

# MAC VOICE



A PRACTICAL NEWSLETTER OF DEPARTMENT OF JOURNALISM

## DECODING NOMOPHOBIA

Could Nomophobia, the fear related to phones be next pandemic in this digital era?

## FILM REVIEW: PERSEPOLIS

Dive into the life of a witness of the Iranian Revolution and see what made a film so impactful.

## THE ENTHRALLING STORY OF INDIAN PHARMA INDUSTRY

The game changing experience of Indian Pharmaceutical Industry from manufacturer to "producer"

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RUDRANSH, 2ND YEAR

# **NO more "silence"!**

**#speakagainstdomesticviolence**



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**About 86% women who experienced violence never sought help, and 77% of the victims did not even mention the incident(s) to anyone**



# TURNING CALAMITY INTO AN OPPORTUNITY: DEPARTMENT OF JOURNALISM

SHIVANSH GANJOO  
3RD YEAR

With the educational institutions being shut down since March, online classes are the only option left to continue the process of learning. From schools to colleges, every institution/ department is trying every ounce of efforts to make learning accessible and easy. Just like the rest of the departments in Maharaja Agrasen College, The Department of Journalism has managed to make the online routine just the same as the offline one and that too, with much greater efficiency and effectiveness.

The academic session of 2021 began with enthusiastic pupils from BA (Hons) Journalism entering their next semesters, with Delhi University's smooth conduct of OBE exams in December this time. Hitherto, online

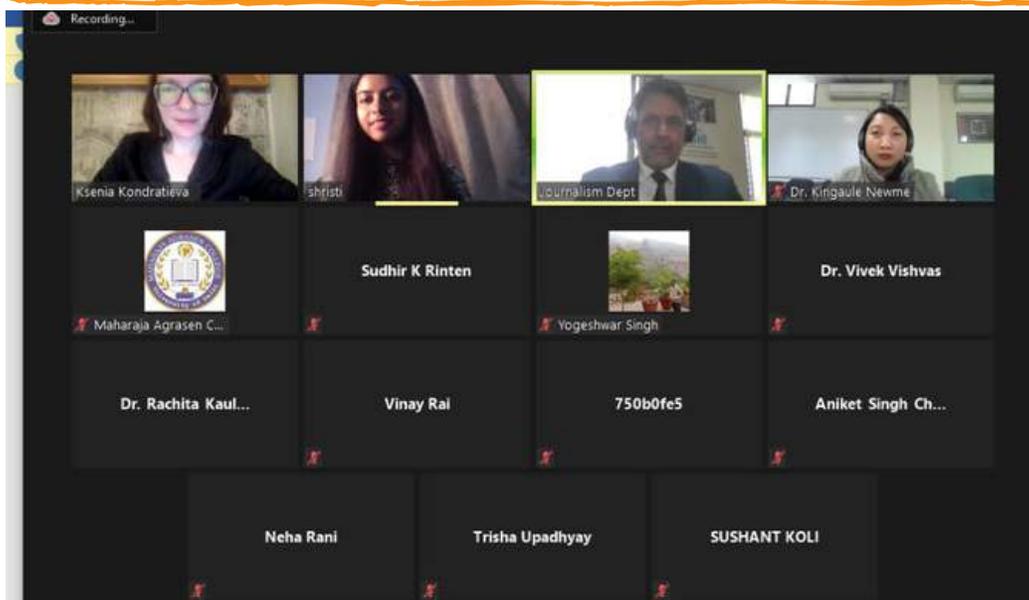
classes are easily manageable by students as well as diligent professors. The Department of Journalism continuously strives towards bridging the gap between Academics and Industry Requirements. Thus, teachers are assigning hands-on projects to students which will be fruitful for aspiring journalists, producers, directors, filmmakers or cinematographers.

While the final year students of the degree course are busy creating magazines, multimedia production and research projects, the second years have been allotted with tasks like producing radio shows, documentary/ short film production and creation of the advertisement.

Due to the coronavirus pandemic, the admissions to the new academic session of the colleges and educational instituti-

BHANU PRATAP SINGH  
1ST YEAR

-ons were deferred till October and new admissions started their college curriculum in November 2020. The fresh batch of the Department of Journalism might have initiated their journey in the college bit late, but the enthusiasm and zeal was intact in them. This was visible in their active participation in the orientation program of the department, held online on Google Meet platform on 18th November. The teachers provided the newcomers with a gist of what stepping into Media field means and guided them beforehand for the challenges one would face in it. With a warm welcome, the students understood the fact very clearly that there sustenance in the media industry is based just on two main factors: Theoretical knowledge and Practical



Left: Ms. Ksenia Kondratieva during the Guest Lecture on "The Issues and Challenges faced by Cubs in Media" on 27th January, 2021

Below: Cover Page of MAC Voice 2020 September Edition

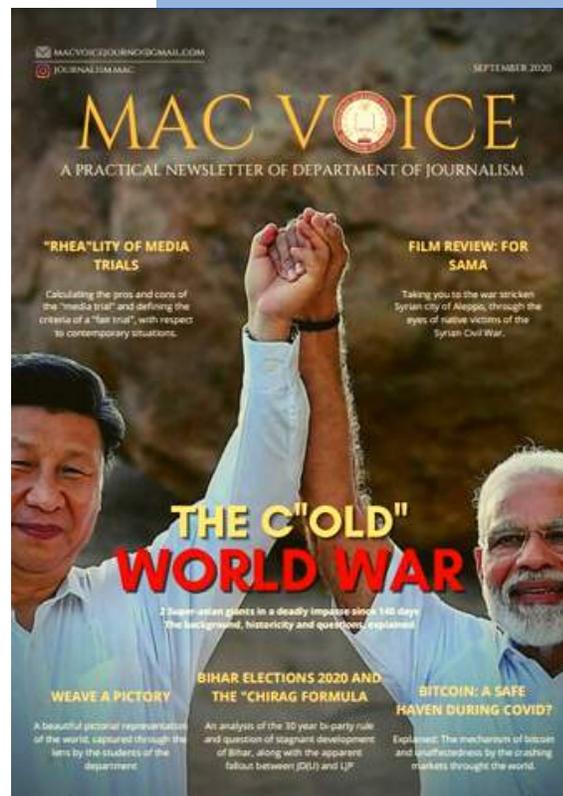
implementation. With this, the department now had all its batches functioning. As we all have seen, Media has played an important role in reporting the key events during and post lockdown. It was important to teach the students how different beats are covered and the various aspects surrounding them. Since its inception in 1997, the Journalism department of MAC has strived for connecting the collegians with the real world. To facilitate practical learning in online mode, several virtual workshops have been undertaken by many experts and also the college's own alumni.

To enhance the technical skills of students, the department organized a workshop on photoshop editing techniques under the guidance of a graphic expert. Along with this, the department also hosted a panel discussion on "Advertising World: Creativity and Business" on September 19th. This panel discussion was unique and special for the department as all the three panelists, who are associated with big media names and are masters and experts in their respective fields, are a proud alumnus of our department. Purnank Kaul has worked with notable agencies like Horlicks, PayTM, SpiceJet and Airtel, FCB Uka, McCann Worldgroup. Mohit Pasricha, currently working with Lowe Lintas India as an Associative Director, he has worked with leading agencies like McCann Worldgroup and Wieden &

Kennedy Delhi. Ayushi Anand is a lead director at Schbang Digital Solutions, Bangalore. She has done some brilliant projects in the field of documentaries, short films, animated shorts and advertisements.

The Panel Discussion also saw the release of 2nd edition of MAC Voice 2020. During the Corona lockdown period, the department had set an aim of turning the calamity into opportunity and successfully achieved it. Turning into an electronic publication during the lockdown, for the very first time, MAC Voice was published more than a single time in a year, last publication being in May 2020. What made the September edition more peculiar was that it was published within a record time of 11 days. It covered several contemporary issues like Bihar Elections, Corona pandemic, Economy and the cover story, India and China's stand off at Ladakh. The department aims to increase the frequency of publication further more.

With the advent of new year and a new batch, department started with planning and implementing several new series of lectures and events. The latest one being an expert lecture on "The Issues and Challenges faced by Cubs in Network Society Era" on 27 January 2021. The Guest Speaker for the lectu-



-re was Ms. Ksenia Kondratieva, a senior Russian journalist and editor, who has had a decade long journalistic experience in South Asia. Ms. Ksenia very clearly explained the challenges in contemporary times, citing contemporary examples related to both India and Russia, making it more connecting for the students, especially the newbies to understand. With all these lively events, virtual workshops and projects, the journalism department is trying its best to provide some exceptional talent to the media industry.

# WHAT THE FARMERS' PROTEST LOST ON 26TH JANUARY?



ANIKET SINGH CHAUHAN  
2ND YEAR

The Red Fort has remained a seat of power for all a great part of India's history and showcased the vibrant grandeur of an independent India since 1947. However, when miscreants destroy its sanctity as the symbol of India's pride, it is nothing less than an act of war.

The Red Fort has, since 1947, proudly held atop itself the tricolour. The tricolour itself was given great emphasis on as the symbol of a free and secular India. However, on the 26th of January, when miscreants unfurled the Nishan Sahib and the flag of BKU (Bharatiya Kisan Union) atop the Red Fort, they didn't oppose the government but they opposed and mocked the idea as well as the sanctity of this great nation. The Farm Law agitations, since last year, had a great moral pedestal that upheld its integrity and also rallied support for itself. The events that followed the tractor rally on the 26th of January, shattered this high moral pedestal to so many pieces that whatever the farming organisations do now; they just won't ever get the support they did, once.

Apart from the moral sheen, the farm law agitation also lost their secular as well as the non-partisan face at the moment the Nishan Sahib was raised at the Red Fort. The protest before this was majorly led by Sikh organisations, however, it wasn't exclusive. Agrarians from Haryana, Madhya Pradesh and Uttar Pradesh, who did not share the same faith, took part as enthusiastically as anyone else. Major leaders like Rakesh Tikait, Shiv Kumar 'Kakkaji' Sharma, etc. were also not the adherents of the Sikh faith, however, the

raising of the Nishan Sahib atop the Red Fort has cemented the non-secular as well as the exclusivity of the protest. This has already started taking a toll on the protest's strength; till now four major and other minor unions have disassociated themselves from the protests on the Delhi borders - Bharatiya Kisan Union (Bhanu), Bharatiya Kisan Union (Ekta), Bharatiya Kisan Union (Lokshakti) and Rashtriya Kisan Mazdoor Sangathan. The BJP itself has started reasserting their stance that these protests aren't pan-India and most

of the people who are protesting are not tillers but false impersonators in their disguise; a claim even the farmers' unions reiterated to pass the buck and shrug off their responsibility.

While the picture of a religious flag at the Red Fort ramparts continues to embarrass India, various visuals of yellow and blue flags of the Khalistani movement in the same space; has virtually destroyed the non-partisan image of the movement. It is of no doubt that some hordes of peasants did go about peacefully on routes agreed beforehand.



However, the farmer leaders who boasted having great control over the protest have now been left red-faced and therefore were also not able to hold onto their argument that they did not know the perpetrators. As by the late noon, nearly all of the major leaders stated that they, in fact, knew the evildoers and would 'ensure action'. This political U-turn has made many people suspicious of the intentions of this movement at large. There were also major attempts to chase the wild goose, when false reports of death by gunshot were

reported. However, it all turned to be a wolf's cry; later footage suggested that the death was caused due to rash driving.

Even seasoned journalists like Rajdeep Sardesai had to go through suspension and pay cuts after he started himself started crying before anyone was hurt. Now that the protests had got a religious as well as a political turn, it was imperative that farmers' unions, as well as their leaders, should've intervened and sought out the ruckus. But, to everyone's shock, they not only weren't visible during the whole fiasco

infused and enacted. Most of the leaders, after the mayhem, stated that the people who created the ruckus weren't part of their groups; thereby putting a big question mark on their legitimacy, as the prime negotiators for the peasants when they seem to have lost control over the protests 'led' by them!

While the protests lost their moral shimmer, the Delhi Police, which has been infamous for its excessive use of force in recent times showed astounding restraint in its action. This has not only rallied massive support for the Delhi Police but also helped them gain them a higher

but till the evening weren't even ready to admit that this protest had gone out of their control. Only after the spirit of the nation had been broken to the core did the farmer leaders spoke out in some rationality and called off the riot under the veil of a protest. In other words, the very leaders who had been dictating the talks with the government and holding the government responsible for the farmers' plight were now seeking to shed the responsibility of the damage done in the 'protest' that they had conceptualized,

moral ground. Many controversial comments - most notably by Rakesh Tikait - were made by farm leaders in an attempt to brush the dust under the rug, questioned the police's restraint in violence. Confronted by the sheer majority of protestors, should the government forces have used use force as was done by the Communist Party of China while crushing the Tianmen Square protests? If scores of DTC buses couldn't stop the 'terrorizing tractors' then would we have liked to see squadrons of armoured tanks across the streets of Delhi?

I am as sure as a rock, that like me, a vast majority of Indians felt that people were standing behind the peasants. Even though there were many reservations against the demands but the conduct of the protest made them a couple of sympathy. However, this cupule soon started having cracks within it when the rigidity of the farmers' unions along with the continuous insertion of more demands plagued the talks between the government and the unions.

The mayhem that ensued on the 26th of January, has and will continue to shame the idea of India for generations to. For the rioters didn't just raise a flag at the Red Fort but instead tried to replace the very tricolour their forefathers shed their blood for. And thereby broke the sanctity of the republic, the constitution and the spirit of India. The farmers' protests, thereby on the 26th of January, not only lost the morality but the consciousness of their movement.

# THE ENTHRALLING STORY OF INDIAN PHARMA INDUSTRY

ANIKET SINGH CHAUHAN  
2ND YEAR



CoVID-19 was a difficult time for all of us. It tested us all and made us reel under its unimaginable pressure. However, there was one particular sector that under this monumental pressure didn't turn into coal but instead shined like a diamond. The Indian pharmaceutical industry is 'the' pharma industry of the world. Get this, way before the calls of Atmanirbhar Bharat, this industry was manufacturing 40% of the US' demand for generic medicines and was producing 25% of all the medicines in the UK. India has 1400 WHO-approved plants, 235 EU-approved plants and has the largest number of US-FDA approved plants – even greater than the ones in the United States itself. However, all that simmers isn't gold, the Indian pharmaceutical industry also has its deficiency.

## Feet of Clay

Even though our factories are humungous but they, for a long time, stood on feeble ground. This is due to the trivial treatment of research and development or R&D of medicines. For a long time, Indian medicines were thought to be just a cheap alternative to the ones produced in the US, the UK and EU. Most of the new medicines and medical substances in this field that stormed the pharma market were either made in the US, EU or during recent times, in the People's Republic of China. The pharmaceutical journal,

ChemMedChem in the year 2017, stated that out of 200 medical compounds researched in India, only a minute number of them made it to the actual markets.

This sorry state indicated that even though the professionals were working hard, the abysmal state of funding, as well as government, hindered them to touch the high skies. When in the 1990s, Indian pharma giant Cipla manufactured HIV-AIDS drugs at just \$800 when the several US companies were \$15,000; several US companies called Cipla a pirate. This small story narrates the ordeal of the Indian pharma industry.

## Nascent Rays of Hope

The year 1995 is a significant landmark for the pharmaceutical industry in India. That is the year when Trade-Related Aspects of Intellectual Property Rights (TRIPS) agreement came into force obliging India to re-introduce product patent. India had abolished product patent in 1971, while retaining process patents for pharmaceuticals, agrochemicals and food products. The abolition of product patents was prompted mainly by the dominance of foreign companies that were charging very high prices for pharmaceutical products. This was more prominent in the case of imported products, where the foreign companies refused to part with their technology even on payment

India has been a major exporter of generic medicines for over two decades now. However, this catastrophic pandemic has led to has pushed our thriving pharmaceutical industry to bring about massive reforms; and transition from production majors to R&D giants.

In picture : Union Health Minister, Dr. Harshvardhan launching the Bharat Biotech's COVAXIN

of consideration and the public health concerns for access to medicines. The abolition of product patents thus enabled national companies to “reverse engineer” commonly used drugs. Almost at the same time (1970), the government introduced, for the first time, a formal system of price controls on medicines. The companies having local production witnessed the beginning of a system of price control that turned draconian in the years to come. However, in hindsight, one may say that the system of price control at home made them very competitive in the world today. These steps helped India to become a force to reckon with when it came manufacturing. However, research still needed some more policy work.

The government too realized the plight and took a host of measures to rectify this issue. The first major step is the drafting of new policies and guidelines relating to pharma R&D and setting up of dedicated departments for the same. This step further propelled the growth of R&D to a great level. Still transitioning to research is more compl-

-ex than rocket science.

The Soviet Union and its Red empire stretching across Eastern Europe and Cuba boasted of good and free healthcare but failed to produce significant new drugs. Virtually all the hundreds of new medicines that saved millions of lives were created by profit-motivated R&D by drug companies. The social motivation of public sector research proved insufficient.

## The Sky of Glory

Up to 1995 indicate, Indian companies did not have any significant presence in the USA. The situation in Europe was no different. Indian companies had focused on the markets in Africa, Russia and Asia for exports. However, all this changed with the emergence of the product patents that deprived Indian companies of their ability to bring in new products. Their response to the TRIPS Agreement was to invade the largest and most lucrative pharmaceutical markets in the world. Thus, now have companies like Dr Reddy's, Bharat Biotech, Zydus Cadila, Serum Institute, Cipla, etc. that

drive not only India's but also the world's pharma research.

The journey from generic to innovation has just begun for the Indian pharmaceutical companies. The spirit of enterprise drives the journey. The willingness and capacity to take risks fuels its growth. The technical education, access to skilled manpower and their exposure to global multinationals are acting as catalysts. The enabling policy framework has provided the building blocks and facilitated the journey.

The pandemic in turn has helped India to fasten up this journey of transition from a nation that produced for the world to a nation that researches for the world. Every major CoVID vaccine sought India's help in their research. From Russia's Sputnik V, USA's Novavax and Covishield to India's own Covaxine and ZyCoV-D. We have already done tremendous work on vaccines for Rotavirus, Japanese Encephalitis, polio, etc. and with the mammoth task of creating a vaccine achieved within months, the Indian pharmaceutical industry will know no boundaries.



# THE NOTIONS OF LOVE JIHAD

SARTHAK S KAIN  
3RD YEAR

While the nation was fighting the CoVID pandemic, a series of remarks were being made by the Chief Ministers of Uttar Pradesh and other BJP ruled states, criticizing the 'Love Jihad' or the practice of religious conversion for the sole purpose of marriage. These remarks have now led to the frantic framing as well as passing of various laws putting a series of curbs and check on Love Jihad. However, many smell deeper political intentions derived by divisive and communal motives, in these laws.

The believers of Love Jihad claim that men, especially Muslim men, deliberately target Hindu women for marriage for the sole purpose of converting them religiously. However, the term does not have any legal validity. But several states ruled by right leaning parties like the BJP, have given this term a legal language and several cases have come up where innocent couples have been targeted for having an interfaith marriage.

One of the victims of this law was Mohammad Rashid, who used to work at a medical store in Lucknow. He met Raina Gupta, a domestic helper in his neighborhood and both fell in love. Their families agreed to their relationship and decided to solemnize their marriage on December 2 last year. They spent ₹85000 to deck their half-finished houses with streamers and lights. The groom was

following each and every ritual done in Hindu marriages and the bride's family had made arrangements for the feast. Everything was going well until the police barged in, tipped off by local right-wing activists. Despite being told that both families had consented, the police dragged them to the police station and told them to register their marriage under the norms of the new law. The families were let go only after the couple assured the police that no one was converting their faith. The incident has taken a huge toll on the families both mentally and socially. They have now reportedly withdrawn from all social interaction and are suspicious of every visitor.

## A Historic Blunder

This is not the first law in India that outlaws religious conversions using force, coercion, marriage, etc. Prior to this, similar laws in several states have existed like Arunachal Pradesh (Freedom of Religion Act, 1978), Gujarat (Freedom of Religion Act, 2003), Himachal Pradesh (Freedom of Religion Act, 2019), etc. For registering inter-faith marriages, the Special Marriage Act was passed in 1954, according to which a couple has to give notice to the marriage officer of the district at least 30 days prior to the marriage date.

The notice is then entered in a marriage notebook and a copy of it is displayed at a public place at the office. There are several problems with this act. It makes a couple wait for 30 days to solemnize their marriage, second, it allows anyone to object to marriage within the 30 day notice period, many times fringe groups visit these marriage offices and follow up on the notices. By having photos and addresses of couples, these displays act as a direct threat to their life and privacy. Another problem is that when a member of Hindu undivided family like Jain, Hindu, etc. marries under the act, it results in his/her severance from the family, which means he/she can't even make a claim on their ancestral property. Due to these troubles, many opt for inter-faith marriages by



within 60 days of conversion. The magistrate will then display a notice for 21 days for objections, after which the conversion can be confirmed.

In India, today also, a large number of people object to inter-faith marriages. Many parents don't even allow their children to have a love marriage. Due to this many couples have to elope to get married, but due to this law, parents can now take the help of police to harass their children. As the complaint can be filed by a blood relation, in law or adopted relative of the person undergoing conversion. Madhya Pradesh too has come up with its own version of freedom of religion act which provides for up to ten years in jail and ₹1 lakh fine for forcing women, minors, and members of scheduled caste and scheduled tribes to undergo religious conversion. Recently the UP law has been challenged at both Allahabad High Court and Supreme Court; with petitioners arguing that the state has no role to interfere in the personal choice of individuals in matters of religion and marriage as it affects a person's dignity of choice. The UP government, in its response, has asserted that the community interest trumps on an individual's right to choose a life partner and the foremost duty of a secular state is to protect citizens from unlawful conversions, in defense of the law.

## The Raveled History

However, none of the sides can be entirely black or white and there have been instances where a man hides his name and faith from a woman, tricks her into marriage, and forces her to undergo religious conversion. It is the duty of the state to give such people justice. However, many also argue that this protection can be done via the already existing law, section 420 of the Indian Penal Code (Cheating and Dishonestly inducing delivery of property). Section 420 deals with Cheating and dishonestly inducing delivery of property. The maximum punishment which can be awarded is imprisonment for a term of 7 year and fine. Although, there is nothing wrong in bringing another law for curbing forceful conversions, until and unless it is not hampering the decisions of those who convert by choice. Therefore, the authorities must make certain amendments in the law by which right-wing fringe groups are not able to harass any inter-faith couple under its name and those seeking to enter in marriage can do so without any undue time constraints.

converting into the religion of their spouse. This will involve one of them converting to the religion professed by the other. However, due to the new law, even that has become a difficult task.

## The Law in Question

The UP Prohibition of Unlawful Conversion of Religion Law, 2020, provides for imprisonment of between one and five years and a penalty of not less than ₹15,000 for unlawful conversions. In cases where a minor girl or a woman from scheduled caste or scheduled tribe communities is involved, the imprisonment ranges from three years to ten years and a penalty of at least ₹25,000.

The law provides for voiding marriage if

it is found to be solemnized primarily to convert a woman. The burden of proof will be on the defendants. There are two other important provisions – one, that if anyone reconverts to their immediate previous faith, it is not deemed to be a conversion and for repeat offenders, the quantum of punishment is doubled. The law mandates a two-step verification process. If a person wants to change their religion, they will have to apply to the district magistrate two months in advance. The forms of these affidavits are meticulous-ones in which one has to provide their names, family details, age, sex, etc. of the person converting. Once a magistrate receives this application, a police inquiry will be ordered to check the real intention of conversion. In the second step, the applicant needs to send a separate affidavit to the magistrate



# MODI VOTER V/S MODI SUPPORTER

ANIKET SINGH CHAUHAN  
2ND YEAR



In the 2019 General Elections, the ruling National Democratic Alliance or NDA got around 27 crore votes (ECI) while the BJP itself won a total of 22.9 crore votes (ECI).

BJP is known for its diverging politics. Moreover, it has time and again reiterated their communal stance on politics. This stance is further cemented by the fact that BJP despite being the largest party, only has a single Muslim MP (Saumitra Khan from West Bengal) out of its 303 elected MPs. But can all the 27 crore voters or 45% of all Indian voters who voted for the BJP-led NDA be labelled as communal and ignorant?

Even though, for many, it might seem effortless and even veracious to label all the BJP voters as their hardcore supporters and subscribers of their ideology or simple 'bhakts'; but in a nation like India, things are never so straightforward.

## The Race with One Runner

Talking to various people who had voted for the Narendra Modi-led NDA in the 2019 elections, I could see two broad categories. The first were the people who thought that Narendra Modi was a good leader for India and he was doing his best. The second category was fully aware that this government, like the previous ones, wasn't perfect and had its share of serious shortcomings. This group voted for the Narendra Modi government as they simply did not have a good alternative.

It is these two groups that make all the difference. The first one is ready to defend Narendra Modi and his ministers

In all of their decisions, good or bad. Moreover, the BJP itself banks on this support heavily. These are the people who are 'Modi Supporters'. The second group on the other hand does not seek to defend but rather understand the laws and policies of the government.

They question the government freely and at times even feel that the divisive politics of the BJP is not always in the nation's best interest. These are the people who do not wholly subscribe to BJP's ideology but for them, Narendra Modi isn't the best but the only viable choice available. Which is why they are 'Modi Voters'. These Modi Voters don't not shy away from changing their votes where ever they get better choices and vote for the best candidates. For instance, in the Bihar assembly elections, the people of Bihar saw a good leader in Tejasvi Yadav and thus voted in strong numbers for him. Even though he lost to the NDA, he made considerable gains and put together a strong opposition against the BJP-led government; something even national parties like the Congress haven't been able to do.



## Policy Politics

Despite various policies and decisions like demonetization that resulted in mass discontent among the people, BJP still seems to find its way somehow. Even after the massive migrant labour distress movement across the nation post the March lockdown, which drew ire from all sides of the nation against the central government; BJP's support never dwindles down. Numerous migrants, who decided to walk home in lieu of lack of transportation, walked thousands of kilometers across the

length and breadth of India. Unofficial sources (News18) stated that close to 950 people died of this frantic movement. Even the government itself - via various statements and compensations - indirectly admitted that it committed a catastrophic mistake. However, during such times when the opposition relentlessly was attacking the government, the labourers themselves were of a different view. Many were still in favour of the BJP and intended to vote from them.

The reason for this rooting; Modi's policies. While many policies continue

to have numerous loopholes, the government's policies and laws have affected many in numerous ways. India being a patriarchal society, witnesses most of the household work done by women. As a host of PM Modi's flagship policies are focused on household and female needs like toilets (Swachh Bharat Abhiyan), LPG Gas (Ujjwala Yojana), pucca houses (PM Awas Yojana), health (Ayushman Bharat) and the triple talaq act, an overwhelming majority of women voted for Narendra Modi.

Now the issue we need to understand here is that this vote is not because these women support the BJP and their divisive politics but because they have benefitted from PM Modi's leadership. Apart from the women, the markets have favoured PM Modi due to his pro-business image. This pro-business image has been substantiated by various facts - be it India's improved position on the ease of doing business index, the notable improvement in electronic goods manufacturing, various privatization bids or policies, like Make in India or Atmanirbhar Bharat. Even though all of these policies continue to have various loopholes, they still are very much visible

to the people.

For many business persons, their operations under this government haven't been the smoothest but they were at least partly free from the nation's long socialistic nature and had a fragrance of a free market. These voters too do not vote for the BJP because they are majoritarian and full of hatred but because for them, it makes good sense.

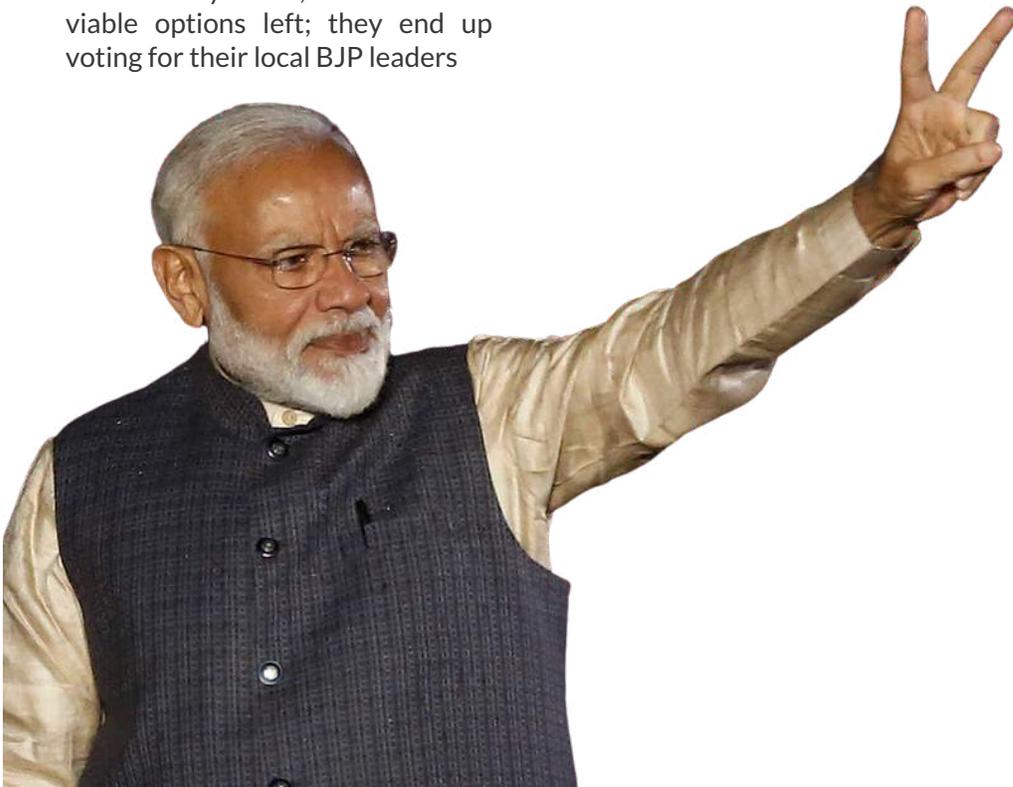
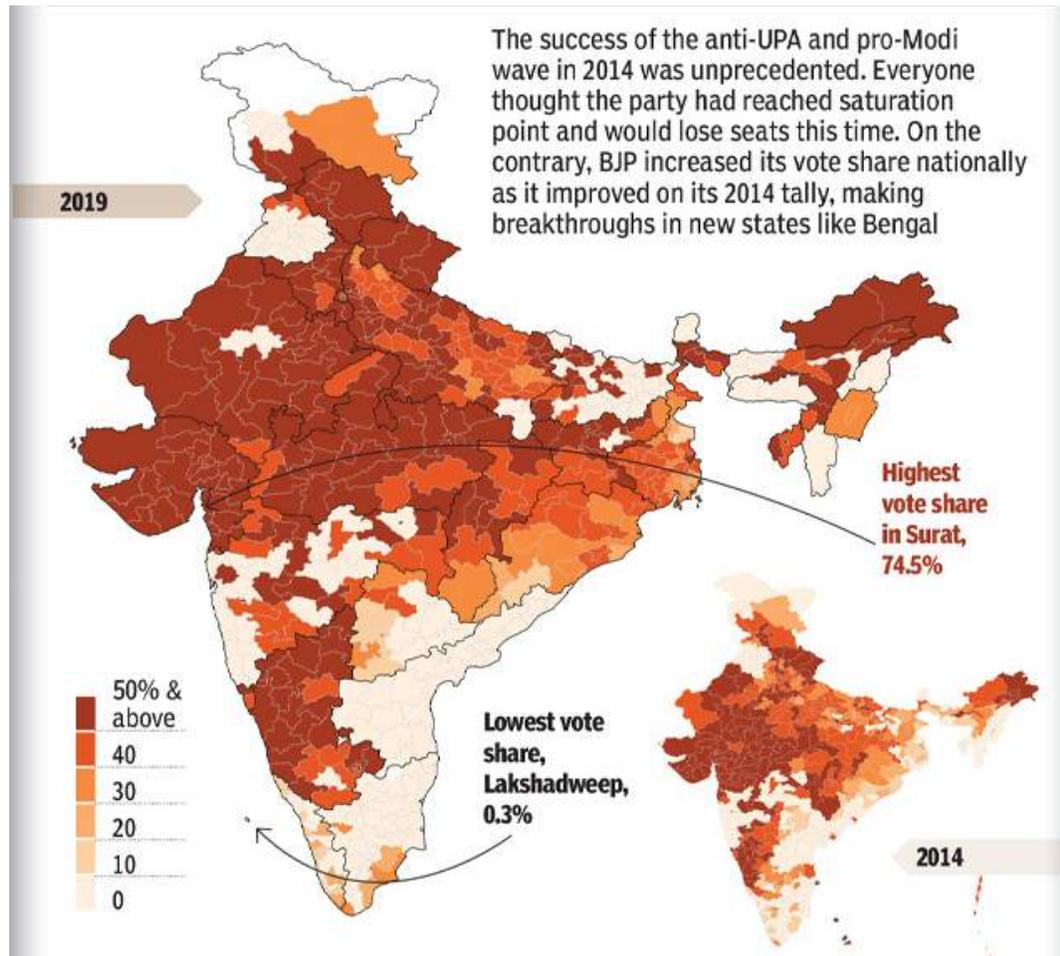
## National-Local Cocktail

If the Narendra Modi government had not delivered on any of its promises, then it wouldn't have been able to be at the throne it is at now.

Narendra Modi and the central government were and continue to be far ahead of their opponents in one key area, publicity. Whatever be the event or policy or scheme, the central government goes all out on publicizing the event. Be it the repealing of Article 370 or evacuation activities during CoVID like Vande Bharat or Ram Mandir issue, the government's publicity record is impeccable. This massive publicity has helped BJP to catapult all of the national issues as the driving force for even local elections. So presently, where ever an election - be it a local, centre or state - is being fought, it isn't based on issues of local or regional importance but on national issues like the India-China standoff, CAA protests in Delhi, the Balakot Airstrikes, the surgical strikes etc. Even though these issues are, without a doubt, extremely important but when such issues start outweighing regional issues then parties do not get votes on their work and development but on the faces of their national leaders. And to BJP's comfort, at the national level,

Narendra Modi doesn't have a serious contender even their opponents have fallen for this publicity campaign. It is because of this reason that from municipal elections in Hyderabad to assembly elections in Bihar, these elections aren't being fought on civic issues of Hyderabad or regional distresses of Bihar but on Narendra Modi's face. Which is why we see Nitish Kumar winning in Bihar on Modi's name even though the larger population had anti-incumbency feelings running high against the latter.

Now as voters see a benefit in Narendra Modi at the centre, they feel that in giving a vote to the BJP at local elections they are voting for the Prime Minister himself. Here, a BJP supporter votes for BJP because he/she blindly believes in Modi while the other voters are left confused, as for them the issues they wanted to talk about were never raised and the ones that were raised had nothing to do with their constituency. Thus, without much viable options left; they end up voting for their local BJP leaders



on the face of Narendra Modi. Here too, the voter isn't a subscriber to BJP's or RSS's ideology but they simply go for the best alternative. And when these voters are labelled as majoritarian, insensitive, conservative, etc. and teased with terms like bhakts by a host of media and political outfits, they are further alienated from opposition parties and keep getting closer to the Narendra Modi-led BJP government. Therefore, we have to understand this crucial difference between a Modi Voter and a Modi Supporter. Because, for a vibrant and democratic India, we need way more voters than supporters!

# PERFECTLY IMPERFECT!

*Loving yourself is the greatest revolution.*

**DON'T LET YOUR MIND  
BULLY YOUR BODY**



# पूँछ भारी या अहं?

नैन्शी तिवारी  
प्रथम वर्ष

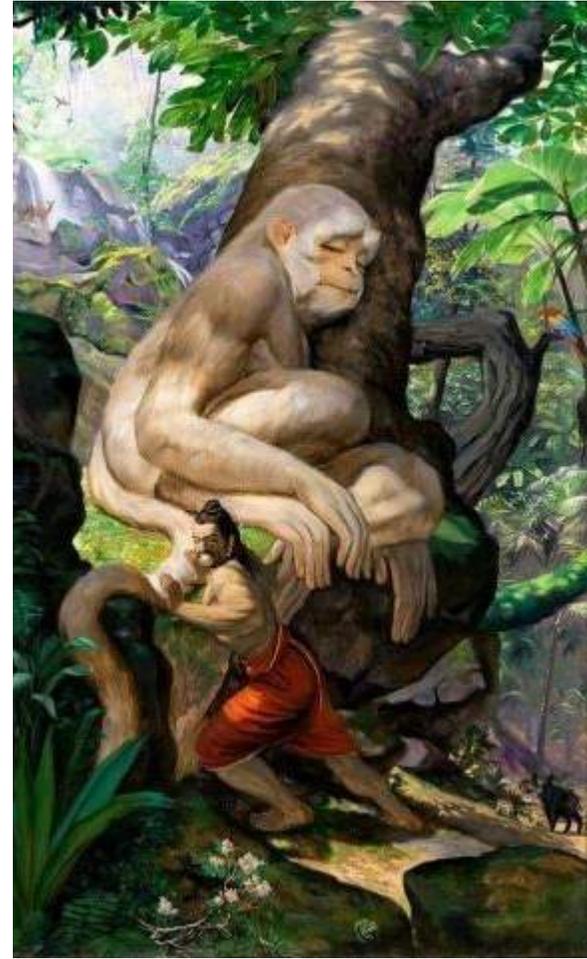
अहंकार एक ऐसी भावना है जो रावण जैसे महान ज्ञानी को मृत्यु के मुख की ओर ले जाए, दुर्योधन और उसके सौ भाइयों का भक्षक बना जाए। अहंकार एक ऐसी काली पट्टी है जो अगर किसी की आंखों पे बंध जाए तो वह स्वयं परमात्मा को भी नहीं पहचानता। रावण अपने अहंकार में इतना चूर था कि उसने महादेव को लंका में बसाने के हठ के कारण कैलाश पर्वत उठाने तक का प्रयास किया। पर उसका अहंकार टूटा जब शिव जी ने उसका परिणाम दिखाया। जीवन में आत्मसम्मान होना, गुणों पर अभिमान होना सही है, पर जब यही आत्मसम्मान अहंकार में परिवर्तित हो जाए तो बहुत हानिकारक बन जाता है। अपने अहंकार में हम कई बार ऐसी चीजें कर जाते हैं जो हमें बिलकुल नहीं करनी चाहिए। और इस बात की शिक्षा हमें हमारे धार्मिक ग्रंथों से लेनी चाहिए। रामायण और महाभारत में ऐसे अनेको उदाहरण हैं, जो इस बात को स्पष्ट रूप से दर्शाते हैं कि कैसे अहंकार एक मनुष्य की दृष्टि को छिन लेता है, कैसे उसकी बुद्धि को भ्रष्ट कर देता है।

## बजरंगबली हनुमान ने तोडा भीम का अहंकार

यह घटना है महाभारत काल की है जब पांडव अपनी पांचाली के संग वनवास पर होते हैं। अर्जुन दिव्यास्त्रों को प्राप्त करने की खोज में स्वर्ग की ओर निकल गए थे। और यहां पृथ्वी पर धर्मराज युधिष्ठिर भीमसेन, नकुल, सहदेव और पांचाली अपने वनवास में होते हैं। भीम युधिष्ठिर से पूछते हैं, "भ्राता श्री, हम हस्तिनापुर पर आक्रमण करके अपना अधिकार क्यों नहीं प्राप्त कर लेते"। फिर युधिष्ठिर उन्हें समझाते हुए कहते हैं, "प्रिय अनुज! दुर्योधन हमारा भी है, हम अपने अधिकार के लिए उनपर आक्रमण नहीं कर सकते। हमारी माताश्री और गुरु द्रोण ने हमें यह शिक्षा नहीं दी।" इसपर

भीमसेन क्रोधित हो उठते हैं और कुटिया छोड़कर वन में घूमने निकल पड़ते हैं। वन में उनकी भेंट एक अत्यंत बूढ़े वानर से होती है। वह जानवर बीच रास्ते में अपनी पूँछ रखकर बैठा होता है। भीम उससे कहते हैं, "कृपया अपनी पूँछ उठाइए। वानर कहता है, "राम का नाम लो भाई! मुझे आराम करने दो।" भीम दोबारा कहते हैं, "उठाते हो या मैं उठा कर फेंक दूँ।" इसपर वानर कहता है, "उठा दो भईया, मेरा स्वप्न है कि कोई मेरी पूँछ उठाए, मेरी अभिलाषा को पूर्ण करो। भीम क्रोधित होकर पूँछ उठाने का प्रयास करते हैं पर अत्यधिक प्रयत्न के बाद भी उसकी पूँछ को नहीं उठा पाते हैं। जीवन में आत्मसम्मान होना, गुणों पर अभिमान होना सही है, पर जब यही आत्मसम्मान अहंकार में परिवर्तित हो जाए तो बहुत हानिकारक बन जाता है। अपने अहंकार में हम कई बार ऐसी चीजें कर जाते हैं जो हमें बिलकुल नहीं करनी चाहिए। और इस बात की शिक्षा हमें हमारे धार्मिक ग्रंथों से लेनी चाहिए। रामायण और महाभारत में ऐसे अनेको उदाहरण हैं, जो इस बात को स्पष्ट रूप से दर्शाते हैं कि कैसे अहंकार एक मनुष्य की दृष्टि को छिन लेता है, कैसे उसकी बुद्धि को भ्रष्ट कर देता है।

के लिए उनपर आक्रमण नहीं कर सकते। हमारी माताश्री और गुरु द्रोण ने हमें यह शिक्षा नहीं दी।" इसपर भीमसेन क्रोधित हो उठते हैं और कुटिया छोड़कर वन में घूमने निकल पड़ते हैं। वन में उनकी भेंट एक अत्यंत बूढ़े वानर से होती है। वह जानवर बीच रास्ते में अपनी पूँछ रखकर बैठा होता है। भीम उससे कहते हैं, "कृपया अपनी पूँछ उठाइए। वानर कहता है, "राम का नाम लो भाई! मुझे आराम करने दो।" भीम दोबारा कहते हैं, "उठाते हो या मैं उठा कर फेंक दूँ।" इसपर वानर कहता है, "उठा दो भईया, मेरा स्वप्न है कि कोई मेरी पूँछ उठाए, मेरी अभिलाषा को पूर्ण करो। भीम क्रोधित होकर पूँछ उठाने का प्रयास करते हैं पर अत्यधिक प्रयत्न के बाद भी उसकी पूँछ को नहीं उठा पाते हैं। जीवन में आत्मसम्मान होना, गुणों पर अभिमान होना सही है, पर जब यही आत्मसम्मान अहंकार में परिवर्तित हो जाए तो बहुत हानिकारक बन जाता है। अपने अहंकार में हम कई बार ऐसी चीजें कर जाते हैं जो हमें बिलकुल नहीं करनी चाहिए। और इस बात की शिक्षा हमें हमारे धार्मिक ग्रंथों से लेनी चाहिए। रामायण और महाभारत में ऐसे अनेको उदाहरण हैं, जो इस बात



को स्पष्ट रूप से दर्शाते हैं कि कैसे अहंकार एक मनुष्य की दृष्टि को छिन लेता है, कैसे उसकी बुद्धि को भ्रष्ट कर देता है।

महाभारत के इस अंश में हमने ये देखा कि कैसे भीम अपने बाहुबल और अपनी क्षमता के घमंड में चूर थे। उन्होंने ये भी नहीं देखा कि वे एक वृद्ध पशु का अपमान कर रहे हैं। वह केवल अपने बल को सिद्ध करना चाहते थे। पर जब वे ऐसा नहीं कर पाए तब उनकी आंखों से अहंकार की पट्टी हटी और शायद तभी वे बजरंगबली के असली स्वरूप को पहचान पाए। तो अहंकार यही करता है, हमारी आंखों पर एक ऐसी पट्टी बांध देता है जिससे हम बिलकुल प्रत्यक्ष सत्य को भी नहीं मानते और केवल अपनी क्षमता, जो शायद झूठी भी हो सकती है, उसे सिद्ध करने में जुट जाते हैं। हमें इससे बिलकुल बचना चाहिए। स्वयं को अच्छा साबित करने की धुन में कभी यह ना भूलें कि हमें दूसरों को नीचा दिखाना या निर्बल पर अपना बल दिखाने का कोई अधिकार नहीं है। हमें केवल अपने गुणों को और निखारने पर ध्यान देना है और अपने आत्मसम्मान के साथ जीना है, ना कि अहंकार के मद में चूर हो कर। निष्कर्ष के लिए हम यह कह सकते हैं कि भले ही भीम का अहंकार भारी था, पर हनुमान की पूँछ उससे ज्यादा भारी सिद्ध हुई।



# ADI SHAKTI NAMO NAMAH:

VANSHIKA BISHT  
1ST YEAR

A feminist is a person who doesn't believe in male dominance. And feminism is not restricted to just the female domain. The world has seen many people, who rose above gender – Brad Pitt, Barack Obama, etc. to name just a few – to also believe in this ideology.

Governments have established women-protection organisations. Laws have been written in constitutions regarding women-related crimes, and equality of women in legislatures is still being pushed. However, the question that crops up is whether this is enough – or not. Gender Inequality is a social evil that has its roots entwined into the very foundation of our society. For instance, in religions across the world, often indirectly, with the exception of goddesses, women have always been the cause of contemporary beings' human sufferings. Pandora, a woman, was accused of letting lose all the evils in the world. It was Eve's greed and temptation that led to the punishment to Adam and subsequently humankind. People love these stories and believe in them religiously – after all, they teach us a great deal about life and life skills.

But subconsciously, don't they instil in us the theory that women have been the cause of a great deal of suffering, and continue to

be the same?

Let us scrutinize anecdotes in retrospect. Women were always the caretakers of the whole hearth, and by nature, gentle beings. Men were deemed physically stronger, and they were, for hunting, farming – in general, for all the physical work away from home.

Gradually, this monopoly of men over the "better" work increased, and physical work was now 'man only work'. Governing the people, contributing to literature and all the other intellectual powers were now dominated by the male world. The 'gallant' male gender prospered, and people from both the genders considered it to be society's development. But women were still the caretakers of the hearth, now with little or no rights, taken away by society.

Women were deemed as fragile, sensitive, and incapable of taking practical decisions. Unfortunately, they still are.

Whenever womankind takes a step forward, is brought five steps back. And there are more than a few reasons for that, the foremost being the preconceived notion that an ideal woman must have beauty, charm, and sweetness.

The tinsel town's portrayal of the damsel in distress, the dancing, entertainment girls, and the materialistic, negative female leads, is getting worse day-by-day. However, much actresses might deny it, movies and songs do have a deep and profound effect on the people of a nation, depending on the content. So, if any movie or show does not show womanhood from a descent perspective, it can slowly and gradually have disastrous effects.

Women empowerment today is just a fashion brand rather than a social cause. Women empowerment is a significant issue which has been emphasised upon by great minds of every society since time immemorial. Even in ancient India, it was said that "यार्ता नार्यसा पूज्यंते तत्र देवताः" (Where Women are honoured, divinity blossoms and where women are dishonoured, all action no matter how noble remain unfruitful). In fact, in our patriarchal society, women empowerment is necessary, not just to uplift the women, but to create a healthier and happier society. Mary Astell said, "If all men are born free, how is it that all women are born slaves?" Leaving you to ponder on this, I sign off, hoping that we start changing our notions and assumptions of "the ideal women".



# 5 POTENTIAL CAPTAINS AFTER THE 2023 WORLD CUP

AYUSH PATHAK  
2ND YEAR

India has had an extensively long history of captains. From CK Nayudu to Ajinkya Rahane, the proud country of 'men in blue' has had 33 captains so far in Test matches and 24 in ODIs. The best thing about Indian management has always been the fact that the next captain is ready long before the existing one retires, something that teams like Sri Lanka and South Africa are struggling with currently. Dhoni was ready before Ganguly retired, Kohli was groomed before Dhoni retired and this tradition has continued for ages in the country.

It's always clear who will be the next captain. Despite the multitude of challenging match formats, the country has consistently produced legendary captains. Be it Kapil Dev, Mahendra Singh Dhoni, Virat Kohli or Sourav Ganguly or any other captain,

they have been regarded as the best captains of their times. The impact of Indian captains on world cricket can be understood by the looking at how all the captains of ICC's ODI, test and T20's teams of the decade are Indians. While MS Dhoni is the captain of the limited overs squad, Kohli has been hailed with the captaincy of the test team that nepotism is not a new manifestation?

In India, whichever field one may assess, there is no rejecting the prevalence of powerful families that wield nepotistic influence. But does this mean we make stability with nepotism? Certainly not.

India is currently well settled with Virat Kohli leading the squad in all the three formats of the game, and Rohit Sharma and Ajinkya Rahane to back

him up. But, the 2023 World Cup would probably be the last world cup for the Indian skipper Virat Kohli and his companions Rohit and Rahane. Following this synopsis, an obvious question that arises is that who will be wearing the hat of captaincy for India, next. The name that will lead India into yet another realm of glory and fame. We have penned down 5 names, who we think could lead India in the future:

**1. KL Rahul:** After Virat Kohli and Rohit Sharma, the most senior player in the Indian team is KL Rahul who plays all the three formats. Ever since the 2019 World Cup, Rahul has been sort of a permanent wicket keeper for the team in limited overs cricket. He kept the wickets for India in the T20 series against New Zealand at the start of this year and also in the recently concluded T20 and ODI

series against Australia.

Rahul was appointed as the captain of the Kings XI Punjab this year and was able to take his team to the sixth spot, after having a rather disappointing start to the tournament. Rahul is quite calm and composed at the field and backs his players whenever required. His understanding of the game is pretty good and he knows what decisions are to be taken concerning the current situation in the game. The best thing about Rahul is that he thrives with responsibility and we saw it in this IPL as well. As the captain of Kings XI Punjab, Rahul scored 670 runs this IPL and was the Orange Cap holder as well.

Not many people know this, but Rahul has actually captained India as well. In the 5th T20 international against New Zealand this year, Rohit Sharma, the stand-in captain of India for the game, got injured while batting and didn't come out during the team's fielding. As the senior-most player in the team at that moment, Rahul was appointed the captain for New Zealand's chase. Rahul comfortably won the game for the team and impressed everyone with his captaincy skills. He received applauses from the likes of coach Ravi Shastri, captain Virat Kohli, and other senior players like Rohit Sharma and Jasprit Bumrah for his decision making during the game. With his good understanding of the game and quick thinking, we believe that KL Rahul would make a good captain for India.

**2. Shreyas Iyer:** One of the leading contenders to lead the Indian team after the 2023 World Cup is Shreyas Iyer. Of all the Indian players right now, Shreyas Iyer has the highest level of experience as a captain. He has been leading the Delhi Capitals (formerly Delhi Daredevils) squad exceptionally well in the last two and a half seasons of the Indian Premier League.

Iyer was appointed the captain of Delhi Capitals (then Delhi Daredevils) mid-way through the 2018 season, when Gautam Gambhir, who was

playing his last season, left the captaincy of the team on account of poor personal performance. Iyer took on the charge and managed to win 5 games for the team, but could not save them from being tagged as the table bottoms.

The next two years saw the rise of Shreyas Iyer as a player and as a captain. The right hander led the team to two consecutive playoffs, and removed the tag of table bottoms from the team's name. Such has been the influence of Iyer that Delhi, who was once just a mere a participant in the tournament is now regarded as one of the leading contenders of the title. He led Delhi to their first ever final in 2020, a feat that even the likes of Virender Sehwag, David Warner and Gautam Gambhir couldn't do. The highlights of Iyer's captaincy include quick decision making, backing his players, leading from the front, and arranging his squad according to the pitches.

Iyer has a pretty young international career but at the same time has a mountain of domestic and club experience behind him. It will be interesting to see if the Indian management will entrust him with the role of a skipper in the upcoming small tours or will KL Rahul be preferred over him.

**3. Hardik Pandya:** Another top runner in the list of India's future captains is everyone's favorite Hardik Pandya. Pandya is India's solution to everything. He bats ferociously, bowls very well and is an outstanding fielder. He is that complete cricketer that India always wanted. It has been a very long time since India had an all-rounder as a captain. As an all-rounder captain, Pandya would be expected to carry forward the legacy of the legend Kapil Dev, who won the 1983 World Cup for the country. Pandya has zero leadership experience; he has never captained a squad. But he has good control over the game. He has been around international cricket for a pretty long time now and is an integral part of the Indian team. He is confident, bold, aggressive, a very fast learner and has recently developed a lot of maturity as well. Pandya is a very close

mate of Virat Kohli and tries to learn as much as possible from him. Kohli often turns to him for suggestions and advices during the game. Even though he has no leadership experience, Pandya does possess the qualities of a leader, qualities the Indian team can bank upon, and if he is made the captain of the team in the future, he'll certainly take the team to new heights.

**4. Shubman Gill:** Shubman Gill is the youngest batting prodigy in India at this moment. The 21-year-old right hander from Punjab has been hauled by a lot of legends and cricket pundits for his exuberant batting skills. He hasn't played much cricket for India, but as the recent situations have been, it is clear that the youngster is going to be a part of the Indian team for a very long time. An infamous fact about Shubman Gill is that he is the youngest captain to ever play in the history of the Deodhar Trophy Finals. In the 2019 edition of the Deodhar Trophy, Shubman Gill was appointed as the captain of India C. He announced his arrival in style and smashed a massive score of 143 in the first game itself. India C then went on to the finals of the tournament under the leadership of Gill. They did lose in the finals against India B, but it was a big achievement for Shubman Gill, considering that it was his first tournament as a captain as such as big level.

Following this, Gill was also appointed as the captain of the India A limited overs squad which travelled New Zealand at the start of 2020. Gill once again impressed as a captain as he won both the warm up ODIs and the first unofficial ODI. His performance in the test series with the bat was also exuberant.

Gill has been backed up by cricketing experts such as Aakash Chopra and Simon Doull. While Akash Chopra debated that Gill be made captain of KKR ignoring the seniority of Morgan, Doull claimed that Gill will lead an IPL squad in the coming two years. Experts also claim that it is something about Gill that brings out the best in players.



## INDIAN CRICKET TEAM

He's an aggressive captain but is also calm and composed at the very same time. Along with all the other things, Gill has an informal sort of a benefit. In the last few decades, Indian selectors have followed a pattern of making a young captain under the guidance of senior players, the likes of MS Dhoni, Mohd. Azharuddin are the best examples of this. Well, will Gill be the captain of India or not, fate surely has an interesting story to tell.

**5. Manish Pandey:** Manish Pandey is a very important player in the T20 squad of India. Pandey rose to fame in 2016 when he struck his maiden century against Australia and finished the game for India chasing a massive total of 331. Since then, the 31-year-old batsman from Karnataka has had a pretty mixed career, being in and out of the national team.

Pandey was appointed the captain of Karnataka's squad in the 2018-19 season, ignoring the seniority of KL Rahul (for team India) and he led the team to glory in Vijay Hazare trophy and the Syed Mushtaq Ali T20 Trophy. In the very same season, Pandey also created the record of winning the most T20 matches in a year by a captain. Pandey is a natural leader. He likes to take charge in the field and is an excellent reader of the situations in the game. He believes in leading by example, and always keeps talking to his players so as to know what they want and to tell them what he expects out of them. No doubt Pandey is an excellent leader, but the problem him is his age. By the time the 2023 World Cup would end, Pandey would be around 34-35 years of age, and would be inching towards his closing years as an international cricketer. In such a scenario, India would prefer to invest their time in someone like Shubman

Gill, who would have a lot of cricket left ahead of him after 2023. India has a lot of viable captaincy options for each and every format. BCCI has already started grooming the young talent and the load of responsibility is delegated very often. The Indian Premier League is also coming handy in the process as most teams rely on young Indian captains to lead them. The exposure is huge and players are made well acquainted with the pressure. On small tours like that of Zimbabwe, Bangladesh and others, India can give a hint of who their future leader will be and for cricket fans, it is something to watch out for.

# IT'S YOUR CHOICE THAT MATTERS!

ANJALI SHARMA  
1ST YEAR

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Life is all about choices. Every second of our existence is a choice that we all make between living and dying. There is only one thing certain about life – death. There is only one thing uncertain about death- ‘when?’

We face a crisis almost every minute in one or another form we just don’t realize it. A crisis brings out the best in people and often reminds us of the things that really matter. Each one of us is fighting battles all the time. From the person commuting for hours in the jam-packed bus just to reach his workplace to a newly married girl adjusting to her husband’s family, we all are fighters.

Each morning puts a man on trial and each evening passes judgment. The names of such men and women may not appear on the front page of the newspaper, or the President of the country may not honor them and yet life itself is a reward. The strongest people are not always who win, but the people who don’t give up till they succeed. Fear is good if one can use it properly and not be paralyzed by it. It’s no use looking up to heaven with too much faith and too little effort and struggle.

Life is generous to those who pursue their destiny. It is the possibility of having a dream come true that actually makes life interesting. The only limits on life are those that people set for themselves. Men are not prisoners of fate but prisoners of their own minds. The tragedy of life is not death but what we let die inside us when we live. Most people don’t fail, they simply give up trying, pain and suffering are inevitable but being miserable are optional.

We cannot change the course of the events, but we can always change the response to the course of the events. Let us salute those who never give up!



# NOMOPHOBIA: THE NEXT EPIDEMIC?

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NAVAL  
1ST YEAR

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"The call of the parents is not heard, but every notification on the mobiles run." A silent cultural shift has taken place within the last two decades. We are all now alone with our smartphones, even when we are together.

Computers, games, email, smartphones and instant messages are essential parts of young people's lives. And so have the "horrors" of forgetting one's phone, slow connections, dead batteries, diminishing talk times and worst of all, the fear of permanently losing one's phone. I bet some of you got nervous just reading those words. The term is known as Nomophobia.

Nomophobia is defined as "the fear of being out of mobile phone contact."

Cambridge dictionary voted "Nomophobia" as the word of the year for 2018. It is an anxiety disorder. In addition to the mind, it affects relationships where a person is psychologically absent despite being physically present. Some experts consider Nomophobia a 21st-century disorder.

According to Psychology Today, 66% of adults in the United States suffer from Nomophobia. It's difficult to perceive the exact percentage in India and how it's changing over time. However, given the widespread and ever-increasing smartphone culture in this country, the percentage should not be less than the US figure. Other physical and psychological effects of phone addiction include neck stiffness, car accidents,

male infertility, sleep disturbances, anxiety and depression.

More people have a smartphone than toilets worldwide. Various studies reveal an average smartphone user unlocks her phone 150 times a day. Around 85% of smartphone users check their devices while speaking with friends and family. A 2018 study published in the Journal of Behavioral Addictions found that college students spend as much as nine hours per day on their cell phones.

A report published by the International Journal of Psychology says more than 70% of the population has already drowned in the well of moderate Nomophobia. It adds that if not taken into account, with soaring time, everyone will have a piece of severe Nomophobia and it will be hard to get



them rid out of this disease.

## Ways to deal with Nomophobia

While Nomophobia is not a clinical diagnosis, some of the symptoms commonly identified with this fear include:

1. The inability to turn off your phone.
2. Constantly checking your phone for missed messages, emails, or calls.
3. Charging your battery even when your phone is almost fully charged.
4. Taking your phone with you everywhere you go, even to the bathroom.
5. Repeatedly checking to make sure that you have your phone.
6. Fear of being without wifi or being able to connect to a cellular data network.
7. Skipping activities or planned events to spend time on the mobile device.

If you think you have Nomophobia or feel that you are spending too much time on your phone, there are some steps you can take to better manage your device use:

1. **Set boundaries:** Establish rules for your personal device use at certain times of the day, such as during meals or at bedtime.
2. **Find a balance:** It can be all too easy to use your phone to avoid face to face contact with other people. Focus on getting some personal interaction with others every day.
3. **Take short breaks:** It can be tough to break the mobile phone habit, but starting small can make the transition easier start by doing small things such as leaving your phone in another room during meals or when you are engaged in another activity.
4. **Find other ways to occupy your time:** If you find that you are using your phone excessively out of boredom, try looking for other activities to distract you from your device. Try reading books, going for a walk, playing a sport, or engaging in a hobby that you enjoy.

The fear of being without a mobile device is often considered a sign of pro-

-blematic digital device use, which some experts believe may have a detrimental impact on mental health and well being.

Some intrinsic aspect of treating Nomophobia is self-help and educating patients an how to take control of their phone rather than allowing the phone to take over. Digital detox camps are common in China. Also apps like "Hold" provide incentives for lowering phone usage.

## The future is daunting

We often see pictures of family members dining together or friends sitting in a park, but everybody is busy with their smartphones. Can smartphones break our families and friendships and redefine the age-old social structures? Or was our social bonding inherently so fragile and the smartphones just expedited the breaking?

The advancement in technology is undoubtedly beneficial for the development of society. But with this surge, one must also keep in mind the pros and cons of the severely increasing usage of gadgets. Nomophobia is a nondrug addiction among students. With technology continuing to dominate our lifestyles, is Nomophobia the next epidemic waiting for the wings?

# BUSTING THE TOP 5 FITNESS MYTHS

VANDANA P  
1ST YEAR

## Myth 1: Lifting makes women “bulky”

This is by far the biggest myth surrounding females in the field of physique building. Many science-based pieces of evidence debunk this misconception.

It all comes down to physiological differences like hormones, diet and muscle differences between both the sexes. Women’s bodies mainly produce estrogen and men’s testosterone, which simply wouldn’t cause one gender to look like the other even if both lift equal weights. Moreover, heavy lifting causes women’s bodies to tone up to a more aesthetic feminine physique, contrary to appearing like a male.

Diet plays an important role as being “bulky” is nothing more than a high body fat percentage. A clean and protein-rich diet will cause both genders to look like themselves only. However, women can achieve a more masculine physique if they consume steroids which are nothing but artificial male hormones that can lead to side effects like excessive hair growth, smaller breasts, sexual imbalances and deeper voices.

## Myth 2: Gym is only for weight loss

The idea that a gym is only for obese or overweight people is a myth. The

## Myth 3: Lifting is bad for one’s joints

The myth that lifting causes joint pain is very subjective. It all boils down to one’s form and technique. Improper movements, like swinging or jerking of weights can all cause tendons or ligaments to tear causing joint pains. On the other hand, lifting weights while having Arthritis is proven to be beneficial because weightlifting builds stronger muscles which can support the joints more.

As a rule of thumb, one must always put form first and weight second. For instance, if one can do 15 reps with the correct form then only the weights should be increased. Ergo, mistakes like keeping the back rounded during deadlifts, elbows flared during benchpress or spine arched during squats will guarantee a joint pain. Even historical facts are manipulated through WhatsApp forwards for political gains. The Social Media mobs that attack any expression of dissent on Facebook

## Myth 4: Workout every day or never at all

Just because your gym is open 24/7 doesn’t mean you have to exercise every day. It depends on person to person about how they wish to exercise.

Workout frequencies depend primarily on what split one follows be

it bro-split or push, pull, legs. Exercising 3 days a week is completely fine. Three to six workouts a week are preferable since our bodies need rest days to recover and that’s when actual growth takes place. Same is with food;80% Clean-20% Junk Formula works well You don’t need to be perfect but just consistent.

## Myth 5: Exercise stunts height growth

This is a very debatable topic as there is no proof of it. People who have been exercising since the age of 16 have also achieved heights of 6ft+ but the opposite thought continues to haunt teenagers willing to join the gym. It is widely believed that exercises like shoulder press, overhead press and leg press can stop one’s height from growing but height growth is primarily dependent on one’s genetics. On the contrary, some people even report an increase in height because of exercising only.

# ORWELLIAN UNIVERSE OF 1984 AND TODAY'S WORLD

VANDANA P  
1ST YEAR

1984 is a classic dystopian fiction as well as a satire written by George Orwell, published in 1949. The novel has been adapted in a number of plays, television shows, films and speeches. It is the story of Winston Smith, a bureaucrat who lives in Oceania, a despotic nation, where people are constantly under the surveillance of the government.

He works at the 'Ministry of Truth' where facts are molded and the past is doctored. What was real and what was not are all decided by this ministry. For they are the creators of 'truth' and the controllers of history. The universe created by Orwell had posters of Oceania's dictator, called lovingly enough, the Big Brother. The posters bearing the infamous quote, 'Big Brother Is Watching You' served as a constant reminder of surveillance and oversight.

'Telescreens' that display news propaganda and were also used to monitor the people. Not only actions, even thoughts, opinions and behavior were controlled by the authority in this Orwellian world. Any thought against the authority was caught by the 'Thought Police'. The novel address-

-ses the subjects of a totalitarian world; witnessed by war, extreme censorship and thought policing within politics in a world, though labelled as 'dystopian' but still bearing an eerie similarity ours.

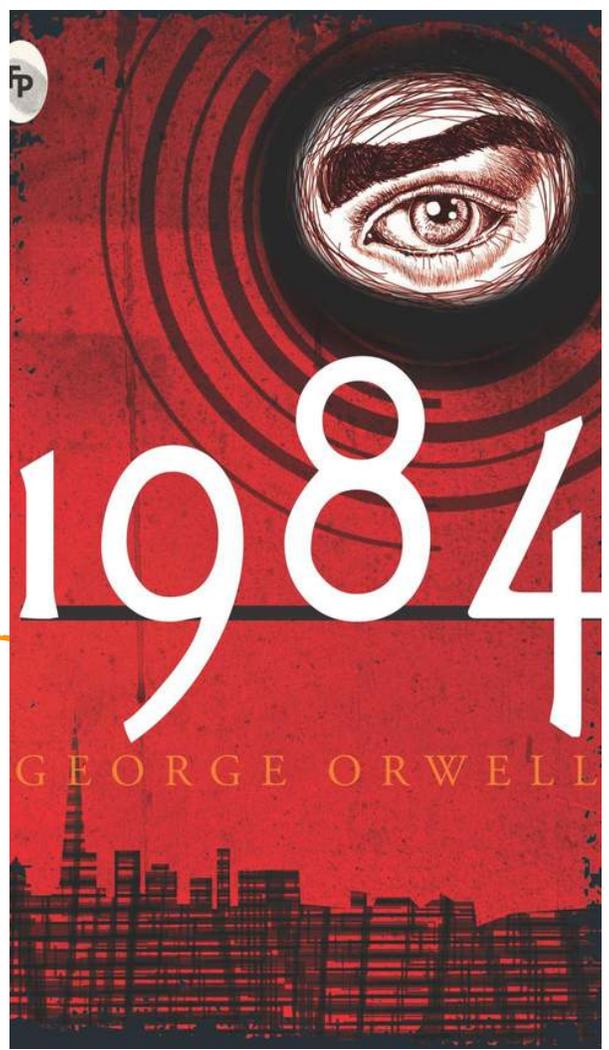
## Our Dystopian World?

The book remains relevant in today's age of fake news and surveillance. The speculations of rise in collection of data and surveillance by the authorities can be seen globally. Recently, the CoVID-19 contact tracing apps of China, Vietnam, India, Germany, France, Bahrain and several other Gulf states were alleged for being used as mass surveillance tools by the government. In today's age, social media is a source of news, opinions, and overflow of information. It is hard to distinguish between fake and credible news. Whatever is manufactured on the social media becomes the reality for the people.

Even historical facts are manipulated through WhatsApp forwards for political gains. The Social Media mobs that attack any expression of dissent on Facebook

or Twitter are similar to the 'Thought Police' of the Orwellian world where even thoughts and behaviors were monitored. In a way social media controls the opinion and thoughts of many people because the social media algorithms decide what we see and starts showing similar kind of posts. This blurs the line between fake and real news for the people. Many of the mainstream media channels stay away from the actual issues these days, keeping the audience away from reality and the reality struggles to exist. Though there are some striking similarities, but we can still protect today's world from becoming completely like the Orwellian world of 1984.

Thus, Orwell's book acts as a wakeup call for the whole world to be aware, rational and to preserve the independence of thought and truth.



CINEMA

# FILM REVIEW: PERSEPOLIS

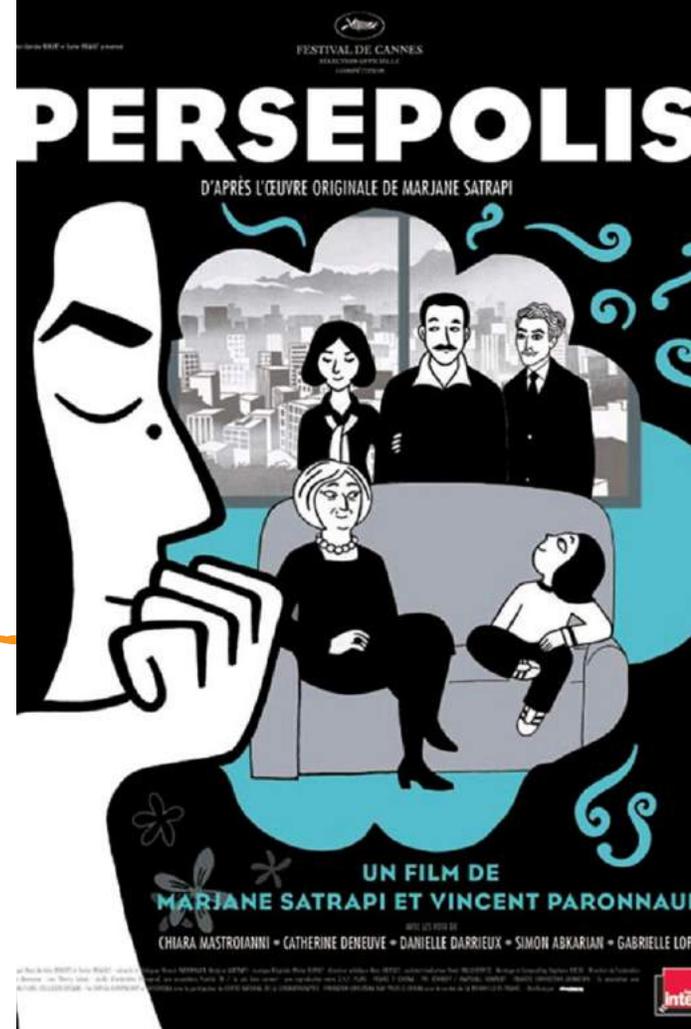
SAKSHAM KUMAR  
2ND YEAR

Another day, yet another rape victim but the story remains same. Badaun Rape case has kept people thinking that when this monstrosity will come to an end? When will we be certain about the safety of women in this country? A lot of it depends on the lack of female voices in the society. A society which is ignorant and adamant that half of its population could never progress. A systematic barrier has put the female voices muted for ages. During these troubling times we should be made aware of the stories about women who fought their way by defying all odds.

Based on the same name of Graphic Novel, 'Persepolis' is an autobiographical animated French film by Marjane Satrapi. It follows the story of young Marjane surviving through the years of struggle, chaos and adventures of her childhood in the middle of war-torn Iran. The movie starts with the protagonist Marjane as a mature woman recalling her early childhood while boarding a flight to Teheran, her hometown. She is seen getting upset and going into a flashback of bittersweet memories while she's putting up her hijab. She remembers herself as a small girl trying out the Martial Art moves of Bruce Lee. Growing up she only had 2 obsessions, one being able to shave her legs and second, be the prophetess of the entire galaxy. A young tender mind was blooming

under loving parents and a caring Grandmother. They never stopped her from putting up a poster of Bruce Lee or judged her from taking parts in conversations that were way above her age. She learned early about the political turmoil going on in her country. Marjane saw death and destruction from an early age including her Uncle Anoche's death whom she loved dearly. All these events left a mark on her personality. Her character allows us a broad gaze into the Pre-Revolution Iran where people enjoyed more freedom and how the cause of the revolution got lost somewhere between religion, power politics and border disputes. Here we see a flawed, unapologetic character learning from her own mistakes and paving her way in the world. Her journey could inspire a generation of female voices who are trying to break the shackles of patriarchy to liberate themselves and fly free.

Despite its dark and uncomfortable background, the film never loses its innocence and light-hearted moments. The film's inherent theme is the coming of age of Marjane. We witness her friendships, relationships and sexual encounters, which also remind us that it is not a story of any



special individual in an extraordinary circumstance; it is just another story of struggle that almost every other individual, especially females, are fighting on their own. It's not the surroundings or situations but one's own calibre matters the most.

What makes the movie unique and captivating is its animation style. Every frame carries some deeper meaning adding more layers to the story. The animation is intentionally kept 2-Dimensional which denotes the missing Dimension/aspect in the lives of the characters which is Freedom. Most importantly the movie gives us hope after witnessing the expedition of the protagonist and seeing her name as the director of the film. It is not astonishing that it won the Jury Prize at Cannes Film Festival in 2007. It was France's official entry at the Oscars as the Best Foreign Film the very same year. It truly deserved all the accolades that it received during its release.

This piece of art stands out as a must watch especially during these times when crimes against women have crossed all bars and made us question as a human. The political scenario might not be the same as in Iran during the Islamic Revolution but a female voice is still unheard.

OUR RATING:



# FIGHT AGAINST COVID-19

**Nothing lasts forever. Not even the coronavirus. So stay home, stay safe and fight hard.**



# COME AND BREAK THE NORM

NEHA RANI  
1ST YEAR

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*Come and break the norm,  
Within you, ignite the storm.  
To all the stereotypes, remain indifferent,  
Do not let the taboos act as a deterrent.*

*Be yourself, make a strong voice,  
Just don't settle with a compromise.  
People may like, people may hate,  
But self-confidence is something nobody can abate.*

*What is important is a strong disruption,  
Of everything that's wrong,  
obsolete and requires abduction.  
What is of significance today is a change,  
Something that the world considers out of range.*

*Nothing worth doing has been easy to date,  
Well, that's what makes achievements so great.  
So, move ahead with faith and ambition,  
Ignore the negative voices and focus on the mission.*

*For once the goal is accomplished,  
All the pessimism is automatically vanquished.  
Thus, come and break the norm,  
Within you, ignite the storm.*

*Within you, ignite the storm!*

## EIGHTEENTH

RUDRANSH  
2ND YEAR

*I picked some sheets and tore 'em up  
to find the souls of childhood,  
The trace papers and inked pens marked the beginning of  
some good.*

*I stumbled on my first cry,  
when spilling out was just a deal.  
When slyly catching sleep is more and feeding spoons of  
meal.*

*Shuffling through some bookshelves,  
I found the year book of 20's  
some familiar faces fluttering through gaping into  
unfamiliarity.*

*Chasing through my window sill,  
I caught the clouds in hue,  
They were teasing me like unbothered and making faces  
anew.*

*Plaster frames with pictures of giggle echoes in the head,  
The olive green walls of room wails the lonely tales.  
Every twisted story of love is a fantasy of the book covers,  
Those postal cards and stamps are grey and lightning  
through the cupboards.*

*The broken chimes of trust is slowly losing by,  
Are fatal steps to the age of waves rushing high?  
I wonder if they say, what life is all about?*

*When empty rooms are talking loud and eyes are  
emotional clout.*

*Thee syllables are merely a form to chase the silence  
unheard,  
Syncing them all into a prose, all words untethered.*

# वो फ़ौजी यार हमारा है

संध्या  
प्रथम वर्ष

मैंने भी कुछ पाया है तुमने भी कुछ पाया है  
हंसकर मिटने वालों को ही जीवन जीना आया है  
ये जीवन सबको प्यारा है,  
ये जीवन सबसे न्यारा है,  
पर जिसने इस बात को नकारा है  
वो फ़ौजी यार हमारा है।

वो रहता मुझसे दूर है  
पर खत लिखता ज़रूर है  
वो भारत मां का दिवाना है  
सबसे अलग वो मस्ताना है  
उसको ही चिंता क्यों सबकी रही  
क्या अपना भी कोई फ़र्ज़ नहीं?  
वो बंदुको का साथी  
मुझको जान से प्यारा है  
वतन पे जो मर मिटा  
वो फ़ौजी यार हमारा है !

सियाचिन भी उसकी भूमि  
जोधपुर भी उसकी धरा है  
चाहे शीतलहर हो या हो चाहे लू  
वो हिमालय सा खड़ा है  
तुफ़ान उसकी ललकार है  
शरीर पत्थर की शिला  
और सिंह सी दहार है  
एक मां ने उसको जन्म दिया  
एक मां ने दिया सहारा है  
वतन पे जो मर मिटा

वो फ़ौजी यार हमारा है।

# अकेले चलने मे हर्ज क्या है ?

ईशा  
प्रथम वर्ष

जब भीड़ मे भी खुद को अकेला ही महसूस करना है,  
तो अकेले चलने मे हर्ज क्या है?

जब सभी दोराहो पर खुद ही फ़ैसला लेना है,  
तो अकेले चलने मे हर्ज क्या है?

जब खुद टूटकर खुद ही को संभालना है,  
तो अकेले चलने मे हर्ज क्या है?

जब सभी तूफ़ानो को खुद ही पार करना है,  
तो अकेले चलने मे हर्ज क्या है?

जब साथ पाने की चाहत पर, खुद ही को पाना है,  
तो अकेले चलने मे हर्ज क्या है?

जब रात के अंधेरो मे खुद ही को उजाला दिखाना है,  
तो अकेले चलने मे हर्ज क्या है?

जब सभी रास्तो पर खुद ही चलना है और खुद ही  
सफ़र को ख़ूबसूरत बनाना है,  
तो अकेले चलने मे हर्ज क्या है?

# PATRIOTISM

NEHA RANI  
1ST YEAR

---

*Life is meaningless without this emotion,  
For this is true worship, this is true devotion.*

*It is undoubtedly the purest form of loyalty,  
And the most important quality.*

*Standing for the national anthem with utmost respect,  
contributing to society to make things perfect.*

*That is the real form of patriotism,  
That is what we call nationalism.*

*It is not simply supporting India during a cricket match,  
It is about our tricolor, which to our heart, we have to  
genuinely attach.*

*When the nation's interest becomes the obsession,  
Of a real patriot, that is the real impression.*

*A life dedicated to the country in itself is salvation,  
Because there is nothing greater than service to the nation.*

*So pledge, not simply by raising our hand,  
Let's take real pride in serving our motherland.*

*Let's take real pride in serving our motherland!*

# DEPARTMENT OF JOURNALISM

Journalism was first introduced in the college in the year 1998. Since then, it has been a forward march. This is the most sought-after course in the College. Today, the department does not only offer a graduation course in Journalism but has also introduced a new program under the name "Advance Diploma in T.V. Program and News Production". We have a great cadre of teaching faculties who have experience in wide range of areas, starting from academics to the industry. To complement the prowess of our faculty, we have a fully equipped Media Lab with a full-fledged studio including high end cameras, professional tripods and lighting equipment along with recording devices. Apart from catering to the infrastructural needs of the students, the department has remained committed to providing industrial exposure to students through frequent workshops and seminars by media professionals. It is the approach that the college while still being in its blooming year has a great cadre of notable alumni including Sakal Bhatt in Republic TV, Sahil Menghani as an anchor and a senior correspondent at CNN News 18, Shweta Kothari as a senior correspondent and anchor at News X, Anshul Tiwari as the founder and editor in chief of Youth ki Aawaz, Pratima Mishra as a correspondent and anchor in ABP News, Richa Jain Kalra as a principal news anchor at NDTV and Krishna Pokhreal as a reporter for the Wall Street Journal.



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