



AUGUST 2020

# SCRIPTING

"FREEDOM"

*just another word*



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We would like to thank our Dean, Prof. (Dr.) Waheeda Khan, Dr. Umesh Chandra from the English department, Ms. Khushboo Tomar of the Faculty of Behavioral Sciences and our FBS family for supporting us. We would also extend our gratitude to Dhiraj Sir, the man behind the idea of this magazine. We are very grateful to the students of other departments and colleges who have contributed to this magazine. Nevertheless, we thank our readers for their valuable feedbacks and for keeping us motivated throughout.

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*Team Scripting...*

## **FROM THE EDITOR...**

**India, a country with diversity in geography, culture and religion. 73 years of freedom from the British Raj, the soil of this land is ridged with the blood of the revolutionaries or was it ahimsa that got us the status of a free nation? This question has always perplexed me but I still am keen to seek the right answer. I somehow believe that the diversity in culture and religion comes into action due to the multiple invasions that India has experienced. I sometimes feel that it is a good thing as we Indians know more about secularism when compared to any other nation but at the same time, there is a fear that religious fascism would be somewhere budding in a nation with such diversity.**

**This month is quite significant in terms of India's political and social status amidst the world leads as on 15<sup>th</sup> August, 1947, we as a nation gained independence but are we really free? In a nation where English is considered elite but the national language is rarely appreciated, don't you think somewhere and somehow we unconsciously are still under someone's hegemony? The mere fact that we, as students are always taught how to leave our motherland and work in a foreign country rather than being taught how to stay and make India one of the leading powers says a lot about our approach towards our nation. I have seen so many young adults of my age trying to imitate the foreign ways but when asked, they lack the knowledge of their own roots which is sad.**

**Only if we start to recognise ourselves as proud Indians and not individuals, I am sure that the nation will prosper in ways which are yet to be empowered. Everyone indeed has their own dreams and aspirations but I do believe that we shouldn't forget from where we belong and what our origin is. At the end of the day, just for a moment... I think we should give a thought to our country and think about its welfare as well. Maybe my beliefs might not appeal to a few people which is fine because opinions are subjective and I am very open to them.**

*The Editor,  
Bhoomika Bhatt*

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## Dear society, men can cry



We live in a society where men are pictured as strong and powerful. We are living in the age of feminism where as soon as a men breaks down, we don't even take a second to call them feminine. Living in a patriarchal society, our upbringing has taught us that since men have to protect their families, they have to be strong. This idea, if not directly, then in a hidden way, has taught us that men have to be strong and emotionless because expressing emotions is considered weak. I want to ask, "Aren't men human?" If girls can cry, then why not guys? Why do we restrict them from showing their emotions?

Our country is free from British slavery but is still a slave of stigmas and taboos. We stand for equality and yet don't preach the same. Why do we tell our guys from the very beginning to suppress their emotions? They are told not to cry because nobody would like to see a boy crying. Not showing emotions is a part of the gender roles assigned to men by society. Gradually, guys start to negate their feelings and when they do so, their feelings start to bottle up inside them which kills them from within. But they cannot cry it out because they are told "Men don't cry".

Real men do cry. Real men do feel. Real men talk and grieve and walk with vulnerable hearts instead of clenched-tight ones.

If we help them to express their emotions there will be less of aggression in men and it will ultimately help to solve social issues like domestic violence, increasing cases of suicides etc. Why do we see crying as a sign of weakness? What we need to understand is that it is mere a way to express oneself. It makes one stronger, and helps one stand strongly to face things. Women are more comfortable in conveying their emotions because society accepts them to be emotional. On the other hand, a man crying is an alien concept for society. If people see a man crying, they mock him, make fun of him and sort of exclude him. We need to understand that the idea of suppressing emotions is not at all manly, it is harmful.

This is high time to make a brave new world. A world where guys stand with an emotional vocabulary they aren't terrified to use, where guys honor and value their emotional lives as rich windows to their souls, where guys unclench those precious, magnificent hearts. Where men can be real men. So, let's break this taboo and set ourselves free from it.

**MEN CAN CRY AND STILL BE MEN.**

**-AKANSHA JAIN**

**Student**

**FACULTY OF BEHAVIORAL SCIENCE**

# मेरी भी एक ज़िन्दगी है।

आज चली हु में उस सड़क पर ,  
जिसने ज़िन्दगी के कई रंग दिखाए है ।  
कहीं कोई फूल है जो अब बस मुरझाए है ,  
कहीं किसी के सपने कुछ सिक्को में सिमट रहे है  
उन्हें खरीदने वाले खरीदार भी तो हमेशा नए - नए है ।  
कुछ आँखों के सपने अब खो रहे है  
कली अब ना रही वो , उसकी ख्वाहिशे रो रही है ,  
ना रहा अब वो माँ का आँचल , बेबस सी वो हो गई है ।  
खुद से वो रोज़ लड़ती है , आँसुओ को अपने छुपाकर  
अपना पेट वो भरती है ।  
याद आता होगा उसे भी ,  
बेदाग़ सा उसका वो दामन  
मगर इन् चार दीवारी के बीच , मिला उसे कीचड़ सा आँगन ।  
हर रोज़ किसी की कायरता का , उसका शरीर गवाह था ,  
मगर ये सारी तकलीफे उसके लिए अब नई नहीं थी ।  
चुप - चाप सी बैठी वो रहती , आसूं उसके बोला करते ।  
नाम ना जाने क्या था उसका , खुद से खफा वो रेहती थी ।  
फिर एक सुबह ऐसी भी आई , वो खुद से फिर मिल गयी थी  
रक्त से नहा कर वो , माँ के आंचल में छुप गई थी ।  
उस चार दीवारी में फिर कोई नई कली आई है ।  
रात का वक़्त हो चला और वो चीखी - चिल्लाई है ,  
किसी की राह गलत थी , तो कोई वहा मजबूर था ।  
मगर इस सड़क पर ये खेल बहुत मशहूर था ।

- SHRISHTI MISHRA  
FACULTY OF BEHAVIORAL SCIENCE



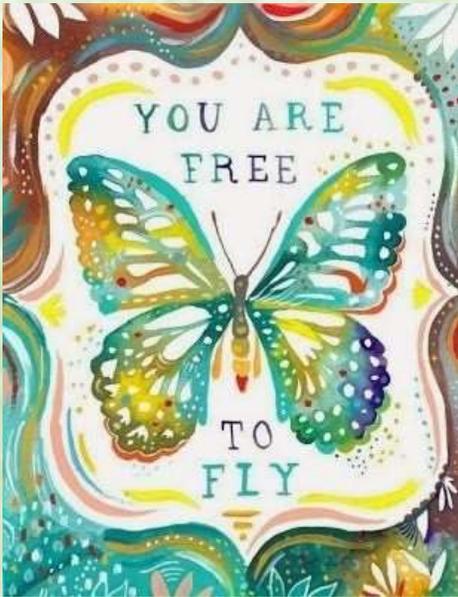
## I ALWAYS KNEW

I knew  
From the core of my being,  
That some things are not meant to be..  
I knew  
Nothing will change,  
Except priorities..  
I knew  
My Body could stand anything,  
But it's the mind I have to convince for  
everything..  
I knew  
I was trapped in the memory of a  
fantasy,  
That was far from reality..  
I knew  
Not all art is destined to be hang on  
same walls forever,  
Then why did it all happen...

-MANSI GUPTA  
FACULTY OF BEHAVIORAL SCIENCE



## ***Set yourselves free from barriers***



We live in a free country but still, we face societal banners. Why are we not allowed to do things which we wish to do? Why every one of us thinks of what people will say if I take a divorce from an unhappy marriage? I assume because we have been brought up like this and lived our whole life believing the same. We teach our girls not to keep their opinions. Why don't we make our girls independent enough so that they can live their life the way they want? Every societal banner prevents us from growing. We live in a free country and everyone should have the right to freedom of choices in reference to the clothes they wear, the person they want to love, the person they want to marry, etc. I often hear people questioning me whenever I say

my opinion, they say girls don't argue. I wasn't to ask why? It's not a matter of gender. Everyone has their opinions and everyone is allowed to share what one feels. We live in free India where we are allowed to speak and we have freedom of choices. So, let's pledge this Independence Day to support each other and lift each other up with their choices and be free from societal banners.

**- Akansha Jain**  
**Student**  
**Department of Behavioral Science**



## मेरा वतन वही है: इकबाल

चिश्ती ने जिस जमीं पे पैंगामे हक सुनाया  
नानक ने जिस चमन में बदहत का गीत गाया  
तातारियों ने जिसको अपना वतन बनाया  
जिसने हेजाजियों से दशते अरब छुड़ाया  
मेरा वतन वही है, मेरा वतन वही है

सारे जहाँ को जिसने इल्मो - हुनर दिया था,  
यूनानियों को जिसने हैरान कर दिया था  
मिट्टी को जिसकी हक ने जर का असर दिया था  
तुर्की का जिसने दामन हीरों से भर दिया था  
मेरा वतन वही है, मेरा वतन वही है.

टूटे थे जो सितारे फारस के आसमां से  
फिर ताब दे के जिसने चमकाए कहकशां से  
बदहत की लय सुनी थी दुनिया ने जिस मकां से  
मीरे- अरब को आई ठण्डी हवा जहां से  
मेरा वतन वही है, मेरा वतन वही है



-Tanu Shokeen  
Student  
Faculty of Behavioral Science



# The Month of August Signifies

## HIROSHIMA DAY – 6 AUGUST

Hiroshima Day is observed on 6 August every year. This is the day when atomic bomb was dropped on the Japanese City of Hiroshima.

## QUIT INDIA MOVEMENT DAY – 8 AUGUST

All India Congress Committee session in Bombay on 8 August 1942, Mohandas Karamchand Gandhi launched the 'QUIT INDIA MOVEMENT'. It is also known as August Movement or August Kranti.

## INTERNATIONAL YOUTH DAY – 12 AUGUST

International Youth Day is celebrated on 12 August around the globe to focus on the development and protection of youth in the society.

## INDEPENDENCE DAY :August 15th

**Independence Day, marks the end of a free and independent Indian nation. It also marks as the anniversary of the partition of the subcontinent into two countries, India and Pakistan. It makes us remind about a new era free from British colonialism of more than 200 years**



SHIVARAM RAJGURU  
: INDIAN  
REVOLUTIONARY  
WAS BORN ON 23  
AUGUST 1908



PINGALI VENKAYYA :  
INDIAN FREEDOM  
FIGHTER AND  
DESIGNER OF OURN  
NATIONAL FLAG WAS  
BORN ON 2 AUGUST  
1876



RANI AVANTI  
BAI FREEDOM  
FIGHTER WAS  
BORN ON 16  
AUGUST 1831

## WORLD HUMANITARIAN DAY – 19 AUGUST

World Humanitarian Day is observed to pay tribute to aid workers who risk their lives in humanitarian service. This year campaign focuses on what drives humanitarians to continue to save and protect lives despite conflict, insecurity, lack of access and risks linked to COVID– 19.  
#RealLifeHeros

## WOMEN EQUALITY DAY - 26 AUGUST

This day commemorates the passage of the 19th Amendment to the U.S. Constitution which granted the women right to vote. In 1878 the amendment was first time introduced and in 1971, the U.S. Congress designated 26 August as Women's Equality Day.

## NATIONAL SPORTS DAY – 29 AUGUST

National Sports Day is celebrated on 29 August every year to honour the birthday of Dhyan Chand a field hockey player. National Sports Day is also known as Rashtriya Khel Divas.



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**-AKANSHA JAIN**

**Student**

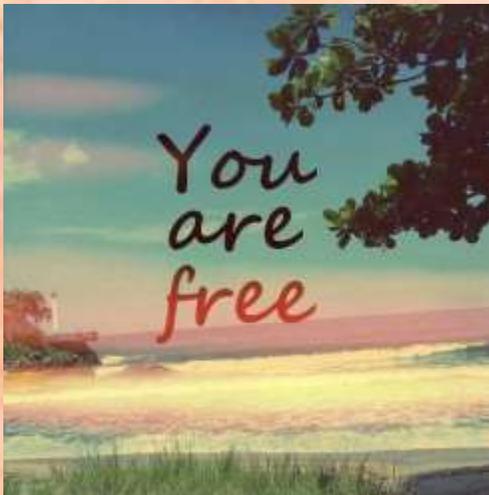
**FACULTY OF BEHAVIORAL SCIENCE**

## **Be free from the doubtful World**

Doubtful about your worth just because of people all around you??? If you end up asking me this question, I'll have an obvious answer that YES, I have doubted my worth not just once but multiple times even after going beyond my ability to achieve things and become successful I have doubted my worth. You know why? Just



because I was asking for someone else for validation of my work, other's appreciation for my work, keeping everyone above me etc. All these things have cost me a lot, which ended up in blaming myself, hating myself because I thought I am a worthless person. But this phase has taught me a lot, Not just that I have now started appreciating myself for my little achievements, but also I have started doing my work without expectations from other people appraising it, because these expectations from others will always hurt you so keep your expectation to yourself .



At the end of the day, the only person who is going to help you is YOU only by your side. And Yes, smile at every difficult phase because while you smile it gives you strength to face every difficult situation. Don't ever think you are alone facing such issues many people are facing it but most importantly learn lesson from that broken phases of your life. And don't doubt your worth ever.

- Akansha Jain  
Student  
Department of behavioral science

## Men also feel the pain.



The ways in which men and women have been traditionally expected to behave play an important role in mental health. For men, societal expectations about how men 'should' behave and what masculinity is, includes the expectation that men be the breadwinners of their families and they display what have traditionally been perceived as masculine traits like strength, stoicism, dominance and control. Even the language used in terms of mental wellbeing is a barrier to more enlightened attitudes towards men coming forward to ask for support. Phrases like 'man-up' and 'act like a man' when confronted with emotional outpourings add layers of embarrassment and guilt onto people who badly need to express what they are feeling.

There is a research to suggest that men will seek and access help when they feel that the support being offered meets their needs and is easily accessible, meaningful and engaging. Research shows that men are also less likely to disclose their mental health issues to family members or friends and are more likely to use potentially harmful coping methods, such as alcohol or drugs in response to distress. Suicide represents the largest cause of death for men under 50 years.

Three reasons why men find it hard to speak up about the emotional and mental health problems they face are: burden, weakness, and embarrassment. When we grow up, we learn that we need to be tough, that men don't cry and we just need to man up, suck it up and keep going. Because of that we don't talk about our problems, feelings, emotions, but instead just hide behind the mask.

Men build an ego to pretend that we are strong and everything is great. I do believe that a man should still strive to be strong but I also believe that part of that is allowing yourself to be vulnerable and reach for support if you need help. Accepting both sides of your personality is the key to building strong mentality. Sometimes people that we think will be the best to talk to, like family members and friends, are actually the worst choice. Having your best interest in mind they may try to give you advice that will not work for you or try to play down your problems. I would advise you to find someone who can relate to your challenges and have the experience and knowledge to help you with your recovery. You may think that you will feel weak when you start talking about your mental health problems but you will actually feel empowered and a big weight will be lifted off your shoulders.

**Nikita Yadav**

**Student, Faculty of Behavioral Science**

### ***A short reminder...***

I know that the process of accepting and moving on is not easy and it is one of the most painful ones but never try to find a short cut to achieve it because the shorter cut you take, the longer it would take you to heal. This is similar to the process of using painkillers, today you have a headache so you take a pill but what about tomorrow? Sooner or later, your body would become habitual to this painkiller and then it would not work on you, tell me now how would you suppress the pain? You cannot! The only remedy which remains with you is to let it heal organically. Only if you had allowed this pain to heal organically hitherto the use of painkillers, the result for the process of healing would have been achieved long time ago. Now it's up-to you, decide what you want.

We should stop expecting and start accepting because what is meant to be, it will be, we cannot change that but we can surely change our perspective towards it and the way we look at it. Enjoy every-day of your life because who knows which one is the last one. Don't hold regrets about why it started or why it ended, appreciate the fact that it happened and that you experienced a new event of life. In the beginning, everything is beautiful until at one point it gets ugly and then perishes away but we humans are so selfish that instead of cherishing the beginning, we curse the ending. Let's not do this, let's just let it go and let's just understand that everything mundane has an expiry date. It's okay to not be fine but remember one thing, *acceptance is the key to be truly free.*

# AN ARTLESS DREAM!!!



While the rain was busy coloring the world grey,  
My mind grew heavy, filled with a lot of things I  
wanna say.

It contains dreams which will make my innocence  
glad; if it comes true.

I dream of a world full of happiness and peace as  
the coffee brew.

A world beyond race, gender religion and  
differences,

It will be beautiful like a rainbow.

Where trust and love in humanity is deep as  
purple,

A place where we will be ourselves.

A world without plague or hunger;  
Where no catastrophe will strike.

It will be a place with warm sun-kissed days  
and cozy winter nights.

A world where the possibilities  
fly even higher than the plane;

Along with the conviction,  
Even breathing and living at ease is alright.

A world rich with greenery,  
Sight of canopies beneath which radiant violets  
bloom.

It will be a place where my loved one and pets will  
play,

I will watch over them while enjoying music by RM.

This is the definition of freedom I propose,  
Finally free, if this guileless dream of mine is  
realized.

I will cry tears of joy,

Maybe I will finally feel the world 'satisfied'.

Brought back to reality by the commotion my  
brother creates,

After this daydream, my monotonous life seems  
strange

But, for now I'll believe in the phrase,  
"World is gonna change".

## BOYS CRY TOO

Let's talk about boys

Let's talk about their situations...

We say they are less expressive

They are hard and they don't even cry

But have we ever think the reason why?

From the childhood we teach them...

Boys never cry

Then how can we expect them to cry in tough  
situation?

From the childhood we feed in their mind

Be strong and hard

Then how we expect they become soft and  
light.

This is the only reason why they are hard...

They don't express their feelings because

They don't know how to express but it  
doesn't mean they have no emotions

Now it's our turn to understand their  
situation...

- TANU SHOKEEN  
BA(H)Psychology



- SIMRAN KUMARI  
FACULTY OF BEHAVIORAL SCIENCE



# FREEDOM TO vs FREEDOM FROM

What is "Freedom"?

It could be the freedom to take leave without giving a prominent reason, wearing the clothes we love or freedom to go out with friends at any time of the day? The real meaning of freedom according to books is that it refers to a state of independence where we can do what we like without any restriction by anyone. Moreover, freedom can be called a state of mind where you have the right and freedom of doing what you can think of. But often we forget that having freedom to do good opens the door to having the freedom to do bad, or to waste one's life entirely. Such is the nature of freedom. It allows us to decide who we are and what we do.

The idea of Freedom is a concept that has been debated for many centuries. In Speculative fictional Novel "The Handmaid's Tale", the author describes that Freedom is split into a binary framework of FREEDOM TO (Positive Freedom) and FREEDOM FROM (Negative Freedom).

Positive freedom is the freedom to control and direct one's own life. It allows a person to consciously make his or her own choices, create purpose, and shape life.

"Freedom to" is "exercise concept" because it involves discriminating between all possible opportunities, and exercising the options that are most in line with your real will and what you truly want in life. It can be summed up as: "I am my own boss".

Negative freedom is freedom from external interference that prevents us from doing what you want, when we want to do it. These restrictions are placed on us by other people. The more negative freedom you have, the less obstacles that exist between you and doing whatever it is you desire. "Freedom from" refers to "opportunity concept" of freedom because it gives us access to a range of desirable opportunities, regardless of whether we decide to take advantage of those opportunities or not. It can be summed up as: "I am a slave to no man".

The real value of anything can only be understood by those who have earned it or who have sacrificed their lives for it. Freedom also means liberalization from oppression. It also means the freedom from racism, from harm, from the opposition, from discrimination and many more things. Freedom does not mean that you violate others' rights, it does not mean that you disregard other rights. Moreover, freedom means enchanting the beauty of nature and the environment around us.



A black rectangular sign with the words "THE WORLD IS YOURS" written in large, white, illuminated, sans-serif capital letters. The sign is set against a dark background, and the letters have a glowing effect.

-SIYA CHAUDHARY  
Student  
FACULTY OF BEHAVIORAL SCIENCE

## Emotional Independence Maybe

It was her saree, a corner lightly draped around her finger or a clenched fist sometimes, which reminds me of slowly fading lights and approaching droplets from the sky.

She seemed like one of the deep droplets, the one she wanted to share with none but her shadow.

Does this make her feel free, Or maybe emotionally independent.

She comes out of the deep shadow, the shadow of her past, when she is alone.

Because when she is alone she feels close to her true self.

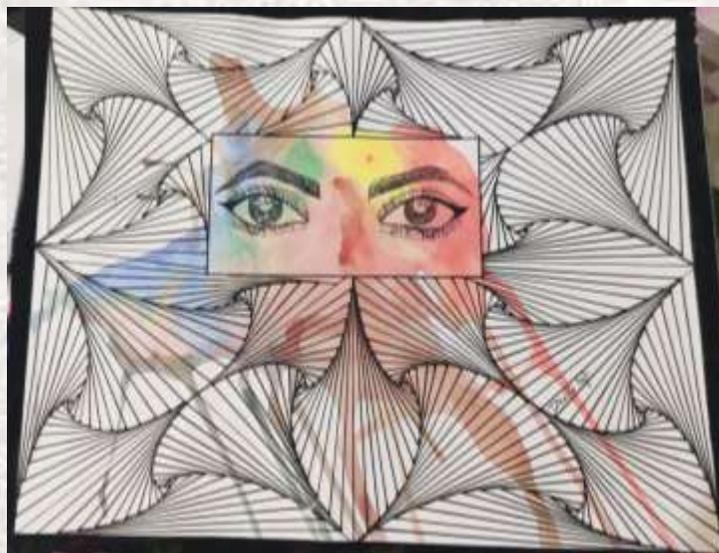
Away from the guidelines of the society which they have chalked out, far-far away from the nature and dynamics of these societal norms

She is running to strive and running to explore endlessness of horizons.

This 'me-time' has given her a chance to come out of ignorance and has fueled her most unrealistic dreams

She doesn't want to hold herself back from anything in life, because how she feels now is better than how she felt yesterday.

She has gathered all her broken pieces and now all what you can see is her deep brown eyes with some unfathomable emotions.



**-Devika Raje**  
**Assist. Professor**  
**Faculty of Behavioral Science**



# भारतीय संविधान



The Constitution came into force on 26 January 1950. Bhimrao Ramji Ambedkar played an important role in drafting the constitution of India. In 1990 the Bharat Ratna was bestowed upon him, which is the highest civilian award. It took 2 years 11 months 17 days to draft the longest constitution of the world, which includes 448 articles and 12 schedules. The constitution was handwritten by Prem Behari Narain Raizada in Hindi and English language. Each page of the constitution is uniquely decorated with handmade paintings made by artists from Shantiniketan, which are inspired by our holy scriptures. The original copy of the constitution is kept in helium-filled cases in the Indian parliament.

Indian constitution has struck a fine balance between parliamentary sovereignty and judicial supremacy.

The Supreme Court is vested with the power of judicial review. It can strike down any parliamentary law as unconstitutional. The parliament, on the other hand, is the representative of the will of the people. It is vested with the authority to make laws. It is the irony in India's constitutional history that the government of India Act of 1935 (which was passed by the British parliament) which the leaders of Indian National Congress wanted to cast out, became the foundation of many articles of the constitution adopted by the constituent assembly.

The constitution of India also has provisions for 'Constitutional Emergency'. It suspends the fundamental rights and leaves the people of India with the right to life. Dr. BR Ambedkar hoped that such Articles will never be called into operation and that they would remain a dead letter. Well, Ambedkar's hopes were belied and what he thought would be a "DEAD LETTER" was used over 100 times to dismiss duly elected governments. Which should have been a dead letter of the Constitution became a potent weapon to murder democracy across the country many times. Our constitution is not a mere set of articles and schedules, it is a living document. Like a living being, the Constitution responds to experience. Dr. BR Ambedkar asserted that however good a constitution may be if those who are implementing it are not good, it will prove to be bad. Our Constitution is a guardian of our fundamental rights. It is our moral responsibility to guard the virtue of the constitution as well. Only we can do it as WE THE PEOPLE OF INDIA give to ourselves this constitution.



**-Prerna Raghav**  
**Student, Faculty of Behavioral Science**

## **IT DOESN'T MEAN**

Even if it was worse  
That doesn't mean you are cursed,  
As the second day is never  
As bad as the first.  
Even if it wasn't with your will,  
That doesn't mean  
You will not climb up that hill  
To shot that evil.  
Even if it was to put you down,  
That doesn't mean  
You will lose your crown!

**-MANSI GUPTA  
STUDENT  
FACULTY OF BEHAVIORAL SCIENCE**





# KEEPING UP WITH SGT

SINCE THE DAY THIS CORONA PANDEMIC BEGAN SGT HOSPITAL HAS BEEN PROVIDING ITS PATIENTS WITH BEST TREATMENT . PREPARING KADHA , SANITIZATION, GOOD FOOD AND PROVIDING COMFORT TO THE PATIENTS IN ALL WAYS .

HERE COMES A GOOD NEWS ,  
**SGT MEDICAL COLLEGE LAB** HAS BEEN APPROVED BY ICMR/NABL TO CONDUCT COVID 19 TEST BY RTPCR METHOD .



**SGT UNIVERSITY**  
WISDOM BEGETS FAITH  
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We are proud to announce that SGT Medical College Lab has been approved by ICMR/NABL to conduct **COVID-19 TEST** by RT PCR method



Measurement I really missed the holy fest mean we were all ready and got to go the play and then this corona la ROMA started.

I knnoowwwww righhttttt!!! Diwali fest is also ruined 😞

Freshers hoga kya iss saal???

I doubt synergy tak college khulega.. ugh 😞 8:40 PM



## MISSING SGT

ITS BEEN 4 MONTHS THAT WE HAVE BEEN LOCKED UP INSIDE OUR HOUSES AND STUDENTS OF SGT ARE REALLY MISSING UNIVERSITY FUN , PLAYING IN GROUNDS , CHATTING IN GROUNDS , LONG CAMPUS WALKS , CLASSES AND FRIENDS . THINGS THAT STUDENTS HAVE MISSED ARE : HOLY FEST , SYNERGY , FRESHERS AND DIWALI FEST .

“WE STUDENTS JUST HOPE THAT WE COME TO SGT AND THIS PANDEMIC ENDS AS SOON AS POSSIBLE.”

**'I am'**

**A fixed proof reader and a think tank for the magazine. "Jo hoga, Dekha Jaega" is a typical "Shubham" thing.**

**SHUBHAM PRASAD**

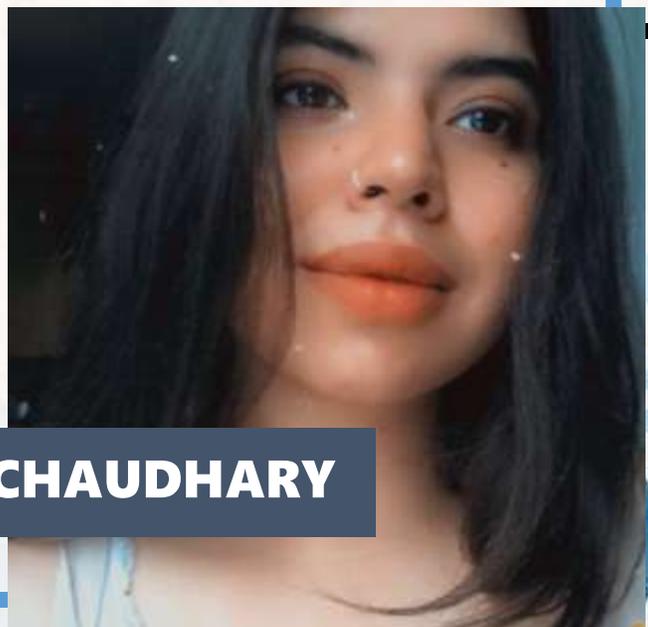


**BHOOMIKA BHATT**

**History enthusiast. I believe in unconventional ideas and so I design the final draft of the magazine. "Show me the citations please", is a typical 'Bhoomika' thing.**

**Aesthetic Soul. I am sort of a stop & stare, hence I handle content designing and media management. Mixture of vintage heart and modern mind. Access to my energy is a poetic privilege.**

**SIYA CHAUDHARY**



I believe in climbing mountains rather than carrying them. I take care of the 'Importance of Month' column. History amateur, uranophile, I love listening music, love spending time with my plants

**NIKITA VATSA**



**ANNIE SAKHUJA**

**CREATION DREAMER**

I like to day dream and imagine the possibilities and wonders of the world. I can immerse myself in imagination and fantasy, yet remain grounded in reality; reasons to why I run the creative department.

I am an astrophile and quite imaginative, I believe in facts & proofs and that is why I handle the NEWS corner.

**IPSHITA JAIN**



