



MONTHLY NEWSLETTER

SENTENTIAS

KALINDI COLLEGE



Dr. Anjula Bansal
Principal

Dear students, as much as you may be missing college and your peer group, we are missing you coming to the college. The whole campus remains lifeless without your active presence. These are times when we have to stand together as one family belonging to the entire world.



Dr. Meena Charanda
Convenor

We pray for a quick healing of those affected, their families and health care personals. Remember humanity has seen worse, and every time we have bounced back. We will, again. Being hopeful is the key.

Take care. Stay safe



Dr. Rakhee Chauhan
Co-Convenor

The outbreak of COVID -19 has posed a serious threat worldwide. Overcome. Parents, our valued stakeholders, are requested to keep a bird's eye view on their wards' online classes, provide necessary support to students at home.

Impact of Social Media on Mental Health

Social Media has become an integral part of today's life. Due to the Coronavirus led lockdown, our dependency on social media has increased and has resulted in increased mental stress. In this technology-driven society, reliance on social media platforms such as Facebook, Snapchat, Instagram, Twitter and YouTube have increased. Each has its own importance. It helps people in getting connected but the real-life connection is something which cannot be replaced by virtual connection. Excessive use of social media is driving the feelings of depression, anxiety, loneliness, FOMO and even suicidal thoughts.

Images in social media have become a huge reason for feeling insecure about our image or our life, even though we are aware of the fact that these images on social media are just virtual-reality. These social media sites such as Facebook, Snapchat and Instagram are exaggerating the fear of missing out (FOMO), which coerces us to keep a constant check on updates at the cost of our health and real-world relations. This constant pressure triggers our anxiety and impacts our self-esteem and confidence. Virtual connection with people cannot replace the palpable

connection, and these unrealistic contacts increase mood disorders such as anxiety and depression. A study at the University of Pennsylvania found that reducing the usage of social media sites can decrease the feeling of loneliness. Also, social media has resulted in an increasing number of cases related to cyber-crimes and cyber bullying. The worst-hit demographic on account of the dark side of the web is the young age, commonly referred to as teens. About 10 per cent of teens have reported being bullied on social media. Another big con of social media has been its horrific use of the platforms to propagate hate and misinformation. These social media platforms have from time to time triggered riots and spread hate, hampering the harmony and integrity of the country. However, social media is inevitable as almost all of our work requires some or the other form of it..

Covid-19 have made these platforms an inseparable part of our life. These are the means of connection and communication with friends and family in this time of a global pandemic. Also, our work and studies have become online which is compelling us to be active on various social media platforms. As we have come under the shield of masks for several months now, these social media platforms have become the source of entertainment and passing time. But the negative impact of these platforms cannot be ignored. Hence, slight cutdown in screen

time can be helpful in decreasing the chances of falling prey of these mood disorders. Rather than spending time on social media platforms, we can read books available on various Ebook platforms or the hard copies available at our homes. It is said that reading is one of the best stress busting methods. Being engaged in various hobbies such as dancing, painting, gardening, reading and cooking can keep us away from these stress generating elements. Doing yoga, exercise and meditation can be helpful in coping with stress and maintaining a healthy lifestyle.

Mental health, as a concept, has most of the time been ignored by our society. We, as the next generation, have to understand the hazardous impact of ignoring it. Yes, social media is an integral part of our life in the time of this stress, however, we should learn when to stop it from taking over our lives.

- TANYA SHREE
2nd year, B.A(Hons.)
JOURNALISM

"गरीब हूं"

- BHAWNA SAXENA

2nd year, B. A(Hons.) JOURNALISM

मैं, सर्दी की असहनीय ठंड में,
ज़मीन पर सो सकता हूं,
आँखों में आँसू लिए बिना,
हँसकर रो सकता हूं,
और मैं ही ,
कड़कती धूप में,
नंगे पाँव चल सकता हूं,
कपट तो मेरे साथ हो रहा है,
मैं कहां किसी को छल सकता हूँ?
एक वक्त का खाना,
चार वक्त खा सकता हूँ,
इंसानियत है मुझ-में,
पर दुनिया में कहां बदलाव ला सकता हूँ?
तुम्हारा हाशिए की तरफ मुझे दिया जाने वाला धक्का,
मैं सह सकता हूँ,
और कोई चारा भी नहीं है,
तो और गरीब होकर भी रह सकता हूँ,
मैं अपनी अशिक्षित दुनिया की अशिक्षित नदी में बह सकता हूँ,
बात और है कि खरीद नहीं पाऊंगा ये महंगा अधिकार,
पर ज़रूरी नहीं है ये जीने के लिए,
कह कर मैं इसे टाल सकता हूँ,
कपड़े ना हो तो इज़्ज़त भी कहां देते हो?
मैं सारी ज़िंदगी,
एक कपड़े में निकाल सकता हूँ,
इज़्ज़त फिर भी गरीबों के हक में कहां?
चलो कोई बात नहीं,
ये बात भी मैं हँस स कर मान सकता हूँ,
आवाज़ उठाने लायक भी नहीं छोड़ा इन ऊँचे लोगों ने,
मैं तो बस इन लोगों और हालातों से हार सकता हूँ,
तुम्हारा ही चल रहा दौर है,
मैं तो बस पहर लगता हूँ,
और चलो तुम अपनी तेज़ी से,
मैं गरीब हूँ,
मैं बस ठहर सकता हूँ!

Dignity Of Women

- JYOTI PAHAL

1st year, B.A(Hons) JOURNALISM

No one can conceal a woman's worth,
She alone can bring heaven to this Earth.

The day a girl is born,
She lies in the lap of her mom.
Her guileless smile,
Unaware of what the actual world beholds.
A beam of sun caresses her head,
While the morons of society are almost dead.

She undergoes phases,
Spilling inks and scribbling her life's pages.
She sheds blood every month,
She has the power of giving birth.
Those painful cramps gain her nothing,
So she wipes her tears and plays the poker being.
Her life overflows with ambitious pains,
She has learnt- to never complain, never explain.

Afterwards she had to walk over thorns,
On the roads, she faced unwanted horns.
Sometimes she even felt like forlorn,
And; over her life she begins to scorn.

Though she managed herself,
And began to adorn her dreams.
She still carries her heart on her sleeves
Finally, she gave wings to her dreams,
But it was all just a gleam and not easy as it seems.
She went to her extremes,
But this patriarchal society dragged her in.

She bore torture.
RAPES, EVE-TEASING, ACID ATTACK, DOMESTIC
VIOLENCE, SEXUAL HARASSMENT & ASSAULTS,
DOWRY and a lot more!!
Did it all happen to seal her future?
When will y'all be ashamed of this culture?
We crave for a healthy mentality and strict law and
order.

Her hopes went down the drain,
She went under thousands of funeral strain.
She consistently prays; no one goes through it again.
All her dreams, prayers & bloody tears have gone in vain.

She's SCREAMING, SCREAMING, SCREAMING AND
STILL SCREAMING!!!!!!
Are you not able to hear her?

Respect her sacrifices and her dignity.
She's more than just a body

FUTURE OF SUSTAINABLE FASHION IN THE WAKE OF COVID-19

As life in many countries is going under lockdown, the future looks uncertain. Covid-19 is taking over the world in a blink of an eye, severely impacting global industries and creating a deep global recession. The fashion sector is proving to be one of the hardest hits as a result of the covid-19 pandemic, with people likely to lose their jobs and as well as runways going virtual.

On the bright side, greenhouse gas emissions are down and air quality has gone up. Some of the most visible effects of reduced air pollution and smog, perhaps, surfaced in Jalandhar, Punjab where people woke up to a magnificent view- the snow-capped Himalayan range, visible to the naked eye.



The question that arises is that, will the fashion industry being the second largest water pollutant in the world be more conscious of their choices and carry forward with their idea of sustainable fashion? Will covid-19 reshape the fashion industry? This is an opportunity to redefine business models and build a more sustainable, progressive future. It's time to rewire the fashion system. As of right now, brands have shifted their focus from future plans to emergency needs for front liners. Both Zara and H&M Group have pledged to shift their supply chains to fulfil the fast-rising needs for surgical masks, and protective equipment hospitals and healthcare workers have during the Coronavirus pandemic.

But all, in their own ways, are committed to stopping the spread of the disease, providing assistance to those who need it during this difficult time, or a combination of both. See below the brands that are playing their parts. The Italian label, Gucci is providing 1,100,000 surgical masks. Ralph Lauren, an American brand has pledged \$10 million to coronavirus relief efforts. In the homeland, India's largest fashion body, the Fashion Design Council of India (FDCI), cancelled its bi-annual fashion week, Lotus Makeup India Fashion Week just days before its opening show. Despite this unfortunate cancellation, FDCI contributed to the PM Cares Fund.



This might be the right time for you to switch to sustainable fashion. You can buy and wear clothes that warm the environment less, and without hurting your wallet. We should do our part by making smart consumer choices, because there is a supply of fast fashion because there is a demand of fast fashion. After years of polluting our environment, we realise with factories being shut down, we see sights of mountains, clean air to breath and crystal clear water.

- R Gayathri
2nd year, B. A (Hons.) JOURNALISM

समकालीन संदर्भ में राजनीति


मीडिया और बाज़ार

- KHUSHI DEORA AND SHREYA SHUKLA
2nd year, B. A(Hons.) JOURNALISM

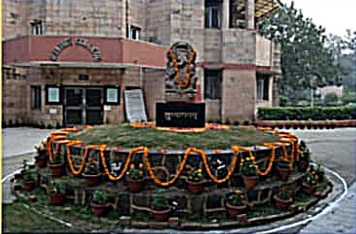

27 जुलाई 2020 को आयोजित कालिंदी महाविद्यालय के संकाय संवर्धन कार्यक्रम से देश की लोकतांत्रिक और आर्थिक व्यवस्था में मीडिया की महत्वपूर्ण भूमिका की जानकारी सभी को प्राप्त हुई। भारतीय संविधान के तीन प्रमुख स्तम्भ हैं कार्यपालिका(एक्जिक्युटिव), विधायिका(लेजिस्लेटिव) तथा न्यायपालिका (ज्यूडिशियरी)। मीडिया समाज का चौथा स्तंभ होने के साथ साथ एक व्यवसाय भी है। मीडिया विद्यालय से निकलने वाले छात्र समाज सुधारक के साथ साथ देश की आर्थिक प्रगति का भी हिस्सा होते हैं।

मीडिया, भाषा और साहित्य तीनों संप्रेषण के मुद्दे पर अपनी-अपनी तरह एकाग्र होते हैं। मीडिया की भाषा साहित्यिक भाषा की तरह अलंकरण का बोझ लेकर नहीं चलती, न ही वह अकादमिक भाषा की तरह बौद्धिकता का बोझ ढोती है, लेकिन कागज और ऑठों के बीच की दूरी कम करने के चक्कर में मीडिया का भाषा-प्रयोग नवाचार भी करता है।

प्रतिस्पर्धा के इस दौर में मीडिया लोकतंत्र के चौथे स्तंभ से भटककर वाच डॉग की तरह कार्यरत सिद्ध हो रही है। मीडिया लोकसेवा से हटकर व्यावसाय में परिवर्तित हो रहा है।



IQAC, कालिंदी महाविद्यालय, दिल्ली विश्वविद्यालय
(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद द्वारा 'A' ग्रेड प्राप्त) और
शिक्षण अध्ययन केंद्र, रामानुजन कॉलेज, दिल्ली विश्वविद्यालय
(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद द्वारा 'A' ग्रेड प्राप्त)
(मानव संसाधन विकास मंत्रालय, पंडित मदन मोहन मालवीय राष्ट्रीय शिक्षक एवं
शिक्षण मिशन शिक्षण अध्ययन केंद्र)
के संयुक्त तत्वावधान में द्विसप्ताहिक अंतर्विषयक संकाय संवर्धन कार्यक्रम
Interdisciplinary Faculty Development Programme (2 weeks)
विषय:-समकालीन संदर्भ में साहित्य, राजनीति, मीडिया और बाज़ार
27 जुलाई -10 अगस्त 2020



सहभागिता हेतु दिशा-निर्देश:-

- संकाय संवर्धन कार्यक्रम में भारत के किसी भी विश्वविद्यालय/कॉलेज के संकाय सदस्य (नियमित/तदर्थ/अस्थायी) एवं शोधार्थी भाग ले सकते हैं।
- संकाय संवर्धन कार्यक्रम में सहभागिता के लिए पंजीकरण शुल्क ₹-700/- का भुगतान करना होगा जो किसी भी स्थिति में वापिस नहीं किया जायेगा। जबकि दिव्यांगजनों के लिए सम्बंधित प्रमाणपत्र दिखाने पर यह निःशुल्क होगा।
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