

INSIDE THE ISSUE



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— TRANQUILLITY —

It has been two years since the pandemic hit and our lives turned into a roller coaster ride. Isn't it? At times we are at the highest level, feeling elated, there's an adrenaline rush. But we never know when in the next moment we might hit our lowest. The scenarios might be different for you and me, I might be going through this with my relationships while you might be dealing with it on the professional front. But isn't it too relatable?

In between all these ups and downs and the unstoppable hustle, all we crave is that one moment of peace that can take us to places. The feeling of peace is so serene, it allows us to get relaxed just by closing our eyes and taking a deep breath.

This feeling of calm, a sense of positivity and being worry-free, isn't what we all crave? It can be truly compared with the cool sensation that breathing fresh air gives. And this is what tranquility feels like. It is one of the purest, most joyous, and peaceful feelings which we all require, to deal with the stress and anxiety that surrounds us.

To celebrate this feeling of tranquility, the theme of this issue of HansVision is kept Blue-the colour of tranquility.

प्राचार्या संदेश



प्रकृति में बने रहने की शर्त ही सृजन और रचनाशीलता है। रचनाशीलता का कम होना जीवन की संभावनाओं का कम होना है। मनुष्य जीवन को सार्थक

बनाने के लिए सर्वाधिक जरूरी तत्व अगर कोई है तो वह है उसकी रचनात्मकता उसकी सृजनशीलता। हंसराज कॉलेज अपने विद्यार्थियों को अद्यतन सुविधाओं एवं संरचनाओं के साथ बेहतर शिक्षा प्रदान करने के साथ ही हमेशा इस बात पर बल देता रहा है कि उनमें रचनात्मक प्रवृत्तियों का विकास हो।

हमारे विद्यार्थी विविध समितियों के माध्यम से वर्ष भर अनेक रचनात्मक गतिविधियों का आयोजन कर उसमें सक्रिय भागीदारी करते हैं। उनके इन आयोजनों से उनके व्यक्तित्व विकास का मार्ग तो प्रशस्त होता ही है इसके साथ ही उनमें नागरिक दायित्वबोध का विकास भी होता है। हंस विजन अपने सभी अंकों में कॉलेज से जुड़ी गतिविधियों की रिपोर्टिंग के माध्यम से विद्यार्थियों की मेहनत एवं उनकी रचनात्मकता को रेखांकित कर उन्हें प्रोत्साहित करने के महत्वपूर्ण दायित्व का निर्वाह करता रहा है। यह नया अंक भी विद्यार्थियों की सृजनात्मकता के साथ ही उनकी उपलब्धियों को प्रकाशित कर उन्हें प्रोत्साहित करने की दृष्टि से बेहद अहम् है।

यह अंक बेहतर सामग्री के साथ-साथ अपनी प्रस्तुति में भी बेहद आकर्षक है और ऐसा इसके संपादन मंडल से जुड़े विद्यार्थियों की सुंदर दृष्टि और कलात्मकता के कारण ही संभव हो पाया है। मैं इस नए अंक के लिए टीम विजन के सभी सदस्यों को बधाई और भविष्य के लिए अपनी हार्दिक शुभकामनाएं देती हूँ।



Credits : Angchuk Dorje (Eng Hons)

CAMPUS: CHRONICLES

Mental Health Week

The Ministry of Health and Family Welfare in collaboration with Hansraj College inaugurated the Mental Health Week campaign on 8th October 2021. The event was graced by Dr. Mansukh Mandaviya, Honourable Union Minister of Health and Family Welfare and Chemicals and Fertilisers and Prof. (Dr.) Rama, Principal of Hansraj College. Dr. Mansukh Mandaviya via Zoom, emphasised on the importance of mental health and spoke about creating a culture of openness regarding mental health issues and elimination of social prejudices regarding the same.

The event at Hansraj College was attended by Prof. Dr. Mina Chandra, Prof. of Psychiatry (Centre of Excellence in Mental Health ABVIMS and Dr. Ram Manohar of Lohia Hospital) and Prof. Mamta Sood, Prof. of Psychiatry, (AIIMS, New Delhi). As part of an awareness-initiative, Dr. Mansukh encouraged the distribution of Green Ribbons among the staff and attendees. The events held after the speeches included a quiz competition and slogan writing competition on the theme of Mental Health and awareness. The winners of the competitions were felicitated by the Chief Guests.



Independence Day

On the occasion of India's 75th Independence Day, Hansraj College celebrated the bravery of our forefathers and their gift of freedom to the nation. The ceremony commenced with a drill execution by the NCC cadets. With immense pride and honour, Hansraj College hoisted the Tricolour flag at the campus, in the presence of our Guests of Honour. Col. Mukesh Kumar, Commanding Officer- 6 DNB. COL. Kumar addressed the gathering with his patriotic address to the students that was followed by speeches by other dignitaries including Mr. Girish Ranjan (Finance officer, University of Delhi), Mr. Krishan Singh Khosla and Mr. Mottea Jugdish. The gathering was then addressed by Principal Dr. Rama, and concluded with some astounding performances by the students.



Teachers' Day

We take immense pride and delight in informing that a Teacher's Honouring Ceremony was organised at the Delhi Legislative Assembly where the Hon'ble Speaker Ram Niwas Goel honoured Prof P.C. Joshi, Hansraj alumnus and current Hon'ble Vice Chancellor of Delhi University, Dr. Vikas Gupta, Registrar, Prof. (Dr.) Rama, Principal of Hansraj College and Dr. Nitin Malik, Registrar of Dr. B.R Ambedkar University, Delhi, alongside fifty teachers of Hansraj College, with a token of respect on the eve of Teachers' Day. Addressing the Ceremony Hon'ble Speaker Ram Nivas Goel asserted that "Teachers are the facilitators of society. They are the architects of the country's future." The ceremony was graced by numerous dignitaries.

Vison's Website Launch

Vision, the Media and Publications Society of Hansraj College, organised a speaker's session on "Why journalism is considered to be the fourth pillar of democracy?" Ms Shweta Kothari, an independent journalist and news presenter, experienced in working with The Logical India, CNBC-TV18, NDTV and NewsX, highlighted journalism as a medium of information and education for the population. "It's easier to become a journalist but difficult to become a True Journalist. Do what's right, money and fame will follow.", said Ms Kothari.

The session was followed by the release of the bi-annual newsletter of Hansraj College- 'HansVision', showcasing the creativity, diversity and talent of the students of HRC and also witnessed the unveiling of the new website of Vision in the presence of Dr. Rama, the Principal of Hansraj College, Vijay Mishra, the convener of Vision and the guest of the evening, Shweta Kothari. The session concluded with a vote of thanks towards everyone who had made this event a reality.



Bill board Score board

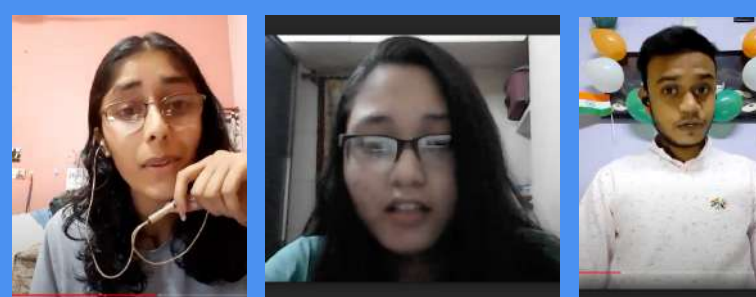
On 17th October 2021, Illuminati, the Hansraj College's Quizzing Society in collaboration with Vision, the Media and Publications Society, organised a sports and entertainment quiz named 'Billboard Scoreboard'. The quiz was helmed by Anindyo Paul and Pranav Manie as quiz masters. The questions spanned across every nook and corner of the genre, bamboozling the audience. Subsequently, 8 teams made it to the finals, where they were confronted with another set of engaging and riveting questions served with a tinge of humour by the QMs. The competition became nip and tuck, with all 8 teams giving a tough challenge to their fellow contenders.

Ultimately, Adithya Suri and Aditya Pahadsingh were declared the winners, followed by lonewolf Sagar Agarwal as the runner-up and Gokul S. as the second runner-up. A total cash prize of ₹6000 was bagged by the winning teams, with exciting coupons and certificates for every participant.

Azadi @75

Team Vision, the Media and Publications Society of Hansraj College, in collaboration with Kavyanjali, the Poetry Society, organised an Open Mic competition on 14 August 2021, in honour of India's 75th Independence Day, called Azadi@75, where the selected participants performed their original writing pieces on the theme, 'Celebrating the Beauty of India'. Mr Parth Vasani, Senior Video Content Manager of digital initiatives at Mirchi graced the occasion with his presence.

The event took place on Zoom, the final round of which was judged by Vishesh Patodiya, Joint Secretary at Vision and, Ifrah Fatima, Senior Advisor at Kavyanjali. Three winners were selected namely Sandhya Chauhan, Jai Prakash and Vanshika Anand. They got the golden opportunity of featuring in MIRCHI, the entertainment partner for the event. They won exciting coupons and certificates of achievement, and received shout-outs on the social media handles of both the societies and sponsors. All finalists were given certificates of participation.



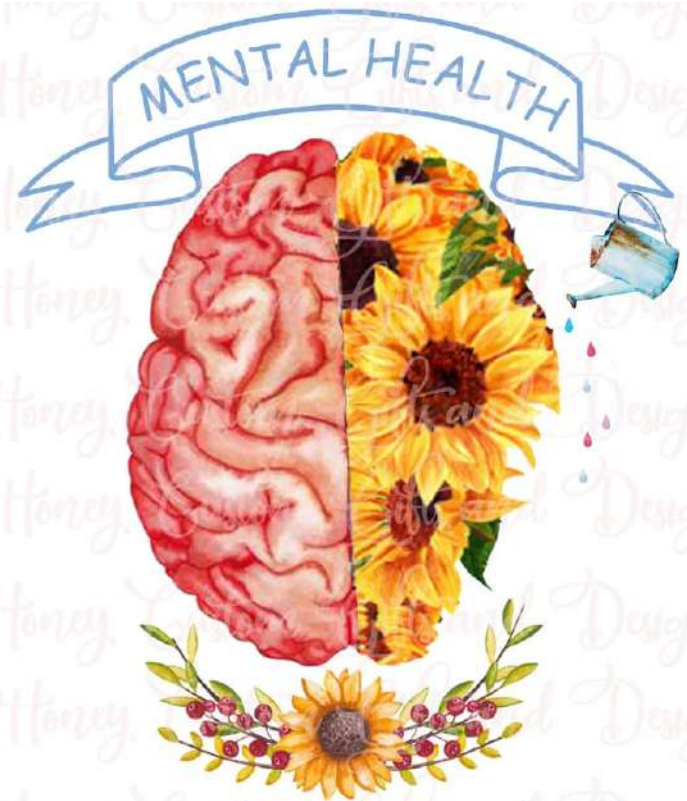
Mental Harmony

ONE THING AT A TIME

It is important to stay fit and healthy physically, but what about the part of our body that controls it in its entirety - the brain, the mind? The mind, in a healthy state, continually performs a miraculous set of manoeuvres that underpin our moods of clear-sightedness and purpose.

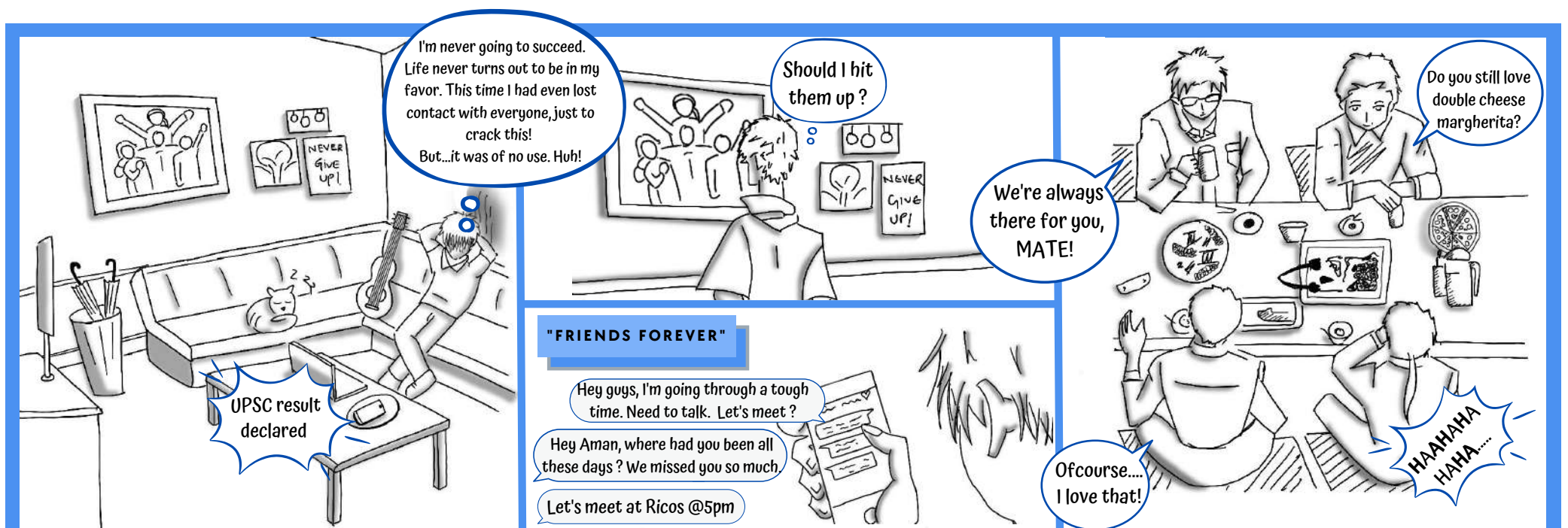
Mental Health includes our social, psychological and emotional well-being. It affects how we think, feel and act. As one grows up, feelings of emotional overwhelm may surround them and this is when thinking about it, and more importantly taking care of it becomes crucial. Mental health is not just the absence of a mental disorder, but an integral part of the overall well-being of an individual. We are constantly reminded to take care of our physical health by eating well and exercising, but how to take care of our mental health and our soul is something we often miss out on. Being a student is hard. Coping with studies while also having a green social blade, getting along with family, and also deciding on big life choices- all at the same time can be overwhelming. Worrying about them is normal. But, even a few trivial signs may lead to something more serious in the long run. Currently, mental health problems are a big part of the challenges that students face in their everyday lives. According to studies, the most common mental health problems students face during their study years are depression, anxiety, suicidal ideation, eating disorders and addiction. Suicide is the second leading cause of death in young people aged 15-24 years. All these issues have become relatively common in the recent past due to increasing competitiveness, relationships-conflicts, pressure to do well professionally, trauma-disorders and stress. It is imperative that we take some time off our busy, fast-paced lives and unwind. What might help is reading a book, painting, meditating and talking to a loved one, be it family or friend. Just taking our minds off the everyday hustle and bustle makes a huge difference and grants us a peace of mind.

But even if the feeling of gloom and anxiousness survives, one should never shy away from consulting a professional. Self-diagnosis is worse than wrong diagnosis and so is self-medication. There are many resources available for those seeking help. Therapists, counsellors, psychiatrists can offer expert guidance, before the problem escalates. Mental illness is not a personal problem. Rather, it is a societal issue which we ought to address responsibly and collectively. We should work towards discussing these issues openly and not shying away from them, trying to find a solution to these problems. No one should consider themselves any less worthy of love and sympathy. So, all the students, who are confused and think they are awry, do sit back, take a deep breath and understand that you are not alone. Remember to take care of yourselves before taking care of the deadlines, assignments and your social media handles.



*is just as important
as physical health.*

IN CASE YOU NEED ANY HELP, REACH OUT TO MS. DISHA DANG - HANSRAJ COLLEGE COUNSELLOR
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Illustrated By: Harsh Vardhan, Anand Qalandari

INTERVIEW WITH DR BINDA SINGH (CLINICAL PSYCHOLOGIST) ON 'ACADEMIC STRESS & ANXIETY'



DR BINDA SINGH IS A CLINICAL PSYCHOLOGIST AND MENTAL HEALTH EXPERT BASED IN PATNA, BIHAR. SHE HAS BEEN A CONSULTANT FOR THE LAST 35 YEARS IN THE FIELD OF MENTAL HEALTH AND WELL BEING. SHE IS CURRENTLY A PART OF DISTRICT LEGAL AID- CUM- CONCILIATION AND RUNS AN 'ADVANCE PSYCHOTHERAPY & COUNSELLING CENTRE' IN PATNA.

1 Given the stigma attached to mental health in our society, how challenging has its journey been for you?

When things pertain to mental health, there is a general lack of awareness in society. But nowadays, people are becoming considerably more aware than before and do not hesitate in coming up to me with their problems. I tell people that mental health and physical health are interdependent, so an equal importance should be given to both, for attaining a healthy lifestyle.

2 How should students adapt to the new environment of college as they transition from their school phase to college phase?

An adjustment problem arises when we are unable to involve ourselves in a particular situation. Being accepted is not easy, but if we develop an unprejudiced attitude, the situation can be made comfortable. Fluent communication will help you get along with your peers and elders. If colleges take initiatives to conduct interactive sessions during the early days, it can benefit students a lot as they come from diverse backgrounds. We have to take control of the situation rather than letting the situation control us. The key is to relax one another.

3 As students, we are endlessly burdened with academic and career-related pressure. How can we administer stress management?

Whenever we feel stressed, our body produces stress hormones that destroy our proteins and cells, leading to more anxiety and frustration. Every person experiences anxieties and stress in their routine life but the only difference is in the degree. Stress should be taken for productive things and channelized into positive energy. Excess stress causes many problems when we do not follow a systematic routine. Manage your time, exercise, meditate and take a sound sleep everyday to carry out things effectively. Career is very important but it is equally important to know your caliber. No one should be a part of the rat race that wastes one's time. Do not exploit yourself for a career decided by your parents, if you have no interest in pursuing it. Reflect on your personality and pay heed to your talents.

4 Today, people get highly influenced by social media. How can we regulate its usage and strike a balance?

Excess of anything is an obsession. Today, we live in a digital world so it is impossible to stay away from the internet, but we should be well aware of the fact that social media shows only the good sides of people's lives. The internet serves things on a platter which can be viewed any time. So it is advised to fix your time usage for every activity. Don't be lost in the virtual world so much that you spend your entire life searching for an identity.

5 How can we change our unhealthy eating habits in a positive way?

People intake a lot of junk because they feel it is cool. A time comes when things become very problematic for your body. Improper diet creates serious health issues and body dysfunctions, which in turn give rise to depression. It is advised to include green vegetables, fruits and cereals in your diet, and cut down on eating food outside. A crucial thing which I would like to bring up is intoxication. It is very harmful as it leads to delusion, hallucination, psychotic disorders, bipolar disorders, and schizophrenia. Make decisions for yourself and don't do anything under peer pressure or for trends.

6 How important is partnership as a means of sharing one's feelings?

During a difficult time, if we find a shoulder to lean on then half of the problem vanishes. The common issues of youth today are related to relationships, heartbreaks and rejections. It feels like the end of the world. But when someone is offered tenderness, love and support, life becomes simpler. The urge to live rises up rather than draining over a thing which is lost. Speaking, listening and sharing is imperative for a healthy partnership.

7 How can the students reach out to you if they want to speak to you?

You can search me on google. My column- *mann ki uljhan* is very popular. There, I discuss problems related to teenagers. The students can also arrange virtual consultations to solve their problems. If even one person feels relieved after talking to me, it is a big achievement for me.

8 Please give a special message to all Hansarians.

Your parents are great problem-solvers. Please share your problems with them. They will understand you. Do approach your friends or anybody around you for help, but don't let anything rot deep inside your heart. Be happy and never ignore your health.

“Kabhi khud ko kisi se kam naa samjhe par apna hathihaar hamesha sakaraatmak rakhein.”

Voices and Vision

RIGHTS OF STUDENTS IN INDIA

The role that students can play in bringing about potential developmental changes in the functioning of a nation is pivotal to its progress. For this, these budding students require the liberty to grow and spread their wings without facing exploitation or unwarranted denial of rights. The Constitution of India confers a set of rights that, albeit not particularly directed towards students, are of tremendous importance to them. To steer clear of pointless restraints and injustices, the students of a country must be aware of their rights.

RIGHT

IMPLICATIONS OF THE RIGHTS FOR STUDENTS

CASE

1) Right to Information [Article 19(1)(a)]

This article of the Indian Constitution prescribes a Parliamentary act that makes every Indian citizen's right to information a fundamental privilege. Under the RTI Act, citizens of India can request information from any public authority, which will be urged to revert to them at the earliest or within thirty days, at the latest.

2) Right to Equality [Article 14]

The article guarantees equality before the law to all, within the territory of India. This right is particularly important as many students' unawareness makes them prone to mistreatment. No educational institution can hold prejudices against students on any basis such as race, religion, sex, etc. The article permits 'reasonable' classification but forbids class legislation.

3) Right to Education [Article 21A]

The RTE is essential to facilitate free and compulsory education to children between the ages of 6 and 14 in India. It states that all private schools must admit at least 25 percent of their students from the underprivileged class without charges. It lays down important standards and norms including Pupil-Teacher-Ratio, number of working days, etc.

4) Right to Life [Article 21]

Article 21 of the Indian constitution prohibits the deprivation of rights to life and personal liberty. The law challenges provisions that condone corporal punishments to students to ensure that students receive education in a friendly and fearless environment. It holds immense importance to students as corporal punishments have driven students to commit suicide and drop out of schools, in the past.

5) Right to Freedom of Speech [Article 19(1)(a)]

This article states that "all citizens shall have the right to freedom of speech and expression". It guarantees individuals the liberty to articulate their opinions without fearing retaliation from the targeted individual, organisation, or community, except in the cases of speech related to obscenity, incitement, and sedition. However, fearless criticism of government policies is not a ground for limiting expression.

Under the RTI Act, every student has a right to learn about the functioning of every Public Authority including information related to universities and other educational institutions. It is an imperative tool for students to obtain information that they're entitled to, such as eligibility criteria, cut-off marks for admissions to educational institutions, competitive examinations, etc.

It may be applicable in situations where educational institutions are supposed to choose applicants. Candidates must not be discriminated against based on unfair criteria, and must be given equal preference based on academic achievements, constituting a shift from the ingrained social disparities and ensuring that nobody is crowned with special privileges that discredit another individual or community.

It prohibits all unrecognised schools from practising, while forbidding donations and interviews of the child or parent for admission. No child would be expelled, or required to pass a board examination until the completion of elementary education, under this act. It provides for special training of school drop-outs to make them independent, regardless of their educational history.

Students may face detention as a punishment for neglect of work, but not beyond the school hours. Students under the age of 14 cannot be subjected to detention and expulsion. Corporal punishment, albeit acceptable, cannot be so extreme that it causes injury. It cannot be inflicted upon students who are ill or physically unfit to bear the ordeal.

The right is essentially pertinent to students as it allows them to unbind themselves of unnecessary restraints by speaking, writing articles, debating on controversial affairs, issuing petitions, and assembling in groups to discuss, promote, or protest. It presents students with avenues to indulge in social, political, and democratic deliberations, ultimately handing them the power to bring a change in society.

In 2011, Aditya Bandopadhyay used RTI as a tool in extracting information from CBSE regarding his answer scripts. The board initially denied his request but gave in after the court rulings concluded the matter in his favour. On account of the RTI, information regarding Bandopadhyay's answer sheets was disclosed, intensifying the need for this law.

In 2014, a Canadian Citizenship holder, Jasmine Kaur, was subjected to a discord while attempting to secure admission at an institute in Chandigarh, pertaining to its eligibility standards. The decision panel affirmed that Jasmine was certified for admission. She was offered a seat in the programme. This case underscores the law's application to non-citizens and NRIs on Indian soil.

In Rajasthan's Dausa district, a four-year-old Akangsha More has been able to secure admission in the nursery class of a local private school under the reserved quota. The dream of adorning their child with stars seemed implausible to Akangsha's parents who worked as labourers in Jaipur. But now, owing to the accommodating pronouncement, their beloved studies in an esteemed institution.

In 2021, a school principal in Uttar Pradesh was charged for hanging a 12-year-old boy upside down as a punishment for eating gol gappas outside the school premises. The retribution inflicted was both physically and emotionally traumatising for the child, intimidating the other students as well. The arrest of the school principal, by the local police, transpired in response to this law.

In July 2015, the students of Film and Television Institute of India, Pune, organized a protest of 140 days, disapproving the nomination of actor Gajendra Chauhan for the position of the Chairman given the popular opinion that Chauhan was ineligible for the responsibility. However, authorities refrained from rebuking the students despite persistent defiance. This demonstration exhibits the significance of this right.

STYLE OF LIVING

4-DAYS CLASS WEEK: A SHADY CAMOUFLAGE, OR A BREATH OF RESPITE?

The proposal for the commencement of a four-day workweek by the Labour Ministry of the government of India impels us to contemplate the inception of a four-day week schedule for students as well. The mere prospect of switching to a road light-years off the map entails apprehensions like "Will it work?" and "Is it just an excuse to laze around doing nothing for three days?", the path can direct students towards a tranquilised learning environment. A four-day-lesson-week plan is an arrangement that allows educational institutions to schedule classes for four days of the week, instead of the normative five. An intricate examination of the four-day week plan unveils the productivity augmentation factor of the approach. Students tend to respond positively to the compressed work hour schedule as it carves a niche earmarked for relaxation, in their hectic routines.

An unperturbed state of mind parallels the enhancement in retention of information. It can help refine students' despairing condition of being made to learn under duress. The four-day week format adds surplus time in students' work plan, furnishing them with opportunities to pursue an after-class job and engage in volunteer activities. Several district representatives of the USA report a significant improvement in the attendance of teachers as well as students due to adequate time allocated for engagements, besides academia. The feasibility in scheduling sports practises on the fifth day is facilitated by this format, giving the associates of such undertakings opportunities to participate equally in both. However, some consider the benefits of attending schools and colleges only four days being compromised by the forceful pull of the complications it involves.

Despite a reduction in the number of workdays, students have to combat the pressure of extensive schooling for the usual 48 hours by attending classes for a normal 40 hours across 4 days. The expectations from teachers or students of working almost 12 hours a day, is sheer insanity. The work culture in India is currently unfit to switch to such a compressed work hour plan as it primarily helps institutions in cutting costs and doesn't really benefit the students. At present, the purpose of this design mimics the purpose of a child's pacifier. The way the toy quiets a child's distress by satisfying its need to suck during teething with a trifling substitute, institutions usher in the four-day week format to provide momentary gratification to students' demand for extrication from academic pressure.

UNEXPLORED REGIONAL CUISINES OF INDIA

The cuisine of India encompasses a wide variety of traditional techniques, preparation methods, and ways of cooking, given the richness of spices, vegetables, grains, and herbs found in the subcontinent. Indians' religious beliefs have played a crucial role in influencing and evolving its cuisine. While some regional cuisines are embroidered with considerable recognition, the rest are alien to the majority. Here is a glimpse of some unexplored regional culinary embellishments that deserve a place in everyone's list:



1. MANIPURI CUISINE

The Manipuri style of cooking furthers the aim of a healthy diet and is also a treat to the tastebuds. The key ingredient is rice, served with fish, meat, and vegetables. The natives usually extract vegetables from the local markets causing the seasonality of their diet. The ingredients of the Meitei cuisine foster a tantalizing aroma.

Dishes to relish: Kangshoi- a vegetable stew; Eromba- an assortment of boiled vegetables and fish; Alu Kangmet- a side of mashed potatoes

2. MALNAD CUISINE

It is one of the oldest surviving cuisines in southern India. Malnad meals are characterised by piquant homegrown condiments and some authentic filter coffee. While steaming is the preferred cooking method, a handful of dishes require more than one spoonful of oil.

Various tongue-tickling chutneys are essential to the soul of the Malnad food culture.

Dishes to relish: Appe Huli- a tangy soup made of raw mangoes; Patrode- steamed Taro leaf appetisers



3. ODIA CUISINE

The rich religious culture of Odisha is reflected through the Odia cooks' expertise in cooking meals in compliance with the terms mentioned in ancient Hindu scriptures. Odisha blends its cuisine with northern Indian food culture. Its staple diet comprises rice and wheat. The prasada offered in temples is of paramount importance in the Odia food culture.

Dishes to relish: Pakhala Bhat- water rice; Chhena Podo- milk cake; Dahi Maacha- curd fish

4. LAKSHADWEEP CUISINE

The core features of Lakshadweep food culture are seafood and coconuts. The local food is a paradise for the spicy non-vegetarian gourmets, incorporating culinary characteristics of Kerala's cuisine owing to geographic proximity. The curries rely upon coconut milk for flavour. Malabar spices complement the dishes with a traditional ambrosian sharpness.

Dishes to relish: Maasu Podichath- a fried dish of dried tuna; Fish Pakoda- marinated fish fritters; Mus Kavaab- a preparation of Mus fish in onion-cardamom gravy



5. DOGRI CUISINE

Dogri cuisine belongs to the food culture of the Kashmiri Dogra community. Wheat, bajra, rice, and maize constitute the staple diet. Although non-vegetarian meals were historically limited to the Rajputs and Vaish, the cuisine espouses many vegetarian and non-vegetarian dishes. Dogri cuisine is renowned for its festive desserts.

Dishes to relish: Ambal- a tangy mango/tamarind preparation; Khatta meat- mutton cooked with pomegranate seeds; Gheur- a traditional sweet/savoury pancake.

THE POP CULT

According to data extracted from Spotify, out of a legion of five million users, 94.2 percent of male users listened to male artists while the rest oscillated between men and women. Even though the pop genre teems with mellifluous voices of incredibly talented women, the absurd correlation of 'emotion' with pop and 'passion' with rock compels straight men in America to be disinclined towards the 'effeminate' genre. How can society thrive

when the consumers of an industry, as influential as music, themselves discriminate between its male and female artists? This gender disparity has infected the consumers and producers equally. The arenas, in which music is produced, written, promoted and

managed, are conveniently male-dominated. The portrayal of female pop artists in media resembles a typically cranky seventy-year-old man's outlook towards our generation: caricaturistic, crazy, unstable, and unreasonable. The media constantly attempts to bring these women down by comparing them with each other, spreading questionable rumours about their rivalry, and indulging in conversations about their appearances, age, or choice of partner.

Nonetheless, Taylena (ship name for Selena Gomez and Taylor Swift) has all hearts for grooving on each other's performances and confronting every challenge with their backs together. Billie Eilish deserves the world for having the heart to dedicate her award to Ariana Grande in a category she beat her in, thanking her for 'Thank You, Next'.

Olivia Rodrigo's poised approach towards dealing with unwarranted allegations of being a misandrist who is failing to be the next Taylor Swift is exemplary. Despite frequently-made audacious remarks on their private lives,

sexuality, talent, and bodies, these artists have elegantly managed to brush aside the negativity they're surrounded by and countered the ubiquity of sexism with their compelling music and powerfully penned lyrics. If a music industry has, as Taylor Swift said, "different vocabularies" for men and women and is now running by the grace of the same women, they are definitely shining as bright as the Sirius of the Milky Way.

It's remarkable how such women have multiple awards, world records, and millions of fans under their names, but are still subjected to unjust discrimination and objectification in the world of pop entertainment.

It is time that the world comes to regard talent irrespective of who owns it.



POP GLORIFIES Y2K FASHION

The 90s nostalgia has barged in with some amazing trends to be revived and, why not? Y2K fashion is on the radar and it deserves mainstream recognition for its vintage renaissance. Translucent fabrics, satins, huge logo prints, platform boots, and minimal ornamentation dominated the internet era's fashion statements. Pop culture during our childhood days (the late 90s & early 2000s) produced some sophisticated fashion-centric influences, like the Gossip Girl, Bratz Dolls, Legally Blonde, Carrie Bradshaw, Mean Girls, and Britney Spears. The ladies in purple hues with shades of hot pink live in our hearts rent-free. All those halter crop tops and dresses with lace details, or the baggy jeans with boyfriend tees, reflect the streamlined technology of the early decade.

But why are we obsessed with them years later?

Now, Y2K fashion is much more polished but has kept its authenticity intact. Instagram and Tik-Toks have brought the basics back to bang! Trendy clothing and street-style apparels are all that we live for, in the fast fashion era. We can spot our favourite celebrities, like, Bella Hadid, Dua Lipa, Rico Nasty, and practically everybody out there, rocking in those stylish fits. The desire to hop on to the bandwagon with retro bling not only requires careless dressing but adds up to the confidence too.

Y2K Fashion Staples-

- Flared denims with solid fitted tops accentuate the torso and you are good to go with the easy-breezy style.



- This simple but chic bubbly outfit is perfect for a daytime outing and it can make you feel super posy for a sunkissed picture.



- The boss-babe attire in those sweatpants and baggy jeans is comfy enough to stretch and groove. Do not forget to complete it with your favourite pair of sneakers.

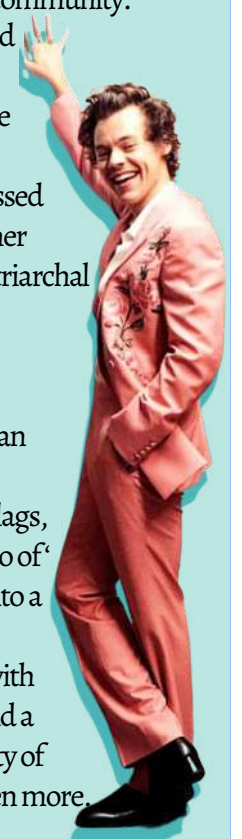


HARRY STYLES - AN UNENDING TREND

Amidst a sea of thoughts, if you ever come across a question of whether celebrityhood and artistic greatness can go hand in hand, just remind yourself of the awe-inspiring name: Harry Edward Styles. This man has been an epitome of what Pop Culture translates into, smashing records, bagging awards, and having popularity guided by millions of hearts who could go to lengths of taking a Covid test before travelling kilometres, only to hear him sing. The artist himself doesn't have American roots as he hails from the United Kingdom, yet his worldwide popularity is unmatched, even a decade later.

During his 'Live on Tour,' some of his fans' happiness knew no bounds when Harry himself assisted them 'come out' to the world since he considers himself an ally of the LGBTQIA+ community. He doesn't sprinkle in sexual ambiguity just to sound interesting or to be in the limelight. Instead, he genuinely wishes to bring about a significant change in people's perceptions concerning the community. Last Halloween served to be eye candy when he dressed as 'Dorothy' from the Wizard of Oz, adorning another iconic gender-fluid costume, and smashing the patriarchal approach to mainstream clothing.

What sets Styles' tours distinct from the others is a sequence of events that no one else in the industry can match. He chooses not to label himself under any specific tag of sexuality, dances around with Pride flags, supports the BLM movement, and lives by the motto of 'Treat People with Kindness, which he envisioned into a song now holding a VMA for the title of 'Best Choreography'. Despite a career as fulfilled as his, with overcrowding stadiums, worshipping admirers, and a fortune of cash and opportunities, the sheer humility of the artist astonishes us and makes us adore him even more.



Needle 'n' Thread

THE CRUELTY FACTORY

- Kashish Jain

Dogs are revered as the most elegant symbols of unconditional love, protectiveness, and loyalty. Ironically, people's 'love' towards these companion animals is unleashing extreme affliction upon them. Dog-breeders all across the globe, whether backyard practitioners or workers in large-scaled but cramped puppy farms are ceaselessly and forcibly breeding female dogs to bring more puppies into the world. Being domestic animals, dogs rely on humans for shelter, food, water, security, and veterinary care. However, the continuous growth in breeding trends induced by dog-breeders renders an overwhelming number of canines homeless. Each time a puppy is born, another puppy loses the opportunity to live a healthy life. Breeding dogs is immensely unethical and irrational, especially when millions of them are already waiting in the queues to be adopted, either from overcrowded shelter homes or as stray animals. Most homeless animals ultimately succumb to glacial or soaring temperatures, road accidents, attacks from savages, or simply fatal diseases and infections, thus living in discomfort and dying of discomfort.

Puppy mills are notorious for their stringent adherence to the slogan 'quantity over quality' as manifested in the kind of treatment meted out to the female dogs confined in these isolated, unmaintained, bleak cruelty factories. The encaged mothers are bred incessantly, for years, until they cease to reproduce good-looking offspring, after which they are auctioned off or slain. Immediate separation from her litter to sell them off inflicts unendurable forms of physical and mental trauma on these malnourished mothers. And what is the cause of this maternal ordeal? Surprisingly, it is the mere satisfaction of random human impulses. Despite their pedestalization, innocent dogs often fall prey to humans' need for superficiality, which is patently reflected in their employment of these companion animals as instruments of amusement. Neglect from their parents can have equally adverse effects on pets. Adoption homes make sure that adopters are ready for a lifetime commitment of caregiving to avoid neglect of the social canines. Even if a person is intent on having a specific breed, there are plenty of purebreds in shelter homes waiting to be adopted. Breeders view dogs as sheer money-making-puppy-popping machines, while some indifferent pet parents use good-looking breeds as cosmetic crowns, born to adorn their societal images.

It is high time we place dogs under the parasol of 'living' creatures with tender needs like affection, care, and time rather than viewing them as money bags or eye candies. It's time to water the flower you love instead of plucking it out to charm your eyes. Adopt and neuter your animal companions to help them live longer, healthier lives and play your part in terminating the pet trade.

UNFILTERED AFFAIRS

- Mercy Monica Hemrom

On a rainy evening, in the suburbs of the metropolitan city, a combustion of thoughts captured my head as I hastily ran towards the rickshaw stand. Stood there an old beggar with a forlorn face and a stooping back, totally drenched in the heavy rain. I pitied his situation for a couple of minutes when a voice behind me called, "kahan chalengi, madam?" Bursting out from the bubble of my thoughts, I said "to Saket metro station". I got in the rickshaw and prayed for the rain to stop as I had a long way to go.

Life's been a chaotic rush lately, and the weather doubled my agitation. Just when I was contemplating the series of events of my day, I was interrupted by the driver, "madam, I've seen you in this area before". Acknowledging that he wanted to make a conversation starter, I gave a contradictory response, but he continued to talk about indifferent things and expected me to utter words in return.

At the back of my mind, I was vigilant enough and over thought about many dangerous unforeseen circumstances. Women always have a hard time during such situations and to have a casual conversation with a stranger was a big deal in itself, especially on a dark evening as such. It automatically creates the worst of scenarios in the head. My sceptical demeanour shrugged off his information-seeking questions somehow. Engaging in a conversation without having an iota of doubt or hesitance is far-fetched from reality.

Avoidance seems the best solution at times like these. Paying no heed to my uninterested disposition, the driver hopped on to a different angle of the conversation, but now to a personal one. He talked about his ill mother, back in his village and stated that he's been driving for years to manage his family expenses. At this point, I looked at my shopping bag beside me, which was full of newly purchased items. The tale of poverty which I had freshly heard, could be authentic or could legit be false. Emotions are anyway misused for one's advantage, but apparently, his misery pinched me a little on my extravagance and then my mind hovered back to that old beggar.

We had reached the metro station but the downpour was as heavy as before. Before I got down, he offered me his umbrella, which I generously refused. Then he asked me to note down his phone number for future rides. So, I agreed.

Saving his number, I asked, "ji, aapka shubh naam?"

"Viru", he said and took a u-turn.

Humanity is veiled beneath the egoist society and no one knows what a person in front intends. As women, we have learnt to never let politeness get in the way of intuition. Maybe Mr Viru could have been like that beggar, a man simply meeting his ways to survive his poverty-ridden state or he could be a deceitful person, who loots his passengers at unknown places in the darkest of nights by trapping them into his emotional story. Expecting the world to be a safe space only prevails in utopia and what remains within is ambiguity, noise, and utter confusion.

Needle 'n' Thread

FIND ME

- Kashish Raj

Find me in the smell of books,
Sound of flipping pages,
Find me stumbling over every word,
See me fading away in love for ages.

I belong to the mountains and blues,
To the mystery, the heart is, and its clues.
I belong to hope and love, undying,
And to all the lovers, ever so shy.

I belong to time, which will take me away,
To poetry and ballads, I daresay.
I belong to the hopeless romantics,
To the dancers, writers, painters, artists.

The sense of belonging I never feel,
Like the one of a home-cooked meal.
But mostly, I belong to myself, unclaimed and free,
Find me swaying to mysterious tunes, telling you to just be.

स्मृतियाँ

- Jiya Navshree

भले ही कमज़ोर हों पुरानी दीवारें
मगर अपनापन होता है उनमें
कच्चे होते हैं पुराने घर
मगर अच्छे होते हैं
प्यार से बनते हैं, ईंटों से नहीं

बेहतर होते हैं पुराने शहर
अपने साथ न जाने कितनी स्मृतियाँ
संजोकर रखते हैं

कुछ ऐसे ही होते हैं पुराने दोस्त
जो हमें हँसाते हैं
हर मुश्किल को सुलझाते हैं
और बहुत कुछ सिखाते हैं

बस जब हम ज़रा बड़े हो जाते हैं
तब कुछ छोटी-छोटी गलतियाँ कर जाते हैं
कभी हम उन्हें छोड़ देते हैं
कभी वो हमें छोड़ जाते हैं
जब भी आँख मिलाते हैं
कुछ कहे बिना ही सब कह जाते हैं
कि कैसा होगा अगर हम फिर साथ हो जाएं

मगर हम 'मैं' की बेड़ियों में जकड़े
बस चुप ही रह जाते हैं
और देखते हैं मौन होकर
टूटती हुई पुरानी दीवारें,
ढहते हुए पुराने घर,
और गुम होते पुराने शहर

DISABILITY OR A POSSIBILITY

A DIFFERENT PERSPECTIVE

- Danish Ali

In India, one of the most important concerns is the education strategies available for the development of young children with disabilities or children with circumstances that indicate they are prone to disabilities. As a result of the development of various strategies and programmes, this topic has acquired a lot of attention and much-needed coverage. The term 'disability' in this context refers to a neurological disorder in one or more of the basic processes involved in understanding spoken or written language. It may influence the ability to read, comprehend, or organise information. If the children are provided with the right assistance at an early age, a child with disabilities can succeed and have a successful and comfortable life ahead. While initial years are crucial for all children, for those with differing special needs - physical, emotional, social, and cognitive- these years are especially critical. Research from several disciplines confirms that the early years of life are crucial for establishing a lifelong foundation for learning. If the opportunity for appropriate development is missed during these critical years, precious learning time is lost forever.

Early intervention programs frequently focus on four essential components of a child's development – physical, cognitive, behavioural, and social and emotional development, where it has the greatest potential to make a difference and give long-term benefits. Physical development refers to the child's physical health. The presence or absence of physical impairment or diseases and infections is crucial as it lays the foundation of physical development in the years to follow. Cognitive development refers to the development of speech and language skills, the capacity to read and write along with logical reasoning abilities. Social and emotional development involves the child's ability to understand their own emotional needs as well as that of others. Behavioural development involves the ability of the children to monitor and control their own behaviour, attention, and impulses.

Early intervention particularly in these spheres helps in accelerating cognitive and social development and reduces behavioural problems. Learning starts way before the child enters formal school. During the first 6 years of their lives, children learn at a rapid pace. They need continuous and intense learning from the moment of birth. By the time they reach school age, they should have mastered different skills required to absorb formal learning, so as to perform well. If there is no early intervention, these children fall behind their peers when they start school and it will be difficult for them to catch up, keep up, or take advantage of the opportunities the school may provide them with. This is only possible if everyone in the child's life is integrated and informed about the intervention techniques. Early intervention makes a significant difference in a child's growth and development. When a child's problems are recognized early, school failure can, to a large extent, be prevented or reduced.



STUDENTS' POLITICS NATION'S YOUNG VOICES

As India is a country of the young, it is of no surprise that students' politics and activism hold such an important value in India. Prominent Indian institutions promote independent and democratic political bodies. Candidates are chosen, campaigning is done, elections are held, and the body of the students' union comes to power based on popular votes. Such practises at the collegiate level acquaint the students with the operation of the government at a national level. Students learn to stand up for their rights and even fight when denied the same. Further, it helps them develop the skills of public speaking.



Always brimming with zeal, youth nurtures a desire to bring about a change. Students' unions pave the way for enthusiastic and worthy people, who want to build a career in politics. It has already given us many eminent leaders of today. Many institutes do not have a body of Students' Union as it is felt that it distracts the students from their studies and that it may lead to unnecessary conflicts amongst them. But it is undeniable that students' politics of today go on to build the nation of tomorrow.

MUSIC FOR WELLBEING

How's that moment when you listen to your most favourite song? It's simply otherworldly! Music has always been a great healer, and has helped us navigate through the toughest phases of life. We wish we had a doctor who prescribes the best medicine every time we reach out for help, in the form of our favourite tunes, lyrics and playlists. Apparently, our wish has been granted!

Research on the effects of music on the brain has led to many interesting revelations. People with Alzheimer's tend to forget something they did a few seconds ago, but they easily remember a piano piece they had learnt in childhood due to muscle memory. Music also increases the production of the feel-good hormones in the body. The pleasure centres of our brain are activated whenever we are singing, playing, listening, composing or even talking about music.



Such observations have led to the emergence of Music Therapy, a clinical field involving the use of music to improve psychological and physiological conditions. Music therapists help people by engaging them in musical activities based on their interest as well as need. It constitutes singing, listening, composing music, creating our own playlists or even playing an instrument. Music therapy has helped people from all walks of life, from people suffering from Alzheimer's to patients of Autism Spectrum Disorder (ASD), from people suffering mental health issues to substance abusers. In a few cases, music even cured physical illnesses, ranging from diabetes to cancer. With so many benefits round the corner, it is the right time to plug in our earphones and say goodbye to all troubles.

SPACE BYTES



NASA FINDS 'MINI' BLACK HOLE

- ★ A team of scientists, at NASA's Chandra X-Ray Observatory, found a supermassive 'Mini' black hole, at the centre of the dwarf galaxy Mrk 462.
- ★ Although being 200,000 times the mass of our Sun, it is one of the smallest supermassive black holes ever found.
- ★ Buried in gas and dust, it was not clearly visible until now.
- ★ Many more such 'Mini' black holes exist in the universe and the team is all enthusiastic to continue with the discoveries.

JAMES WEBB IS A STEP AHEAD

- ★ The James Webb Space Telescope, follows the Hubble telescope, towards looking further into the vast unexplored universe.
- ★ A collaborative effort of NASA, ESA and CSA, James Webb is a new ray of hope for all Space researchers.
- ★ Launched on Dec. 25, 2021, the telescope entered its orbit successfully on Jan. 24, 2022.
- ★ It has now turned on all its instruments, which is the first among various critical steps that follow.
- ★ Scientists will soon be receiving more detailed information for a better analysis.

GAGANYAAN GETS A PUSH

- ★ Indian Space research will bloom this year, as the Department of Space (DoS) has been allocated ₹13,700 crores from the annual budget.
- ★ It is being speculated that all eyes have been set for the launch of ISRO's upcoming project 'Gaganyaan', as this whopping amount is nearly ₹1000 crores more than last year's announcement.
- ★ Also, among various other projects to be completed this year, India aspires to conduct its planned launch of Aditya L1 to Sun and progression of a mission to Venus.

M: E: R: A: K: I



KASHISH MAKIN



MANIKA SHARMA



UTKARSH SINGH



MADHAV GOEL



AKANSHA BHARTI

नारी का सफर

- पलक चौहान

सदियों से नारी को वस्तु के समान तथा पुरुष की संपत्ति समझा जाता रहा है। उसको अपनी इच्छा से कुछ भी करने की आज्ञा दी नहीं मिलती। परंतु अब परिस्थिति बदल गयी है। अब स्त्री घर से बाहर भी निकलती है और इतिहास भी रचती है। नारी के इस सफर को कुछ इस प्रकार व्यक्त किया गया है -

जब एक बेटी पैदा होती है तो वो बहुत सारे सपने देखती है। परंतु उसके पैदा होते ही समाज उसके कंधों पर जिम्मेदारियों का बोझ डाल देता है। उसको बाल विवाह जैसी कुप्रथाओं का सामना करना पड़ता है। एक नारी अपने इस दर्द को कुछ इस प्रकार व्यक्त करती है :

एक नई जिंदगी का जश्न मना रहे थे
खूबसूरत पन्नों में अपना नाम सजा रहे थे
दुनिया में कदम रखते ही
पैरों में बेड़ियाँ बंध गईं
एक सुकून की सांस भी न ले पाए
सारी खुशियाँ पल भर में छिन गईं

जब यह कुरीतियाँ चलती रही और स्त्रियों पर अत्याचार होते गए तब कुछ लोगो ने इसके खिलाफ आवाज उठाई। नारी के हक के लिए कदम उठाए।

इस सफर के लिए चंद पंक्तियाँ :

अपनी कभी कोई पहचान नहीं मिली
कभी पिता तो कभी पति, बस इसी से हमारी दुनिया चली
अब चार दीवारों की खिड़की खोल आसमां देखा है
अब धीरे - धीरे खुद के लिए लड़ना सीखा है
तोड़ सारी जंजीरों को कदम आगे बढ़ाया है
सबके वादे पूरे कर, आज खुद से एक वादा निभाया है

समय का पहिया घूमा। आज हमारे समाज की सोच आजाद है। आज की महिला को नहीं पता कि मंज़िल मिलेगी या नहीं परन्तु आज वो अपने लिए आवाज़ उठाती है और अपने कदम आगे बढ़ाती है। बस इस खूबसूरत कदम को कुछ पंक्तियों में सजाया है:

खवाहिश है आसमां सजाने की
पर जमीं पर भटक रहें हैं
कुछ कंकड़ चुभ रहे पाओ में
फिर भी चले जा रहे हैं
दुनिया की फ़िकर छोड़
अपने लिए कदम उठाए जा रहे हैं
न मंज़िल की खबर है, न खबर राहों की
पर हौसले के साथ आगे बढ़े जा रहे हैं

HANSRAJ: A RED BRICKED MAGNIFICENCE



ABOUT VISION

Initiated with the aim of giving Hansarians a platform to showcase their talents, Vision today is a well known name in the college with a loyal following. Being the media society of the college, we not only cover college events diligently but also bring first hand information to the students at the earliest. Vision also proudly publishes 'Hansvision'- Hansraj College's Official Newsletter, biannually. Additionally, it enables the youth to put forward their voice freely and without fear. Vision wishes to give a kickstart to the future journalists by giving them the right exposure at the college level itself.

A JOURNAL ENTRY OF HANSRAJ

26/12/2021

Dear Hansarians,

It has been a long time since we last met, almost 2 years now. The spring is gone, the scorching summers also passed away. I have no idea why this saddening silence has surrounded me.

I want all those voices of you chatterboxes. I am waiting to see you rush into your classrooms after waiting for that friend who wakes up at 8:30 for the first lecture of 8:40. I am longing for all your group selfies with my walls. Your favourite LP, canteen and those C-block stairs are all deserted. Aren't you missing your favorite spots where you used to have your lunch, society meetings, birthday celebrations, or just a heartfelt conversation?

Even those labs and classes are missing you where you counted every minute like an hour. Every part of me despises this silence. Every moment I feel myself waiting.

I might be wrong if I say you aren't missing me but I am sure I am right to say that I am missing you a lot.

It's only you all who make these red buildings 'Hansraj'.

Waiting for you.

CREDITS

VIJAY KUMAR MISHRA FACULTY ADVISOR

विजन यानि की दृष्टि, हंसराज कॉलेज की गतिविधियों को, विद्यार्थियों की रचनात्मकता को, उनके लेखन कौशल को एक दृष्टि में देखना हो तो हंस विजन सर्वाधिक उपयुक्त माध्यम है. विद्यार्थियों की फोटोग्राफी, सृजनात्मक लेखन, साक्षात्कार और विचारपरक आलेखों से सुसज्जित यह अंक अत्यंत ही खूबसूरत रूप में आपके समक्ष है. इसे इस रूप में प्रकाशित करने वाले सम्पादन मंडल को हार्दिक बधाई.

RUCHI SHARMA FACULTY ADVISOR

Dear All,

Team Vision has been doing a remarkable job in covering the key activities of various societies in the college. It is heartening to note that each issue of the Vision journal is an improvement on earlier editions in terms of the quality of the writing and the breadth of themes addressed by the students. I would urge more students to claim this as a space for creative expression and critical reflection on issues that matter to them.

RAKTIM DAS & NABA ALI STUDENT EDITORS

Hello Readers! After months of hard work and sleepless nights, we are proud to unveil the 14th issue of our very own college newsletter, HansVision. With this edition of the newsletter, we've tried to bring forward the issues and topics that we as college students relate to. One common trouble that we picked up was that, amidst the constant rush and desire to succeed, we often forget the humane touch that peace delivers to the soul. Dedicating the issue to the blue theme of tranquility, we aim to strike a chord with young Hansarians and throw light on all things that actually matter to us.

Sharing a piece of our heart through HansVision, we hope that you liked our efforts!!

JYOTSNA PAMIDIGHANTAM HEAD OF DESIGN

From designing and redesigning to editing and re-editing, it took many months, lots of people and plenty of frayed nerves to present you with this newsletter. But at the end of the day it's all been worth it. As this edition came into being and grew, so did we.

We attempted to capture the much required feelings of tranquility through shades of blue and show that not all was drab and routine and not all was lost in the chaos.

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