



# SENTENTIAS



## DEPARTMENT OF JOURNALISM KALINDI COLLEGE, UNIVERSITY OF DELHI

Session January 2022- July 2022

### PRINCIPAL'S DESK

The very base of development and growth of a country is its informed citizens. The dissemination of information in a society is what informs the citizens of critical and crucial events happening around them. This process relies in the hands of the journalists who actively collect, assemble, and spread information, playing a vital role in creating knowledge and awareness for society.

At Kalindi, we aim at creating informed and responsible journalists. The Department of Journalism provides young girls the environment, equipment, and motivation to become great examples for generations to come.

I heartily congratulate the Department on the release of the latest edition of their newsletter, Sententias, for the year 2022.

Best wishes



DR. NAINA HASIJA  
PRINCIPAL



# JOURNALISM DEPARTMENT EVENTS

## INAUGURATION CEREMONY OF A TELEPROMPTER AND OTHER EQUIPMENT

By- Rose Negi

The Department of Journalism at Kalindi College takes pride in having state-of-the-art Multimedia Journalism Lab with all the latest audio-visual production equipment.

On 5th April 2022, there was a formal inaugural of the newly procured teleprompter and other types of equipment by the Principal, Prof. Naina Hasija in the presence of teachers and students ribbon-cutting ceremony. The final year students of the department of Journalism welcomed the equipment with heartfelt messages. At the end of it, everyone was immensely delighted and the students were enthusiastic to have procured the equipment.



## ATARAXIA: FAREWELL AND FRESHERS' WELCOME

By- Khushi Mishra

On 21st April 2022, the Department of Journalism organized 'Ataraxia' with the theme of Indian Cinema, bidding farewell to the batch of 2022 and welcoming the first years at Sangam Parisar. The event took place under the guidance of Principal Prof. Naina Hasija. Principal ma'am initiated the program with a lamp lighting ceremony. The program included a nostalgic depiction of the senior's college journey created by the core team of Sahaafat followed by fun game sessions. The event also featured the Ms. Kalindi contest, The participants were judged based on their introduction, talent round, and question-answer round by the chief guests. There also was DJ, where students danced their hearts out. Both freshers and farewell combined indeed were a rememberable event.



After a short interval, many students and faculty members clicked memorable shots at the photo booth set up by the students of the Department, and the seniors were given a personalized bidding gift from the current batch to reminisce the memories of Kalindi college.

# DOCUMENTARY FILM FESTIVAL

By- Tenzin Lhadon

A Documentary film festival organized by the Women Development Cell of Kalindi College, Delhi University called “five takes on one” Bought the idea that when speaking of women, it cannot be understood in any homogenized way, rather every woman comes with their struggle to mark their individuality and distinct tales to tell.

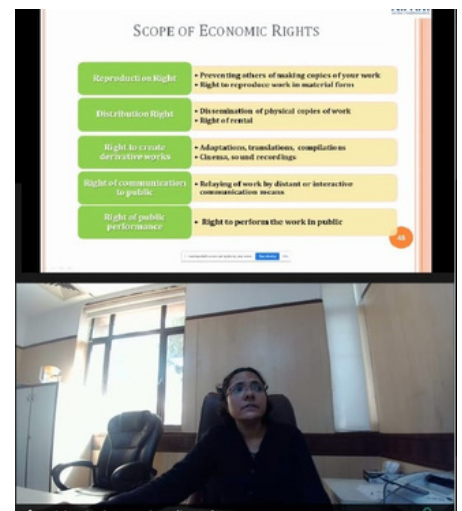
This film festival screened five documentaries from 14th to 19th February 2022. The First film Kamlabai was the story of India's first Lady of Cinema Reena Mohan. In Nirnay by Pushpa Rawat we explored the young, educated lives of women, The Shepherdesses of Glaciers by Stanzin Dorja is the tale of the practice of sole shepherdess in the village of gya in the region of Himalayas and lastly Ishq, Dosti and all that by Ritambhara Mehta reflecting on the love, desire and dating by queer.

The screening was followed by and concluded with a very interactive discussion by the team of Undergraduates of Kalindi college with the respective Filmmakers.

## INTELLECTUAL PROPERTY RIGHTS AWARENESS PROGRAM

By-Gungun Mishra

On 11th February 2022, the Journalism Department of Kalindi College, University of Delhi organized an Intellectual Property Rights Awareness Program an initiative of the Government's “Azadi ka Amrit Mahotsav” and the National Intellectual Property Awareness Mission. Due to Covid, the program was held online via Webex. It was in collaboration with the Office of Controller of General of Patents, Design, and Trademark Department, Government of India. There were four profound and esteemed speakers to guide the students. Participants were given an e-certificate for their participation in the event. It was an exceptional experience and a great way to educate the audience about concepts like IPR.



## PUBLIC RELATIONS: A NECESSITY OF THE PEOPLE AND FOR THE PEOPLE

By- R. Lakshmi Priya

To make students aware of the domain of Public Relations, on 5th May 2022, the Journalism Department of Kalindi College, University of Delhi, organized a workshop on “Building trust: Shaping the new world with Public Relations”. The Workshop was conducted by the Public Relations Society of India-Delhi chapter. The speaker for the event was Dr. Jaya Srivastava, who is currently the Joint Secretary at the Public Relations Society of India – Delhi Chapter and represents it in the National Council along with having exemplary 14 years of experience in the PR and Journalism industries.

The speaker began her address by talking about the Public Relations Society of India. She stated that it is a strategic field where the key is to maintain a good relationship between the public and a brand/an organization or an individual. She highlighted the importance of influencer marketing along with carefully creating an image, harnessing it, and generating a positive response from the public in the PR Field. She culminated the session by explaining and enlightening the audience about the difference between advertising and PR.

# PRINT MEDIA TERMINOLOGIES - AN OVERVIEW

**By-Ananya Kher and Bhumi Nagpal**

The Journalism Department of Kalindi College, University of Delhi organized an online talk show on "Terminologies of Print media" on 2nd June 2022. The Guest lecture began with a welcome note addressed by Jasleen Kaur, the host for the day. She introduced Prof. Sanjeev Bhanawat and welcomed him with a hospitable greeting. He emphasized the struggles during the pandemic faced by the Indian Education System. Students were first introduced to the word "ASSIGNMENT", which means assigning roles to journalists. He also mentioned how a Newspaper's masthead is the first thing noticed by the reader. He further emphasized the writing styles in print media specifically the Inverted Pyramid Style. While discussing the skyline, he gave the example of the time when Dainik Bhaskar gave out a skyline for Lt. Lata Mangeshkar's death to support his narrative. In addition, he talked about what Ghost Writing is and its use during India's Freedom Movement. He briefed the students about some important Journalistic dates- 30th May; Hindi Patrikarita Diwas, 3rd May- World Press Freedom Day, 12th November; Public Service Broadcasting Day. A vote of thanks was extended by Jasleen and Dr. Manisha Tomar. Overall the session enlightened the students and made them familiar with the essential terms of print media.

# WORKSHOP: LATEST UPDATES ON MEDIA AND ITS FUTURE

**By -Medhavi Dubey and Shriya Gupta**

The Department of Journalism, Kalindi College, University of Delhi organized a workshop on 26th April 2022 in collaboration with MAAC( Maya Academy of Advanced Cinematics) on the latest updates in media, entertainment, and broadcast industry, information regarding media houses, digital design, and 3D design under the guidance of Principal Prof. Naina Hasija, Kalindi College.

The session was hosted by Ms. Ruchi, the Centre head of MAAC, who gave students a warm welcome and proceeded with the discussion of the career paths in the field of media. Mr. Rachit elaborated on the history of media, and its expansion in India through Doordarshan. Followed by Mr. Govinda, an expert in Post Production, who unfolded the importance of post-production, motion graphics, and sound editing. Finally, Mr. Navjot Singh who has worked as a 3D specialist for Microsoft and movies like 'Godzilla 'Spring' and 'Coco, enlightened the students about production, and also elucidated the use of 3D technology. Students had an outdoor Chroma session at the end. Overall the session enlightened the students and made them familiar with many astonishing things about the media industry. Students gained knowledge about concepts of film production like motion graphics, graphic designing, etc. This experience opened a new door for the students for their careers and life opportunities.



# THE SKILL OF 'NEWSWRITING': A WORKSHOP

By Meenakshi and R.Lakshmipriya

News Writing is a task that requires knowledge as well as good skills. To help students learn about the same, the Department of Journalism, Kalindi College, University of Delhi organized a workshop on "News writing" on 11th January 2022, through an online medium. The chief guest Dr. Sanjeev Bhanawat, is an expert in the field of Journalism and has worked with various prestigious institutions that operate in the domain of Journalism.

He firstly discussed how the curiosity to know about the current happenings paved the way for the profession of Journalism. He defined that the ability to draw a line between news & events and differentiate valuable news from normal events makes an important quality for a good journalist. He emphasized the significance of good command over language for effective news writing. Taking that forward, he further explained the salient elements of a news story such as the Lead, the Headline, and the body of the news.

A question-answer session followed the briefings by the speaker in which various questions about the role of media, newspapers in the current scenario, and the process of newspaper printing were asked by the students. The workshop not only made students feel even more familiar with the concept but also proved to be a great learning experience for all. Later, a vote of thanks was extended to Dr.Sanjeev Bhanawat and to Dr.Manisha Tomar for an insightful workshop.

## SPORTS DAY 2022

By Smiriti Panchal

The event of Sports Day was organized by Kalindi College, Delhi University on the 5th of April 2022, wherein various sports events held. The college had invited teams from different colleges of Delhi University such as Lady Shree Ram College, etc. The main events had games such as volleyball, chess, table tennis, and kabbadi. On the first day of the event, an inauguration ceremony was held in which the Principal of Kalindi College, Prof. Naina Hasija, motivated the participants to give their best and congratulated the organizing committee for their efforts.

On the second day of the event, we witnessed great performances from all participating teams. A special match of chess was organized for the blind participants of the event. The students of the Department of Journalism, Kalindi College covered the event focusing on the details of different games being played simultaneously in different venues.



# YOGA: A BLESSING FOR A HEALTHY LIFE

By Meenakshi

## The Corpse pose

Shavasana, Corpse Pose, or Mritasana, is an asana in hatha yoga and modern yoga as exercise, often used for relaxation at the end of a session.

For this pose, some steps are followed.

- Lie on your back with your legs straight and arms at your sides.
- Rest your hands about six inches away from your body with your palms up.
- Let your feet drop open. Close your eyes. You may want to cover your body with a blanket.
- Let your breath occur naturally. Allow your body to feel heavy on the ground.
- Working from the soles of your feet up to the crown of your head, consciously release every body part, organ, and cell. Relax your face. Let your eyes drop deep into their sockets.
- Invite peace and silence into your mind, body, and soul. Stay in Savasana for five minutes for every 30 minutes of your practice.

To exit the pose, first begin to deepen your breath.

- Bring gentle movement and awareness back to your body, wiggling your fingers and toes. Roll to your right side and rest there for a moment. With an inhalation, gently press yourself into a comfortable seated position.
- Let your head be the last thing to come into place. Carry the peace and stillness of Savasana with you throughout the rest of your day.

Though it may seem like an easy pose, Shavasana can be very tough to learn and practice well. The great yoga masters K. Pattabhi Jois and B.K.S. Iyengar even called Shavasana the most difficult of all yoga poses. For many people, the ability to lie completely still — like a corpse — while being both fully aware of and unattached from the present moment takes much practice and patience.



## THE INDESTRUCTIBLE WORDS

By - Vaishnavi Rastogi

It is said, "Pen is mightier than the sword" because indeed the magic and trauma that a pen can create, a sword barely can. Where a sword may cause you to endure some physical pain, the words by a pen can haunt you forever. "Use your words wisely" as they say is a repercussion of the aforementioned quote. The one who gains the knowledge of using the words wisely is the one who becomes the almighty in one sense. This field of journalism is all about that choice of words, that choice you make every time you are to frame a story, that choice that is going to affect the audience, you, and your career. History is witness that proper use of words has brought revolutions. From fictional "lady whistle down" (Reference from Bridgerton) to real "Bengal Gazette", from "Dainik Jagran" (print) to Twitter (social media), all that the media has done is use the right words at the right time and place to justify their worth and bring about changes. Spoken or written, words can be influential, informative, life-changing, and at times severely damaging and hurtful. "You are too dark, it'll be difficult for you to get a guy", "Stop dieting, you don't wanna put on more weight", "Gay?", And just like that, there is no end to what extent the damage caused by unfair use of words can go. So the next time you speak to someone or write about something, just keep in mind, that your words have power!

# MOVIE REVIEW – AMIRA (2021)

By Rashi Akanksha



Directed by an Egyptian Filmmaker, Amira is a drama genre dogging between the beautiful relationship of a father and daughter and the smuggled-out sperm of incarcerated Palestinians. Amira (Tara Abboud), a 17-year-old Palestinian girl, also the daughter of the Freedom fighter, Nawar (Ali Suliman) was living a happy life with her mother and paternal family. Her mother Warda (Saba Mubarak) married his father when he was serving his jail sentence.

Hero of her life, his father Nawar never shared a bed with his wife. Instead, Nawar bribed a guard to pass on his sperm sample to Warda, who then used it to get pregnant with Amira. Amira, an aspiring photographer is registered as Nawar's brother's daughter. Although her interaction with Nawar is limited to their prison visits, still she is fiercely attached to his heroic father. She photoshopped her photos with his father in exotic locations around the world. Everything was well and good until a bombshell landed, skewing the whole film off-axis. Nawar's plans to conceive a second child with Warda reveal that Nawar is sterile, and has always been, so he cannot be Amira's biological father. Instantly the spotlight falls upon Warda, who maintains a dignified silence, even as the menfolk of the family lock her in a room and vow to punish her for this heinous crime. The latter half of the movie revolves around the hassle faced by Amira to determine her actual identity. She suspects everyone around starting from her paternal uncles to her school teacher. The end is astonishing and well-scripted. The film's theme is the eventual revelation about Amira's identity striking the very core of her cultural identity.

Amira's relationship with her parents and a local boy with whom she is tentatively in love appears parallel with Palestinian-Israeli tensions. Overall the story is a great blend of the reality of the intense war-affected countries and its impact on the civilians.

## STIGMA-"LOG KYA KAHENGE"

By Harshita Verma

In our lives, we all have numerous stories spellbound around thousands of emotions tangled. Learn to exhale unpleasant feelings (anxiety, stress) and inhale (confidence, self-love) while trying to breathe (speak up about your problems)! Try to think about what keeps you holding back to fly freely like living the life you always wanted. Why think about the people around you which would either praise you for your well-being or comment on your failures? "The People" are the ones who do not care about you in your good or bad times. It's YOU just YOU who has to go through it and stand STRONG all ALONE then why worry "log kya kahenge"~ Let's Go Of The Taunts And Let Your Perfect Imperfections Flaunt Because That's All We Want.~Talking about things and problems to your friends, and family makes you feel good but after having all your opinions it's your own choice at the end of the day, you have to decide what's right for you! Taking care of your mental health is self-care. It is the most important aspect which makes you a better person, positively, take right decisions. Your mental well-being empowers you! "So let's BREAK these barriers of STIGMA and BE a voice that is STRONG enough to deal with problems and not just an echo that keeps dwelling in silence!" If you live for people's acceptance you will die from their rejection.

Therefore, Be Strong, Be You :)

**मैं भी आज़ाद हूँ।**

**By - Anshul Rani**

मैं भी आज़ाद हूँ।।

सुबह से शाम तक दौड़ती हूँ मै,  
कभी ये काम तो कभी वो काम करती हूँ मैं,  
सबका ध्यान रखती हूँ मैं  
फिर भी ना जाने क्यों?  
अपने लिए कुछ करने से डरती हूँ मैं,

मैं भी अनजान हूँ मुझे भी सशक्त बनना है  
लड़कों के तरह मुझे भी ऊंचा उड़ना है  
कहते हैं लड़कियां आज लड़कों से आगे निकल  
गई हैं  
फिर भी ना जाने क्यों शादी के फैसले आज भी  
उन पर थोपे गए हैं

वक्त बदल रहा है तुम भी सोच बदलो  
लड़कियों को अब चैन से जीने दो  
जरूरत नहीं है हमें तुम्हारी मंजूरी की,  
लड़कियां भी लड़कों के तरह जननी है इस मिट्टी  
की ।।।

**CATNAPPING DOG**



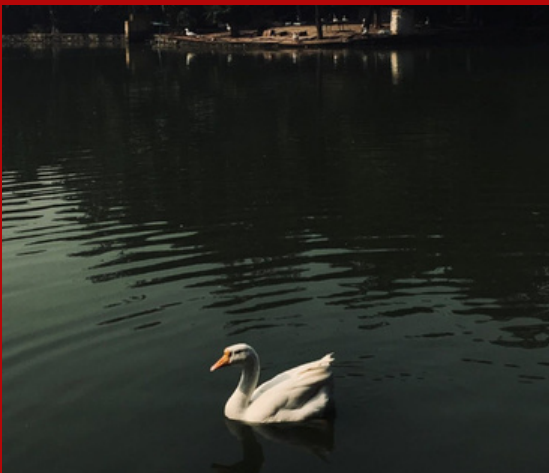
**By - Smiriti Panchal**

**SPIRALLING THOUGHTS**



**By - Anshvi Singh**

**By - Jeevisha Rawat**



**YOU WILL BE SEEN WHEN YOU GO  
SOLO AND NOT WHEN YOU  
FOLLOW!  
JHEEL PARK, WEST PATEL NAGAR.**



# BID ADIEU Batch of 2021-22

Joining this college was another decision that made me explore and learn a million things. Every corner of the college holds a special part in my life. I have always been a person who believes in learning and then leading, from starting my journey as a member and working without any post to being the Vice- President. It has been a journey, I will always cherish. I still remember the moment when I was announced as the vice president of Sahafat. It was a wholesome feeling of high and low tide. Being the VP comes with lots of responsibilities and decision-making. I explored various aspects of myself that I never knew. The whole year passed like a breeze for me which is sweet and bitter at the same time. I am grateful for the position as I interacted with multiple people and discovered more.  
Signing off.....

Shivani  
Vice President

My first day of college turned out to be nothing like I had anticipated. When I arrived at college, I learned that all classes had been canceled. I couldn't talk to anyone since I was so shy and afraid. I was informed that the core members of Sahaafat will be interviewed the next day. I went for it despite my lack of knowledge. Because I had no contact with anyone and no one knew who I was, John sir even stated, "I don't know you, you are not my student." I was completely terrified. This is the very first recollection I have of my time in college. For me, the first year was difficult because I was unfamiliar with the environment. But, with time, I began to converse and engage with others. And when I finally got to adapt, covid happened. But, to be honest, it was Covid that made me meet this weird group of folks whom I adore. This trip from my first day of college to now, from being a nobody to President of Sahaafat has been incredible. Not a lot of people appreciate Kalindi or have it as their first preference, but it was for me. Kalindi College's Journalism program piqued my interest. Yes, I was overjoyed when I was accepted into this program. And now that I have graduated from this institution, I am overjoyed and proud. I've made some incredible and bizarre friends here who have helped me adjust to this fast-paced environment. Here, I've had the most incredible teachers who allowed me to explore and discover myself. I will always thank Kalindi for instilling in me a passion for photography. Today, as I sign off as the President of Sahaafat, Kalindi College's journalism society, I'd want to take a moment to express my gratitude to all of you. I've always wanted to see this place flourish and expand. I'll always want to return and relive the memories that I have made here.

By- Tanya Shree



## Mugdha Gupta      Urvi Mangesh

(III year)  
1st position  
Photography Competition  
Shree Ram College  
of  
Commerce

**Gupte**  
(III year)  
2nd position  
Penlighten: Writing  
Competition  
Rajdhani College

## Meenakshi      Dhairya Mishra

(I year)  
2nd position  
Paper Presentation  
Kalindi College

(I year)  
1st position  
Skit Competition  
Kalindi College

## Ananya Kher      Harshita Verma

(I year)  
1st position  
Skit Competition  
Kalindi College

(I year)  
2nd position  
Online Poster Making  
Competition  
Yuva Pakhwada  
ABVP

## Ishika Nakra      Drishti Verma

(I year)  
3rd position  
Classical Solo Dance  
Swami Shradhanand  
College

(I year)  
1st position  
Painting Competition  
Shaheed Bhagat Singh  
college

## Dhriti Khanna, Bhumi Nagpal, Ankita Baidya, Dipanjali Thapa & Jeevisha Rawat

(I year)  
1st position  
AD- MAD Competition  
Lakshmibai College

## Tanishka Shrivastava

(I year)  
1st position  
Writing Competition  
Kalindi College



## DR. MEENA CHARANDA COORDINATOR

“ WE LEARN MORE BY LOOKING FOR THE ANSWER TO A QUESTION AND NOT FINDING IT THAN WE DO FROM LEARNING THE ANSWER ITSELF.”

Through the pages of Sententias, the newsletter for Department of Journalism, Kalindi College, our budding journalists bring to you a plethora of departmental and college events. We see images of progress, improvement and learning in these events and programs. Through the nurturing and motivating environment provided by the department, the students are in the process of learning freedom and responsibility that comes with the profession.



## DR. VINITA MEENA CO-COORDINATOR

“ ALL THE WORLD IS A LABORATORY TO THE INQUIRING MIND.”

The students of Department of Journalism are learning and nurturing through practical learning provided by various webinars, events and workshops conducted. The transition from online to offline brought to light newer opportunities for the students to learn while physically being on the campus and experimenting to learn new things. I hope that in the future we will hold more learning projects to make our budding journalists more knowledgeable and wise.

### MEET THE SUPERVISORS

#### EDITORIAL SUPERVISORS

**Dr. Ritika Pant** |

**Ms. Mamta** |

**Dr. Ezra John**

#### EDITORIAL TEAM

**ANSHVI SINGH**  
(II year)

**KRITI SARAIYA**  
(II year)

**GUNGUN MISHRA**  
(II year)

**SHRIYA GUPTA**  
(II year)

**ANKITA BAIDYA**  
(I year)

**HARSHITA VERMA**  
(I year)

**VAISHNAVI RASTOGI**  
(I year)

#### DESIGNING TEAM

**MEENAKSHI**  
(I year)

**Smriti Panchal**  
(II year)