing task for private companies is done by branded institutions and colleges. And hence we can bear witness to the madness of competitive exams, closing ranks and coaching classes in high school and placement and packages in college. On this note, we can aptly say that no wise and capable parent would want to put their child through this ordeal and thus they move to foreign universities for better opportunities.







**{SOURCES WHICH LEAVES A GREAT IMPACT ON US}:**

### **PARENTS, TEACHERS, RELATIVES, AND INDIAN ABROAD SUCCESS STORIES**

For starters, all of us would have that one teacher who presents his or her students' success stories who would be working in America or in any abroad country that creates a benchmark for the other students to reach over. Also, each of us would have faced some of our uncle or aunty who'd be living in the U.S., U.K. or Canada that builds a yearning to taste and live life in a Western country. When a new Indian abroad success story comes into the limelight, it highly influences our thinking and behavior towards one's career and its opportunity. Like Parag Agarwal new CEO of Twitter, Satya Nadela (Microsoft CEO), Arvind Krishna (IBM CEO), Sundar Pichai (CEO of Alphabet INC or Google), Indra Nooyi (ex-Pepsi CEO), and Anjali Sood (Vimeo's CEO).

All these examples are identical but do we have any abroad Indian success story which depicts how a foreigner became CEO of any Indian company? Over the years, millions of young talented Indians from various disciplines have left our soil in search of better opportunities. For a long time, the idea of people moving to a different country was seen as a badge of honor, a feather in the cap as it were. The most singularly pursued dream.

### **INDIA IS A MAJOR EXPORTER OF HEALTHCARE WORKERS**

Among all the sectors, the most migration can be seen in the healthcare sector. India has become a major exporter of healthcare workers to developed nations particularly to the Gulf Cooperation Council (GCC) countries, Europe, and other English-speaking countries. As per OECD data, around 69,000 Indian-trained doctors worked in the UK, US, Canada, and Australia in 2017. In these four countries, 56,000 Indian-trained nurses were working in the same year. Hence, there is also large-scale migration of health workers from India.

In a government survey done a few years ago it was revealed that as many as 12% of scientists and 38% of doctors in the U.S. are Indians. In NASA, the report verified that 36% or 4out of 10 scientists are Indians. In addition to this, 34% of employees at Microsoft, 28% at IBM, 17% at Intel, 13% at XEROX and more than 12% at Google are Indians.

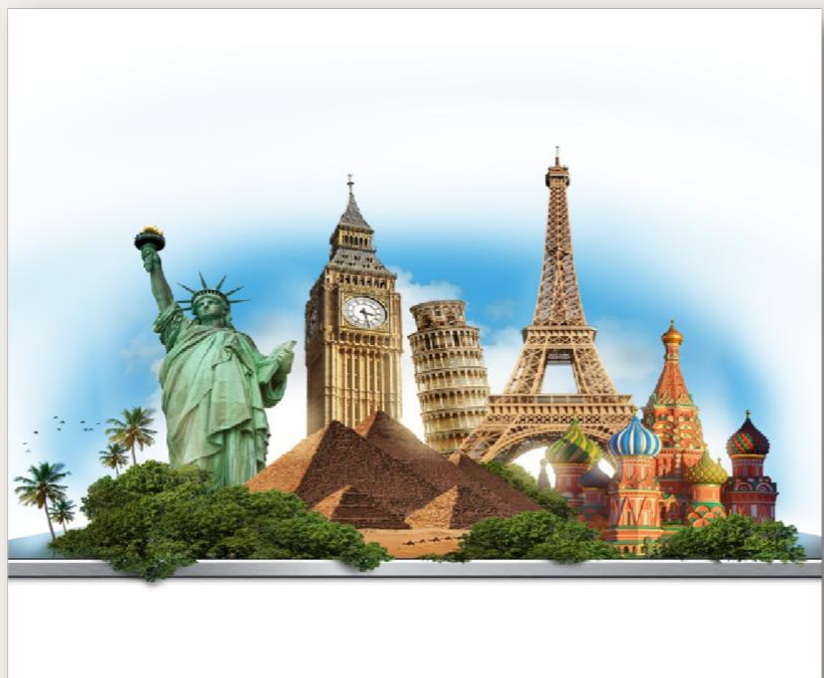


# SOLUTIONS

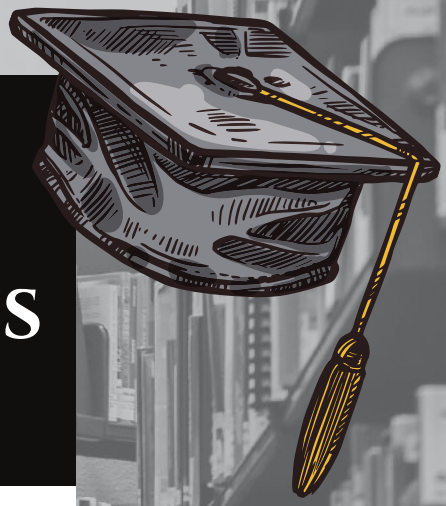
As of now, there is no definitive solution to this issue. However some measures can be taken by Indian companies and the respective government.

- Safe country - A safe work environment is essential for both employees and employers alike.
- Rural Development – Villages form the soul of proper and effective development in India.
- Tackling under-employment – The companies recruiting employees should take utmost care to resolve any form of underemployment in their organization. A person should be given a job based on his interest, caliber and academic merit.
- Proper payment policy – The salary paid to an employee is one of the determining factors for job satisfaction. The payment needs to be structured and proper monetary incentives should be paid whenever necessary.
- Taxation – There are a lot of reviews by economists who strongly believe that the taxation policy in India leaves much lesser scope for savings.

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# खोज BY GRADUATES

**GRADUATE'S RESEARCH PAPER**

INSIDE THIS ISSUE

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SCIENCE IN OUR  
CULTURE

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MS. SANJANA SOLANKI  
KIRORI MAL COLLEGE  
UNIVERSITY OF DELHI







# SCIENCE IN OUR CULTURE

**-Ms. Sanjana Solanki**



This paper aims at discussing that science is actually part of the culture. What we understand today as being 'modern science' is in fact not that modern. Indian traditional knowledge systems evolved over centuries through the cultures of various communities.



# SCIENCE IN OUR CULTURE

**MS. SANJANA SOLANKI**  
(GRADUATE CANDIDATE, KMC, UNIVERSITY OF DELHI)

In India, more than 1.3 billion people live here. India is the land of many cultures. The "Unity through diversity" is the main attraction to India, by many foreign countries. Like the United States, India is also a federal union, where almost all of its different states carry different languages and different cultural identities. The Indus Valley Civilization was one of the first civilizations on Earth. The Vedic period was a time in Indian history when the Hindu religion and caste system began in India. The Mughal Empire was the last and the strongest Islamic empire in India. So because of this "Unity through Diversity" and different cultural identity, India is known as the subcontinent within the Asian continent.

Indian traditional knowledge systems evolved over centuries through the cultures of various communities. They are also called indigenous systems made upon by versatile people by their diversified habits on foods, dresses, languages, living styles, and therapeutic methods in health care. India's traditional cultures have already been validated and well-accepted by various science communities and research organizations worldwide. The systems and their protocols are gradually becoming more popular because of distinguished ancient and current knowledge, innovations, benefits, and traditional beliefs.



“More importantly, India is the motherland of conventional therapies such as Ayurveda, Yoga, etc. India is one of the best countries to produce a variety of vegetables and fruits seasonally. They are the natural and reliable sources of multivitamins, and minerals in addition to other nutrients that are helpful to protect and boost the immune system. Hence, India's indigenous knowledge and culture in the perspective of Ayurveda, Nutrition, and Yoga have been playing significant roles in various healing processes and human values (Banerjee, 2020).”

I want to talk to you about why I think that science is actually part of the culture. What we understand today as being 'modern science' is in fact not that modern. If we consider Galileo Galilei, and Sir Isaac Newton, as the first 'true scientists', we should not forget that all civilizations throughout history have produced and accumulated knowledge to understand and explain the world.

But what do we mean by 'modern science'? The main characteristic of this approach is to understand nature by analyzing each phenomenon according to a predetermined set of rules.

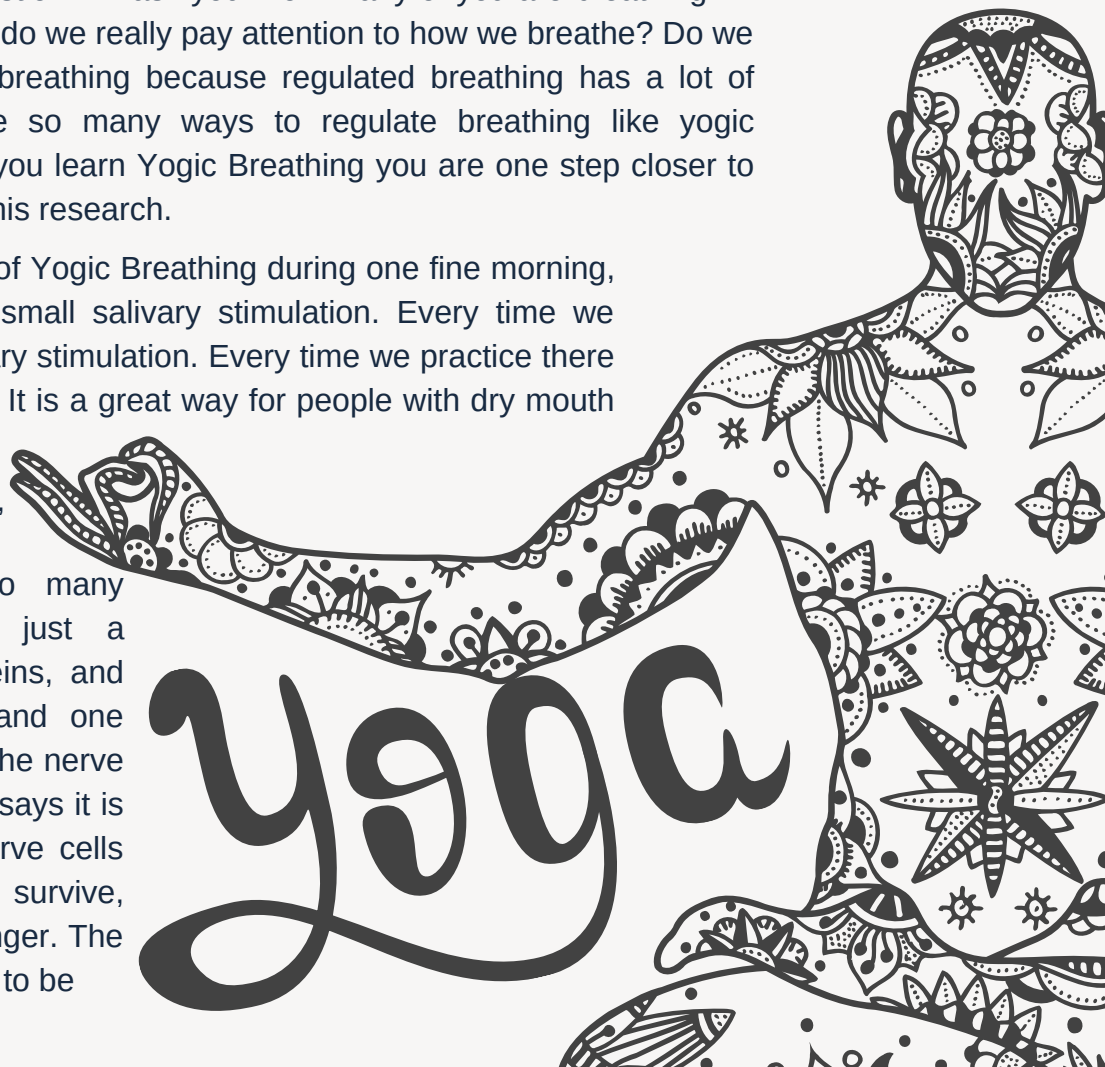
**“Science is part of a culture, and how ... science is done largely depends on the culture in which it is practiced”**

# Science in Yoga

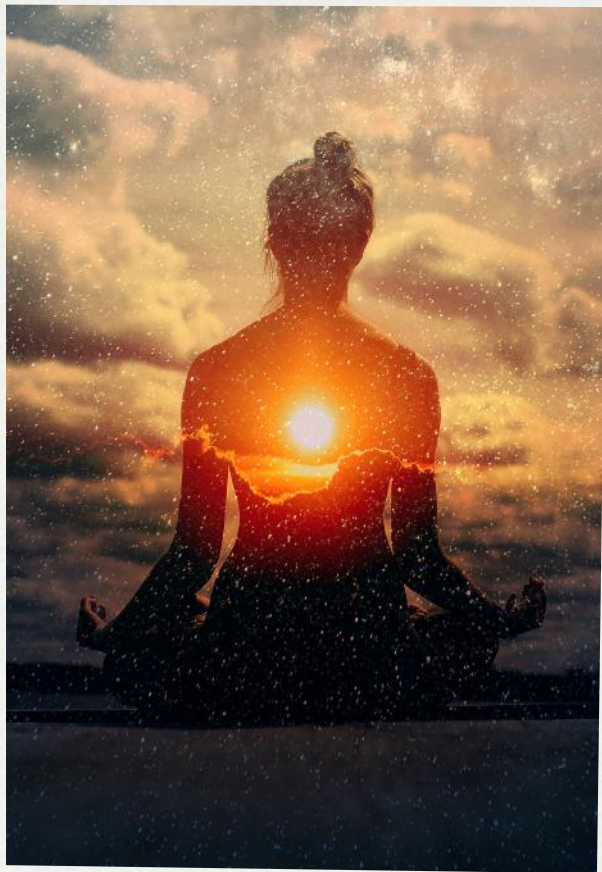
Let's start with a simple question. If I ask you “how many of you are breathing?” I can say that you all are, but do we really pay attention to how we breathe? Do we know how to regulate our breathing because regulated breathing has a lot of health benefits? There are so many ways to regulate breathing like yogic breathing or pranayama. If you learn Yogic Breathing you are one step closer to better health by the end of this research.

After some time of practice of Yogic Breathing during one fine morning, you would find there was small salivary stimulation. Every time we practice there is more salivary stimulation. Every time we practice there is more salivary stimulation. It is a great way for people with dry mouth conditions like Sjogren's

syndrome, radiation therapy, aging, and so on. As we know that saliva has so many compounds and is not just a digestive fluid, it has proteins, and hormone growth factors, and one pivotal one among them is the nerve growth factor. As the name says it is a protein that helps the nerve cells i.e., the neurons, to grow, survive, withstand stress and live longer. The nerve growth factor is found to be







reduced in lower levels in Alzheimer's patients and it is administered as a therapeutic agent to those patients. So those people who did the yogic breathing exercise had more nerve growth factors and those patients' diseases could be prevented with the help of yogic breathing. When the Yogic Breathing technique is carried further, 22 different proteins, and growth factors hormones are stimulated and they aid in various conditions including cancer immune response stress, and pain relief.

So Breathing stimulates salivary secretion and the various compounds in the saliva say nerve growth factors and several other factors can be transported to the central nervous system through specific transport mechanisms or can be absorbed into the bloodstream and available throughout the body or can just stay there in the world cavity to help us fight germs.

This is a fascinating idea that you can change your behavior and you can practice something that will improve your health. We all want to control our minds but doing so is not an easy task. Our mind is very

elusive as the Eastern philosophy puts it. We cannot control it but theorem Euler says there is an easy way. The mind cannot travel on its own, it needs a vehicle. Mind is using a horse that is your breathing so if you want to control the mind as the rider then you have to control the vehicle, the horse, the breathing. So controlling the mind is possible by controlling the breathing. Therefore whether you sing, chant, or practice sophisticated yogic breathing techniques, it will improve your health and allow you to have a peaceful life.

## Science in Ayurveda

“Ayurvedic medicine was practiced for thousands of years before anyone invented the placebo-controlled experiment.”

“Ayurveda is an ancient Hindu system of medicine as well as a general philosophy of health and wellness. Like most traditional medicine systems, it was developed and refined over thousands of years, using observation and experience—and that’s exactly where science begins (Reinagel, 2017).” It is the traditional medical practice of India and one of the world's oldest continuously practiced healing traditions. Ayurveda is often compared to an ocean and through this article, we're going to dip our toes into the ocean and start learning a little bit more about it. My objective is to provide some background in the science of Ayurveda, introduce common terms and concepts and share some lifestyle recommendations.

The term Ayurveda comes from Sanskrit and its two words “Arya” which means life and “Veda” which means wisdom, knowledge, or science. Thus Ayurveda is the knowledge or science of life. It's among the world's oldest continuously practicing prevention and healing systems. It's been in practice for an estimated 5,000 years. It started as an oral tradition passed down from teacher to student across multiple generations. The earliest recorded texts indicate that they are merely writing down what was an established oral tradition. Its main focus is the prevention of disease and promotion of positive health, and health is defined as a state of balance of mind, body, spirit, and environment and the promotion of the body's capacity for self-balancing and self-repair.

The healing is within you, the knowledge is within you. So the goal of Ayurveda or an ayurvedic doctor is to find that and unlock it and allow that to happen. Quotation from the Sanskrit encompasses what is considered healthy, from an ayurvedic perspective and it's one whose constitution is balanced, one whose digestion is balanced, one whose body tissues elimination is balanced, and whose senses themselves are filled with bliss. Health not being strictly about the body. It's the body, the mind, it's how everything's functioning, and also it's about more than the absence of disease which is sometimes a pattern we fall into when we think about health. The world healthcare organization (WHO) echoes this in their definition of health: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity and that this is a fundamental right of all of us without distinction of race, religion, beliefs, economic or social conditions (*The Right to Health*, n.d.)” And so we're seeing the idea of this all-encompassing a holistic approach to what health means beyond not being acutely ill.

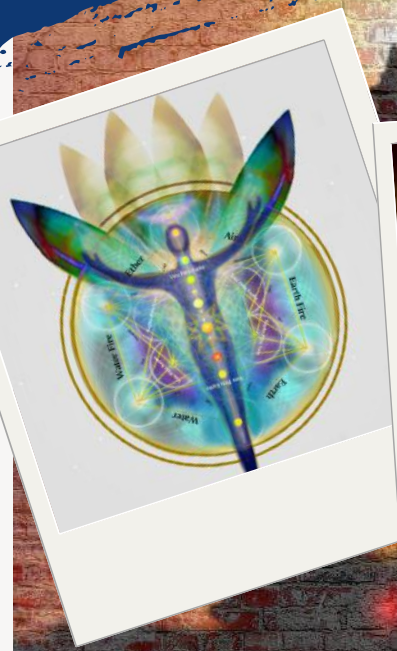
Moving forward with the fundamentals of Ayurveda there are five elements in it. The five elements make up all of the universes and that is everything that you can imagine and think of. Those five elements are space, air, fire, water, and earth and so as we think about those different elements and the qualities of what we associate with those elements.

So we're going to see these elements come into play as we move forward. Those five elements come together in different combinations to form the three doshas or constitution types. The first one is Vata which is a combination of space and air. Pitta is the second one and it's a combination of fire mostly with a little bit of water and Kapha, a combination of water and earth.

It's important to know that all of us are some combination of all three humor or doshas. The combination is determined at conception. It's influenced by the makeup of the parents but not strictly genetic but as well as environmental factors. So there's that interplay between what's going on in the environment where you live and the background of your parents which all come together in determining your constitution.







The term for the unique constitution of an individual is *prakriti* and we'll talk about that a bit more as well by definition. *Doshas* can go out of balance and they vary; they fluctuate day today. Within a day different seasons of the year are just different seasons of our life that are meant to happen when it goes beyond a certain stretch point that's when illness can occur usually. When a certain dosha has expanded beyond the typical or the normal range for that individual this is really important and I want to emphasize there is not one ideal dosha or combination of doshas we are all unique. We all have our own balance and the goal is not for all of them to be equal but rather it is for all of us to be the same. We're our own individuals. The goal is to understand what our individual makeup is, learn what that means about being in balance and what can disrupt the balance for us as our own person. So what is my dosha or what is your dosha?

"The fundamentals on which the Ayurvedic system is based are essentially true for all ages and so can be easily adopted time after time, century after century. The philosophy of Ayurveda teaches a series of conceptual systems characterized by balance and disorder, health and illness. It teaches that a person's mental, emotional, and spiritual beings are all interconnected and any kind of imbalance between them results in health disorders and diseases. Therefore, to be healthy, harmony must exist between the purpose for healing, thoughts, feelings, and physical action" (Science of Ayurveda, n.d.).

Ayurveda is also known as the science of living a healthy and illness-free life. It is built on the premise that in the olden days, man used to live close to nature, and whenever he got exposed to some disease, he used to cure himself using resources and materials provided by Mother Nature. It therefore would not be wrong to say that Ayurveda charts out a health pattern based on nature and its natural resources.

"The Vedic philosophy believes that human beings are all a part of nature. Just as animals and plants are interdependent on each other to create balance within their beings, there is a concurrent and inherent connection between the universe and human beings. The complex world that human beings reside in, is perpetually exposed to environmental changes. Any amount of change in weather, lifestyle, diet, work, emotions, and relationships can easily tip the balance and negatively influence an individual's state of mind, body, and soul" (Science of Ayurveda, n.d.).

Ayurveda calls for complete harmony of the human body with the elements of nature and the surrounding environment for a stress-free and healthy life. Ayurvedic science does not merely deal with medical science but its scope goes much beyond the universe of conventional science. It also includes factors like herbal medicine, body works, and surgery apart from the social, psychological, ethical, spiritual, and intellectual life of human beings.

Ayurveda is an ancient science of life that has a long history, and its basic principles may be valid even today. "However, the essence of any science is a continuous quest for new knowledge through research, development, and newer applications. The mode of manifestation of disease has changed. The geoclimatic environment, plants, animals, and microbes have changed. Human behavior, lifestyle and genetics have changed" (Patwardhan, 2014). Clearly, classical Ayurveda of bygone years cannot be blindly practiced without contemporary modifications. Continuous research on the safety, quality, and efficacy of Ayurvedic drugs and procedures is needed. Systematic documentation and critical analysis of clinical practices are necessary.

India is a pristine land of innumerable traditions and rituals. And although having witnessed or belonged to this rich society we lack the understanding behind several rituals and brand them as superstitious. You will be amazed and proud to know how thoughtful our ancestors were in designing various rituals and customs for our holistic well-being. I am explaining to you some of the scientific explanations behind rituals in our society.

### **Did you know what is the significance of Navratri?**

Navratri means nine auspicious nights. It is observed once at the beginning of summer and next at the beginning of winter. If you observe the pattern it is celebrated at the two junctures of seasonal change as the seasons change the inner chemistry of human beings also changes. During this transition, the body's immunity goes downhill. We are more vulnerable to infections so observing fasts was found to be an intelligent way to handle the situation even if you are not fasting it was advised to keep your diet light during the Navratri. This so-called superstition was not only a way to prevent diseases but also a smart half-yearly detox routine whether it is Ayurveda or modern science both are unanimous about the benefits of fasting. Even spiritually, ancient seers and saints found Navratri nights to be more conducive for sadhana. Overall Navratri is an opportunity for the people to grow physically as well as spiritually.





### **Ever wondered why is the PEEPAL TREE worshiped?**

This is because the Peepal tree exhales extremely high amounts of oxygen during the day. Women were advised to walk around the peepal tree early in the morning for ideal hormonal balance and easy conception. The purpose of keeping an idol was to give them all the more reason to follow this practice diligently. Apart from this ayurvedic, scriptures talk about numerous medicinal uses of various parts of the peepal tree. You might have also heard someone saying that ghosts reside on the branches of the peepal tree at night. The fact is that because of its dense nature, it also releases very high carbon dioxide during the night. Naturally anyone sleeping under the tree will be oxygen deprived. So this is nothing but a good example of how metaphoric language was used to simplify something complex which later gets construed as a superstition.

### **Have you wondered if there is any basis for the makeup worn by Indian women apart from its aesthetic appeal?**

Eyeliner was designed as a way of applying cooked medicinal herbs such as Amalaki haritaki and Burberry to the eyes to clean and prevent them from infections. Gold jewelry worn by Indian women is not merely a status symbol but regulates body temperature and enhances immunity. You will be amazed to know that the bangles, nose ring, earrings, and touring were an intelligent way of constantly pressing the acupressure points which help women regulate menstrual cycles and maintain an ideal hormonal balance. During weddings, brides and grooms apply Mehendi on their hands and feet as henna leaves produce a cooling effect and reduce the stress of the busy wedding days.

### **Why is it said that if you sleep facing North you will get SCARY DREAMS?**

I am sure you have heard this. Well there is a reason for it as we all know that earth is a large magnet with north and south poles. It has a strong magnetic pull towards the poles living in the northern hemisphere. If we keep our head to the north and stay in the same position for seven to eight hours then the magnetic pull will put an undue pressure on our brain. This may also be the reason why you sometimes wake up groggy even after a long sleep. Well you might not be getting scary dreams but it definitely affects your health. So any direction other than the north is ok. In Indian culture to face the east while sleeping is considered the best.

### **Do you know what is the concept behind doing a prayer before a meal?**

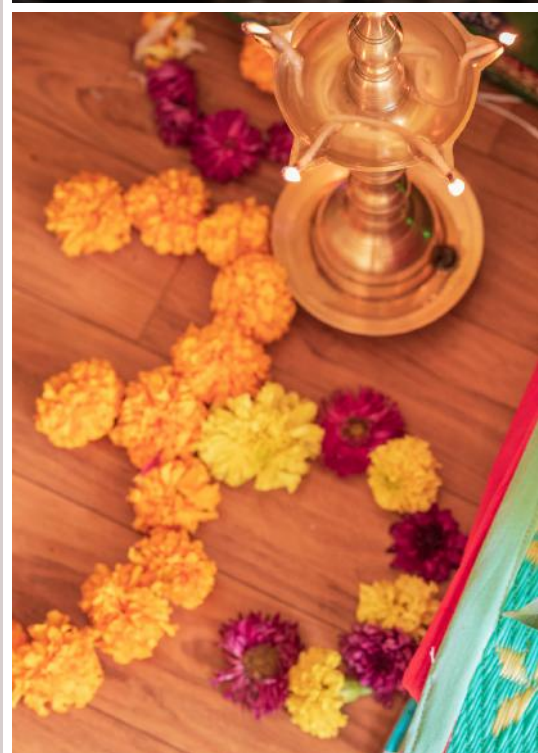
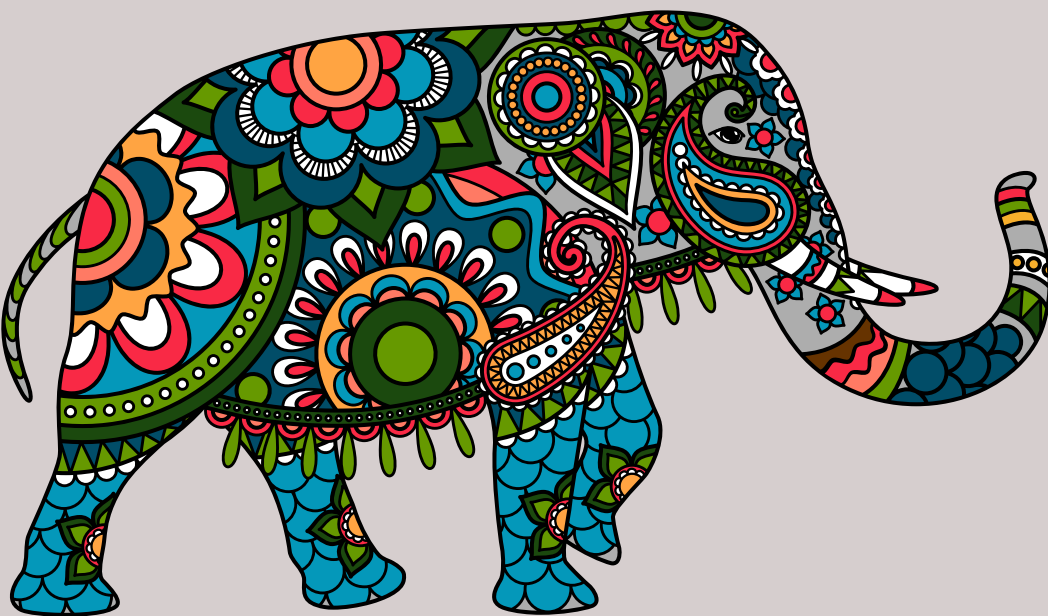
The ancient practice of eating on the floor and so eating using your hands is highly effective in assimilating the maximum nutrition from the food. Let us take this forward and understand why Indian meals, no matter which religion you came from always started with a prayer. It's a no-brainer that prayer instantly calms down our minds and when we eat with a calm mind we are able to eat food with more awareness which again leads to better assimilation of nutrients.



## Ever thought about why Indian puja involves so many precise rituals?

Whether it is a temple mosque or a gurdwara, these are the places with high positive energy. The devotees are asked to walk barefoot inside the place of worship as the positive vibrations can easily be absorbed through feet during the aarti of a deity. The cone shell would invariably be blown as it is done even today. Since villages were generally small the sound of the shank would re-sound all over the village and those who could not make it to the temple would stop whatever they were doing for a few seconds and mentally bow down to the almighty. In Islam this is achieved through the azan, the calling of the faithful prayer, also the sound produced from the shank is believed to purify the environment. Applying tilak is another common ritual. It is applied on the spot that lies between our eyebrows referred to as the Agni chakra. The significance of applying tilaks at that point helps to conserve the subtle energy of our body and keeps us focused. Our ancestors found that sandalwood, turmeric, and saffron paste are quite effective if applied to the Agni chakra. This also explains why women wear a bindi at the same spot.

Hence Science is part of the culture. "Culture isn't only art and music and literature, it's also understanding what the world is made of and how it functions. People should know something about stars, matter, and chemistry. People often say that they don't like chemistry but we deal with chemistry all the time. People don't know what heat is, they hardly know what water is" (Perutz & Perutz, 1989). I'm always surprised how little people know about anything related to science even though it constitutes such a pivotal role in our life.





# EDITORS' CHOICE

GRADUATE'S RECOMMENDATIONS



## BOOK REVIEW

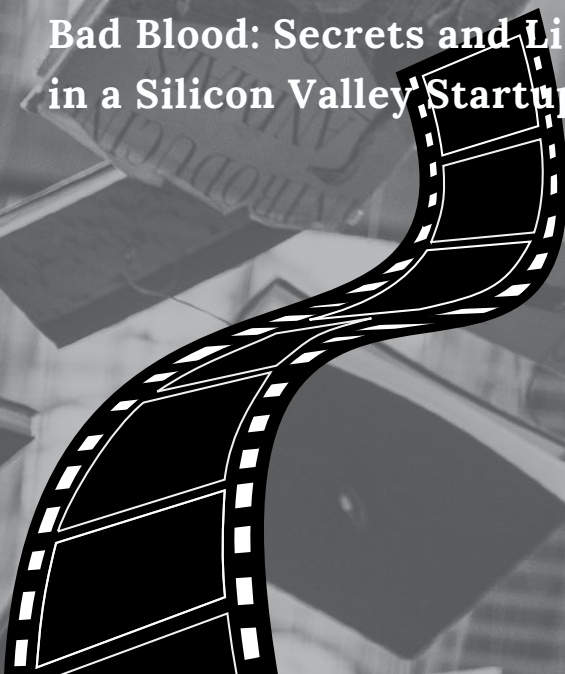
The Lighthouse Effect  
चित्रलेखा

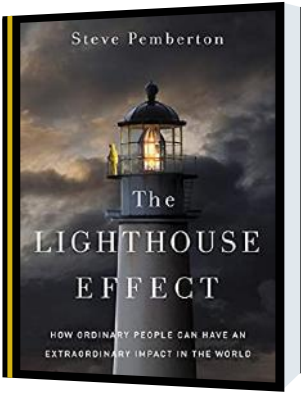
Bad Blood: Secrets and Lies  
in a Silicon Valley Startup

WATCH LIST  
THE ADAM PROJECT  
THE KASHMIR FILES  
JHUND

ART STROKE  
Wassily Kandinsky  
Paul Klee

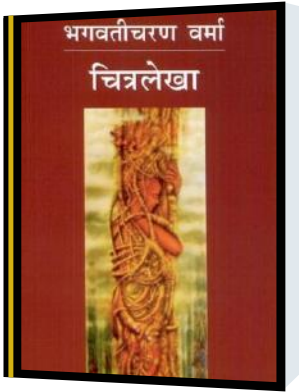
QUIZ





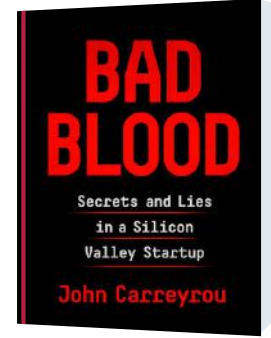
**THE LIGHTHOUSE EFFECT:  
HOW ORDINARY PEOPLE CAN  
HAVE AN EXTRAORDINARY  
IMPACT IN THE WORLD**  
by  
**Steve Pemberton**  
SEPTEMBER 28TH 2021 BY  
ZONDERVAN

In this stirring follow-up to his memoir, Steve Pemberton gives practical encouragement for how you can be a "human lighthouse" for others and through these inspiring stories will renew your hope for humanity. Through stories of people like John and several others, you will identify how the hardships you have overcome equip you to be a "human lighthouse," inspiring those around you. With a unique vision for building up individuals and communities and restoring trust, The Lighthouse Effect opens your eyes to those who are quietly heroic. You will reflect on the lighthouses in your own life and be reminded that the greatest heroes are alongside us--and within us.



**चित्रलेखा**  
द्वारा  
**BHAGWATI CHARAN  
VERMA**  
JANUARY 1ST 2012 (FIRST  
PUBLISHED 1967) BY  
CONTINENTAL PRAKASHAN

कोई व्यक्ति जिसने अशांति में आराम पाया, चित्रलेखा को असाधारण सुंदरता और ज्ञान की महिला के रूप में चित्रित किया गया है। बीजगुप्त और कुमारगिरि दो मुख्य पात्र हैं जो अपने अलग-अलग व्यक्तित्वों और उल्लेखनीय विरोधी विचारधाराओं के साथ कहानी को जीवंत करते हैं। क्या हम सभी ने जीवन के महान रहस्यों पर विचार नहीं किया है? हम क्यों पैदा हुए हैं? प्यार क्या है, भगवान सब के बारे में? यहां उपन्यास में आप हर चीज के लिए बहुत दिलचस्प दार्शनिक उत्तर पा सकते हैं। कथानक में मुख्य विषय पाप और पुण्य की परिभाषा थी, और हम पात्रों को यह बताते हुए हैं कि उनके लिए पाप का क्या अर्थ है। अंत में हम जिस निष्कर्ष पर पहुंचते हैं, वह यह है कि पाप जैसी कोई चीज नहीं है, हम परिस्थितियों से बंधे हुए कठपुतली हैं और हम वही करते हैं जो हमें करना है। यदि आप दर्शनशास्त्र पसंद करते हैं तो यह पुस्तक निश्चित रूप से आपको विचार के लिए भोजन देगी और गहरे अर्थों की आपकी खोज को समृद्ध करेगी।



**BAD BLOOD: SECRETS  
AND LIES IN A SILICON  
VALLEY STARTUP**  
by  
**John Carreyrou**  
MAY 21ST 2018 BY KNOFF  
PUBLISHING GROUP

The full inside story of the breathtaking rise and shocking collapse of a multibillion-dollar startup, by the prize-winning journalist who first broke the story and pursued it to the end in the face of pressure and threats from the CEO and her lawyers.

For years, Holmes had been misleading investors, FDA officials, and her own employees. When Carreyrou, working at The Wall Street Journal, got a tip from a former Theranos employee and started asking questions, both Carreyrou and the Journal were threatened with lawsuits. Undaunted, the newspaper ran the first of dozens of Theranos articles in late 2015. By early 2017, the company's value was zero and Holmes faced potential legal action from the government and her investors. Here is the riveting story of the biggest corporate fraud since Enron, a disturbing cautionary tale set amid the bold promises and gold-rush frenzy of Silicon Valley.



# WATCH LIST



## THE ADAM PROJECT

In this Sci-fi movie, after accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future. Adding to the challenge of the mission, the two Adams discover they really don't like each other very much, and if they're going to save the world, they're first going to have to figure out how to get along.



## THE KASHMIR FILES

The Kashmir Files is a 2022 Indian Hindi-language drama film, written and directed by Vivek Agnihotri. It is a story, based on video interviews of the first generation victims of the Genocide of Kashmiri Pandit Community In 1990. New Delhi: The Central government today provided 'Y' category security cover to 'The Kashmir Files'.



## JHUND

Directed by Nagraj Manjule, the movie is a story of A retired sports-teacher and sports -enthusiast Vijay (60 yrs) from Nagpur, often comes across a bunch of teenage goons from nearby slums who hang around wasting their time in playing cards, fighting, smoking, robbing passersby. Vijay takes initiatives and introduces football to these slum-dwellers to channelize their energy positively.





## Wassily Kandinsky

Wassily Wassilyevich Kandinsky was a Russian painter and art theorist. Kandinsky is generally credited as the pioneer of abstract art. Born in Moscow, Kandinsky spent his childhood in Odessa, where he graduated at Grekov Odessa Art school. He enrolled at the University of Moscow, studying law and economics. Successful in his profession—he was offered a professorship at the University of Dorpat — Kandinsky began painting studies at the age of 30.

In 1896, Kandinsky settled in Munich, studying first at Anton Ažbe's private school and then at the Academy of Fine Arts. He returned to Moscow in 1914, after the outbreak of World War I. Following the Russian Revolution, Kandinsky "became an insider in the cultural administration of Anatoly Lunacharsky" and helped establish the Museum of the Culture of Painting. However, by then "his spiritual outlook... was foreign to the argumentative materialism of Soviet society", and opportunities beckoned in Germany, to which he returned in 1920. There he taught at the Bauhaus school of art and architecture from 1922 until the Nazis closed it in 1933.



## Paul Klee

Paul Klee was a Swiss-born German artist. His highly individual style was influenced by movements in art that included expressionism, cubism, and surrealism. Klee was a natural draftsman who experimented with and eventually deeply explored color theory, writing about it extensively; his lectures *Writings on Form and Design Theory*, published in English as the *Paul Klee Notebooks*, are held to be as important for modern art as Leonardo da Vinci's *A Treatise on Painting for the Renaissance*. He and his colleague, Russian painter Wassily Kandinsky, both taught at the Bauhaus school of art, design, and architecture in Germany. His works reflect his dry humor and his sometimes childlike perspective, his personal moods and beliefs, and his musicality.

### *Moon play*

The urban scene is dominated by the great heavenly body, which receives its radiance from the universe and then emits it once again into that endlessness. The contact with anthropomorphic forms is clearly not without significance. The radiance of the moon disturbs the balance of the somnambulist and, at the same time, leads him into the fantasy world of an exceptional state of being.





**Title:** *Kleine Welten IV*

**Creator:** *Wassily Kandinsky*

**Date Created:** 1922

**Location Created:** *Printed at the Bauhaus, Weimar*

**Rights:** *Museum of Fine Arts, Boston. Bequest of W. G. Russell*

**Medium:** *Color lithograph*

**Art Movement:** *Bauhaus*



**Title:** Moon play

**Creator:** Paul Klee

**Date:** 1923

**Type:** Paper

**Medium:** Drawing/watercolour and oil on paper, mounted on card

**Inv.-No.:** NG 11/64

**ISIL no.:** DE-MUS-018511



# QUIZ



1. Which actress has won the "Best Actress in a Leading Role" Award at the 94th Oscars Awards 2022?
2. Which great Indian person's granddaughter "Sumitra Gandhi Kulkarni" has launched the Modi Story web portal?
3. Who has become the richest person in Asia according to Bloomberg Billionaires Index?
4. Netaji Subhash Chandra Bose started his Azad Hind Radio from which of the following place?

5. Who has won the ICC women's cricket world cup 2022?

6. Who has recently won the formula one (F1) 2022 ?



7. How much is the Defence budget for FY 2022?

8. Which is the biggest source of revenue for the govt in fy22?

9. Who is the chairperson of the advisory committee to guide the semiconductor mission ?

10. Which product is Russia's biggest contribution to global trade ?

11. Which is the new team joined in IPL 2022?



12. Who is the most expensive foreign player in IPL 2022?

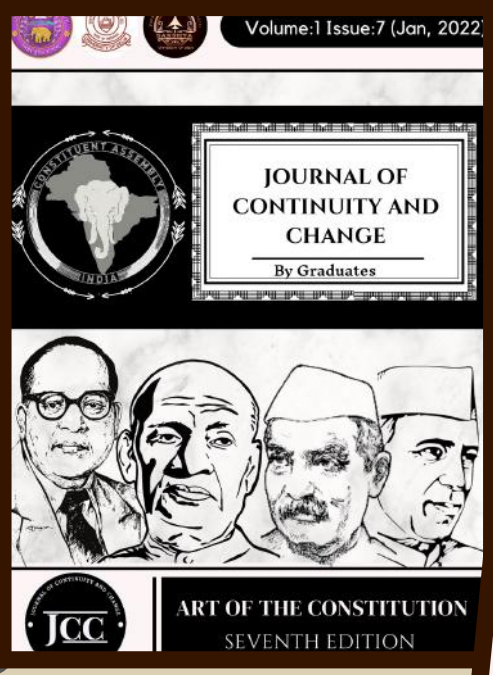
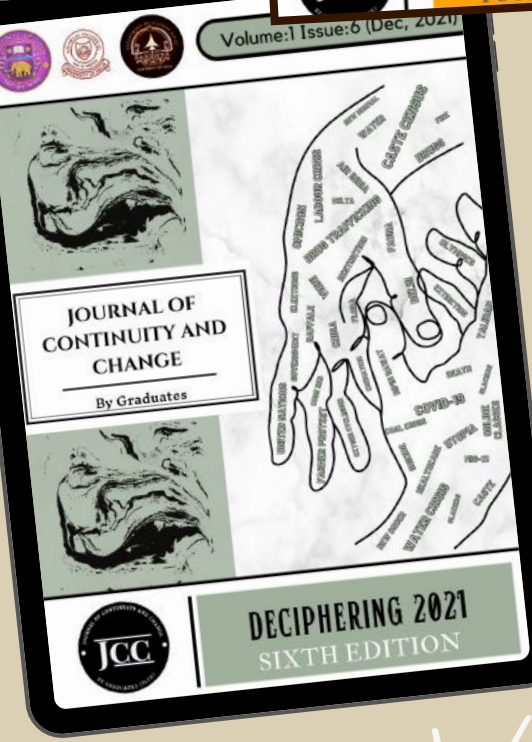
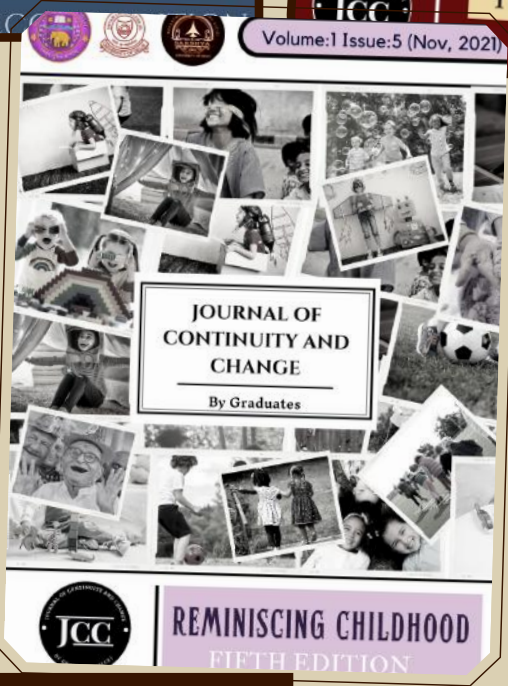
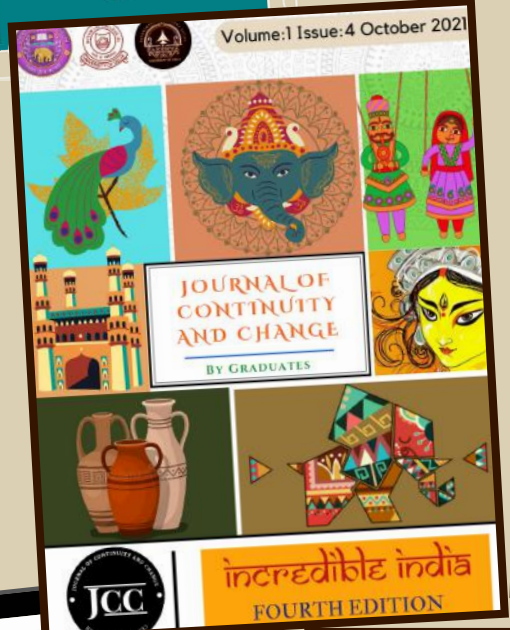
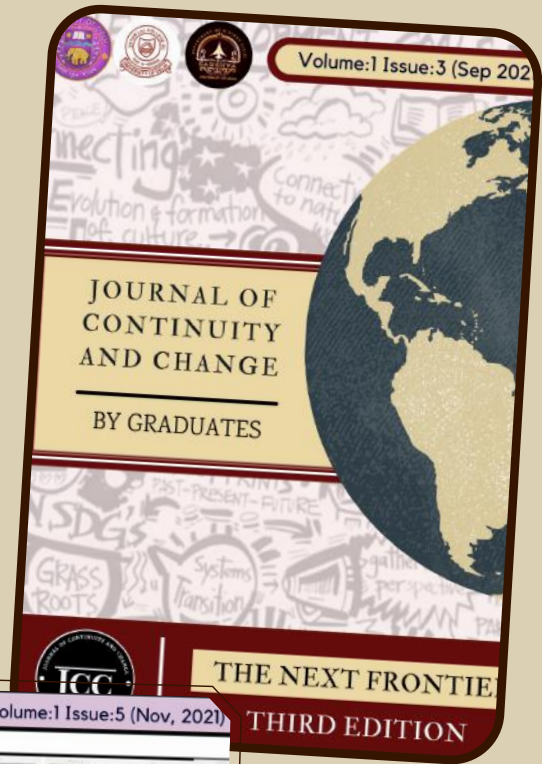
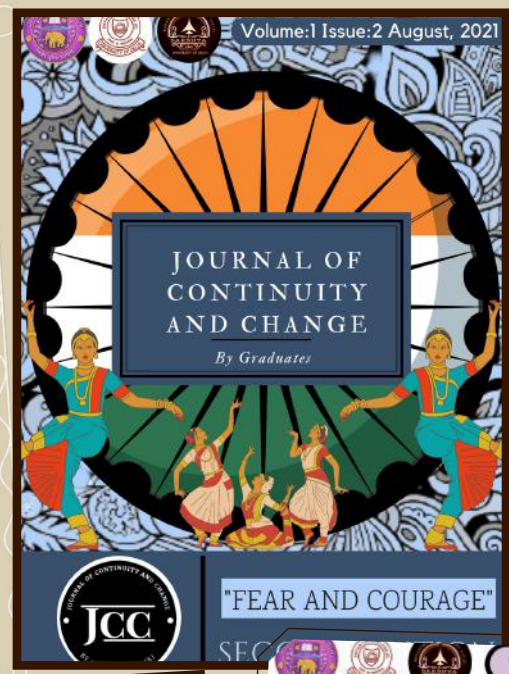
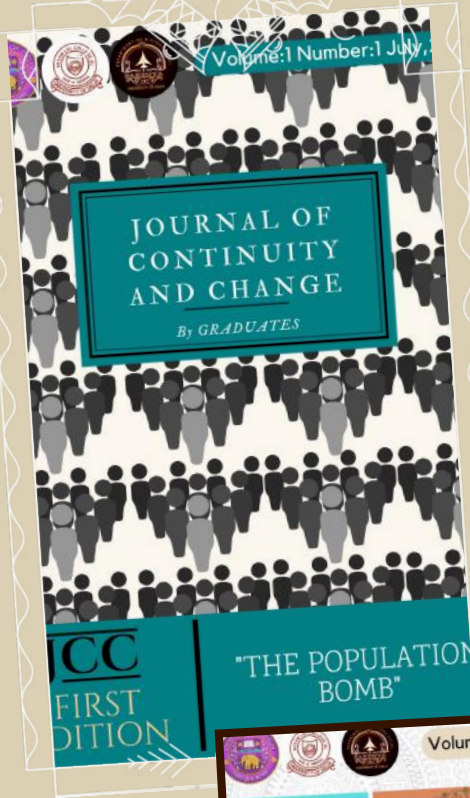
13. Which season of IPL is played in 2022?

ANSWERS : 1. JESSICA CHASTAIN 2. Mahatma Gandhi 3. Gautam Adani 4. Berlin, Germany 5. ENGLAND 6. CHARLES LECLERC 7. 78 lakh cr 8. GST 9. ASHWINI VAISHNAW 10. CRUDE PETROLEUM 11. GUJRAT TITANS & LUCKNOW SUPER GIANTS 12. LIAM LIVINGSTONE 11.5 cr ( england ) 13. 15th season

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# Editors' Insights

Sakshya History Society Department of History Shyam Lal College (E) University of Delhi

JOURNAL OF CONTINUITY AND CHANGE -by Graduates

## EDITORS' INSIGHTS-02



**Dr. Manish Karmwar**  
Convener (JCC) Executive Editor



**Mr. Anant Joshi**  
Editor



**Ms. Archana Bharti**  
Editor



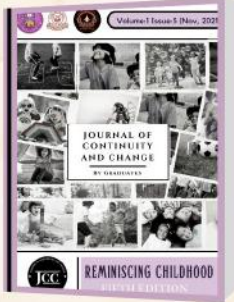
**Ms. Divya Tyagi**  
Editor



**Ms. Deepa Tiwari**  
Editor



**Ms. Priyanka Verma**  
Editor



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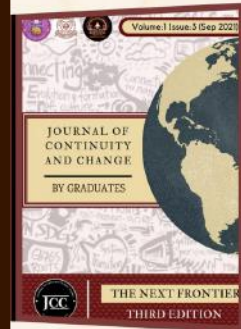
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**Ms. Divya Tyagi**  
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**FRIDAY, DECEMBER 31, 2021, 12 PM (IST)**  
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Dept. of Pol. Sc. SPMC, DU  
Chief Guest



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**Ms. Archana Bharti**  
Editor



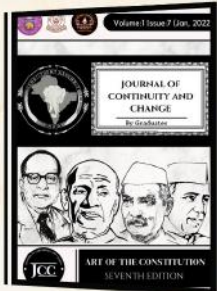
**Ms. Divya Tyagi**  
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**Ms. Deepa Tiwari**  
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**Ms. Archana Bharti**  
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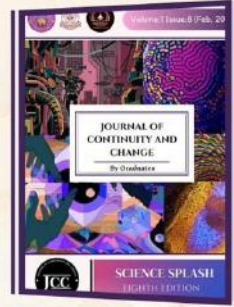
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Editor



**Ms. Deepa Tiwari**  
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**Ms. Priyanka Verma**  
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*lacinia at quis risus sed vulputate odio. Sed  
smod lacinia at quis. Ut tellus elementum  
icies lacus sed turpis tincidunt id aliquet  
massa ultricies mi quis. Magna fermentum  
Eget sit amet tellus cras  
vitae et leo duis ut diam  
aculis eu non diam phasel-  
Cursus sit amet dictum*

*ullamcorper sit amet  
semper fermentum*



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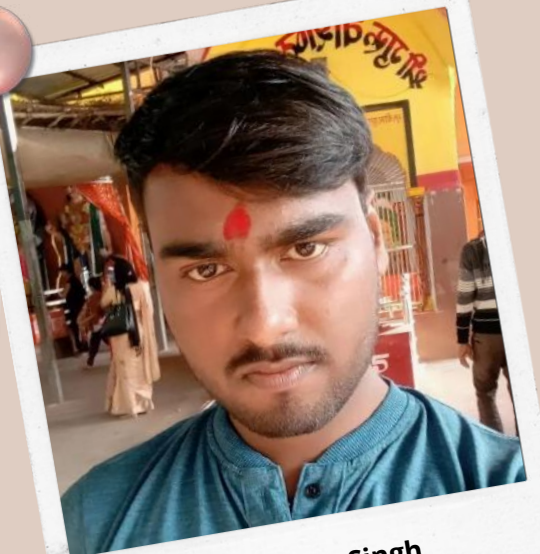
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**Mr. Dev Chaudhary**  
**Executive Member**



**Ms. Astha**  
**Executive Member**



**Mr. Ashish Singh**  
**Executive Member**

*At  
mauris.  
ta fames ac  
mauris nunc  
ing elit duis tris-  
semper feugiat nibh  
namcorper sit amet  
Cursus sit amet dictum  
elit et leo duis ut diam  
vitae et leo duis ut diam  
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massa ultricies in quis. Magna fermentum  
icies lacus sed turpis tincidunt id aliquet  
enismod lacinia at quis Ut tellus elementum*





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# The Writer's Panorama

Volume 2, Issue 1, April-May 2022

## Journal of Continuity and Change By Graduates



JCC Vol. 02

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