



VIVIDHA

2022-23

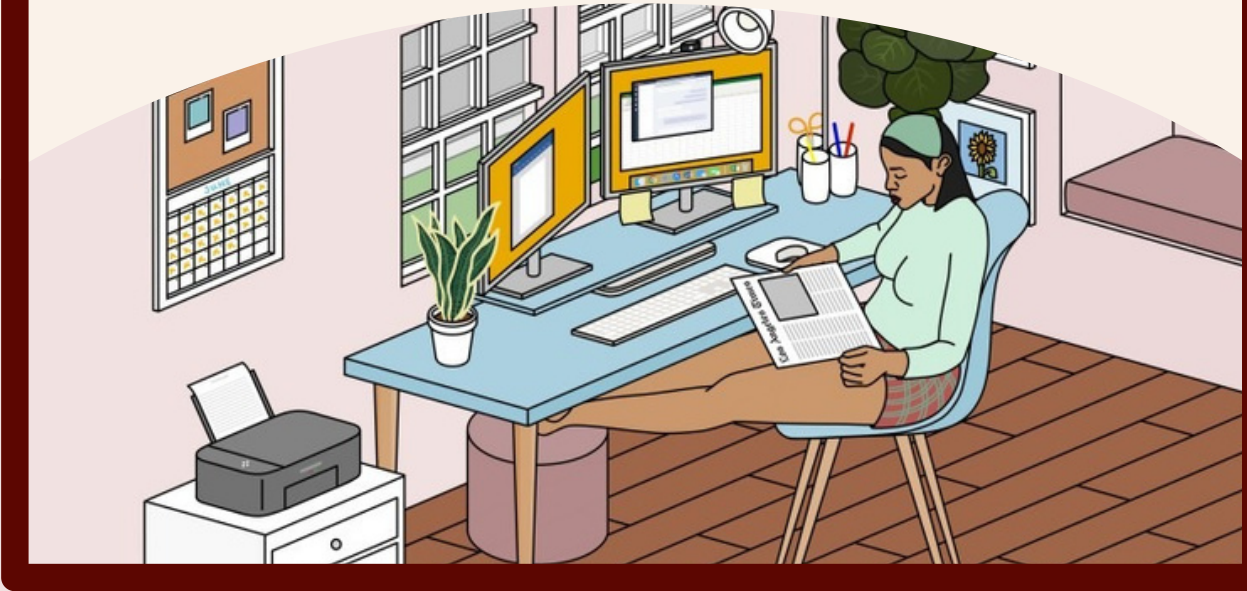


AIKYAM
The BA Programme
Society
Kalindi College
NAAC accredited 'A+'

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ABOUT THE MAGAZINE

VIVIDHA

“Motivation is the catalyzing ingredient for every successful innovation.” – Clayton Christensen

With the staggering support, motivation and response showered on us by all the members of Aikyam; the BA Programme Society of Kalindi College, we proudly present to you -“Vividha”. Vividha is a magazine that represents the diversity, unity, and the treasure of talent we flaunt of. Through Vividha, we aim to provide a platform to our members to express their thoughts, emotions, opinions, and ideas through poetry, blogs, artwork, and photography. We also bring to you exciting brain games and Spotify playlist for you to enjoy. This new venture would not have been possible without the relentless support and massive participation from all the students, and enormous and continuous support and motivation from our teachers. We hope that Vividha succeeds in depicting its essence of unity in diversity while showcasing all the talent we have.

ABOUT THE SOCIETY



AIKYAM - a word that literally means “oneness” in Sanskrit, is not a word to this society anymore; rather it’s the way our society works. Cutting the cheesy lines which all groups attempt to describe them with, it’s better to say **AIKYAM** is the society of the former times - a group of people held together by the thread of passion to achieve a greater goal.

Rather than burying them, we embrace the differences of our team members and lend our helping hand to where the world needs it, together. Starting on a small scale, we believe in positive change - that if we, somewhere, in any corner of the world, have helped a fellow neighbor in any way, our efforts have borne fruits and we as a team, have succeeded - **AIKYAM**, has succeeded.

NOTES FROM THE POSTS

PRINCIPAL'S NOTE



I am glad that the 'Aikyam'-BA Programme Society, Kalindi College is bringing out its First Edition of Annual E-Magazine 'Vividha' 2023.

"If you want to shine like a sun, first burn like a sun."

-APJ Abdul Kalam

I appreciate the sincere efforts of the students of BA Programme for taking great interest and engaging themselves in art, culture and literature along with studies for their holistic development. It also gives me immense pleasure to learn that the students have put their best creativity in this magazine. I give all my love and blessings for the success of the E-Magazine and for all the future endeavors of the students.

Prof. Anula Maurya
Principal

NOTES FROM THE POSTS

CONVENER'S NOTE



"Arise awake and stop not till the goal is reached." -Swami Vivekananda

This profound and inspiring message has given all of us a meaningful and objective-oriented life. It is a pleasure to learn and share that Aikyam; BA Programme Society has been engaged in learning through trial and error experiences and setting up various goals. As the BA Programme course comprises of twenty-six varied subjects, the students too have varieties of interesting ideas. 'Vividha', the first-ever students' E-Magazine of the society shows the great interest and enthusiasm of the office bearers and the contributors.

They have shared some mind blowing writings, information, arts and many more creative ideas. This shows their immense growth potential as nation builders.

I am sure that everyone would be really happy to view and read 'Vividha' . Also, in coming years there will many more innovative work .

Dr. Nivedita Giri
Convener

NOTES FROM THE POSTS

CO- CONVENER'S NOTE



Aikyam; the BA programme Society aims at providing a common platform to students of various streams to share their ideas and contribute irrespective of different subjects . This is a moment of pride for all of us that we are having our first magazine . My hearty congratulations and best wishes to the whole team for this wonderful effort . Keep up the good spirit and hard work. Both are required for a successful career.

Dr. Renu Gupta
Co- Convener

NOTES FROM THE POSTS

PRESIDENT'S NOTE



Finally, we did it! AIKYAM is the largest society in our college, yet this is the first magazine we have published. But I could not be more proud. Better a little late than never. It is beyond overwhelming to actually sit down and draft a final message for this E-Magazine. The team, not just of this session but of the previous years, have also planned and talked about publishing an annual magazine. It's a dream come true for a lot of us!

The word 'Gratitude' is not good enough for the sentiments in my heart for the Office Bearers. The phrase 'in love' feels more appropriate. I have grinned at, laughed with, cried in front of, and scolded every single member of Team AIKYAM, but I hope I have made all of you realise how much I have cherished and adored you.

As the President of AIKYAM and the Head Editor of VIVIDHA, I guarantee you that you will enjoy reading, looking through and soaking this piece of art.

Ms. Suhasini Rana
President

The Poetry Section

We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race and the human race is filled with passion. And medicine, law, business, engineering, these are all noble pursuits and necessary to sustain life. But poetry, romance, love, these are what we stay alive for.

The Book that Lives - Chhavi Rana, I Year

Yet another page turned by...
 But this time the background was black...
 Fear not o' writer do not let this hold you back.
 As white pages were laced with words black
 But this time makes them shimmer with the shine they lack.
 No page with a story is painted uniform,
 There exists no rose without the company of a thorn; this has
 always been the norm.
 The river never gets to rest and the mountains never get to move,
 If everything would have been perfect, there would never be
 something to strive for and prove.
 The first word is always filled with apprehension,
 But as you write along the words diffuse the tension.
 The quill is in your hands, the ink in your control,
 You get to decide what doesn't affect you and what takes a toll.
 So, realise your power o' dear author,
 For in your hands resides the supreme responsibility,
 Cause you live that book only once but the words win over
 mortality,
 Don't be afraid and turn away from challenges in disdain,
 For every time somebody turns the pages, you shall live once
 again.

वसंत ऋतु ~जाग्रति कनौजिआ, II Year

वसंत ऋतु आयी रे,
 मोरा मन चहक-महक जाये रे,
 मधु ऋतु में मुग्ध रहे जी मेरा,
 हृदय करे चहल पहल हर बेला ॥
 बागियों में कोयल की कुहू-कुहू प्यारी,
 वृक्षों पर बैठी एक नादान नारी,
 मोरा जिया होए जाये बावरा,
 मैं पगली इस पर हारी ॥
 स्वर्ण चमक सी चमकती ये पुष्पों की क्यारी,
 जैसे बुलाए रहे मोहे,
 करूँ इनसे बातें कई सारी,
 रंग-बिरंगी अति आकर्षक लगे ये ऋतु प्यारी ॥
 अखियां की पलकें न झपके,
 लगे हर पहर देखन जाओं,
 हाय ! अब मैं क्या करूँ?
 मैं तो वसंत की सुंदरता पर ही वारि जाऊँ ॥

Sometimes
- Chetna, II Year

Sometimes it's better to cry, rather than faking a smile...
 Sometimes it's better to be alone, rather than being lonely...
 Sometimes it's better to say a goodbye,
 rather than staying until it becomes fragile... Sometimes it's
 better to remain unknown,
 rather than knowing and being left with agony
 Sometimes it's better to let loose, rather than gripping on too
 hard,
 that it starts falling apart... Sometimes it's better to follow
 your heart,
 rather than waiting for the regret to hit hard...

प्रश्न आज की नारी का?

~दिव्यांशी रखेचा, 1 Year

ज्ञात नहीं है,

कि सलाम करूँ या फिर करूँ नमस्कार।

लगा लूँ गले इस सवाल को या फिर से छोड़ दूँ इस बार?

इस सवाल ने जवाब की खोज की ज्योत जलाई है।

शाम ढलने को है और वो ज्योत बड़ने को आई है।

सवाल आज का या कल का नहीं है,

सवाल आवाम की उस सच्चाई से है, हर नारी का अपने आप से है।

अशा थी कि कहूँगी,

परसो पढ़ी थी महाभारत और आज उसकी भक्त हूँ।

सोचा था कि मीरा की नज़रो से कृष्ण को देख पाऊँगी, छोटी सी झलक उस महायुद्ध की अपने साथ ले आऊँगी।

सोचा था कि होगी कठिनाई हमें अंतर करने में, उस कर्ण और उस अर्जुन में।

पर जनाब, समय का पहिया आज फिर पलटा है

ढकेला मुझे उस अंधकार में जो रोशनी की आड़ में किसी का साया है।

गोताखोर नहीं पर फिर भी मोतियों की आशा रखती हूँ।

चलिए आपको मेरे गहरे सवाल के अंधकार की सेर करा कर लाती हूँ।

यह ज्ञात कराती हूँ, कि कौन थी द्रौपदी,

थी वो अग्नी की सुपुत्री क्योंकि जन्मी थी वो उससे जिसे वो अपने सीने में लेकर चलती थी,

पर पता नहीं क्यों फिर भी साधारणों में ढलती थी।

सवाल खड़ा है आज, कि क्या जीवन था उसका?

साधारण नारी का फिर उस स्वामी का?

सहेली थी कृष्ण की और बहन थी धृति की, बड़े थे वो लोग हाँ फिर भी वो सरल थी।

कृष्ण का रंग थी, पांडवों की शान थी वो।

कर्ण का रहस्य थी, हर नारी की परछाई थी वो।

पर स्वयं में क्या थी वो, हम अक्सर ये सोचते हैं

पर सोचकर भी अनजान बने रहते हैं।

सुना और पढ़ा है- अपनी इच्छा से जन्मी थी वो।

समाज अक्सर यह कहता है- कि व्यास जी ने लिखा था युद्ध की कारण थी वो।

चेताया था उसे कि- हँसने की जगह मुख पर हाथ रख लेना।
 अपने सम्मान को खोकर अपना श्राप रोक देना।
 क्या मान लेती ये सब? समय बलवान था और लकीर कठोर, मकसद पुरा करने
 जन्मी थी वो।
 लोग कहते हैं कि उन्हे कृष्ण की लीला पसंद हैं।
 प्यार की आड़ में किया उसका छल पसंद हैं।
 उनके जग में समाई उसकी मायानगरी पसंद हैं।
 कहते हैं अर्जुन का क्रोध पसंद हैं, भीम का वो प्यार,
 युधिष्ठिर की वीरता पसंद है और उस युद्ध में समाया है उनका प्यार।
 पर जनाब आज वो प्रश्न बिंदू सर से उतरकर मन तक पहुँच आया है, पर डर है
 कि कल को सवाल सच्च होगा या जवाब सही,
 या फिर सवाल सही होगा पर जवाब सच्च?
 क्या आपको ज्ञात है, वो द्रौपदी
 हाँ वो द्रौपदी, वह मैं हूँ, वह तुम हो, वह हम सब है।

कभी गौर करिएगा ये महाभारत है उस कृष्ण की, उन पांडवों की, पर यहाँ न्याय
 माँगना चाहती हूँ कि क्यों नहीं उस द्रौपदी की?
 यह समय कहूँ या समाज बड़ा खराब है जनाब-
 ये एक ओर तो द्रौपदी को उसके वस्त्र हरण और युद्ध का कारण बताता है, तो
 दूसरी ही ओर उसके दुश्मनों की हार पर जीत मनाता है।
 ये एक ओर हमारी रक्षा करता है तो दूसरी ओर हमी पर तीर फेकता है।
 ये एक ओर हमारे लिए युद्ध लड़ता है तो दूसरी ओर हमी पर बल धरता है।
 वो द्रौपदी है जो युद्ध क्या वस्त्रहरण भी झेल लेती है।
 वो द्रौपदी है जिसका एक भी नहीं पर वह पाँचों की है।
 वो द्रौपदी है जो भीड़ में भी अकेली रहती है।
 वो द्रौपदी है जो सबकी दुनिया है पर दुनिया उसकी नहीं।
 वो द्रौपदी है जो कल भी लड़ी थी और आज भी लड़ती है पर फिर भी अंत में
 प्रशंसा नहीं।
 मन है उसकी कथा पढ़ूँ पर फिर पीछे हट जाती हूँ
 क्योंकि अपने आप से डर जाती हूँ
 क्योंकि अपने आप से डर जाती हूँ ॥

Colours Of Life -Ritika Singh, III Year

Life is black and white
It's you who fill colors in it by your choice.

The voices you make
fills it with colors they represent.

If you chose love
everything surrounding you looks red,
If you are with your loved ones, then
life is filled with every colour imaginable.

When you are sad
a gray gloomy cloud takes over you
But if someone reaches out to you
life becomes a beautiful yellow colour
like the sun.

So when you simply live life
there will be all seven colours

Sometimes all at once,
sometimes with two mixes
sometimes with thousands of mixes
bringing out a crazy colour
which you never thought to exist!

Many times life gives you those crazy-coloured
ice-cream with funky name
giving you the colour of life, as well as a taste of it

Like those cotton candy ice-cream
with crazy mix of bright pink and pale purple,
if you are happy you like it, if not...then
it is one of the worst combination to exist,
thus also telling you -
Life' all about timing.

Thus life is white in all seven colours
and all seven colours in white.

Nightmare**-Leena Singh, III Year**

While I'm in a deep slumber,
 I can feel my arms spread wide on the bed.
 I can feel my forehead covered with beads of sweat.
 Yet, I can't still feel being in the same world.

It seems like I'm no more in the same place I was before.
 I want to wake up but I can't.
 There's something heavy on my chest,
 Which makes almost difficult to breathe.

My body is numb.
 Yet I can understand something is still alive inside of me.
 May be because my heart is throbbing with pain.
 But I am unable to bring myself back to reality.

There's something restraining me to open my eyes.
 The fear I can feel is unfathomable.
 It feels like I were already dead.
 But I do know what I can see is not the real world.
 It seems impossible to pull myself back from this nightmare.

शक्ति**-ऐशानी राघव, I Year**

तुम शक्ति हो; कस लो कमर साधो धनुष
 कि तुम्हें तुणीर में संहार से ज्यादा सृजन के तीर ढोने हैं।
 तुम उड़ो लगाकर पंख खरी उम्मीदों के
 कि तुम्हें सतरंगी आसमान पर खुशियों के धान बोने हैं
 तुम बढ़ो लगाकर हाथ मजबूत हौंसलों के
 कि तुम्हें पर्वतों के हृदय फोड़ कर झरने निचोड़ने हैं
 तुम भरो कुलांचें शावक सी विश्वास के लौहपद की
 कि तुम्हें दूर क्षितिज के पार अपने अस्तित्व संजोने हैं

तुम करो ज्ञान-मशाल प्रज्वलित उच्च कोटि व्यक्तित्व रख
 कि तुम्हें वेद,उपनिषद्, ऋचाओं के गुणगान गाने हैं
 तुम सुनो हवाओं की बातें महसूस करो प्रकृति का राग
 कि तुम्हें दया,प्रेम,क्षमा,वात्सल्य के दधि बिलोने हैं।
 तुम पछाड़ो हर दाव पितृसत्ता के अमिट विमर्श का
 कि तुम्हें तो चारों दिशाओं में मानव-विमर्श के बीज बोने हैं
 तुम बनो निडर और आत्मनिर्भर, दो स्वयं को सम्मान
 कि तुम्हें ही तो समाज में समभाव,संस्कृति के ध्वज फहराने हैं।

Third World Issues -Bidisha Ghosh, III Year

mama asked me to cover up
 a child's legs can lead to her demise
 told me to stay out till the sun was still up
 monsters lurking in the shadows
 would prey on my youth
 little did she know that the monster
 roamed through the temple gates

girl problems, they can deal with it
 pink taxes on necessities
 bled right through her rags
 poor thing didn't know what to do
 third world issues

thickest of veils can't cover their hypocrisy
 bigotry will only get you so far
 at thirteen she should be soaring
 cuff her up, cut off her wings
 the world watches you dominate
 abuse her over and over
 how can I form words when all I feel is hate

girl problems, they can deal with it
unfair wages, double the work
drained all her finances
poor thing didn't know what to do
third world issues

clothing white, darkest of the minds
drove me to end my being
written all the names down
cold steel blade in my hands
maybe older men would suffice
for all the masochism
and this bliss in agony

skinny you should eat more
chubby you should starve more
too dark for their golden stallion
malleable, no individuality

girl problems they can deal with it
how do we win
when the game's so rigged
poor thing didn't know what to do
third world issues

The Blog Section

Words can be crafted and weaved, however we want, and writing a blog that goes against conventional thinking or opposes the majority opinion is an exciting job. A blog gives you that space to test your limits and write about what interests you. This section contains of articles, opinions and stories the students of AIKYAM wish to tell you!

India's Unity through Preamble

-Deepika Sinha, II Year

The Preamble to the Constitution of India is a brief introductory statement that outlines the fundamental principles and values on which the Constitution is based. One of the striking features of the Preamble is the use of the phrase “We the people of India” instead of “We the people of Bharat,” which some people may expect. This has led to some debate and confusion among the people of India. In this article, we will explore the reasons behind this decision and why the phrase “We the people of India” was chosen.

Firstly, it is important to understand the historical context in which the Constitution was written. India had just gained independence from British rule, and the Constitution was drafted to establish a new democratic system that would reflect the aspirations and values of the Indian people. The Constituent Assembly, which was responsible for drafting the Constitution, was made up of representatives from all over India, including people from different religions, castes, and regions. The decision to use “We the people of India” was made after careful consideration of various factors.

One of the primary reasons for using “We the people of India” was to promote a sense of unity and inclusivity among the diverse population of India. The term “Bharat” is derived from ancient Sanskrit texts and has a cultural and historical connotation that may not be understood or accepted by all sections of the Indian society. On the other hand, the phrase “We the people of India” emphasises the collective identity of all Indians regardless of their regional or cultural backgrounds. It acknowledges the fact that India is a diverse nation with different languages, customs, and traditions, but also highlights the common values and aspirations that bind us together as a nation. Furthermore, the use of “We the people of India” in the Preamble reinforces the idea that the Constitution is a document that belongs to the people of India. The Constitution is not a mere legal text but is a living document that reflects the hopes, aspirations, and values of the Indian people. The use of “We the people of India” in the Preamble signals that the Constitution is a product of the collective will of the people of India and that it is their responsibility to uphold and protect its values. In conclusion, the decision to use “We the people of India” in the Preamble was not arbitrary but was made after careful consideration of various factors. It reflects the democratic principles enshrined in the Constitution and promotes a sense of unity and inclusivity among the diverse population of India. The phrase “We the people of India” acknowledges the cultural and regional diversity of India while emphasising the common values and aspirations that bind us together as a nation. It reinforces the idea that the Constitution is a document that belongs to the people of India and that it is their responsibility to uphold and protect its values. “India is a land of diversity united by a common thread of humanity.”

Pedophilia: An Educational and Awareness Guide

-Ananya Awasthi, II Year

TW: Mentions of sexual assault, Pedophilia

While sexual assault is a topic most people are familiar with, child grooming still remains in the shadows of our awareness: unseen, unrecognised and disguised as friendliness. When we hear 'Grooming', the first thought that crosses our minds is creams, combs and clothes—all things used for the proper grooming of a child. But how does one "groom" an 18-year-old ? Child groomers prey on young people by making their victims feel dependent on them, completely trapping them and rendering them helpless. Child Grooming is not restricted to children only, and extends to young people who could very well be in their early twenties.

They exploit children, and even young adults, physically and emotionally, and make the situation inescapable for them.

What is Grooming ?

Grooming is when someone builds a relationship on trust and emotional connection with a child or young person to manipulate, exploit and abuse them. Children and young people who are groomed can be sexually abused, exploited or trafficked by the groomer once a certain level of trust has been established between the groomer and the victim.

Types of Grooming:

Grooming of a child or a young person can take place online or in person. The groomer can be someone one meets online, a family member, a family friend or a stranger who has their eye set on a specific child or young person.

The relationship between a groomer and a victim could be that of a mentor and mentee, a romantic relationship, or a relation where the groomer acts as a dominant or authoritative figure.

Who can be the victim of Grooming ?

Children and young people are most susceptible to grooming as they have yet to develop a sense of identity and readily rely on

adults offering them affection and validation. It is essential to remember that both boys and girls are at risk of being victims of grooming.

The age of a young person is also not a decisive factor when it comes to grooming. Not only can children below the age of 18 be victims of grooming, adults in their early twenties are equally vulnerable when it comes to being victims of grooming. Young adults who want to start a career, have a job to protect or those who have recently joined a faith group can also be victims of sexual grooming.

It is hard to identify grooming when it is happening to a person, because a few praises and little affection feels harmless at first.

Identifying Grooming and Groomers

Identifying a groomer can be extremely difficult. Sexual grooming or child grooming is not an overnight process. It takes time for the groomer to gain the victim's confidence and trust. It becomes even harder when the groomer is a family member or close relative as a certain level of trust is already established.

Groomers use a few common tactics that may act as an indicator of the true nature of their affection. Some of these are-

- Manipulation
- Isolation
- Acting very Understanding and Controlling

The act of manipulation starts slowly. They may be minor acts of over friendliness and familiarising the victim with their touch by grazing or holding their hand and rubbing their back while trying to provide them "comfort." Trying to get their target to be comfortable in their presence while not fully clothed or manipulating them into spending more and more time with them are also red flags.

These seem like friendly gestures and the person experiencing them may not think much of it the first few times. But for the groomer, it

gives them sexual gratification. They make use of a child's curiosity about their body as a manipulation tactic to fulfil their own need for pleasure.

Groomers try to isolate their victims in order to keep them to themselves. When a victim is alone, they become more vulnerable to their groomer's shrewd intentions and attack. Groomers feel threatened when their victim tries to communicate with others as they do not want their relationship with the victim to be discussed without any boundaries. The victim is circumstanced to think that no one understands them except for their groomer. The groomers act understanding and make the victim feel like nobody except them will be able to truly understand what they are feeling. Victims constantly have this one thought in their mind – "Only they understand us."

If the victim being groomed comes to identify the nature of their relationship with the groomer and wants out of the situation, groomer's often guilt trip their victims by controlling the circumstances created by them. They accuse them of not being trustworthy. In cases where the groomer is an authoritative figure, they blackmail the victim and exploit the power given to them by virtue of their position in society to keep things the way they had been prior to the victim's realisation.

Abuse from the Victim's Perspective:

It is important to remember that children and young people may not understand that they are being groomed. They may have complicated feelings like loyalty, admiration, love as well as fear, distress and confusion for their groomers.

Most victims are unable to identify signs of grooming and when they do, victims tend to think that it is too late for them to change anything. Victims often feel ashamed for not being able to realise the pattern of affection and discontent they were being subjected to during the process of grooming.

Guilt is a major hindrance in identification of abuse faced by the

victim. They feel guilty for doubting the groomer's (who is elder to them and at a position of power and authority) intentions because they have been groomed to put their misguided faith in the groomer.

The victim also feels dependent on the groomer because of the nature of the relationship they might be sharing. This makes it doubly hard for victims to leave their groomer and seek external help. They grow attached to their groomers and wish to excuse their flaws and only see the good in them, that is, habits and feelings that made the victim trust their groomer and like them in the first place.

Signs of Grooming shown by a Victim:

Victims become very secretive about how they spend their time, online or in person.

They are in a relationship with a partner who is older than them by many years.

They have money or new products like clothes or mobile phones that they cannot afford. They may also be unwilling to share the details of how they came to acquire the items.

Clear signs of substance abuse.

Being upset, withdrawn or distressed.

Sexualised behaviour: using language or an understanding of sex that is not appropriate for their age.

Spending time away from their home or going missing for long periods of time.

Conclusion:

Grooming as an act of sexual assault is a hard concept to understand and grasp. This is a crime people, especially in India, barely talk about. Not having much knowledge about it renders us more vulnerable to it. In India there are no provisions that explicitly use the term "Grooming" and provide legal protection against it. But there are Sexual Abuse Prevention laws prevalent in India. Section 11(vi) of Protection of Children from Sexual Offences Act,

2012 (POCSO) provides that a person who entices a child for pornographic purposes or gratification, with sexual intent is said to have committed the act of sexual harassment upon a child. Further, section 11(iv) of POCSO states that a person is said to commit sexual harassment when such a person "repeatedly or constantly follows or watches or contacts a child either directly or through electronic, digital or any other means" with sexual intent.

Only when we spread awareness and raise our voice against manipulative offenders and actively work towards creating a safe space for victims, will there be a change.

Homie to visitor

-Anjali Singh, II Year

What does a student have to sacrifice for their higher education? They have to sacrifice the love given by their parents, friends and family. When you are done with the resources around, you seek for more resources to achieve your 'DREAMS'. You need to leave your parents, friends and family behind. It feels like you are in alien land where everyone is unknown .

Life changes after coming to a new place. So did ours when some of us moved to Delhi. The lifestyle and culture here is different from where we belong. This city is overpopulated and people here don't have time for their loved ones. Everyone is busy with man-made gadgets. It feels like in this fast moving city life has shifted to "2x" mode. From the buzzy hours of college with bright mornings to the dull dusted evening in your rented house missing the moment when you used to reach home and shout "Maa kaha ho ?" It's not the same anymore. Life has changed now.

I remember my Grandmother used to say "Women are the creators

of a society". I looked at my mom back when I was nine, I used to think she must have a "Magician stick" in the kitchen. How has she organised things within "2 minutes" she used to ask for. I Really Miss you, Maa.

Life is all about adjustment between your feelings and reality and they really don't have any idea what this feeling is like. There will be so many situations when you have to quit your feelings and accept reality. Life is unpredictable. It keeps changing poles. Earlier when we used to go somewhere for vacation, people from our hometown used to ask us for how many days we will be going for but now when we are going back to our hometown, these delhilites ask us how many days we will be going to our hometown.

LIFE changes so fast that I have transformed as a visitor in my own hometown for what ? Only to achieve "DREAMS".

Psychology: A misunderstood, yet a fascinating field

-Sanch Bhayana, III Year

Psychology being the most misunderstood field of science, is often associated with things as astrology or palm reading or mind reading. There are several myths and misbeliefs about psychology. And not surprisingly, they are countless. One of the most common myths is that psychology is a layman's cup of tea. Psychology being a field of science is never based on common sense. It is based on scientific evaluation and analysis of concepts, uses subjectivity and objectivity to understand human behaviour and studies being regularly performed on groups of people.

Usually, the first experience of a person with psychology is when the person studies it in high school. The lectures do not give a total

information of what psychology actually is. To know these people, spend years studying it and building up a career in it. Studying it in high school leaves a lot of questions in the brain of a student. These questions are then tried to answer by common sense. Hence, myths start developing.

In this article, there will be busting of several most common myths on psychology. Now here we go to do the same.

- Psychology is always about bolting up unstable or insane people
Question the person sitting next to you about what are his/ her views on a therapy or just simply ask what they think about a therapeutic session. Most probably the response would be like they are for mentally unstable people or for people who need someone to talk. They might answer that a person needs therapy when you are not feeling good. Some might even answer that you are rich, so you just need to spend your money on something and this is another way of doing it.

But are these views actually true about therapy? Therapy is just another form of appointment with a doctor where instead of your physical health being impaired, your mental health is getting deteriorated and rather than seeing a physiotherapist, you are seeing a psychologist/psychiatrist.

- Psychologists/psychiatrist: does not matter; both are same
There is a huge difference between being a psychologist and being a psychiatrist. Both treat the patients with mental health issues. Both treat a variety of medical disorders. But a simple way of knowing the difference between them is that a psychologist will use psychotherapy and behavioural interventions to treat the client. Normal studies and therapy are the diagnosis of the client. Whereas a psychiatrist on the other hand is a trained medical doctor and is allowed to prescribe medicines.

- A psychologist can read the mind of the client
Yes, this is definitely true that with the help of psychology, we can have an indication of what the person is thinking, writing now or feeling in the moment, but we cannot exactly tell what the person is

thinking or feeling because it's not mind reading. Psychology is the study of human behaviour. And through body language and some gestures, one can have some clues on the same.

This is a young but scientific field.

Psychology is a factual field of today's world. It is purely a research-based discipline with no common sense involved in it. Psychology today is one of the most growing sectors amongst modern science. We need to start considering it a science.

सौंदर्य

-छवि राणा, 1 Year

सौंदर्य की गाथाएं और उपमाएं फैली चारों ओर,
पर समाज ने देखो बनाये ये ढांचे कितने कठोर।
मन के सौंदर्य का कोई मापदंड नहीं,
पर असली सुंदरता तो देखो आत्मा से ही है झलकी।।

“सुंदरता” शब्द हमारे समाज व साहित्य में अक्सर वर्णन, उपमाओं, एवं प्रशंसा के लिए उपयोग में लाया जाता है। परन्तु आज की इस मोबाइल व सोशल मीडिया के ज़माने ने अनुपम सौंदर्य को ढांचों में ढाल दिया है। इसी सर्वोच्च सौंदर्य की परिभाषा की खोज में खोकर हम अक्सर आंतरिक सौंदर्य को निखारना भूल जाते हैं। बाह्य आडम्बर तो एक क्षणिक छलावा मात्र है परन्तु आंतरिक सौंदर्य, व्यक्तित्व की सुंदरता ही सर्वश्रेष्ठ व सर्वोच्च होती है। अंतःकरण की भाव-भावनाएँ ही एक व्यक्ति की असली एवं स्थायी पहचान होती है। संतोष, आत्मविश्वास, दया भाव, संवेदना, साहस, आदि ही एक इंसान को सर्वाधिक सौंदर्य प्रदान करते हैं। बाहरी सुंदरता की होड़ में अक्सर हम अपने भावों को, व अपने अंतर्मन को अनसुना कर देते हैं जो हमें विचलित, क्रोधित एवं दुखी बना देता है। इसीलिए यह अति आवश्यक है कि हम ये जानें कि सौंदर्य कि कोई निचित परिभाषा या चित्रण नहीं होता। जब आंतरिक सुंदरता व्यक्तित्व, वाणी, एवं कर्म में तेज के रूप में प्रकाशित हो, वही सौंदर्य का रूप अलौकिक बन जाता है। जिस सुंदरता में आप स्वयं को ही देख न पाएं, वह सत्य कैसे हो सकता है? जिस ढांचे में आप सहज न हों व जिसमें आप अपना अस्तित्व ही दबा दें, वह कभी सही नहीं हो सकता।

मापो मत अपनी सुंदरता को चंद सामाजिक सीमाओं में,
सबसे सुन्दर तो है वही, मिठास हो जिसके स्वाभाव में,
दबाव में इस दुनिया के अपनी पहचान को ही छुपा दिया,
देखो अपने दृष्टिकोण से, मतलब नया देखो सुंदरता का पा लिया।।

The Artwork Section

“The principles of true art is not to portray, but to evoke.” – Jerzy Kosinski

When soul is reflected in colours and strokes, when emotions meet creativity, an artwork is created. Every masterpiece has a story to tell, so have a look at these artworks by the artists of our society and the story captured beneath the glamour of these paintings.



Anshu, III Year

The Artwork Section



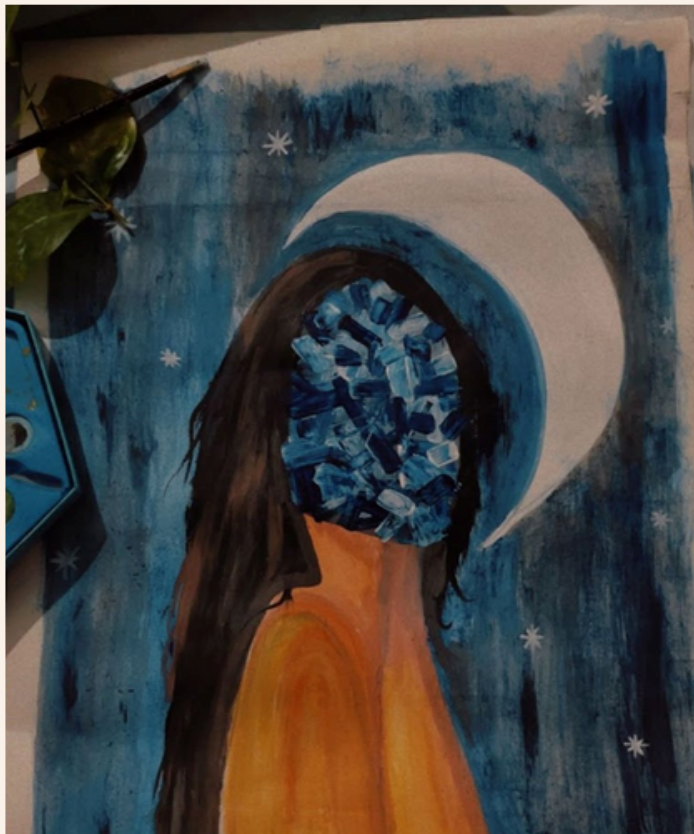
Chetna, II Year



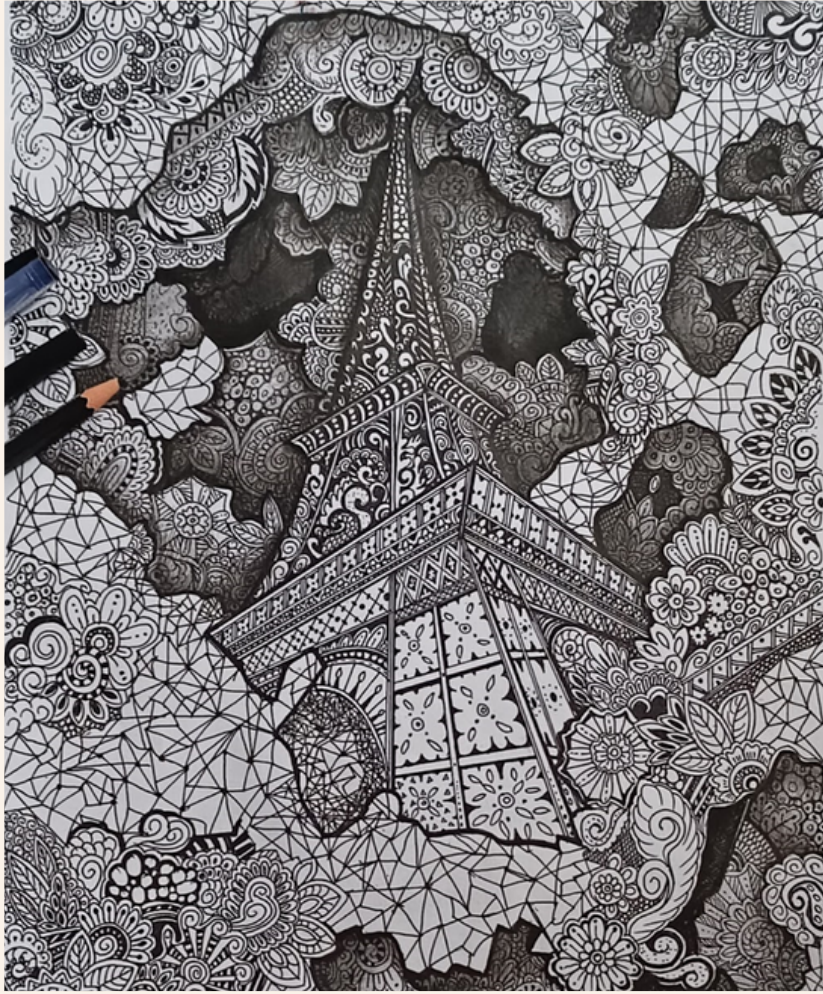
Prachi, I Year



-Nada Akhtar, II year



-Aditi Singh, II Year



-Ritika Kaim, III Year



-Sneha Bhalla, III Year

The Photography Section

"We keep this love in a photograph"

Ed Sheeran

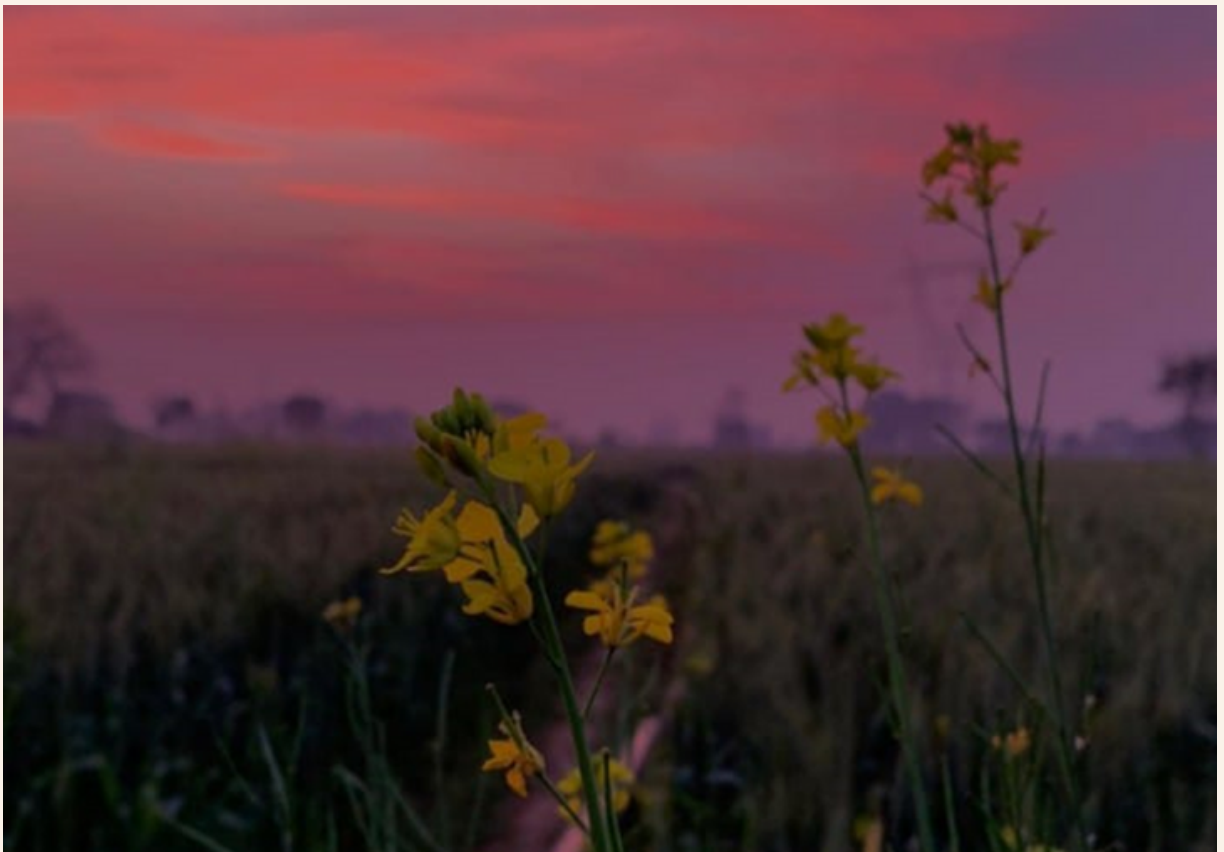
"Drawing with light" who knew we could convey a hundred words through a simple photograph. Line, shape, form, texture, colour, size and depth are your tools when you decide to seize a moment through the lens in your hand.



Chetna, II Year



-Chetna, II Year



Sanch Bhayana, III Year



-Arma Slim, II Year



Shruti Sharma, II Year

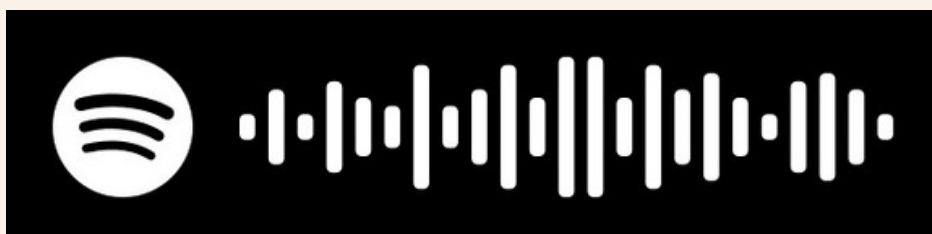
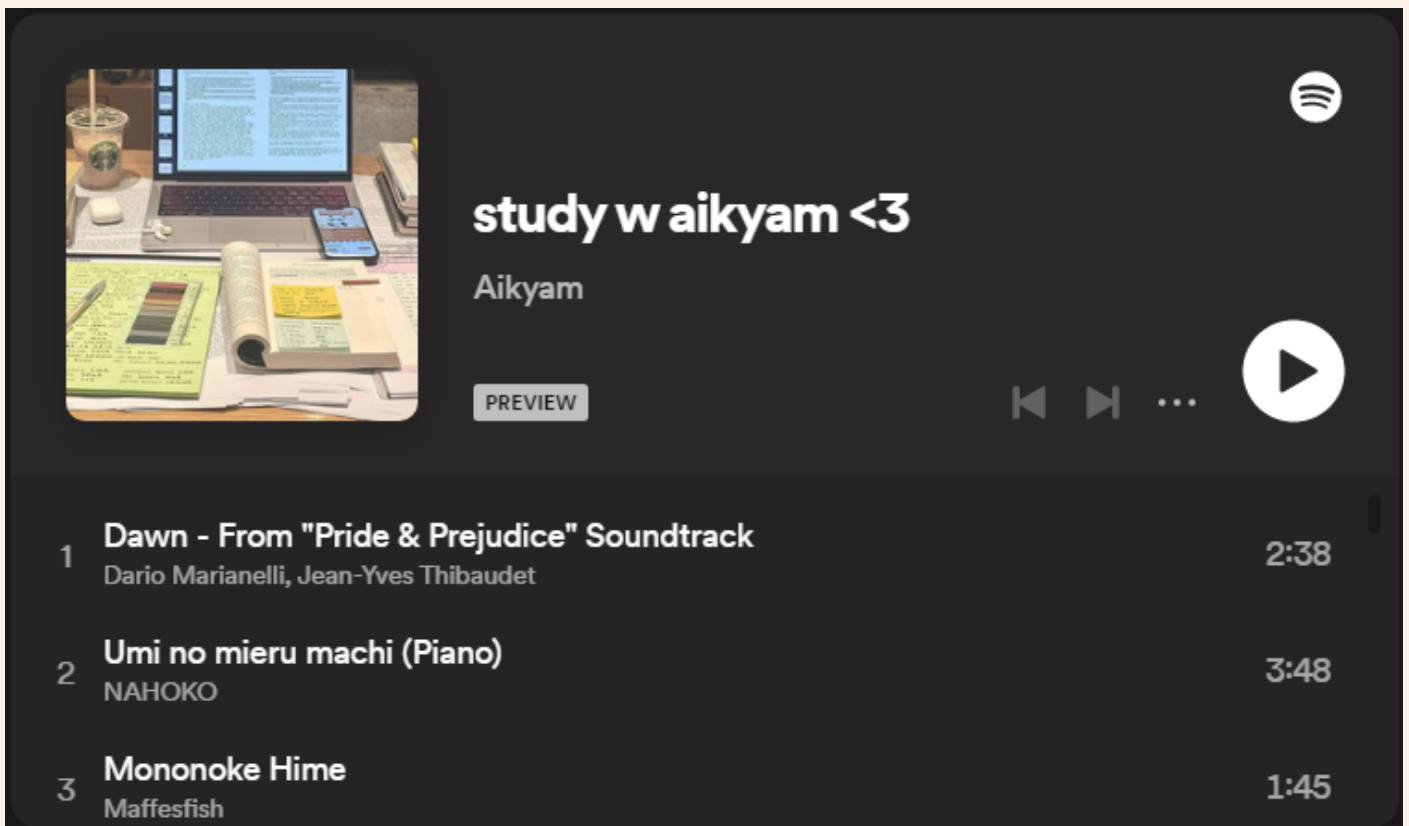
The Brain Game Section

“Isn’t life a collection of weird quizzes with no answers to half the questions?”

— Pawan Mishra

In this life of puzzles and unanswered questions, here are some fun puzzles with a known solution to keep the gears of your brain running coupled with fun and entertainment. So, let these brain games be the final garnish of the lavish meal for you to enjoy and savour. And as a souvenir, we bring to you our curated Spotify playlist, “Study with Aikyam”.

SPOTIFY



WORDPLAY

Created by Bidisha Ghosh

1000 1000 1000

AIKYAM'S Crossword Puzzle

ACROSS

- 1. Crown of light
- 5. Olympic champ's pride
- 10. Duped via email
- 14. Stumble
- 15. Batting next
- 16. Fill with freight
- 17. Ref's call
- 18. Yoga pose
- 19. Slips in some pots
- 20. Nuisance
- 23. Support timbers
- 24. Preceder of Glenn into orbit
- 27. Minor insult
- 32. Paces and gallops
- 35. Film trailer, e.g.
- 36. Write hastily
- 37. Red Muppet

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
| 17 | | | | | 18 | | | | | | 19 | | | |
| 20 | | | | | 21 | | | | | | 22 | | | |
| | 23 | | | | | | | | | | 24 | | 25 | 26 |
| | | | | 27 | | | 28 | 29 | 30 | 31 | | | | |
| 32 | 33 | 34 | | | | 35 | | | | | | 36 | | |
| 37 | | | | | 38 | | | | | | 39 | | | |
| 40 | | | | 41 | | | | | | 42 | | | | |
| 43 | | | 44 | | | | | | 45 | | | | | |
| 46 | | | | | | | | | 47 | | | 48 | 49 | |
| | | 50 | | | 51 | 52 | 53 | 54 | | | | | | 55 |
| 56 | 57 | | | | 58 | | | | | | 59 | | | |
| 60 | | | | | 61 | | | | | | 62 | | | |
| 63 | | | | | 64 | | | | | | 65 | | | |

- 38. Fantastic fiction
- 39. Make fun of
- 40. Very long time
- 41. Sort of slipknot
- 42. Makes well
- 43. Invigorant
- 46. Worn (away)
- 47. Nasal partitions
- 50. Betrayal
- 56. What a band may be on for a while
- 58. State with a panhandle
- 59. Overly stylish
- 60. A virtual voice

- 61. Tweak, say
 - 62. Pop favorite
 - 63. Draft choices
 - 64. Summons from the boss
 - 65. Apollo's instrument
- ### DOWN
- 1. URL opener
 - 2. Octet in "Carmen"
 - 3. Maximum, for instance
 - 4. Share secrets with
 - 5. Poland's principal port

- 6. Depose
- 7. Wife of Jacob
- 8. Feature seen by beachgoers
- 9. Extend across
- 10. Stale saying
- 11. Kitchen container
- 12. "___ de parfum"
- 13. Degree for some drillers
- 21. Words that end engagements
- 22. Reiterate
- 25. Nearsighted person
- 26. "For ___ sake!"

- 28. Magic Kingdom neighbor
- 29. Gaelic speakers
- 30. Free
- 31. "That's enough!" text
- 32. Formation fliers
- 33. Lei Day greeting
- 34. "Maybe"
- 38. Business partner, at times
- 39. Forfeit a certain deposit
- 41. Mexican miss
- 42. Manitoba native
- 44. '80s video game blockbuster
- 45. Not at sea

- 48. Unpunctual
- 49. Line learner
- 51. Partisanship
- 52. Just chillin'
- 53. Sports/political statistician Silver
- 54. Other people
- 55. Auto racer Petty
- 56. Org. with wands
- 57. Furnace fuel

SPOT THE DIFFERENCE

The Brain Game Section



**There are total 10 number of differences. Let see
how many you can find!**

The credit for these pictures go to the original creator. We do not own the copyright of this game. It is for entertainment purposes only.

Some Words from the Office Bearers



Vice President

Nada Akhtar- I have been a part of AIKYAM since my first year and it's a family that teaches us the actual meaning of the word "Unity". At first things were a little difficult to grasp, but the members became my teachers, we all worked together and then I knew I had a new family, AIKYAM Family.



General Secretary

General Secretary- Bidisha Ghosh- I started my journey with AIKYAM in my first year of college and even though everything was online, I felt the love and support from my team. And now, here we stand because I'm at my destination, and can feel the time ticking until I say farewell to my juniors and embark on a separate path, but with lessons, I'll never unlearn: empathy and synergy.



Treasurer

Priyanshi Narang- The more i learn, the better i become. Glad to continue my journey with Aikyam as a treasurer of the society.



Cultural And Social Media Head

Sanch Bhayana- Aikyam has been the biggest part of my college life since my 1st year where I was just a volunteer but now a head member of the team. It has always aspired me to challenge my boundaries and beyond my limits.



Deputy Editorial Head

Ananya Awasthi- "No need to hurry, no need to sparkle, no need to be anyone but oneself" Lo and behold, Aikyam has helped me stick with my mantra, while also helping with my growth as an individual. You'll never feel burdened here at Aikyam, for you'll be surrounded by caring people all around.



Team Leader (III)

Bhavya Malhotra- From being just a fresher three years ago and now being the core team member of Aikyam. Aikyam has been such an amazing support system and teacher to me. It has helped me stay in touch with my surroundings, during my chaotic third year.



Yamini Rawat- From being a volunteer to becoming a part of the core team AIKYAM has always been very welcoming. What I love most about our AIKYAM is the sense of camaraderie and support among its members. It always welcomes you with open hands.

Team Leader (III)



Anmol Khushi- Being a member of AIKYAM is in itself a proud feeling and it gives me an immense pleasure to pen down my message. "Coming together is the beginning, keeping together is progress, working together is the success". I am glad I got to work with such a great loving and supportive team.

Team Leader (II)



Aishani Raghav- Aikyam creates unity in a diverse department. I am glad to be a part of this little family of fun and talented members. Aikyam has been one of my first college experiences, and it turns out, one of the best ones!

Team Leader (I)



Chhavi Rana- Aikyam, which means unity is what we strive to achieve in our society. Diversity is beautiful just like contrasting colours on a palette. As the 1st year Team Leader, I try to make everyone feel welcome in our society and aware of what the college beholds for us.

Team Leader (I)



Suhani Sharma- I am so glad to be a part of the AIKYAM family. Aikyam means unity , and where there is unity there is victory. As the 1st year team leader I am always there for your help.

Team Leader (I)



Arumina Pandey- Aikyam, gave me a recognition and it has encouraged me to be a better version of myself. I am grateful and I look forward to grow with new ideas and improvement.

Team Leader (I)



Agrini Tiwari- These 4 months with AIKYAM have been a journey! I am a better person and an even better artist. Thank you guys for being great people

Team Leader (I)



Earam Mantsha- "Alone we do so little, together we do so much." Being a part of AIKYAM has taught me what teamwork really means. I'm glad to be a part of our Akiyam family.

Volunteer



Yashika Aggarwal- Aikyam means unity and our unity stands because we all are together as one. I am glad to be a part of AIKYAM.

Volunteer



Divyanshi Rakhecha- Unity does not mean sameness, It means oneness of purpose. Thus Aikyam! Whether you say oneness, unity or harmony and unanimity, stands for it and represents it. Our AIKYAM family welcomes everyone with open hands and guides them towards excelsior.

Volunteer



Preeti Singh- As a member of the editorial team, I wish everyone a very warm welcome from our "AIKYAM" society which means unity, and this is what our society aims to achieve.

Volunteer



Diksha- Being a member of the editorial team of AIKYAM, I would surely put my best forward. It is such a great platform that would provide you the best. Again a very warm welcome from our society.

Volunteer

Credits

Head Editor- Suhasini Rana

Junior Editor- Chhavi Rana

Head of Design Team- Sanch Bhayana

Members of Design Team- Agrini Tiwari, Earam Mantsha

Game Section Handled by- Bidisha Ghosh

Content Writers- Ananya Awasthi, Chhavi Rana

Front Cover Art- Akansha Pandey, III Year

Back Cover Art by- Ritika Kaim, III Year



THANK YOU FOR READING!

धन्यवाद