



MERI
COLLEGE

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WOMEN'S DAY EDITION

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ABOUT COLLEGE



A top ranking B-School NAAC accredited, MERI is affiliated to Guru Gobind Singh Indraprastha University (IPU), offers MCA, MCA-Lateral Entry, MBA, BBA, BA(JMC) & PGDM courses. Established since 1995, MERI is a part of higher & technical education, and is promoted by Triveni Educational & Social Welfare Society, holds an ISO 9001:2015 certification. The Management Education & Research Institute (MERI), Janakpuri is not only one of the centrally located B-Schools of Delhi but is also a self financed & self established institute like its other counter part institutions. The institute has been ranked as an 'A+' grade institute successively for last many years by GGSIPU and Delhi govt.

Message from President's Desk



Shri. I. P. Aggarwal
President

MERI has been a trend-setter in realizing the industrial needs and trying to satisfy those by developing human resources equipped with knowledge, technical skill – set and other values essential for good performance. The teaching methodology at MERI has been successfully integrating the technical and managerial knowledge with professional inputs from the industry.

Over a period of 15 years, MERI has continued to progress in all areas namely faculty, students, updating of courses and all-round placements in top organizations of India as well as MNCs. It is a matter of great pleasure that we have developed a distinctive niche for ourselves. I extend a hearty welcome to all the candidates aspiring to join us.

Message from Vice President's Desk



Prof. Lalit Aggarwal
Vice President

Welcome to MANAGEMENT EDUCATION & RESEARCH INSTITUTE, B-School in the state of art, for a journey which will stimulate your creativity and enterprise, equipping you with the skills and knowledge to build a satisfying professional career. At MERI, we have a Mega-Vision of 'building a Management & IT School par excellence' in which we have been largely successful. Our commitment is towards professionally inclined Management & IT graduates who, when unleashed in the practical world will be powerful performers. In short, we believe in excellence in the realm of management education.

Strong links with industry and commerce enables us to ensure that our PGDM, MBA, MCA & BA(JMC) courses are practical yet innovative and are flexibly helpful to an ever-changing industrial and business climate. Our commitment to teaching excellence with application orientation is matched by a caring approach. We are proud of the quality and flexibility of our courses and teaching methods. We continue to seek ways to improve the services, facilities and courses which we offer

The particular blend of working with industry and community is the hallmark of MERI's educational philosophy. Add to this our location in the historic city of Delhi where opportunities for a satisfying professional life abound. I am sure that if you decide to join us, you will find the experience both enjoyable and rewarding.

Message from Director's Desk



Prof. (Dr.) S.K. Goel
Director (Co-ordination)

It gives me immense pleasure in extending a warm welcome to you all. You have entered the portals of the Management Education and Research Institute (MERI)- an Institute with a difference. The hallmark of MERI has been the never ending quest for excellence coupled with a commitment to professionalism. What makes us different from others is our constant endeavour to serve selflessly to the society and nation. MERI is academically bestowed with meritorious faculty with many accomplishments to their credit. The Institute organises regular interaction of students .

We ensure that our students get sufficient exposure of the industry through industrial visits tours conducted periodically. It is our constant endeavour to make all round strides and greater achievements. I am sure that the students of our Institute will be amply benefited from the good work being done by the dedicated faculty and from the excellent infrastructure available to them.

Message from Dean's Desk



Prof. A. K. Aggarwal
Dean

I wish to thank you for showing interest in Management Education and Research Institute. At MERI, students are expected to have an enriching and life turning experience which will enable them to reach new heights in their professional life. We foster sharpening of skills and enhancement of knowledge base in a student with various extra curricular activities with the help of faculty who not only keep themselves at par with the current development but also contribute to the expansion of the body of knowledge in their field of expertise. With a congenial and professional environment, our institution makes a substantial contribution to academics through quality teaching, publications, seminars, conferences etc. The institute focuses on imparting complete professional skills among students to cater to the needs of changing and emerging modern technology-based media industry experience in order to take advantage of the new opportunities in life.

All students are welcome to explore the options that may be available in our various academic programs for holistic development.

Message from HoD's Desk



Prof. (Dr.) Dilip Kumar
Head of Department
Journalism and Mass Communication

The Department of Journalism and Mass Communication focuses on imparting professional skills among students in order to cater to the needs of changing and emerging modern technology-based media industry. Adequate attention is paid by qualified faculty members with industrial experience on a variety of media subjects mainly print, electronic, photography, video audio, film documentary production and mobile journalism. In a short span of time, our department has equipped the students to extend their professional services in major media houses in the near future. I am fully confident that this department having imparted qualitative, theoretical and professional education will attain more height of success in future.

Our department shall strive to achieve academic excellence, lighting the Management Education and Research Institute torch high and bright.

E-LEARNING IN TIMES OF CRISIS



Ms Saloni Saini
Assistant Professor &
Faculty Co-ordinator
MERI MIRROR

With the uncertainty due to Covid19 looming around, millions of academicians and students have been left in a spot for adopting virtual learning techniques. We are not new to the concept of e-learning; however, it had never been put to use as much as it is being today. There is no denial that the void created between classroom learning and e-learning cannot be filled. Nonetheless, there are various tools and techniques which have cropped up of late, in order to bridge the gap between two differing modes of study.

Primarily, it is essential to accept the fact that this situation is as new to the academicians as it is for the students. Thus, we need to let go off with our pre-conceived notion that the academicians knows-it-all. The first half of this process functions more like a pilot project. It involves learning for the faculty as well as their students. Thus, a clarity of thought regarding medium, content, technology accessibility, feasibility, virtual classroom management, digital literacy and equity play an imperative role.

Furthermore, once the modalities of e-learning are explored and finalised, the further due course of action is decided through implementation and practice. The later half of this process is all about putting into action all that is assessed in the former half. As and when the faculty and students practice these more often, they get habituated to them eventually.

The opportunities offered by e-learning process are vast albeit relatively less explored. E-books, blogs, articles, websites, webinars, audio lectures, audio-video lectures, documentaries, animations, digital boards, social media platforms are some of the successful tools of e-learning. Howbeit, the outcome can only be derived with the cooperation and collaboration from both sides of the table.

INDEX

S.NO	CONTENT	PAGE NO.
1	La Kermesse Report	1
2	Wonder Women of India	2
3	Women Empowerment	3
4	History of women's day	4
5	Ray of Hope	5
6	Meet Padmashree Tulsigowda	6
7	The Women who is making a difference	7
8	Virginity Testing	8
9	Aashihanspal	9
10	Movie Review	10
11	Photo Gallery	11-13
12	Education in India	14
13	Devi	15
14	Poem-Holi ki Mubarakbaad	16
15	Barkha Dutt	17
16	Poem-All day, everyday	18
17	Champions of champions	19
18	We are not Weak	20
19	She is a woman, Mother	21
20	Women	22
21	Poem-She wishes	23
22	Poem-Graceful she	24
23	Ab duniya jeetenge bhartiya mahilae	25
24	Advertisement	26
25	Poem	27
26	Women's Diary	28
27	Bina Das	29
28	Women; a two way street	30
29	Women; not a burden	31
30	Clubs at MERI	32

LA KERMESSE 2020

-Riya



Management Education and Research Institute, Janakpuri organised its two-day grand annual cultural festival, La Kermesse' 2020 on March 5 & 6, 2020. The event took place in the college premises, followed by a cultural evening. The theme for the event this year was Helping Hands, in collaboration with Chhanv Foundation, working for acid attack survivors and Yes+Life, working for cancer survivors. Shri. I.P. Aggarwal, President, MERI Group of Institutions and Prof. Lalit Aggarwal, Vice-President, MERI Group of Institutions announced that MERI Group of Institutions will provide free education for acid attack survivors.

The highlight of the cultural festival became its unique theme and the motivating stories of Ms. Ritu and Ms. Vimla from Chhanv Foundation, wherein they shared their journey from being an acid attack victim to a survivor, leading successful and independent lives. Furthermore, Dr. Neeti Chhabra from Yes+Life Foundation shared her life story of being detected with breast cancer at an early age of 31, surviving through it and now helping people having similar experiences by spreading awareness and providing monetary assistance. This was followed by a variety of events including talent show for students with special needs, dance, webmaster, arm wrestling, cooking without fire, fashion show, singing, RAP battle, quiz, debate, Mr. and Ms. La Kermesse, etc. Lastly, it drew its curtains down with an exuberant cultural evening, followed by prize distribution.

महिला सशक्तिकरण की ओर बढ़ता भारत

-Pranav

पौराणिक काल से ही भारत में महिलाओं का काफी मान सम्मान होता रहा है। यहां पर महिलाओं को देवी का दर्जा दिया जाता है। यही भारत की संस्कृति और भारत कि सभ्यता रही

है। जिसके कारण भारत का स्थान हमेशा दुनिया में ऊंचा रहा है। लेकिन ये बात तो है पुराने कालखंड की लेकिन हम अगर आजादी के बाद की बात करे खासकर आजादी के तीन चार दशकों बाद तक तो इस समय तक भारत का समाज पुरुष प्रधान समाज हो चुका था। जिससे भारतीय महिलाओं को भारत में काफी दिक्कत का सामना करना पडा। लेकिन कहते हैं ना जहां चाह वहां राह भारतीय महिलाओं ने भी वहीं किया।

जब 1998 में पहली बार किसी भारतीय महिला को मिस यूनिवर्स का खिताब मिला तब जाकर भारत कि महिलाओं को हौसला मिला और यही वो समय था जब भारतीय महिलाओं ने अपने पंखों को उड़ान देनी शुरू की। आज यह देखकर काफी गर्व होता है कि जिस तरह भारतीय महिलाओं ने समाज और दुनिया में अपनी एक अलग पहचान बनाई है वो वाकई तरीफ के काबिल है। आज भारत मे ऐसा कोई क्षेत्र नहीं है जहां भारतीय महिलाओं ने अपने आप को साबित ना किया हो। चाहे वो खेल हो, रक्षा हो या फिर बॉलीवुड हर जगह भारतीय महिलाओं ने अपना हुनर दिखाया कि कैसे वे पुरुषों के साथ कंधे से कंधा मिलाकर चल रही है।

देश में ऐसे कई मौके आए हैं जब भारत की महिलाओं ने भारत को गर्व की अनूभूती कराई है चाहे वो ओलंपिक पदक विजेता साक्षी मालिक हो या भारत की बैडमिंटन स्टार पीवी सिंधू। भारत में ऐसे अनेकों उदाहरण हैं जो ये दिखाते हैं भारत की महिलाएं भी पुरुषों से कम नहीं हैं।

हिमा दास

इस नाम को भला कौन भूल सकता है। आज यह नाम देश की महिलाओं के लिए एक प्रेरणाश्रोत है। हिमा दास ने देश के लिए दौड़ में कई पदक जीते हैं। उन्होंने 2019 में भारत के लिए लगातार 6 पदक जीते। वह भारत की उड़न पारी के रूप में भी जानी जाने लगी है। हिमा दास असम के एक गरीब परिवार से संबंध रखती हैं। लेकिन जिस तरह उन्होंने अपने सपनों को पाने के लिए संघर्ष किया वो वाकई देश की महिलाओं के लिए प्रेरणा है।

अरुणिमा सिन्हा

वॉलीबॉल की पूर्व खिलाड़ी जिसके इरादे हिमालय से भी ऊंचे व मजबूत थे। उन्होंने यह दिखा दिया कि यदि कुछ कर गुजरने की इच्छाशक्ति हो तो बड़ी से बड़ी चुनौती को भी पार किया जा सकता है। जब अरुणिमा सिन्हा एक बार रेल ने सफर कर रही थी तो कुछ लुटेरों ने उनसे उनकी सोने की चैन छीनने की कोशिश की लेकिन जब उन्होंने अपना बचाव किया तो उन्हें चलती ट्रेन से नीचे फेंक दिया गया। उन्हें

उस समय नीचे फेंक दिया गया जब दूसरी तरफ से भी रेल आ रही थीं। इस घटना में उन्होंने अपना पैर गंवा दिया। लेकिन इन सबके बावजूद उन्होंने हौसला नहीं हारा और दुनिया की सबसे ऊंची चोटी माउंट एवरेस्ट को फतह किया। एक साक्षात्कार में उन्होंने कहा कि उनके आदर्श कैसर को मात देने वाले क्रिकेटर युवराज सिंह हैं।

ये तो केवल दो ही उदाहरण हैं लेकिन भारत में ऐसे सैकड़ों उदाहरण हैं जीमे पीवी सिंधू, कल्पना चावला, सुषमा स्वराज, आदि जैसे सरीखे नाम हैं जिन्होंने अपने अपने कार्य क्षेत्र में सर्वोच्च स्थान हासिल किया है। इन सब के बावजूद आज भी देश में उन छोटी मानसिकता वाले लोगो की कमी नहीं है जो महिलाओं को केवल घर तक सीमित रखना चाहते हैं। उन्हें भी आज ये समझना होगा कि यदि भारत को विश्व पटल पर अपनी खोई हुई पहचान वापस पानी है तो सभी को साथ लेकर चलना पड़ेगा। तभी ये देश आगे बढ़ेगा और इन सब के लिए देश की आधी आबादी का महत्वपूर्ण योगदान रहेगा।

WOMEN EMPOWERMENT

-Khushi Mohil

A Empowerment refers to giving someone authority or power . The word itself says having power to do something . Women empowerment means making women realise their power or to make them capable of deciding for themselves. For decades women have been dominated by the male in society . They have faced hardship for even basic rights. As the times have evolved women have started to realise their power and from there women revolution began.

The problem begins in the ways women and men have been brought up in society. The old societal norms where we make both the gender realise where they belong in society. Since childhood girls have been brought up in a restrictive environment whereas the male are brought up in a less restrictive environment. The reason is the lack of education provided to the girl child. An educated woman will bring up an educated child who will develop the country. As said by Queen Rania of Jordan "If you educate a woman, you educate a family, if you educate a girl, you educate the future". When you educate a woman, she realizes her power, skills and that she is independent. Women were never in the minority, they only lacked the right resource, education. There are several principles defining women's empowerment such as, for one to be empowered, they must come from a position of disempowerment. Women empowerment is the process of empowering women. With women empowerment comes gender equality. Old Societal roles need to be changed; they should be normalized. For a man to learn household chores and for a woman to go out and earn for the family. Men need to be taught to accept that dominating a woman and stopping her from getting even basic rights does not make you a man, it only makes you a coward. No gender should be categorized as a minority; both the genders have unique qualities which were made to be accepted in the real world. We live in a world where a women's opinion is less valuable as compared to men. Many world leaders and scholars have argued that sustainable development is impossible without gender equality and woman's empowerment. Education informs others of preventing and containing the disease, and it is an essential element of efforts to reduce malnutrition. Furthermore, it empowers women to make choices that can improve their welfare. sially, education can increase women's awareness of their rights, boost their self-esteem, and provide them the opportunity to assert their rights. Education empowers women to make choices that improve their children's health, their well-being, and chances of survival. However, when talking about women's empowerment, empowerment allows women who are on the outside of the decision-making process into it. Empowerment is the process that creates power in individuals over their own lives. People are empowered when they can access the opportunities available to them without limitations and restrictions. We are entitled to make our own decisions and to create.

HISTORY OF WOMEN'S DAY

- Anoosha Jamal

Women! The most underrated sex of all time. That gender which can be weak mentally or emotionally but not physically. They are physically strong equally as men, But endure most in society such as female infanticide, dowry, sexual harassments and so on. But things are becoming much better as people are changing their mindsets for ladies. A worldwide day for women is also celebrated as international women's day on 8 March. It was first celebrated in new york city by the Socialist Party of America on 28 February 1909. Two German delegates Clara Zetkin and Kate Duncker proposed to organize women's day annually at 1910 International socialist woman's conference. After women gained suffrage in Russia in 1917, March 8 became the national holiday there. The day was then predominantly celebrated by the socialist movement and communist countries until it was adopted by the feminist movement in about 1967. In 2009, Aurora ventures set up international women's day website with corporate sponsorship. The website began to promote hashtags as themes for the day, which became used internationally. Like other countries, women's day is celebrated with the same enthusiasm in India. India celebrates 13 February, Sarojini Naidu's birthday as National women's day of India. Every individual or organization contributes to promoting women empowerment by taking part in activities like documentaries, programs, workshops, seminars, etc or by just spreading awareness through social media. UN starting setting the themes for working together for making a purposeful women's day every year, it was started from 1996 with the theme "Celebrating the past: Planning for the future", and having different themes every year from then, for example,

"Gender equality and the millennium development goals" for 2003, "Equal Rights, Equal Opportunities: Progress for All" in 2010, "Women in the changing world of work: Plant 50-50 by 2030 with the hashtag #beboldforchange for 2017, "I am Generation Equality: Realizing Women's Rights" for 2020. Today we can observe the change in our society but there is still so much to work upon.

RAY OF HOPE

-Diva Saroop Singh



An incident that struck 7 years before in December 2012. It was a tragic way to end the year for the people of the Nation as a 23-year-old woman named Jyoti Singh aka Nirbhaya who became the victim of rape and as well as fatal assault. The 23-year-old woman was brutally raped and tortured 4 men in a moving bus, even after having company of a male friend with her. She was thrown out of the moving bus after the assault. She was in pain and fear and ironically no human being was ready to help them on the road. Her condition was very bad and after battling for life finally she was rushed to the hospital and things did not seem any better. Police was able to catch the culprits and then the wheel of judiciary started to roll at its pace. The assault was brutal that the girl succumbed her injuries even after she was rushed to international medical assistance. Even though after knowing the cruel reality our judicial system took 7 long years to give justice to Nirbhaya and her family after hanging the 4 culprits on 20th March 2020.

Yet, after living in the 21st century, with developing as a country there is a sense of doubt in every woman's heart that "Are we the women of this country safe?"

After 7 years of patience and tolerance there is a ray of hope that has risen in the eyes of each and every woman living in this country that "Justice will be served."

THE ENCYCLOPEDIA OF FOREST

-Simar Kaur Chadha



Padma Shri Tulsi Gowda is an Indian environmentalist from Honnali village, Ankola Taluk in Karnataka state. She has planted more than 30,000 trees and looks after the nurseries of the Forest Department. Despite having no formal education, she has made a great contribution to preserving the environment. Her work has been honoured by the Government of India and many other organizations also. She was honoured with Padma Shri, on 26 January 2020.

She has cultivated more than 30,000 trees so far. Even at the age of 72 years, she is determined to plant a sapling and take care of them like her children, till they grow up into trees. She has been doing this for the past six decades without any expectations. According to the residents, or the people living nearby her house told that she was actively involved in the afforestation.

She was born in a poverty-stricken Halakki tribal family. Her father died when she was only two years old. She could not get any formal education. Since her childhood, she is promoted to her work with her mother. She was married to Govinde Gowda at a very young age but her husband also died at a very young age. But, after achieving so many awards as well as she was also honoured by Padma Shri (the fourth highest civilian award in India) on 71st Republic Day of India. After getting so much fame, Shri Tulsi Gowda remains down to earth and a simple person. She continues to live in a small hut in Karnataka and she has become a role model for many people.

THE WOMAN WHO IS MAKING A DIFFERENCE

-Tanisha



She went against her father's wish to become an army doctor. And now she has become the first pediatrician to achieve the second-highest post in armed forces. She is none other than Lieutenant General Madhuri Kanitkar. She recounts her journey and experience in an interview with SheThePeople. She is only the third woman in the army to do so. After being impaneled in the three-star rank in 2018, she had been eagerly waiting for 16 months for this to happen.

She was inspired by her father's grandmother Sarla Devi Khot who was a doctor in the 1920s. And her grandmother also went on to become a doctor. She was inspired by them and since childhood, she had realized that she also wanted to be a doctor.

She also admires to wear the uniform as in school and then in Armed Forces Medical College (AFMC) she had a uniform. The day she graduated, her batch was the first one to have a passing out parade and so she got in the uniform from day one.

She feels great about that her husband is also Lt. General and has been very supportive. Being the only couple in the army in which both of them are Lt. Generals, they both receive support from each other.

In the army protocol, there is a thing that the serving senior officer sits on the left in the three-star-flag bearing official staff car and the officer's spouse sits on the right, which is normally the wife but now it has reversed as she sat on the left and he sat on the right and her husband to feels good about it. Thus, while the army has become far more gender-responsive now, it is the starting of the early decades of women entering the forces.

'VIRGINITY TESTING'

-Vaishnavi



A human right violation and Hymenoplasty commodification of women. Virginty is not a scientific term, but a social and religious construct. Women are expected to retain their virginty before marriage and continue to be subjected the patriarchal doctrine of the Indian society. In India losing of virginty before marriage is considered as a taboo. The notion of the bride being a virgin on her wedding day is tied to the Hindu tradition of Kanyabandhan. Additionally, a newly wed bride is expected to bleed after the first intercourse post her marriage. A woman who bleeds on her wedding night proves that her hymen is intact and emerges as a symbol of purity. In several communities, women are beaten up if they fail the 'test' and their family is expected to pay a fine to the groom's family. Not just rural areas and tribal community's virginty tests are also widespread in urban areas. Specifically, both in rural and urban areas women are expected to embody this 'purity'. A bride is considered the epitome of traditional value and virtues.

Let's have a look on the issue of Hymenoplasty or hymen reconstruction. Surgery, has now become popular as several women are now undergoing Hymenoplasty. Women between the age of 20 and 30 years are availed of this surgery to avoid being humiliated by their husbands on their wedding night. Though premarital sex is considered the most common reason for Hymenoplasty. The tearing of hymen is common among athletes and dancers because of rigorous physical activities. Additionally, the procedure of Hymenoplasty involves certain risks. Given the over emphasis of virginty in India, the medical practitioners and the market is making a quick buck. Instead of advising women against undergoing the surgery, most doctors aim to benefit from the rising trends of hymen repair. Men need to understand premarital sex is not the only reason why hymens break. Nonetheless, a women's right to retain her virginty is her right to privacy and confidentiality. And forcing her to undergo surgeries to remain 'pure' on her wedding night is an act of violating her privacy. State and international bodies should take up the responsibility to break cultural barriers and create campaign which project women as human beings.

AASHI HANSPAL, A KART RACER AT THE AGE OF 13

-Abhinav

Mumbai's Aashi Hanspal, the 13-year-old who has become a sensation in motorsport has already got the privilege of being an outstanding woman in motorsport in 2019. She took motorsport in 2018 and after a year she has already been ahead of many experienced motorsport racers. Aashi's debut came up with her finishing on top with a record time of 10:57:406 mins at the Jk Tyre FMSCI national karting championship 2019, in Hyderabad. In the final round of Jk Tyre FMSCI national in Chennai. Aashi won three podiums back to back by winning the races at p1 and one at p2 position. She was the fastest against 150 more racers and she secured a pole position and made it to the final races. In a recent interview with Bangalore Mirror, Aashi talks about being in the male-dominated field of motorsport. Talking about her initial days, she said, "People always ask me how I race as a girl professionally since I am so young." She received the 'Outstanding Women in Motorsports – 2019' award at the Federation of Motor Sports Clubs of India annual awards for her five podium finishes in the National Karting 2019 season. "With social media, I'm not just trying to promote myself or be popular among people in the racing fraternity, but change how people think. I want to make people realize that other than football, basketball, throwball, there's also a sport called motorsport, which is very underrated with our current generation. People just come to kart once or twice and don't consider making it a sport. It can be thrilling and so much fun." Aashi trains with the Rayo Racing Academy at the Ajmera's Indikarting Circuit in Mumbai. Backed by a solid team of coach Saurav Bandyopadhyay, mentor RayomandBanajee, and her father Raunaq Singh, Aashi's daily routine includes sufficient training and cardio, and on the track practice. "As a go-karter, I need to have the ability to take myself and my go-kart forward with ease. At times my coach even expects me to do exercises in the middle of sessions like pushups or skipping to test my strength," she expressed. Speaking about plans she said, "I'll be doing around 20-25 events this year, including the National Karting Championship." She wants to be a Formula One racer. "I would love to be one of the first Indian girls to reach the Formula One series. Even if it's not F1, I would love to explore Formula racing. I just want to keep moving in the racing space and not be stuck in one place that I can't go ahead. I just want to keep going and growing, even if there are obstacles in the way, and explore more about racing," she claimed.

MOVIE REVIEW

-Devansh & Jaskiran



One of the financial underdogs of 2018 in movies, was Ivan Ayer directed a movie called 'Soni'. The basic plot of this movie revolves around daily happenings that women of this nation face and how differently they react to them. 'Soni' is played by Geetika Vidya Ohlyan, which is the main character around which the whole movie is based. Geetika does a commendable job in portraying a police officer, who is recently divorced and tired of getting harassed for being a woman. She is shown to have a short-tempered and impulsive character. Her ex-husband named 'Naveen' visits her often, to try to pursue Soni and reconcile their marriage. She is friends with her senior superintendent named 'Kalpana Ummat'.

Another powerful character played comfortably by Saloni Batra. Kalpana's character is a polar opposite from that of Soni. She is calm, thoughtful and empathetic. The way this duo works together in certain situations is well scripted and appreciable. The whole supporting cast feels motivated and authentic. It is heartbreaking how the masses, the youth, still can support the clichéd sexualizing roles played by actresses who are generally plotted to charm the male character. How movies like these can do well financially and on the other hand, movies like Soni and T.V. series like Delhi Crimes barely break even let alone celebrated in this nation is disappointing. The movie, despite being made on a low budget, has state of the art screenplay and the direction is memorable. The climax leaves you wanting more from the movie, a quality not many movies possess. Stream this gem on Netflix, and watch how dark Delhi can get and how the lady police force deals with it.

THROUGH THE LENS



“The only good cage is an empty cage.”



Hardik
BA(JMC)

THROUGH THE LENS



“Skies with curiosity



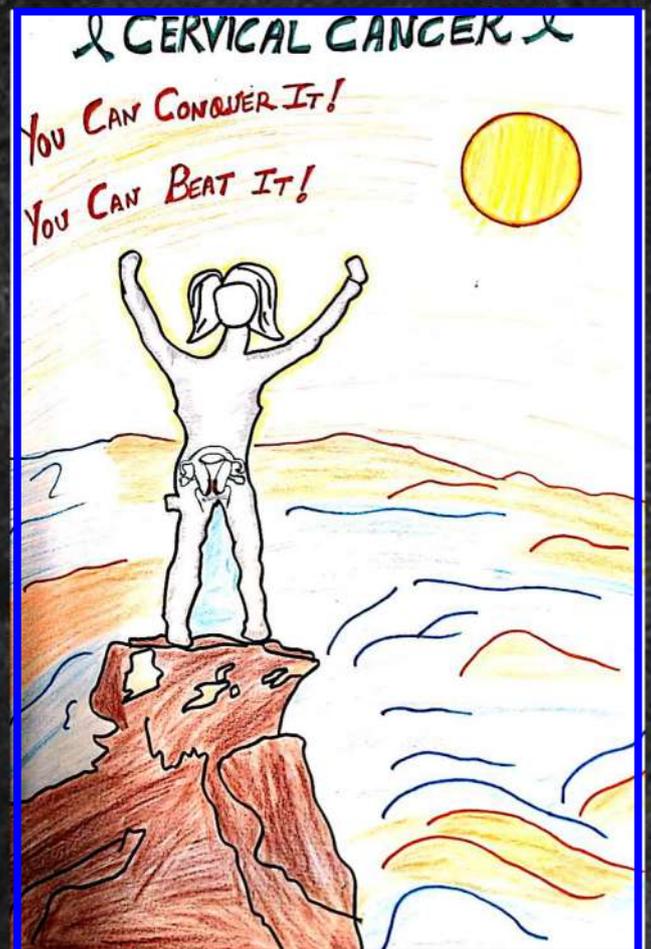
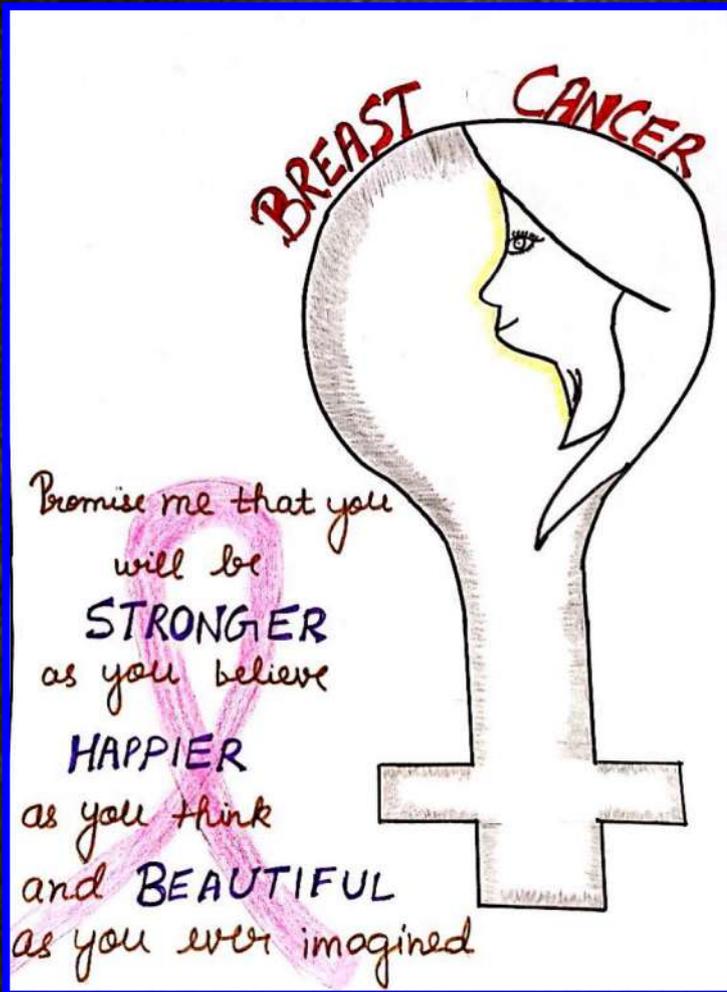
Through the eyes of poor

Divya Saroop Singh
BA(JMC)



Pranshu
BA(JMC)

ARTIST OF MERI



By-
Aishwarya
BA(JMC)

EDUCATION IN INDIA

-Smriti



Dr. A.P.J. Abdul Kalam once said “In the very old times the world was driven by muscle power, after that it was driven by money power and now it is being driven by the Power of Knowledge.” Do you know today why America, France and Russia like countries are more developed than our country? In fact, they also have less population, maybe they are less hardworking than us, still think why are they ahead from us because the speed of spreading education was more as compared to us. Their education system is far better than us. In ancient times we had very good universities like Nalanda University, Takshashila University but when the medieval era came, we paid more attention to superstitions and gave less attention towards knowledge of science and that’s why we lag behind in the world. We studied or listened that somewhere that there was a time when India and China were the richest countries in the world. But then we stopped focusing on education and resulted in an increase in poverty, falling behind and becoming weak. If you want to be strong and make this country powerful, we the people should be strongly determined to give attention to education.

Today, girls are very lucky because their parents are sending them to school for gaining education so, they can live their life with respect. In earlier times, ladies used to work so hard she couldn’t breathe freely and had to put on the veil. Now, girls are going to school with full confidence, carrying bags with respect, it’s a matter of luck which should be taken as an advantage for the girls of our nation and be the strong woman they admire to be.

DEVI-A REVIEW

-Divya Juyal



Devi is a short film that sheds light on the severity of one of the most heinous crimes committed in the country, rape. The film focuses on how the number of victims is forever increasing. A group of ladies who are the victim of the crime and either died during the incident or after the trauma discuss how to accommodate the increasing number of women in the place as television in the room flashes the news of another rape in the country. They discuss how they came across the crime, some through family and some through entirely unknown men, how the crime is not bounded by the age of the culprit, or the situation, or location, it's just a result of disgusting mentality and brutality. The discussion gives you goosebumps as to how traumatizing the crime is, yet females have to deal with the victim-blaming and the trauma. They try to adjust to the normal lifestyle but the experience of hell stays with them forever. Even the victims at times can lack the empathy towards one another but the trauma, the misery keeps them connected and they decide that the number is never going to be a question, for this place is their safe place and anyone who went through the hell they have been part of, is welcome at their place. The latest victim happens to be a little girl, and yet again the memory of the awful deed is refreshed for everyone and they cannot believe an act like this won't stop happening.

होली की मुबारक बाद

-Anjali Tanwar

माँ कसम आई तो थी देने होली की मुबारकबाद,
पर ब्रेन ने कहा बुरी यात्रा समेत ये लो एक पुरानी याद,
कानो में गुंज उठी ' होली है ' की मर्दाना ललकारे ।

मैं शायद सात साल की थी या आठ, वैसे भी इतनी छोटी बात का तुम करोगे भी क्या रे
बस जान लो की बच्ची ही थी मैं जब, अनजान हाथों ने खेली एक अजीब सी होली ।

सब ने बोला बुरा ना मानो तो मैं, भी चुपके से कोने में रोली,
रंग कच्चा था निकल गया पर कमिनी यादे थी पक्की ।

सुनी सुनाई लगती है ना कही ना कही कहानी ,

ये हम सबकी शिक्षाप्रद में जनाब की ये होली हैं तो किसकी,
उन कॉलेज की लड़कियों की जो सड़क से कतराते हुए होस्टल को खिसकी,
या फिर उनकी जो घर बैठी रही क्यूंकि बाहर निकलना तो मुश्किल है।
देखिये देश की लड़कियों को कबूल नहीं है ये हरैसमेंट वाली होली,

सोचो ज़रा राक्षसी होलिका फ़िज़ूल ही जली ।

BARKHA DUTT

-Shreya Pandey



Nirbhek, a fearless television journalist, is a synonym for Barkha Dutt, who is most famous for her war report during the Kargil War between India and Pakistan in 1999. A symbol of New Delhi Television Limited, better known as NDTV, Barkha is one of them. News channel's most prominent face for 21 years. She has been an inspiration to countless young girls and women who have dared in the field of energy by heart journalism. During the period of her electrifying career, she has met with both admiration as well as disapproval for her vocal brand of journalism, but she has always risen above it to remain a mark of strength. Barkha Dutt has won several National and International Awards, including Padma Shri, India's fourth-highest civilian honor. Barkha Dutt Radio is one of the journalists caught in the tape controversy. At NDTV, Barkha Dutt is the host of the weekly, award-winning talk-show We the people, as well as the daily prime-time show Buck Stops. In December 2015, she launched his book, "This Unquiet Land: Stories from India's Fault Lines". In the book, she mentions war places and people living in these areas. Barkha is a synonym for Duty, a journalist.

ALL DAY,EVERYDAY

-Shireen



You are fierce and unstoppable
You are bold and limitless
You are a boundary setter,
A tireless fighter and a pacesetter.
Never be scared to do, to be,
to make and create
To empower and be empowered,
And most of all
Do not be afraid to live life without fear.
For you are made to be outstanding.
Live in the light of that knowledge,
Now and always.

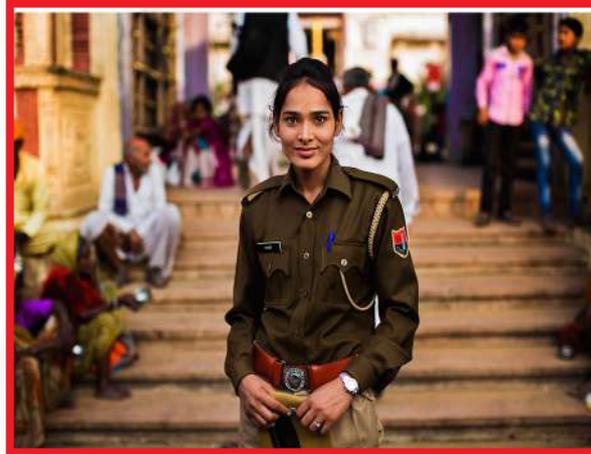
THE GOLDEN GIRL MAKING HISTORY: P.V SINDHU

- Muskan Bajaj

The first Indian to become the Badminton World Champion 'Pusarla Venkata Sindhu' known as P.V SINDHU. She is an Indian professional badminton player who made her international debut in 2009 and rose to a career-high ranking of Number 2 in April 2017. Throughout her career, Pusarla has won medals at multiple tournaments including Olympics and BWF circuit including a gold at the 2019 world championships. P.V Sindhu didn't take much time to launch and establish herself as a promising player in the global arena. Sindhu's first major recognition came in the form of the 5th Servo All India ranking championship for the under-10 category. At the age of eight, she started playing badminton after she drew inspiration from Pullela Gopichand's victory in the All England Open Badminton Championship in 2001. The best endorsement of Sindhu has been Gopichand's words about her dedication and commitment to the sport: "The most striking feature in Sindhu's game is her attitude and never-say-die spirit." The best of Indian Sport in 2019 was honored during a glittering function in the capital, with shuttler P.V Sindhu claiming the sportsperson of the year award at the Fourth Times Of India Sports Award (TOISA) powered by BHIM-UPI. while receiving the award Sindhu says: "I would like to dedicate this award to my supporters and fans that have supported me all along and also voted for me." She also tweeted "Thanks to TOISA for giving me these 3 awards". Bringing silver medal from Rio 2016 Olympics, world no.6 Sindhu has five world championship medals in her besides two at the Asian games believes that Dreams are what define your Individuality. They have the power to give you wings and make you fly high. For International Women's Day P.V say's "my message to all young sportswomen is that as women we have to believe in ourselves. Hard work is the key to success. I'm sure soon there will be more Indian sportswomen winning medals for the country." As said by Jawaharlal Nehru, "you can tell the condition of a nation by looking at the status of its women." and one surely can see it today that women know what she wants and is focused on her goal, she follows her path. It is important to remember that the struggle goes on. Sports stars rise and fall. World champions emerge and then disappear with equal speed. Countries boycott the Olympics and other international games. Sure, nothing is all sunshine and lollipops, but there is good being done with sports as the platforms. Whether Badminton or any other sport, one woman bring one medal back home is a proud moment for the whole country. We read often about sports and yes sports make a difference daily. Players like P.V Sindhu have this amazing, unique way of making a positive impact on society, on women.

WE ARE NOT WEAK

-Muskan Tanwar

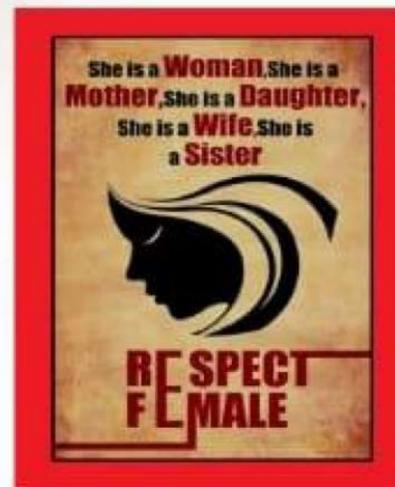


Recently, a known minister presented the idea that women should get menstrual leave. First of all, you should know what is menstruation, it is a cycle of 3-8 days of a month when women release the blood walls which protect their uterus (the place where the child develops after conceiving). It happens to the female of 12-47 years. It is really hard for women to bear the pain of cramps, aches, mood swings, and tiredness. But after some time, it becomes easy for us as it is something which is destined to happen. According to me, it is one of those things which shows how strong we women are.

Somewhere I agree with the idea of considering menstruation leave. It is hard for women so they should consider this as a reason for leave but according to me it is something which will happen to us every month and if we take leave then it is discrimination with another gender. The thing we are working on is equality not for special attention we don't want to go ahead we want to be equal. So that there is no discrimination but this idea can lead to discrimination with the other gender. At last, I oppose the idea because being a woman I will never allow discrimination and I don't want my periods to be considered as my weakness because it is a sign that we women are strong, we can bear any pain and can move ahead with a smile.

SHE IS A WOMAN

-Aditi Mishra



She is a woman, who was born,
making everyone mourn,
but she tried hard to bring a smile
and by being so light and bright.

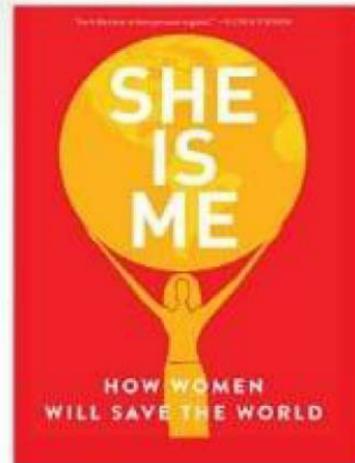
She is a woman,
who was the topper of the school?
and was never so rude.

She is a woman,
who cared for each one?
but no one cared, what she bore.

She is a woman, who was a wife?
always so nice. She is a woman,
who always nurtures?
by being the mother. She is a woman,
who was an old lady smiling?
like a daisy. She is a woman,
who was always there?
for you and me here. Then why I say
She was a woman,
why not she is a woman.

WOMEN

-Aditi Mishra



You are the starting of my way,
make me shine every day.
For me you never take rest,
So that I can be the best
You help me with every trouble
And make happiness double.
You always make me feel good
Whenever I am in a bad mood
You are very dear, and always near
You always make me bright
No matter its day or night.
Like the flowers rejoice
And your beautiful voice
Make me cheerful all-day
Thanks for being so nice, so energetic, so wise
You are truly great
And being so affectionate.

SHE WISHES

-Esha Bannerjee

Some nights she is a hell of a mess...
Some nights she fights like a warrior...
Some nights she applauds herself...
For not thinking of...What they said...
Some nights she curses, Herself for what she faces...
Some nights she happy...
Knowing she can stand for herself
Some nights she fears ,of walking those dark streets...
Some nights she feels a burden to heal...
Some nights she is scared of being ...
What she is...
Some nights she envies why she is...
Just she. But not he.Some nights she cries...
Some nights she laughs,and of all the nights ...
It is always been things,Making her weak to her every
bone.As these nights are bright to morning...
She wishes someday.She would be loved for ...
What she is...

GRACEFUL "SHE"

-Gauri Bhatia



In the midst of your family guessing,
Girl! You came out as a blessing.
While most of the people wanted you to be "HE"
You turned out to be a graceful "SHE".
Many people thought you were leverage
But you were one such kind of a privilege.
Every day of your life was like a war,
You fought it with courage like a bright shining star.
Candies and dolls you no more crave,
You just want to be the voice of a brave.
Be it the 16th century or be it 21st,
You were strong then and you will remain strong now.

अब दुनिया जीतेगी भारतीय महिलाएं

-Rahul



8 मार्च अंतरराष्ट्रीय महिला दिवस, जो की पूरी दुनिया में मनाया जाता है। भारत में भी इस दिन के लिए जोर शोर से अनेकों कार्यक्रम आयोजित किए जाते हैं। यूं तो किसी एक दिन महिला दिवस मनाना महिलाओं के लिए कम है क्योंकि यही महिलाएं हैं जो 24 घंटे 365 दिन ना जाने कितने संघर्ष करती हैं चाहे वो घर संभालना या बाहर ऑफिसों में नौकरी करके परिवार का भरण पोषण करना। वे रोजाना इन चुनौतियों का डटकर सामना करती हैं व इन पर विजय भी प्राप्त करती हैं।

लेकिन इस बार का महिला दिवस भारत के लिए बहुत खास है। इस बार देश की बेटियां अंतरराष्ट्रीय महिला क्रिकेट के विश्व कप के फाइनल में पहुंच गई हैं। ऐसा पहली बार है जब भारतीय महिलाओं ने टी20 विश्व कप के फाइनल में जगह बनाई है और देश को फिर गौरव की अभिभूती कराई है। वैसे तो भारतीय महिलाओं ने हर क्षेत्र में भारत का नाम रौशन किया है चाहे वो रक्षा हो या राजनीति या फिर खेल जगत। अगर हम इस महिला विश्व कप की बात करें तो भारतीय महिलाओं ने बड़ी बड़ी टीमों को मात दी है। उन्होंने अपने बेहतरीन खेल से दुनिया को दंग किया है।

अब बारी है फाइनल की जहां भारतीय महिलाओं के सामने चुनौती है ऑस्ट्रेलियाई टीम की। वैसे तो भारतीय महिलाओं ने अपने पहले मुकाबले में ही ऑस्ट्रेलियाई महिलाओं को हराया था। लेकिन फिर भी भारतीय टीम ऑस्ट्रेलिया की टीम को हल्के में लेने की भूल नहीं करेगी। ये दिन भारत की टीम के लिए इसलिए भी खास है क्योंकि इस दिन भारतीय टीम की झुझारू कप्तान हरमनप्रीत कौर का भी जन्म दिवस है। भारतीय टीम भी चाहेगी की वे अपनी कप्तान को इस बार उपहार स्वरूप विश्व कप ट्रॉफी भेंट करे और हो भी क्यों ना भला इससे अच्छा मौका और क्या हो सकता है। एक तो महिला दिवस और दूसरा विश्व कप फाइनल। तो तैयार हो जाइए इस बार देश की बेटियों की तरफ से एक बहुमूल्य जीत के लिए।



WHY TODAY ? WHY NOT EVERYDAY ?

#EverydayWomen'sDay

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NOVEL COVID-19

SYMPTOMS



HIGH FEVER



COUGH



SORE TROATH



HEADACHE

CONTAGION



AIR BY COUGH
OR SNEEZE



PERSONAL
CONTACT



CONTAMINATED
OBJECTS



ANIMAL
CONTACT

PREVENTION



WASH YOUR
HANDS OFTEN



WEAR A
FACE MASK



AVOID CONTACT
WITH SICK PEOPLE



ALWAYS COVER YOUR
COUGH OR SNEEZE

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त्याग की मूरत

-Bhumika Bansal

लोग सच कहते है
औरतें अजीब होती है
रात भर सोती नहीं पूरा
थोड़ा थोड़ा जागती रहती
नींद की स्याही में
उंगलियां डुबो
दिन की बही लिखती
टटोलती रहती
दरवाजों की कुंडियां
बच्चों की चादर
पति का मन
और जब जागती सुबह
तो पूरा नहीं जागती
नींद में ही भागती
हवा की तरह घूमती
घर बाहर
टिफिन में रोज रखती
नयी कवितायें
गमलों में रोज वो देती
आशियाँ
पुराने पुराने अजीब से गाने
गुनगुनाती
और चल देती फिर
एक नए दिन की मुकाबिल
पहन कर फिर वही सीमाएं

खुद से दूर हो कर ही
सब के करीब होती है
कभी कोई ख्याब पूरा नहीं देखतीं
बीच में ही छोड़ कर
देखने लगती है
चूल्हे पे चढ़ा दूध
कभी कोई काम पूरा नहीं करती
बीच में ही छोड़ कर
ढूँढने लगती है
बच्चों के मौजे पेंसिल किताबें
सूखे मौसम में बारिशों को
याद करके रोती है
उम्र भर हथेलियों में
तितलियाँ संजोती है
और जब एक दिन
बूंदे सच मुच ही बरस जाती है
हवाएं सच मुच गुनगुनाती है
तो ये सूखे कपड़ों, अचार, पापड़
बच्चों और सब दुनिया को
भीगने से बचाने को
भाग जाती है
खुशी के एक आश्वासन पर
पूरा पूरा जीवन काट देती
अनगिनत खावाशियों पर

WOMEN'S DIARY

-Abhay



A small angel took birth from a female, her father and mother were happy but some of their relatives are against the birth of a daughter. She was welcomed to the family with a great gesture and in the moment of happiness some were still not in favor of the baby girl, but ignoring that the main focus for the parents was her upbringing.

Soon she became part of the school life while studying she has been part of many things; she slowly learned her responsibilities as a daughter and faced many problems in the society. She feels that she always treated as a weak pillar of the society, even after being capable for many activities she got used to listening taunts that she got for being a girl and even the leniency, cruel allegations about being characterless, the negative aspects yet she stood strong, focused to accomplish her dreams to full fill-in responsibilities and stand on her own feet.

After passing from the education track, she became part of occupational life. Life is full of mean and selfish people with lots of political minds. There also she is surrounded by many allegations and teasing but she always continues to work with the dream of getting settled down and making her parents proud, who raised her without even comparing her with the male dominance population, who gives her the same priority level in decision makings and giving her freedom of doing whatever she wanted to do.

One day she was in the position of being the part of the other family. She got married now her responsibilities doubled and became more challenging as she has to maintain a bridge among both the families, being the watch- a person of both families. Now she has to perform the role of the daughter in law who has to give back support to her family and she also has to walk with her husband while wearing the same shoe emotionally and physically.

Soon she also got blessed with a baby girl and her most important role began after she gave birth to a new life. Now she has to be a friend, a director, a tutor, a protective shield, an iron pillar of that baby girl. She has to be a mentor of her life so that her precious baby girl doesn't face any such allegations that she faced in her past.

After raising her up and making her standing on her own feet. She is now an old woman with a life full of experiences and memories and is now an active storyteller for her grandchildren. Now she's enjoying her personal space with the activities she loves, laughing at her own life's ups and downs.

BINA DAS: THE UNSUNG WARRIOR

-Ashmit Gandhi

She was just 21 years old. But at the convocation of the University of Calcutta, Bina Das fired on Bengal Governor Stanley Jackson. She was to receive her baccalaureate at an equivalent place in 1932 on an equivalent day. Das spent nine years of diligence for his act, which stemmed from a deep desire to ascertain his motherland free from British occupation. But still, Bina Das is one of the various women who weren't within the forefront of the liberty movement in Bengal. Her parents' involvement within the freedom struggle was indirect and that they focused on the upliftment of girls and women's rights in Bengal. But as a professor, Beni Madhab Das worked to inspire many of his students for India's independence, the foremost notable being Subhash Chandra Bose. In his memoir, translated from Bengali by Dheera Dhar, Das mentions how inspired, "Subhash Babu" was by his father and a daily visitor to his parents' home. Das first met Bose, during a memoir. She recalls her mother saying: "Subhas, my daughter may be a big fan of yours." Bose's politics appealed to a young slave to pursue his anti-British stance. Bose continued to play the role of a mentor in Das's life, especially when he joined Bethune College as a university student at the University of Calcutta. The school library and books urged the principles of revolution and freedom and encouraged Das's beliefs and hopes for an independent India. Das, alongside a gaggle of his fellow students, organized his first student protests against the 1928 Simon Commission and faced threats from the school administration, and therefore, the English principal for not apologizing. The varied pressures placed on the slaves, and their contemporaries by the British did not make them they're objective and withholding their educational degrees would probably not be of much concern to a lady who had devoted her life to a nation and other people. Did forget him at the top of life. But within the opening sentences of her memoir, her hopes for her nation are clear. Although our minds are crammed with despair and heavy with despair, though the dark hues of doubt grow larger, the thought that we are finally free. shines like lightning through our thrilled souls. we've attained independence. British are leaving this country forever. "

WOMEN: A TWO WAY STREET

- Saumya Bhardwaj

“Women, you are not rehabilitation centres for badly raised men. It is not your job to fix him, change him, parent him or raise him. You want a partner, not a project.”

The differences between the sexes can be a pretty touchy subject. We've been the training ground, the therapist's office, we all have been down that road. We live in a society that loves to question women. From stepping out of the house in clothes of their choice to a failed marriage, somehow, it all comes down to what the woman did wrong. No one really questions men. In all of these scenarios what the society is actually reinstating is that the world cannot function well because today's woman refuses to bow down to suffer. It just so happens that society has just given one gender the freedom to be careless, carefree and disorganized. While the other, well a BIG NO! It doesn't mean that all men are helpless and inept without women. But, if a man leaves a woman dealing with issues, he is said to have 'dodged the bullet' but a woman who stays with her man through his troubled years is romanticized, that she has proved her worth. But rarely is it reciprocated.

“BUT, as much as women are not rehabilitation centers, its abusive to put pressure on men to provide us with a life we cannot provide for ourselves as women.” We are not supposed to rely on our partners to pay our bills, pay for our uber, etc. Because if it's the “two-way street”, we might as well look after the other part of the street; this isn't fair to them as well. We don't need any man helping us?! Do we?! NO! Girls are brainwashed to be dependent on their so-called ‘better-halves’. Have you given it a thought? that why isn't it the other way around. It's because they've had this perception that women are naïve, that they are vulnerable. Who are they to decide what we are? NO ONE.

We have to build ourselves up for ourselves and no one. Because, ladies, at the end of the day there still be people who'd criticize your every move.

SO, DO NOT TAKE CONSTRUCTIVE CRITICISM FROM THE PEOPLE WHO HAVEN'T DONE ANYTHING CONSTRUCTIVE IN THEIR LIVES. PERIOD.

Instead of directing all the energy to teaching girls, 50% of it needs to be directed toward boys. Just like teaching boys how to pave their own way, girls should be taught that too. An apt balance of gender in parenting. Women should not be left to think their self-worth is dependent on their ability to cater to a man. Here is something for you women- Men do not like to be mothered by their partners.

However, the coming generation will usher in some changes as the world is evolving for the better. We as the next generation of parents ought to raise all children to be accountable & responsible irrespective of gender. No one should be given a special benefit of any gender.

Feminism? MORE LIKE feMENism!

WOMEN; NOT A BURDEN

-Diva Saroop Singh



The ideology or the topic of discussion on women is sensitive yet controversial at the same time. Being a hard-core feminist or being a non-feministic can talk much louder about an individual's thoughts and perspectives. 21st century is what we the people, the youth belongs to yet our mindsets are old-fashioned and couldn't move forward. Let's be honest, a woman or a girl is highly judged for wearing short clothes as they invite rape, often called by names of scum, a wench and more; a woman must not work or must not be out till late, even though we aren't safe past 8 and hence we have quicken our pace; women are extensively body-shamed for being too fat or too thin or for being flat or having a body with no curves as our body is compared to an hourglass. We're girls, women, human not a burden. The women as a gender type that play a major role in every individual's life, being it your sister, mother, cousin, friend, girlfriend. A woman (mother) sacrifices her life for her family by putting the need of her loved ones before hers, would give up her career in some cases but some also work as well as maintaining the household. Yet there's discrimination, lack of opportunities as they society quotes "A woman's job is to take care of her household" A woman bares the pain of a menstrual cycle yet does all the work without complaining. She bares the pain of pregnancy, the mood swings yet is given no credit for being the source of bringing a new life in the world. The women of our country need the acknowledgement, appreciation, motivation, opportunities they deserve as we the women are not a burden neither a liability.

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