

SCRIPTING

DECEMBER 2020



HO HO HO AND STUFF

CHRISTMAS

SUPPORTERS!

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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FROM THE EDITORS

The month of December brings hope for a new beginning. 365 days to write on and infinite memories to be made. Ah! And that's when we say... WHAT A YEAR!

Before entering 2021, we should leave all the 2020 mess behind because you cannot restart without pressing the Ctrl + Delete button of your past life.

We are humans and we are bound to make mistakes but instead of repeating those mistakes, we need to learn from them.

Let's all work towards the betterment of ourselves and the world that we live in.

HAPPY WINTERS. MERRY CHRISTMAS AND A VERY PROSPEROUS NEW YEAR!

The Editors,
Bhoomika and Siya

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People become therapists because they are trying to work their own issues out. Therapists are 'crazy'!

Therapists are as human as the next person, and in many cases, they are individuals who have had to overcome difficult situations in their lives that inspired them to study to help others in their same condition. It's true that some therapists have problems; however, licensing requirements and state ethics boards work very hard to ensure that licensed professionals are competent and mentally fit to work with others.

Even in the current scenario, people don't approach therapist due to many stereotypes and stigmas. Only the rich or upper middle-class society consider to approach psychologist, others just deal with their mental issues on their own and end up making it worse. It is important to remove all the stigmas and promote every individual to reach out to professional care. Mental health is as important as physical health.

Even our dear Santa, Snowman and Rudolph consider therapist, why not us?





No matter how well disguised, life is full of binary words-yes and no. Though the word no is appearing everywhere -for instance: no tobacco, no smoking, no parking, no alcohol etc. Then why it is so gut -wrenching to say and hear no. Cause we are afraid of disapproval, hatred, resentment. Our inability to say no shows reluctance to assert Ourselves, to be frank, to be honest and indicates our instinct to please others which over the period converts into a drug-used to reduce the discomfort, moreover we are lost in world of other's desires. Our precious time and valuable energy is lost and it is unfair to the others .It might make people overindulging. Over indulgence is a deficiency and leads to addiction. The receiving of things begins to generate the want for more things, people start whining, Demanding manipulating, you to full fill their desires Through you.

At times we should say no to our self. What do we need say no about to ourselves? To our distractions, to toxic people, to our cravings, to our addictions, to unending demands of family, friends, co-workers etc.

Whereas our ability to say no indicates our commitment to achieve certain goals, clear refusal to manipulate ourselves and from the guilt of trapping. Vitamin N is an essential ingredient which helps us to reflect and introspect.

Before bidding the reader adieu, the writer would like to conclude:

"Release thyself from the compulsion to say yes remember thou hath the choice, thou can say no."

- YASHASWINI SINGH
- BSc. Clinical Psychology
- 2nd Year

"CHALO... DILLI CHALO"



Farmers in several States in India are protesting against the new agricultural bills passed by the central government. Thousands of farmers from States like Punjab and Haryana are taking part in 'Dilli Chalo', a protest march towards the national capital.

Farmers from Punjab, Haryana and Uttar Pradesh have geared Delhi's national capital region for the past two weeks, blocking all borders as they remain firm on their demand to repeal the contentious agriculture laws.

Thousands of farmers, along with trade unions and other people have joined the protest in spite of cold winters and difficulties. The government has assured the agitators that the new laws are for their benefit, however, farmers still fear that their livelihood will be severely affected.

Question raised is that why farmers are protesting and why is this protest important?

At the center of it all, the farmers are protesting three laws that the Government of India passed during the Monsoon Session of the Parliament in September this year.

These are – the Farmers (Empowerment and Protection) Agreement of Price Assurance and Farm Services Act, 2020; Farmers Produce Trade and Commerce (Promotion and Facilitation) Act, 2020; and The Essential Commodities (Amendment) Act 2020 but, the farmers want a complete rollback of the farm laws. The government has been firm that the new laws are going to bring an ecosystem that will give farmers the freedom of choice to sell and purchase their produce inter-state and intra-state.

The Centre said that it will be beneficial to not only farmers but also traders and consumers.

The government has also said that farmers will be able to engage in direct marketing of their crops.

Farmers across the country are apprehensive that if the new bills become law, they will not get the Minimum Support Price (commonly known as MSP) they have been demanding from the government for months, as the proposed

legislation does not specify any method of determining the “guaranteed price” farmers will get.

They fear the government will no longer continue the procurement of farm produce at MSP.

Mandis, where farmers have been selling their produce until now, will cease to function as big private players will dictate prices of farm produce.

As a result, these very big companies will be in advantage in case of disputes.

What are the provisions under the new laws?

Farmers will be to enter into a contract with processors, wholesalers, aggregators, large retailers and exporters directly so as to realize the full price of the produce. Farmers be rest-assured of the price of their produce even before sowing of crops. Farmers will not be charged any cess or transport cost at the time of sale. Farmers will get access to modern technology, better seed and other inputs that enable better growth of the produce

With the Centre-farmer talks ending in a stalemate, thousands of farmers stayed put at Delhi borders on Wednesday to press for repeal of the Agri marketing laws. A meeting called by Home Minister Amit Shah ended in failure on the previous night.

Farmer leaders rejected the government's offer to amend new farm laws and said they would settle for nothing less than the scrapping of the legislations.

-SIYA CHAUDHARY
BSc. Clinical Psychology
2nd Year



**"The spirit of Christmas exists in harmonious carols like those
sung by angels on the day of Christ's birth"**

O Holy Night is one of the most well-known Christmas carols reflecting on



Jesus' birth and the redemption of humanity.

O holy night! The stars are brightly shining,
It is the night of our dear Saviour's birth.

(Biblical Inspiration: *"And in the same region there were shepherds out in the field, keeping watch over their flock by night."*)

Long lay the world in sin and error pining,
Till He appeared and the soul felt its worth.

(And to Adam he said, "Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field.")

A thrill of hope, the weary world rejoices,
For yonder breaks a new and glorious morn.

("For the creation waits with eager longing for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God.)

Fall on your knees! O hear the angel voices!
O night divine, O night when Christ was born;
O night divine, O night, O night Divine.

("So that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.")

Led by the light of Faith serenely beaming,
With glowing hearts by His cradle we stand.

So led by light of a star sweetly gleaming,
Here come the wise men from the Orient land.
The King of Kings lay thus in lowly manger;
In all our trials born to be our friend.

He knows our need, to our weaknesses no stranger,
Behold your King! Before Him lowly bend!
Behold your King, Before Him lowly bend!
Truly He taught us to love one another;
His law is love and His gospel is peace.

(*"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. 35 By this all people will know that you are my disciples, if you have love for one another."*)

Chains shall He break for the slave is our brother;
And in His name all oppression shall cease.

(*"No longer as a slave but more than a slave, as a beloved brother--especially to me, but how much more to you, both in the flesh and in the Lord."*)

Sweet hymns of joy in grateful chorus raise we,
Let all within us praise His holy name.

(*"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."*)

Christ is the Lord! O praise His Name forever,
His power and glory evermore proclaim.
His power and glory evermore proclaim.

This carol is embedded in my soul, it brings so many refreshing memories of my school ST. MARY'S where we were taught the power and beauty of belief in ourselves and god.

This carol describes the truly glorious night when Jesus was born. The angels rejoiced and the whole world received their King. God granted his children the eternal salvation when He sent His Son to die for people's sins. Now that I know the story behind this powerful hymn, I'm even more in awe of this song.

Do listen and enjoy this hymn.



-SIYA CHAUDHARY
BSc. Clinical Psychology
2nd Year

“Decorating the Christmas tree is one of the most cherished holiday traditions around the world.”

But do you know the ornaments we put on Christmas tree have biblical value?

The idea of decorating a tree for Christmas began in Germany, where they used to add fruits and nuts to trees once the leaves fell off to symbolize the promise of spring to come.

But in 1605, a fur tree was brought inside and adorned with paper roses, candles, nuts, and fruits, which was ground-breaking! The idea of decorating a tree indoors took off and spread across Germany.

In the 1800s, German immigrants brought the tradition to America, who made their own interpretations. Early ornaments were made out of whatever items that families had available to them – fruit (especially apples), nuts, strings of popcorn and cranberries, paper streamers, candles, and metal foil. They really came to show off American inventiveness!

Even before Christmas lights were invented; people loved the idea of lighting up a tree. Bits of foil were often added to reflect the light in the room and make

TRADITIONAL BALL ORNAMENTS

You know those sets of round plastic ornaments you decorate your tree with? Well, those originated in Germany, too!

Hans Greiner started making glass ball ornaments (called baubles) during the 1800s, which became the first manufactured Christmas ornaments.

Fun fact: The round shape of the bauble originates from the shape of the original decorating material – fruits and nuts.

THE CHRISTMAS STAR

You may know that the Christmas star you see perched on top of trees and hung on branches has religious origins, but do you know why?

When Jesus was born in Bethlehem, there were three magi (or wise men) who saw an unusual star in the sky and knew that it would lead them to baby Jesus. They followed that star all the way to the stable where Jesus lay in a manger, and brought gifts of gold, incense, and myrrh. The star that we use to decorate our trees today is representative of the original Star of Bethlehem.

CANDY CANES

We use candy canes for everything from Christmas tree decorations to stocking stuffers! Another German Christmas tradition, the candy cane originated around 1670. Designed to help children sit still during Christmas services, the candy was shaped like a “J” to represent crooks of the shepherds that visited baby Jesus.

Around 1900, the red stripes and peppermint flavouring were added. Christians believe that the red stripes represent the blood that Jesus shed on the cross and the peppermint flavouring represents the hyssop plant that was used for Biblical purification.

Fun fact: The original candy canes had no flavoring or color and were essentially just “sugar sticks.”

ANGELS

Many people use beautiful, ornate angels to decorate the top of their tree or to hang intermixed with other ornaments. These, too, have religious connotations.

They can represent the angel that appeared in Bethlehem to announce the birth of Jesus, the angel Gabriel who told Mary she would give birth to Jesus, or even the idea of angels watching over us and protecting us.

Fun Fact: Soon after Christmas trees became popular, parents would decorate trees with streamers, telling their children that the streamers were pieces of angel hair that had been caught in the branches.

The tradition of decorating a tree is embraced by millions of people worldwide of different faiths and cultures. Originally Christmas tree is evergreen fir tree, according to the biblical or legendary representation, a fir tree grew out of the fallen oak.

"That became a symbol of Christ — being triangular in shape it represents the trinity — and from there came the idea that the tree should be a symbol of Christ and new life," which originated the concept of Christmas tree and bringing it into the house.

-SIYA CHAUDHARY
BSc. Clinical Psychology
2nd Year



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"RUDOLPH, WITH YOUR NOSE SO BRIGHT, WILL YOU GUIDE ME IN MY LIFE..."

We all have heard this famous carol *Rudolph the Red Nose Reindeer*, but did you ever wonder who was Rudolph? Or where he came from? On this beautiful Christmas day let's unfold the story of Rudolph in case you missed it



One, two, three...here we go...sing with me....

You know Dasher and Dancer and Prancer and Vixen
Comet and Cupid and Donner and Blitzen

But do you recall

The most famous reindeer of all?

Rudolph the Red-Nosed Reindeer

Had a very shiny nose

And if you ever saw it

You would even say it glows

All of the other reindeer

Used to laugh and call him names

They never let poor Rudolph

Join in any reindeer games



Then one foggy Christmas Eve

Santa came to say

"Rudolph, with your nose so bright

Won't you guide my sleigh tonight?"

Then how the reindeer loved him

As they shouted out with glee

"Rudolph the Red-Nosed Reindeer

You'll go down in history"



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"Rudolph the Red-Nosed Reindeer

You'll go down in history"

Rudolph is the ninth and youngest of Santa Claus's reindeer, using his luminous red nose to lead the reindeer team and guide Santa's sleigh on Christmas Eve.

Do you realise the Rudolph taught us very important lessons of life, as I acknowledged, it was the feeling of pure bliss and awe!

Don't judge others based on their differences: Granted, Rudolph's difference is pretty cool to us. A shiny red nose is pretty darn cool; however, in this story different, no matter how glowing and shiny isn't very cool, and we watch as Rudolph is treated like an outcast and defriended by those who'd previously thought he was just like them. In today's world, it's a very meaningful lesson. Children need to learn from a young age about embracing diversity, because no one should ever feel left out or treated poorly simply for being a little different, because Santa will not come for us to make us understand our worth, we are our own Santa and Rudolph to shine our way of life and enjoy it.

Merry Christmas!!! Love Yourself irrespective of your flaws because sometimes flaws make us unique.



-SIYA CHAUDHARY
BSc. Clinical Psychology
2nd Year

Excessive thoughts (obsessions) that lead to repetitive behaviours (compulsions).

Obsessive-compulsive disorder is characterised by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviours.

OCD often centres on themes such as a fear of germs or the need to arrange objects in a specific manner. Symptoms usually begin gradually and vary throughout life.

Treatment includes talk therapy, medication or both.



OCD SANTA

“IT WOULDN’T BE CHRISTMAS WITHOUT FRUIT CAKE”

RECIPE FOR EGGLESS TRADITIONAL FRUITCAKE



Ingredients

- 3/4 cup Raisins, /sultanas
- 1/4 cup Prunes, chopped
- 1/4 cup Apricots, chopped
- 1/4 cup Dates, chopped
- 1/4 cup Dried Figs, chopped
- 150 ml Rum, or brandy (optional)
- 60 ml Fresh orange juice
- 2 tablespoons Orange Zest (Rind)
- 2 cups All Purpose Flour (Maida)
- 1 teaspoon Baking powder
- 1-1/2 cups Butter (unsalted), at room Temperature (1-1/2 cups canola or vegetable oil)
- 3/4 cup Brown Sugar (Demerara Sugar)
- 1/4 cup Almond Meal (Badam Powder)
- 1 teaspoon Cinnamon Powder (Dalchini)
- 1/2 teaspoon Cloves (Laung), ground
- 1 teaspoon Dry ginger powder
- 1 cup Badam (Almond), or macadamia nuts, chopped
- 4 tablespoons Flax seed powder (flax meal)
- 12 tablespoons Chilled water

1. To begin making the Eggless or Vegan Christmas Cake Recipe, we first have to soak all the dry fruits in rum and juice (you can avoid the rum). This process helps ferment the fruits and also helps to release all the flavours and make the Christmas cake moist and rich.
2. Place the sultanas, dried prunes, dried dates, dried figs and dried apricots into a large mixing bowl. Pour over the rum and orange juice and sprinkle over the orange zest. Mix until well combined, then cover the bowl with cling film and set aside overnight or a few weeks or a month or a year. They say the longer you ferment, the fruits get fermented, the richer the taste of the Christmas cake.

To Make Flax Meal Egg Replacer

1. If your recipe asks for 4 eggs, measure 12 tablespoons of flax meal along with 6 tablespoons of water. Stir well and let the mixture rest for about 15 minutes. This process of resting helps the flax meal mixture develop a gelatinous consistency similar to eggs.

To make the Batter

1. Proceed to the remaining steps once the fermentation of the fruits are over. Preheat the oven to 170 C.
2. Sift the flour, baking powder and the spices together and keep aside. I like to sift it twice over as the flour gets good air pockets and also makes the cake fluffier.
3. Line the base and sides of a 9-inch spring foam cake pan with a double layer parchment paper, making sure the paper reaches the top of the tin.
4. In a large bowl or a KitchenAid Stand Mixer, whisk the butter (oil) and sugar together until fluffy. Gradually beat in the eggs (flax meal egg replacer), one at a time. Add in the flour slowly until well combined.
5. Slowly add in the soaked dried fruits, its liquids, the almond powder, chopped nuts and combine it into the flour mixture. Don't over beat, we just want all the ingredients to be well combined.
6. Spoon the above cake mixture into the spring foam pan and level the surface with the back of a spoon. Bake for 1 and a half hours approximately or until a skewer inserted into the centre of the cake comes out clean.

- 7. The cake typically tends to darken a lot during baking, if this happens cover the top with parchment paper in the middle of the baking process.
- 8. Once the Christmas cake is baked remove it from the oven allow it to cool completely in the pan.
- 9. Store the Christmas cake (eggless/ vegan) in an airtight container, wrapped in greaseproof paper and aluminium foil, for two to three months.
- 10. You can also bake the Traditional Christmas Cake in smaller pans and gift them to your family this holiday season.

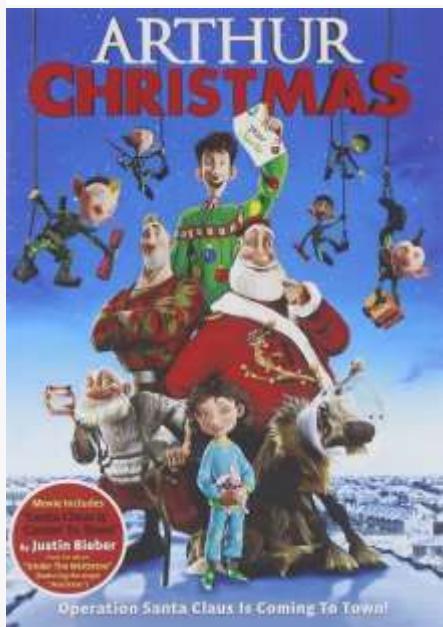
Serve the Traditional Christmas Cake along with Coffee, Hot Chocolate or tea to compliment the cake for your evening.



“BLAST THIS CHRISTMAS MUSIC. IT'S JOYFUL AND TRIUMPH”

Here is a list of Christmas movies to watch with your family & friends or just by yourself....

Arthur Christmas



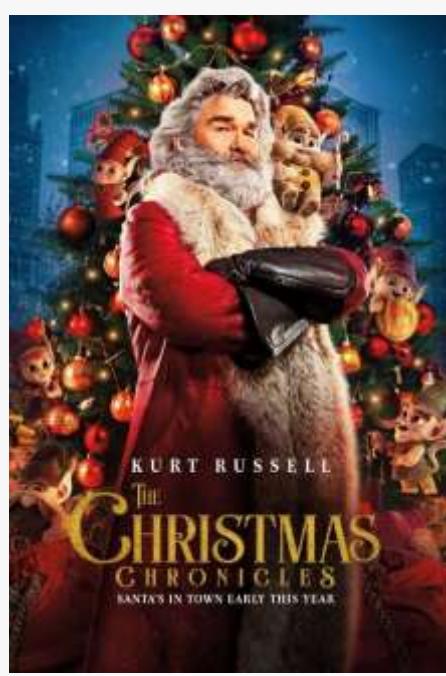
Home Alone



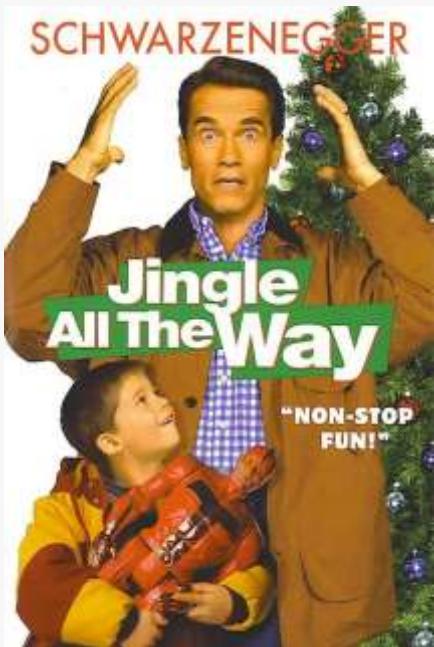
The Grinch



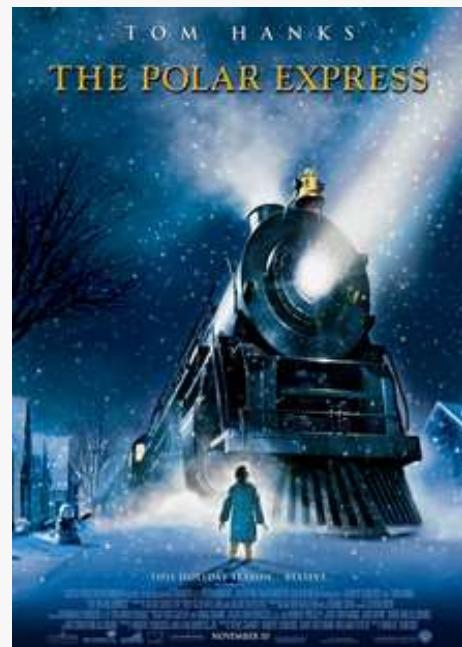
The Christmas Chronicles



Jingle All the Way



The Polar Express



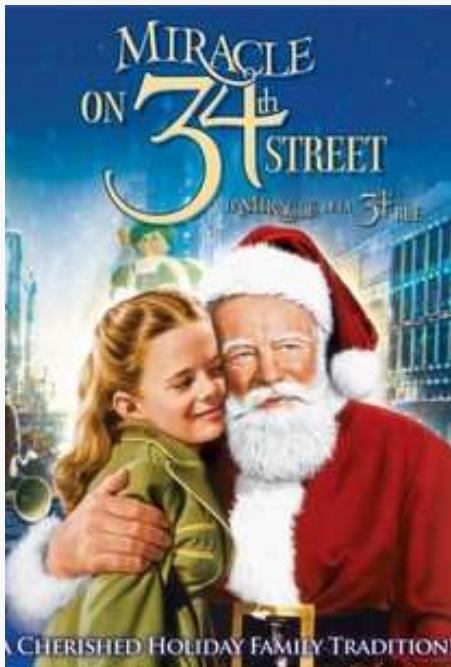
Klaus



Noelle



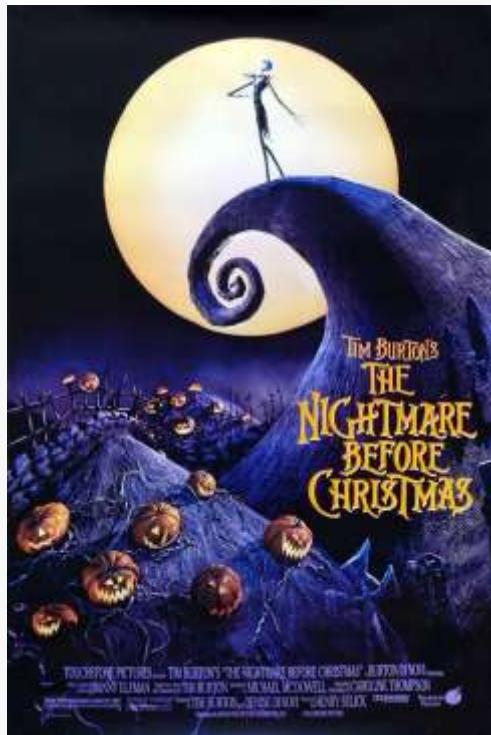
Miracle on 34th Street



Frozen



Tim Burton's The Nightmare Before Christmas



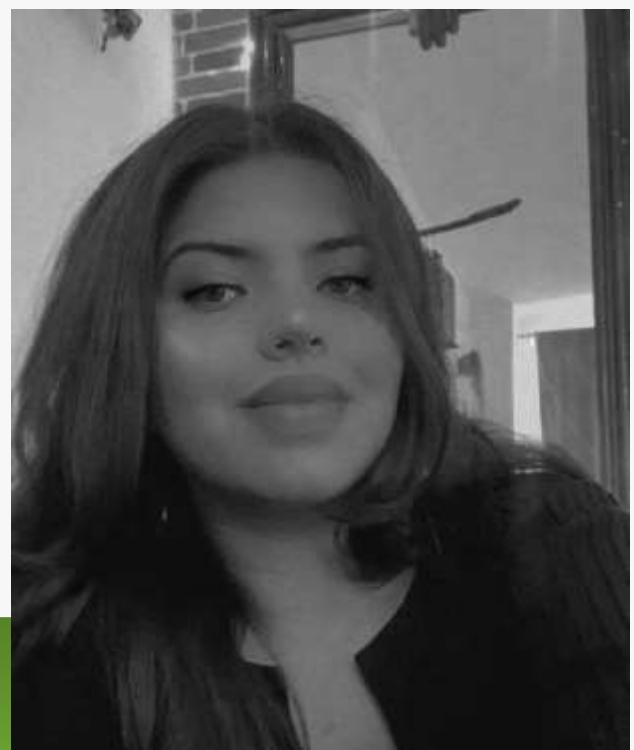
The Nutcracker and the Four Realms



“SCRIPTERS”



BHOOMIKA BHATT



SIYA CHAUDHARY

