



Best of both Worlds!

Dose 2



unMUTE

unMUTE

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Message from The Board of Governors

I am very pleased to see the student community of SKV and Scindia School come together for the e-magazine : UNmute.

The vivid imagination and diverse aspirations of our young students are reflected in the vibrant pages of the magazine.

May the rich Scindia traditions and the glorious vision of our Founders guide every step that you take for leading the youth of our country into the future.

I wish you all the best.



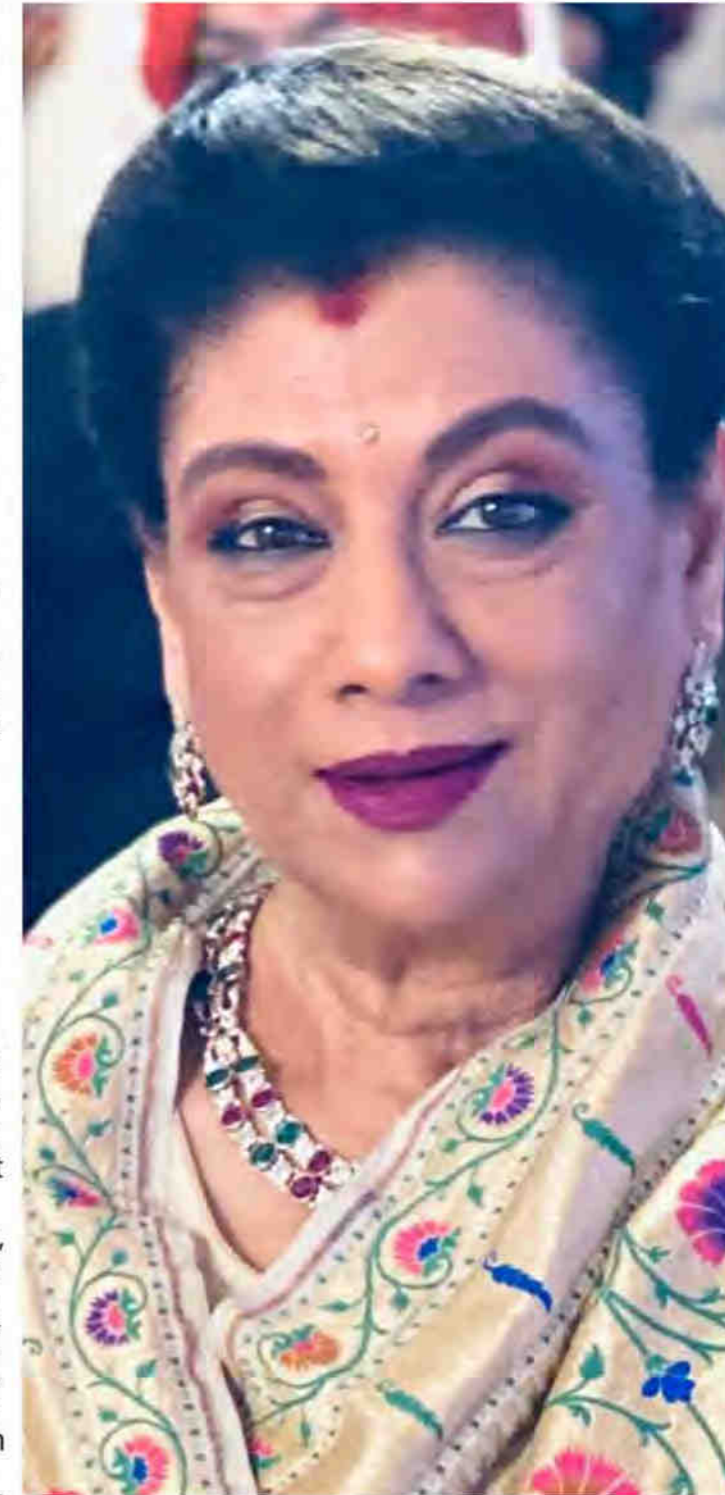
Rajmata Shrimant Madhavi Raje Scindia
President, Board of Governors,
Scindia Kanya Vidyalaya
Gwalior

My Association with 'both' the Scindia boys and the Scindia girl's schools go back a long long way and remains a cherished memory! The connotation of 'both' means that can actually lay claim to being an alumni Of 'both' schools! Thanks to my late mother and father, joined Scindia boys as an experiment at a co-educational system! Though it ended in a bit of a disaster, happily that failure initiated the birth and establishment of a school for girls - in the form of the Scindia Kanya Vidyalaya ! Consequently we were the very first batch of boarders, even though home was just round the corner! Nostalgia creeps over me when I think of my student days at SKV. I am reminded OF the original school magazine featuring articles We girls had contributed then. I even remember doing some of the illustrations! Now – fast forward – and Welcome to unMUTE - your new production, a vastly improved version and the first ever collaborative effort in publication between the two schools. This ambitious project, envisioned and told by two young students from each School, is now coming to a successful fruition with the 'unMUTE' magazine. Congratulations are in order for such a brilliant idea. The choice of the name 'unMUTE' is also appropriate. As it speaks for itself through the quality and content of the articles published in the magazine. It also provides an excellent literary platform for creative writing, giving opportunities for interaction, expression, exchange of thoughts and views and ideas on a great variety of subjects and issues.

We must take pride in the fact that both Scindia schools have taken giant strides since my student days, in establishing themselves as the top two institutions in their field in the country! It gives me immense pleasure to introduce the 2nd edition of 'unMUTE', welcoming a magazine which makes for both interesting, and thought provoking reading.

Once more congratulations to the Consulting Editor, Joint Editors and the bright young contributors from both the Scindia School and the Scindia Kanya Vidyalaya, Gwalior, on their successful production of 'unMUTE'. Here would like to include the Board, the Principals and teachers of both schools without whose input, encouragement and guidance a publication of this standard would not have been possible.

I wish this edition of 'unMUTE' and those connected with it, every success in all their endeavors for now and in the future. To the 'Scindians' of both schools and those associated with the making of the magazine 'unMUTE' !

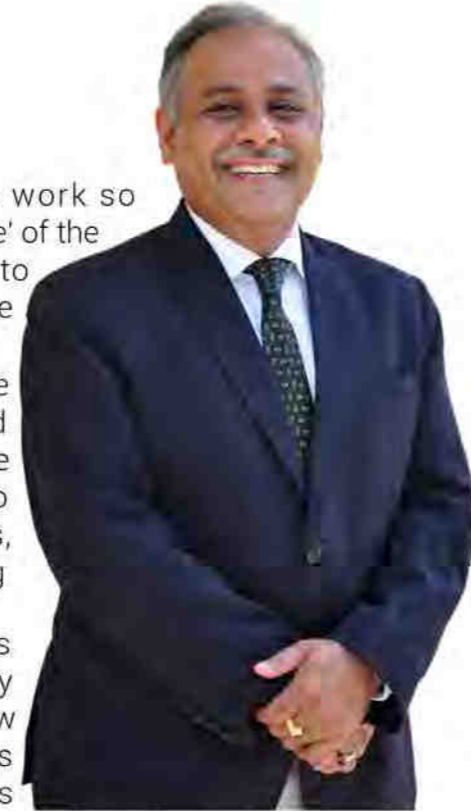


Usha Raje Rana
Bijay Bas
Magarajanj
Kathmandu, Nepal
Batch of 1959



Principal's Message

The Scindia School



I am so delighted to see students from both the schools work so enthusiastically in such difficult times to give us the 'second dose' of the publication 'unMUTE'. The work of the students does justice to this title and one can find many interesting expressions inside the magazine.

It is commendable that the students have worked through the online mode - organizing zoom calls to whatsapp groups and what not; one can gauge the amount of effort that has gone into this issue. Add to this the fact that it is a product of two schools, the task becomes even more daunting. Nevertheless, the students displayed true Scindian character in executing this task to the fullest.

This magazine is a fascinating testimony to those processes that have led to the #1 rank for the two schools in the country in the recent EducationWorld rankings. The fact that a few students have taken on the responsibility of publishing this magazine with minimal adult guidance and support, speaks volumes of the kind of education that is being dispensed at the two schools. 'unMUTE' is a tangible outcome of all the intangible processes, learning environment and the culture of excellence that the students go through during their time at school! This is exactly the kind of learning outcome that we would want to see in many other verticals of the two schools in future.

Coming back to the magazine - my compliments to the lead editors - Keshav Dudhani & Shubhangi Anuragi, members of the Editorial Board, alumni and the celebrities who have contributed to the successful launch of the second issue of this magazine. This issue also addresses the shortcomings of the previous issue and has raised the bar of publications in both the schools. I have no doubt in saying that the readers of this magazine will be mesmerized. Kudos to the team!

Dr MD Saraswat

Principal
The Scindia School
Gwalior

Principal's Message

Scindia Kanya Vidyalaya



The sound of writing is mute, but the purpose for writing is to unmute'. Thank you for your overwhelming response to the debut publication of 'unMUTE', a joint collaboration from students of SKV and Scindia. We have successfully witnessed the metamorphosis of a basic idea to a definitive learning platform of creativity and innovation through this initiative.

In continuation with this esteemed representation from our multi talented students, it is our privilege to share with you yet another engaging edition of 'unMUTE' magazine.

So many differing opinions and philosophies are rarely housed under the roof of a single magazine. It comes as no surprise that this edition possesses a wide spectrum of topics catering to viewership across all age groups.

Without a doubt, 'unMUTE' is a confident step in building wholesome education across liberal arts for our students. It resonates with our steadfast mission to nurture intellect, inculcate collaborative team spirit and contribute to societal development by broadening our students' horizon.

We would like to extend our vote of thanks to the members of the editorial board and the various content providers who have enriched this magazine with their thoughts and artistic expressions. This edition would be incomplete without recognizing the mentorship of Her Highness Maharani Priyadarshini Raje Scindia and the board for their vote of confidence, encouragement, and support.

Ms. Nishi Misra

Principal
Scindia Kanya Vidyalaya
Gwalior



MESSAGE FROM THE EDITORS

It is with much joy and anticipation that we celebrate the launch of 'unMUTE Dose 2' with its second issue of 2021. unMUTE is a legacy that grows and strengthens with each successive edition. The student run magazine has given not only the editorial board, but also, every single student or an alumni to pour out their creativity. Working on anything that isn't a first gives you a benchmark, subjects you to criticism and comparison, But also gives you a direction. We took all these as our stepping stones to making unMUTE an upgrade of its preceding edition in terms of quality, exclusivity and diversity of content. The magazine will surprise you, make you wonder and captivate you with its gripping content.

Learning is an integral notion of this publication, with all the new changes, we've kept THE READER as the kernel of our novelties. We've spent hours on zoom calls, designing every page and timeless amount of texts on whatsapp and with all my heart We'd like to thank the editorial board for being so patient and having the same amount of enthusiasm throughout. In your hands, you possess not just a magazine, but a vision upheld and carried forward with much fervour by the Editorial board of the two schools.

unMUTE is an aggregate of all the hard work and contribution of our students and for that, we cordially thank each one of you. And the readers who push us to strive for perfection, you make the magazine wholesome. It was a great learning experience and it felt great working on this and with much love we are presenting you 'unMUTE Dose2.'

Keshav Dudhani
Student
The Scindia School

Shubhangi Anuragi
Student
Scindia Kanya Vidhyalaya

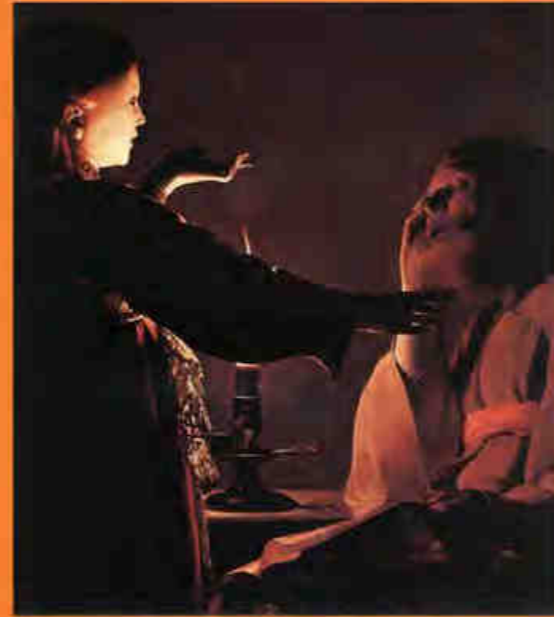


Happy Reading

PARADIGM

DREAM

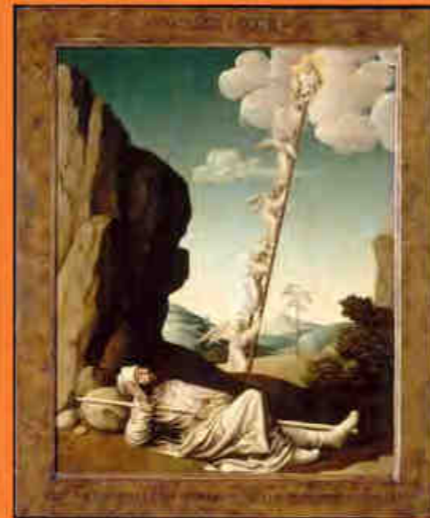
A



Georges de la Tour, *Dream of St. Joseph*, ca. 1600.



Henry Fuseli
The Nightmare, 1781



Nicolas Dipre, *The dream of Jacob*, ca. 1500.

A dream is a catalog of images, ideas, emotions, and sensations produced by our subconscious while we sleep soundly. The reason for dreams is uncertain and remains one of the most fascinating research fields. Yet we do have some theories at hand: It's a medium of representing deep but distant desires and wishes of the soul. It could very well be the interpretation of randomly generated nerve signals of the mind. It's also thought to be the recipe of thought ingredients throughout the day. It is also considered to be a psychological space where overwhelming, contradictory, or highly complex notions can be brought together.

What do they mean?

Relationships: Have you had a dream where you're constantly being chased and you're panicking as if you're about to be murdered. Well, researchers say these kind of dreams are linked to the existence of personal conflicts.

Sexual concepts: Sometimes, you might even experience dreams where you are sexually aroused or living your dream life. They are said to be due to the movement of sexual hormones in the body.

Fear of embarrassment: If you have a low self-esteem or just had a bad day due to some embarrassment by the teacher, you'll experience a really bad dream. In this dream, you'll probably end up appearing naked in the class, failing an exam and being inappropriately dressed.

Lucid dreams: Lucid dreams are what you'll experience when you are almost conscious in your dream. Which excitedly means, you can do whatever you want to. They often occur in the middle of a regular dream when the subject realizes that they are dreaming. That's just crazy! Some people experience lucid dreaming at random. Worthwhile, some others have reported being able to increase their capacity to control their dreams.

If you have dreams in which you can't scream on the regular, it's worth taking a look at what you're not saying during your waking life.

In general, dreams about soundless screaming or the inability to speak or yell relate to one of the following:

Anger and Frustration

If you had a day full of frustration or felt like you're not authoritative anymore, you'll have a dream in which you'd be screaming at someone. No matter how hard you try to communicate, it seems like your efforts are pointless. It feels as if your words (screams) carry no sound or meaning at all. The soundlessness of your scream indicates a sense of suppressed frustration.

Fear and Helplessness

Although dreams of silent screams can be unsettling, most people do not really think of them as nightmares. If you feel yours is more of a nightmare than just a confusing and unsettling dream, then there may be another reason why your screams make no sound.

Sleep Paralysis: The paralyzed feeling that you might get after a dream, could certainly be due to suppression of bodily motor dysfunction caused by REM sleep.

As mentioned earlier, this is completely different from the other two interpretations offered on this page. While in those cases, the lack of sound is symbolic, in this case, it is simply indicative of a normal physical phenomenon that may occur when you are transitioning between the different phases of sleeping and waking.

Enjoy your dreams!

Dreams most likely happen during REM (Rapid Eye Movement) sleep. A kind of sleep where breathing is non-uniform, shallow. You might not believe this but during this period, our eyeballs go haywire, moving rapidly. Even the muscles become temporarily paralysed!

Success, it's a very complicated word, it happens to be the status of having achieved and accomplished an aim or desired goal of an individual. But is everybody successful? Scindians in this matter stand out. The gifts that the school gives us sheds light to our way to success. Several successful Scindians were asked to speak on how to "Succeed like a Scindian" and here are some takeaways on that

Discipline - The most important attribute of success is discipline. It helps us stay focused on reaching your goals, gives us the ability to stick with difficult tasks, and allows us to overcome obstacles and discomfort. We push ourselves to new heights.

Succeed like a Scindian

*"However difficult life may seem,
there is always something you can do
and succeed at"*
-Stephen Hawking

Public Speaking - It is an art to express ourselves to the fullest in front of an audience. At school, we not only get the opportunities to excel at this but we also get to meet a variety of people from around the globe and mix with all kinds of people with different skill sets. Such experiences help us in the long run.

Perfection - Perfection comes with dedication. When a person is fully into doing what he loves and is passionate about whether it is music, art or anything whatsoever the person will surely reach the point of perfection.

Introspection - This is the final piece in the puzzle of success and "Astachal" as we all know helps us with it. Such practices become part of the lives of every Scindian. We also have to be mentally satisfied to really become successful and examine ourselves daily.

PERSONAL FINANCE & SCINDIA

After graduating high school, personal finance is really confusing for students as the restrictions to spend money are reduced.

Some of us might think let us buy a new pair of sneakers and spend 20 or maybe 30 thousand bucks on it, not realizing that they are purely depreciating assets or buy the latest iPhone not realizing that the change in technology is only 10% each year so there is not much difference in the features between subsequent models. Such decisions put the student in debt and decisions that the student might regret later as it only takes a few small holes to sink a ship.

Talking about personal finance particularly for Scindians, if we look closely, the first step that we take towards personal finance begins at school. The coupons we get on Sunday involve a common practice among us to save our coupons and pool it for a party at the month's end. Well readers, that is mutual funds for you. Mutual funds is just a group of investors pooling in money for their greater good. Simple isn't it! The 'Oracle of Omaha'- one of the most successful investors of all time, Warren Buffet had an average compounded return of 33% on his portfolio. On the other hand

another investor whose name is John Simmons had an average compounded return of 66% but had started investing from the age of 63 years and is currently 83 while Warren Buffet has been investing for 70 years; both of them are billionaires but Warren is wealthier by a really big margin and that is the power of compounding. It requires time and patience and most importantly frugality. So, the next time you go to buy something that will fulfill your short-term desires, think how you can use it to solve your long-term needs. You can invest through mutual funds by investing in a passive fund by issu-



ing small SIPs from your pocket money and you'll realize how your money will work for itself.

About Value Investing

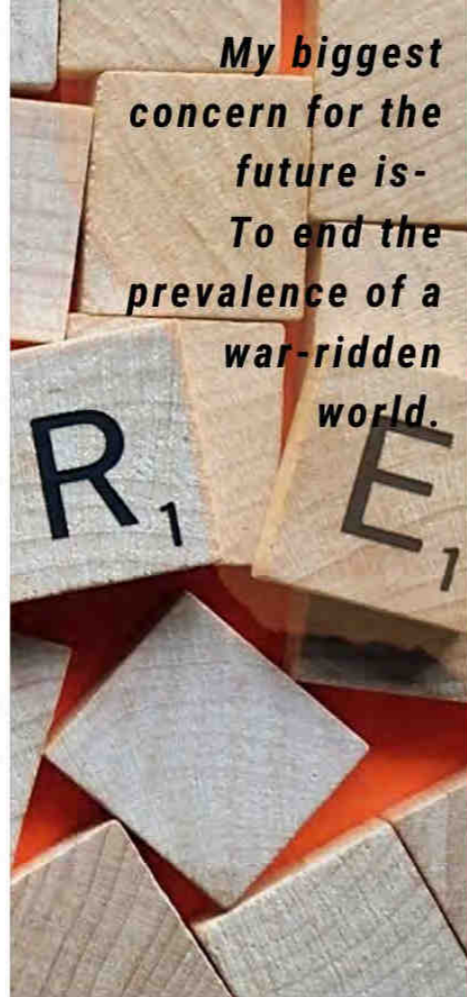
Value investing is an investment strategy that involves picking stocks that appear to be trading for less than their intrinsic or book value. Value investors actively ferret out stocks they think the stock market is underestimating. They believe the market overreacts to good and bad news, resulting in stock price movements that do not correspond to a company's long-term fundamentals. The overreaction offers an opportunity to profit by buying stocks at discou-

nted prices—on sale.

Value investing requires a great deal of hard work, strict discipline, and a long-term investment horizon. Few are willing and able to devote sufficient time and effort to become value investors, and only a fraction of those have the proper mindset to succeed. Like most eighth-grade algebra students, some investors memorize a few formulae or rules and superficially appear competent but do not really understand what they are doing. To achieve long-term success over many financial markets and economic cycles, observing a few rules is not enough.

Too many things change too quickly in the investment world for that approach to succeed. It is necessary instead to understand the rationale behind the rules in order to appreciate why they work when they do and don't when they don't. Value investing is not a concept that can be learned and applied gradually over time. It is either absorbed and adopted at once, or it is never truly learned. Value investing is simple to understand but difficult to implement. Value investors are not super-sophisticated, analytical wizards who create and apply intricate computer models to find attractive opportunities or assess underlying value. The hard part is discipline, patience, and judgment. Investors need discipline to avoid the many unattractive pitches that are thrown, patience to wait for the right pitch and judgment to know when it is time to swing.





My biggest concern for the future is- To end the prevalence of a war-ridden world.

War, atrocity, and supremacy, the once definition of SUPERPOWER.

But 75 years post WWII what has humanity finally concluded upon?

A generation brimming with isolation and hatred striving to **mature peace.**

But have we rectified our mistakes in all these years? Have we learned to accept each other? Have we progressed from history?

With the pandemic ravaging humankind, anxiety has struck minds, many are fearing for their lives in this biological warfare and one invisible creature has shattered us! Destroyed lives, killed innocent souls but, primarily taught us the real definition of power, unfolding the harsh reality overlooked out of unconcern, that no power is the greatest!

The fear of being ruined by this virus seems negligible when compared to the instability from the political circumstances which is doomed to bring an end to humanity much sooner. In such circumstances where our world leaders still feel that war is the absolute way to prove their nations' strengths, the vision of a peaceful world becomes worthless.

And so as we shed light on the power and need of unity, needless to say, achieving mutual communication and understanding of one another is crucial as well as acceptance regardless of one's culture, religion, colour, language, and the country is crucial in order to promote unity. Because together we are a part of one human race.

Positively, countries are gradually joining hands in the time of the crisis and supporting each other. After all, no matter the country's political stance, peace is the desire of every beating heart. Peace is the hope of every nation, the promise of every politician, the pulse of every religious tradition, the answer to every prayer. Peace is the bold, courageous, and ultimate response to the notion that violence provides; it is a viable solution for all of the conflicts of our world. And so to conclude we must remember the greatest victory is that which requires no battle.



Amrutam

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Skin is our largest organ that is visible, that makes it very important to take utmost care of it. In this skincare world, there are lots of myths and misconceptions. For many young ladies, it is essential to look fairer and good than anything else. In the pursuit of having a fair, glowing complexion; many blindly use fairness products and also follow a skin care regimen. The strong marketing tactics are also to be blamed which lure women struggling to get a good solution for skin related problems. Some of the myths come from the internet and others are driven by old wives' tales.

Myths *and* Misconceptions

Now, with so much skin care advice floating around, let us check how many of them are true and how many of them are false!



01

Oily Skin doesn't need moisturizer.

Fact: Did you come across this statement? And you believe that you need not moisturize if you have oily skin? Well, just because your skin is oilier, that doesn't mean you should not moisturize it. The cleansers that you use strip out the natural oils, the protective layer; that needs replacement. A moisturizer is vital for hydrating & nourishing the skin. Moisturizers do not add oils to your skin, it hydrates leaving your skin smooth & soft. You must consider a light moisturizer for oily skin so that it's never dry and doesn't get signal to produce excess oil. It is all about balancing and regulation, and not about skipping the moisturizer completely.

02

You got acne because you don't wash your face regularly.

Fact: All the so-called aunties in your neighbourhood will tell you this common myth. It's a popular thing that you hear in your teens when you get acne/pimples. However clogged pores, sebum, bacteria & inflammation lead to the development of acne. Hence, not washing your face certainly isn't the only cause for acne problems.



03

Higher the Sun Protection Factor (SPF) of Sunscreen, the better.

Fact: The Sun Protection Factor aka SPF measures sunscreen protection from UVB rays only and does not measure UVA rays. Even dermatologists recommend using an SPF 15 or SPF 30 sunscreen. Higher SPF doesn't provide much protection, so it's unnecessary to purchase a sunscreen with higher SPF. The main reason is SPF works by either absorbing, reflecting, or scattering the sun's rays on your skin. UVB rays cause sunburn & a major cause of skin cancer, while UVA causes skin damage that leads to tanning, wrinkles, skin ageing.



04

If it burns, it means it is working well.

Fact: Well, this one sounds believable especially when it's stressed upon you by the facial experts in the salon. To the contrary, if you get a burning sensation on any topical application, then you must remove it immediately with a damp cloth. A little tingling is normal with some skin care products but a burning or stinging sensation that stays is not really okay. It might be due to an allergy to an ingredient in the product or you might have sensitive skin.

DIY Aloe Vera

LEMON JUICE SUGAR SCRUB

You'll need one Aloe Vera leaf, half a lemon, and two tablespoons of sugar – white or brown. You can also opt for coconut sugar.

Extract the aloe vera gel from the leaf after slicing it open. Put the gel in a bowl and add the two tablespoons of sugar into it. Stir the mixture till it turns into a paste and 80 percent of the sugar has melted. Then squeeze the half lemon into it and mix the juice as well.

Gently massage the scrub on your face in a circular motion and let it exfoliate your skin. Post ten minutes of such massaging, you can rinse it off your face and enjoy the cool and breezy feeling.

Apart from removing the dead skin cells off your skin, it will also remove the blackheads and the dirt nesting in the pores of your face. After the scrub, you'll be left with a feeling of freshness and fall in love with it. It is recommended to use this scrub once in two weeks which will keep the dirt and pollution particles from getting too attached to your skin.

DIY Aloe Vera

LEMON JUICE FACE PACK

You'll need one Aloe Vera leaf, half a lemon, and one tablespoon of honey.

After slicing open the aloe vera leaves, use a knife to remove the gel from the skin of the leaves. Make sure you mix the gel and lemon juice in a ratio of approximately eight to one to make a gel-like paste. You can add the tablespoon of honey to it and make the paste a little tighter.

Apply this face pack directly onto your face. Be careful and try to avoid your eye area as it is an extremely sensitive part of your face. Leave the mask on for about 15 to 20 minutes. Then rinse it off thoroughly.

This face pack will not only fetch you hydrated and smooth skin but also fight acne due to the antibacterial properties of both the components. It will make the skin on your face tight and firm, thus keeping the wrinkles at bay. The antioxidant properties of the vitamin-rich aloe vera and lemon juice will also fight the free radicals and slow the aging of your skin. This face mask can also aid in getting rid of a suntan that you've been waiting to shed.

There are several Aloe Vera scrubs that you can make right at your home but this is the simplest one that you'll come across.



HER

She is just like the ocean.
 No one wondered if she'd shed a tear,
 No one believes drowning in herself is her fear.
 Her voices are muffled deep
 but she wishes someone to hear her call,
 She stares at her sky hoping today isn't
 the day she'll let
 her tears fall.

LETTERS

I used to write letters to you under the stars
 hoping you would see me.
 I used to talk to the waves hoping you'll
 hear my voice.
 I looked at my feet,
 slightly frowned I found
 myself sinking although I'm standing
 on solid ground.

LEND A ROPE

People drown without a thought
 Cry without a whisper,
 Laugh while they are hurting,
 Die without a word.
 If just once
 somebody would've
 lend their rope,
 then maybe one
 less will be crying
 in need of hope.

Ritobina Dey

क्या यह ऑनलाइन अध्ययन है?

आज के समय में ऑनलाइन शिक्षा एक अच्छा विकल्प

ऑ

नलाइन पढ़ाई, शिक्षा का एक ऐसा माध्यम है, जिसकी सहायता से शिक्षक घर बैठे ही, इंटरनेट की मदद से देश के किसी भी कोने में, बच्चोंको पढ़ा-सिखा सकते हैं। कोविड -19 के चलते, इस लॉकडाउन में कई स्कूलों ने पिछले कुछ महीनों से, ऑनलाइन शिक्षा की प्रक्रिया को अपनाकर, इसे ऑनलाइन शिक्षा के तरीके से, पढ़ाने के कई फायदे हैं। यह बहुत सुविधाजनक है। इस सुविधा के उपयोग से आप अपने घर पर ही रहकर, एक-दूसरे से रूबरू बातचीत कर सकते हैं और विचारों का आदान-प्रदान कर सकते हैं।

ऑनलाइन शिक्षा के कई लोकप्रिय लर्निंग एप हैं, जैसे :- बाईजूस और मैरिटनेशन, जिसमें सी बी एस ई के पाठ्यक्रम की, सभी कक्षाओं की, संपूर्ण विषय सामग्री मौजूद है जिसके जरिये बच्चे वीडियो देखकर, मुश्किल से मुश्किल पाठ को भी आसानी से समझ सकते हैं। आज दुनिया के सारे देशों के बच्चे ऑनलाइन शिक्षा का उपयोग करके आसानी से पढ़ाई कर पा रहे हैं। सन् 1993 में ऑनलाइन शिक्षा कानूनी कर दी

गयी। यह एक ऐसा अनोखा तरीका है, जिसके माध्यम से सभी उम्र के छात्र पढ़ सकते हैं। इंटरनेट की सहजता के कारण वर्षों से ऑनलाइन शिक्षा लोकप्रिय हो रही है। आज की वर्तमान परिस्थितियों में जो बच्चे स्कूल और कॉलेजों में शिक्षा प्राप्त नहीं कर पा रहे हैं, उनका रास्ता ऑनलाइन शिक्षा ने काफी आसान कर दिया है। बच्चे निश्चित होकर घर पर ही अपनी पढ़ाई पूरी कर पा रहे हैं। वे शिक्षक द्वारा ली गयी क्लास को रिकॉर्ड करके, बार-बार सुन व समझ सकते हैं।

ऑनलाइन और खुले सूचना पोर्टल, कहीं भी, किसी भी समय खोले जा सकते हैं। यह न केवल पुस्तकों और अन्य संसाधनों को लाता है, बल्कि ग्रामीण भागों में शिक्षा का प्रसार कर, शिक्षा के दूरस्थ पहलुओं को भी बढ़ावा देता है। यह विशेष आवश्यकताओं वाले छात्रों को भी ऑनलाइन पाठ्यक्रम प्रदान करता है। जैसे :- उन लोगों के लिए 24 x 7 स्कूली शिक्षा, जो सामान्य काल में नियमित स्कूल नहीं जा सकते।

आजकल ज्यादातर प्रोफेशनल कोर्स ऑनलाइन होते हैं। विद्यार्थी ऑनलाइन पढ़ाई कर, ऑनलाइन परीक्षा देते और डिग्री प्राप्त करते हैं। इस माध्यम से वे भारत ही नहीं, विदेशों में भी दी जाने वाली जरूरी शिक्षा प्राप्त करके, अपना ज्ञान विकसित कर सकते हैं। सिविल सेवा परीक्षा, इंजीनियरिंग और मेडिकल जैसी पढ़ाई भी आज संस्थानों में ना होकर, ऑनलाइन हो रही है। यह कहना मुश्किल है कि, कोरोना काल कबतक चलेगा और विद्यार्थियों को समाजिक दूरी का पालन करना अनिवार्य होगा। इस परिस्थिति में ऑनलाइन शिक्षा एक बेहतर विकल्प है।

विद्यार्थियों के लिए ये जरूरी है कि वे मन लगाकर पढ़ें और अपना तथा अपने देश का भविष्य उज्वल करें। इस समय आपका घर छोड़ना और संस्थानों में जाकर पढ़ाई करना, आपके स्वास्थ्य व जीवन के साथ खिलवाड़ होगा.. इसलिए वर्तमान परिस्थितियों में, ऑनलाइन शिक्षा प्रक्रिया ही, हमारे लिए वरदान सिद्ध हो रही है और होती रहेगी।

-अथर्व कटवा

Beyond the HORIZON

Beyond the horizon, our daughters rise
Unknown of limits, soaring high!
She's strong, she's empowered, she's liberated, she's wise;
Then why let her vigour die?
Beyond the horizon, our daughters rise!
Unknown of limits, soaring high
She holds the universe, in her palms
Then why mustn't she push beyond her realms?
O' why mustn't she freely fly?
Beyond the horizon, our daughters rise
Unknown of limits, soaring high!

-Lavanya Singh



DREAMS

They left her young, years ago,
On the frigid streets;
They left her young years ago -
By the melting candlelight,
With the rain, her tears go unnoticed.
So do her freezing feet
It's for food she begs
And hatred she fights,
Crying tears of help,
The little girl sighs.

But every night as the storm lulls,
And the candles fade;
The little girl dreams
Under the thatched shade
She dreams of a family
A home where she is loved,
Of a place where her-
Dull eyes will beam so bright!
A place, where she is cared for,
and hugged, and loved.
A place where she won't cry
But will her tainted soul receive this very love?
For dreams only last a night.

-Lavanya Singh

A CAREER IN ESPORTS?

Gaming is being seen as a taboo | Is this the future?

Esports is a growing area that has boomed in the Covid period. It offers several viable career options to people, though it may not yet be of common knowledge to everyone.

There is still a misconception held by some people, that playing video games is a waste of time and not constructive or valuable to a person's development, but esports presents job seekers with genuine opportunities.

The Esports industry generated almost \$500m in global revenues in 2016 and has become a billion-dollar industry in the year 2020.

The average salary of a professional player in the USA is \$48,000 per annum.

There are many different roles within esports – some more hands-on than others – and more non-endemic companies are opening esports divisions or adding jobs that work within the space.

Some of the well-known jobs in this industry are professional players, hosts, coaches, content creators and organisation owners.



WATCH DOGS

COD: BLACK OPS 4

FIFA 21

FORTNITE

PUBG

GTA V

How financial independence among students is increasing

Gen Z- a generation where every other youngster is a social media influencer. But, some youngsters chose to think ahead of that. They did not take the phrase 'Apni Dukaan' for granted. After the nationwide lockdown, we saw a rise in the trend of opening small businesses or home-based businesses. Everything that comes to your mind is being sold on social media platforms.

These sellers are very conscious about their brand name. So they do their best to advertise their products through stories, reels, and posts. The client service of such businesses is very flexible and thanks to Instagram they have global access. The best and the most exquisite part about such businesses is the packaging. The packages are hand-packed which often ends up landing you with freebies as a token of gratitude. They very well know how to please their target audience- and that is through a beautiful parcel delivered at their doorstep.

An employer will hire you only when you appear to be financially stable. Because they don't want your financial to affect their business. Financially stable people are able to focus better on work and can prove highly productive. They don't take their financial issues to work. There are many reasons why students wish to be financially independent. Financial Independence is important because it increases your ability to structure work to suit you. Of course, choosing or creating the right kind of work is not limited to those who are financially independent. Throughout their journey as a young entrepreneur, they tend to find their interests as well. Many fashion bloggers have also started their clothing business.

With this, also rose the idea of "online thrifting". Thrifting is the act of shopping at a thrift store where people buy pre-owned items at low prices. This is a sustainable idea and it also helps people who can not afford these items at the original prices.

So, the next time you decide to go online shopping, support these small businesses. Who knows you might find something that you love, while sparing your savings!

YOUNG ENTREPRENEURS

After almost 6 years Microsoft has finally announced the new Windows 11 on 24th June, 2021!

Good-Bad Cycle of the Windows

Windows XP was great, then Windows Vista was not great, but then Windows 7 was great, then windows 8 was not great, Windows 10 was great and now Windows 11? No pressure Microsoft but this is your chance to break this cycle.

Now let's get to the point and talk about the major changes:

Android Apps on Windows 11?

First of all, the android apps will be available on the Microsoft store which is huge. But the Microsoft store is actually using the Amazon App store to install android apps on windows 11. You will be able to use these android apps as any other regular app on your PC.

That is why you will be able to enjoy android apps on windows 11 only if you have both a Microsoft and an Amazon account, that's a bit of drawback.

EVOLVE

Windows

11

The new Microsoft Store

The Microsoft store will get the long due renewal. It has a new layout which is way better than the old cluttered store. It is also said to be more responsive and faster.

Aesthetic has changed completely

The Windows 11 has a frosted glass aesthetic with multiple theme styles, rounded corners on windows and a centre-aligned taskbar which Microsoft made clear was for touch users. The new start menu clearly lifted from Windows 10x will now show your recent documents and will sync across devices if you're using Office 365.

Microsoft teams is now integrated

There's now a dedicated icon for teams that gives you a searchable jump list of recent contacts and buttons for interacting to them.

Windows Management is cool!

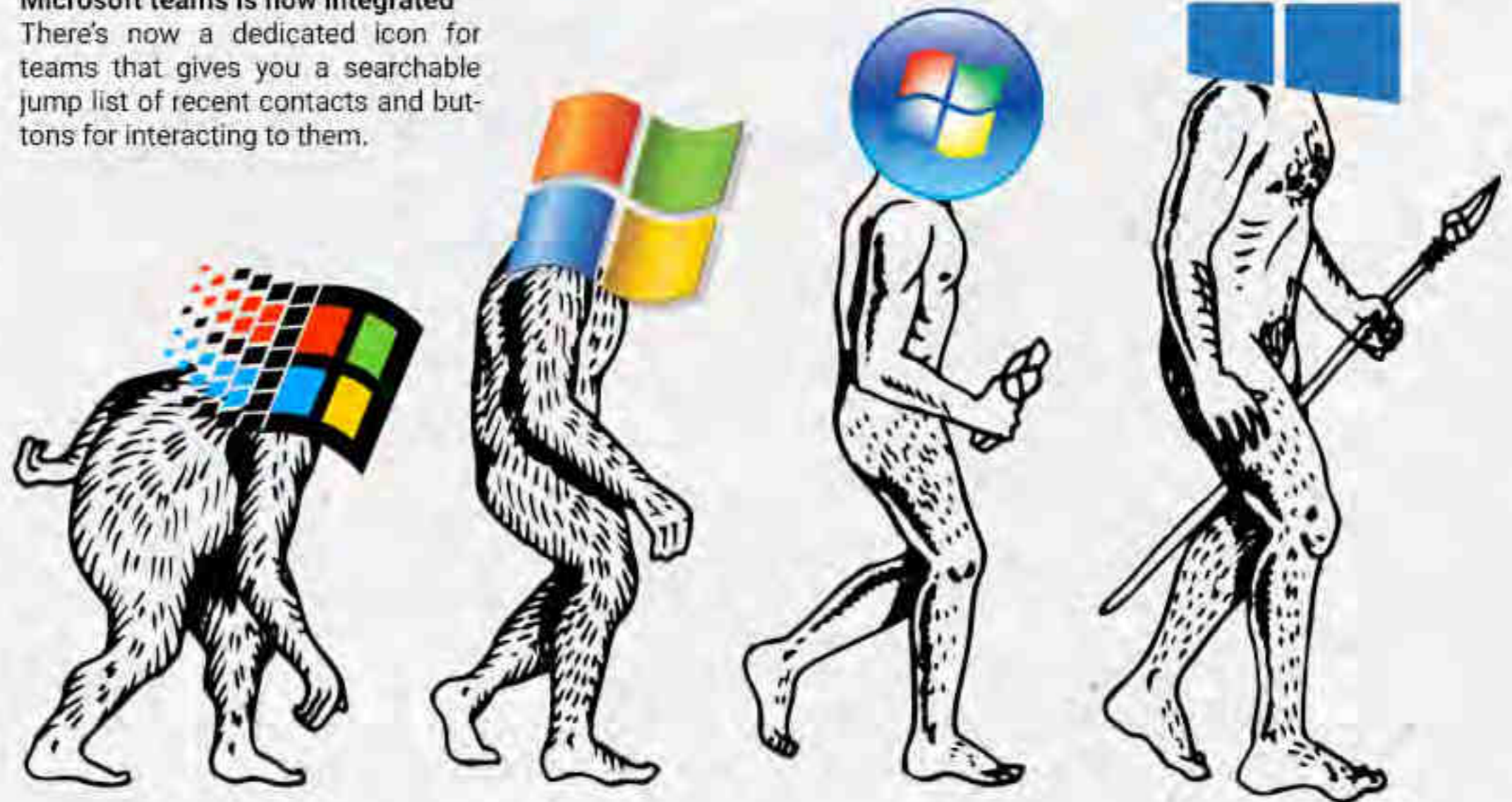
The new snap layouts let you quickly and easily tile windows, in different orientation.

Microsoft said, "nobody else lets you do this with these many windows." Also, Snap Groups will group together the taskbar and each layout will be treated like a single item so that you can switch to and from a window layout on the fly for an even more powerful way of multitasking

The virtual desktops can now be customized with different wallpapers to make it easier to keep track of them.

The company said its new OS was also improved for gamers, with updated systems for graphics and PC performance and a new Xbox app built directly into Windows 11.

Microsoft also announced that its new Windows Store will let software developers use their own in-app payment systems. The move was aimed at further opening the Microsoft Store "to unlock greater economic opportunity for creators and developers."



MILLENNIALS

INSPIRING LIFE GOALS



BY INNORA DASGUPTA



As we all know millennials or people born between 1981 and 1996, make up the largest portion of the world's population and have different traits from other generational groups. Millennials are committed to implementing Sustainable Development Goals (SDGs), including equality, climate change, peace, justice, poverty, and prosperity. They have unique consumption trends that make SDGs goals more attainable. Their tastes and preferences support sustainability and equality for all.

Millennial social awareness is part of their work life because they have grown up with the internet and social media. 79% of millennial employees are loyal to companies or brands that care about their effect on society. They believe that corporate social responsibility is key to alleviating poverty and improving life outcomes. They have encouraged their employees to devote their time, and several companies to donate a part of their profits to charity.

What is interesting to note is that millennials are the most ethnically diverse generation. This group is open-minded since they were raised in a networked world. They are connected through the use of mobile apps and social media websites. They are optimistic about a sustainable future because they are a digital generation that believes in techno-

"The workplace has become a psychological battlefield and the millennials have the upper hand, because they are tech-savvy, with every gadget imaginable almost becoming an extension of their bodies. They multitask, talk, walk, listen and type, and text. And their priorities are simple: they come first."

MORLEY SAFER

GEN Y/X/Z GEN

logy. They develop friendships with people across all races, ethnicities, and genders. They are not shy about supporting diversity and inclusion at all levels of life. They have access to higher education, and they are motivated to learn. Student loans have played a role in increasing the level of education in this age group. The emergence of social media has allowed millennials to increase their knowledge by sharing information. The generation is conscious at all levels. They want to save their money and invest in a socially responsible manner because they believe in changing communities. They are more racially and ethnically diverse, which has helped them support and fight for equality and human rights. Social and spiritual consciousness encourage them to conserve the environment for future

generations. Millennials use technology in all aspects of their lives to support diversity and inclusion. They are trying to make the world a better place by pushing for the implementation of the sustainable development goals.

To be a

SCINDIAN OR A DOSCO

Thats the question...



I have been blessed to say the least! To be associated with the two most prestigious schools in the country, I can only say that God has been kind. I am a Dosco and have been fortunate enough to teach at The Scindia School, my son is both a Scindian and Dosco. So, we have had more than a plateful. Let me take you through this journey.

When I arrived at Chandbag in April 1986, little did I know that my life was about to be transformed. For the next six years, I explored and so much so devoured everything that the lush green 72 acres campus had to offer. While I still continue to take tremendous pride in the thick red certificate file that was already overflowing in my S form (class 11) at Doon, it is my emotional connect with Doon which helps me breathe daily.

When I left the Doon School in 1992, I was parting with my family. I had made friends for life, most of whom I stay connected till date. My close association with my teachers, who guided and helped me all along, had only served to make this bond stronger and most of all the fatherly figure in the form of GR and SRD, our headmasters (Mr. Gulab Ramchandani and Mr. Shomi Ranjan Das).

Amongst other things that I gained at Doon, I built a passion for teaching, albeit as a spare time activity. And it was this passion that yet again brought me to another crossroad in my life. In Nov 2019, I decided to follow my heart, I moved from corporate life to academics. After much deliberation and repeated discussion with friends and family, I reached out to Dr. Saraswat at Scindia School. I visited The Fort soon thereafter and was fortunate enough to be offered a job which of course I grabbed with both hands. A decision that has pretty much metamorphosized my soul. Yet again I had a family and trust me it just felt like an extension or parallel to my Doon Family! I spent a little under a year at The Scindia School before life beckoned me to take up bigger challenges in the academic field and after seeking guidance from seniors at The Fort, I left Gwalior in April 2021. I can proudly claim that everything and everyone I connected with on the Fort made an indelible impact on me. It will be difficult to say whether I carry the Scindian spirit in me or left a small piece of my heart at Astachal, a part which refuses to seek peace elsewhere.

So, when I was asked to compare the two institutions, I was utterly confused. Can a living soul do justice to this request? And hence I decided to merely state fact, possibly pack them with some emotions and leave you readers to decide for yourself.

Food, let's talk about it. Or let's not!! For one thing, a boarder has no limit to is the amount of food +that he can digest, palatable or otherwise. So why even touch upon this topic, but we must for it is in this building that we share not just our food, we share our emotions. Each child knows what his friend likes to eat, what he doesn't, and most importantly how to squeeze out that extra butter

cube for the paratha that your friend is queuing up to make sure it's hot and crisp to match the melting butter that you are trying to grab.

Amongst the fondest memories I have from Doon School, is the particular evening when I was late for dinner and the ice cream was over, I don't think my child even wants that flavor, mild combination of less strawberry and more-watery nothing yet something we could kill for! Each person at my table passed his dessert plate to me, asking me to "dig" in. Bon Homie doesn't get better!

To an outsider, even to non-Dosco or Non-Scindian parent, the schools are nothing different from any other, maybe a little elite and possibly better infrastructure. It takes multiple years for students at either school to understand what these schools mean to us. No outsider can experience or understand that feeling, the bond, the close association of being a Scindian or a Dosco.

Both these schools give you a life in which every second on the campus is utilized to its maximum, charged with invisible energy and passion towards life itself. We live a dream for those few years and then spend the rest of our lives making the best of what we have learned and of course nostalgia haunts us more than our better halves!

I remember taking my class 11 boys to the Fort walls asking them to understand each element of the construction and exploring the reason for it being so placed. It was something that I did as a student at Doon and hence was most natural to me pass it on to the boys at Scindia ie moving away from the textbooks and seeking learning by experiencing. I can proudly say that I was bombarded with questions which made me spend endless hours in the library. I was a student yet again ensuring that my students continued to learn! This is how these schools work, we grow each day, both teachers and students alike. We water the very spirit of a student and ensure that the result is better and better every time.

I recall meeting the Principal at a school in Mumbai for my child's admission, the appointment was for five minutes and crisp enough for me to term it as a "business meeting". Then, although unfairly so, I tried to draw a parallel to the Headmaster at Doon and the Principal at Scindia. The access to both these offices is readily available and not surprisingly always child-centric, very much in tune with the spirit of the two schools. As a house captain in my final year at Doon, I could easily meet Mr Das, even if meant for a nice coffee, shamelessly making that a habit! I saw this happen at the Fort, where the senior management team always gave an ear to the student's concerns, and requests, which were often over the board to term it lightly!!

The lighter moments in the houses, the late-night gossips, and the early morning miseries, a feeling which bootlaces every boarding schoolboy. It will be unfair to keep the boarding houses out of this article. We share clothes, we polish shoes for each other, we ever make beds for others. As a custom at Doon, anyone who was excused from morning PT would make beds for his roommates, an exercise more rigorous than the PT itself. No complaints for sure. As a house captain, I had a study, though I do not recall using it much for there was never any room for me, being constantly occupied by others. In essence, owning anything in a boarding house is a myth!!

I will limit myself to these many words for I would go on writing and bore you all to death! Then again think about it, have you lived enough to be a Scindian or a Dosco?

**- Capt. ASHISH MISHRA
(EX FACULTY MEMBER TSS)**



OTT PLATFORMS

So what's the web show you're currently watching to pass your time while you sit in your house helplessly, waiting for the lockdown to end? There must be some because the enormous surge of OTT platforms, cannot be taken lightly. The degree of its growth can be justified by the fact that there were just 2 OTT platforms in 2012, but now, there are more than 30 of them. Maybe it's time for the Bollywood industry to reconsider its growth strategy

Unlike Cinemas, consumers are not bound by the timing of the show. The show timings, which cinemas adhere to might interfere with their daily schedule or other necessary work. OTT platforms give them the flexibility to binge-watch whenever they want to, alongside the ability to pause their show and play it later on. Content-lovers are present all around the globe. Rural citizens love to watch shows as much as urban citizens. However, they are restrained by the scarcity of cinemas in rural areas. OTT Platforms provide them with the opportunity of watching as many shows as they love from the comfort of their residence.

From many surveys on the Internet, it seems that content is the major reason, that is causing people to go digital. Today, how many of you can proclaim without any doubt that new Bollywood movies are anything but mediocre. A few years ago, movies seemed appealing for people to come and watch them in the cinema hall. Does

Shakuntala Devi urge you to watch it more than Bhaag Milkha Bhaag did? This demonstrates that Indian Cinema was better back then than today. Another aspect to look from is that Indian Cinema fails to target the youth as it is constricted by the orthodox censorship in India.

Have you also felt vulnerable or insecure in the cinema hall, when there are a bunch of other people who feel creepy to you? People enjoy their privacy. When COVID hit and lockdown was imposed people still were in search of a method to watch movies and shows without being infected by COVID. The only viable option was OTT, and it was a whole lot better than being bored in the four walls of your room. Majority of the people utilising OTT today weren't even aware of OTT platforms until COVID. They provide consumers with the ability to watch a catalogue of movies and shows without compromising their own safety.

OTT platforms introduce a whole new variety of entertainment perks. With characters such as Kaleen Bhaiya from Mirzapur or Bagga from College Romance, you might believe that OTT is only for youngsters. Well, that's not the case because according to some reports, an individual from the age of 37-50 spends as much time daily on these platforms as an individual at the age of 20-25. Since the growth of OTT platforms in India, people have moved from DTH to fire sticks to Smart TVs. OTT truly are the future of entertainment.

GAME OF
THRONES



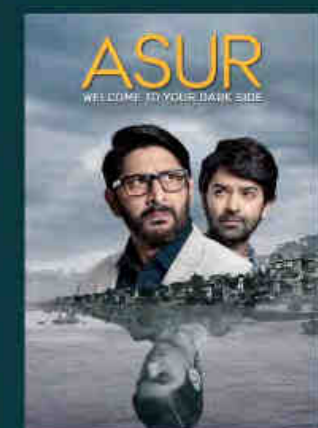
MIRZAPUR



The ~~Unmute~~ must watch

MOVIE

advocacy



OUR RECCOMENDATIONS



unMute

★ CLASSICS ★

ROCK

KURT COBAIN
NIRVANA ★

The **1975**
CONQUER

JIMI HENDRIX
psychedelic essentials

REEFER MADNESS

GUN N' ROSES

The Battle of the Bands :) NY V BD

AFTER THE DESTRUCTION
of the era

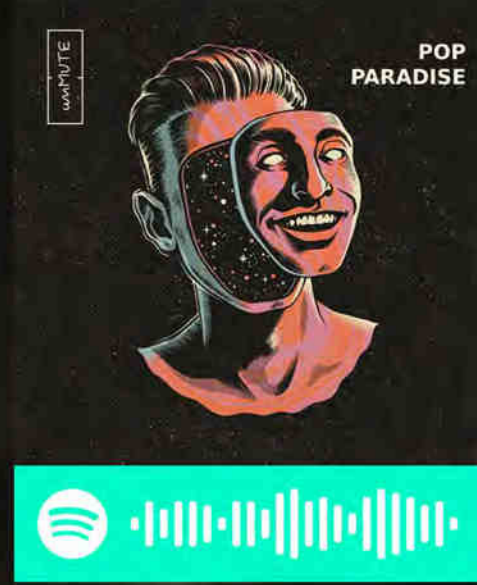
 **Spotify**
unMUTE.



medieval classics



the non-sexist bollywood playlist
Team Equiarchy



pop paradise

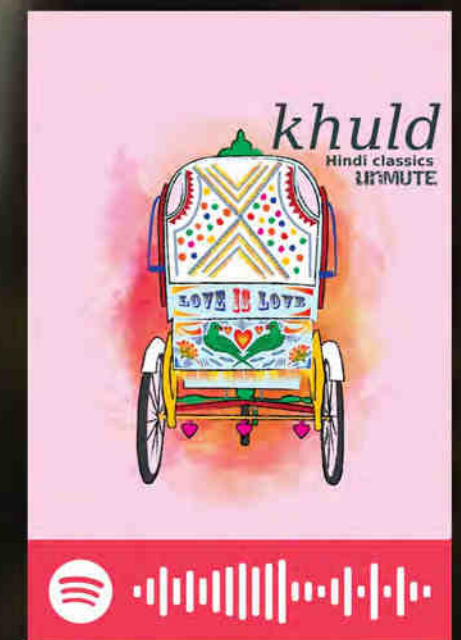
Equiarchy is a youth-led initiative that works towards achieving gender equality through feminism. It was started by five teenagers. Equiarchy believes in equal treatment of all genders by all genders and works consistently to contribute to the movement. Equiarchy has also organized various social media campaigns like the Pronoun Campaign and The Denim Day campaign. Recently, Equiarchy released its very own 'Non-Sexist Bollywood Playlist'. Equiarchy has also collaborated with other organizations like the Taarini Foundation. Equiarchy has its own newsletter too where writing and artwork are showcased.



first-rate EDMs



hip hop hours



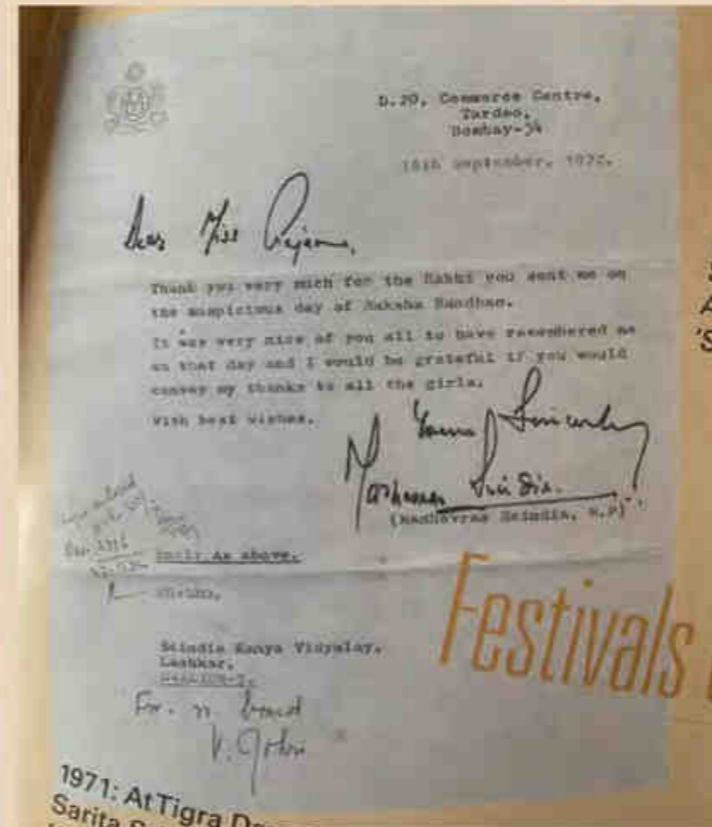
khuld



CREATING
'The Spirit of SKV'

As 2006 started, realising it was my Alma Mater's Golden Jubilee year, felt I needed to do my tiny bit to make it a memorable occasion. Having been a journalist and editor for over three decades, 'a book' immediately came to mind.

Living in Singapore, I emailed a 'cold call' proposal to SKV's Principal Suniti Sharma, asking if I could write about the 50-year history of the school. She responded immediately, saying she had to run it by the Board of Governors – and tentatively, could we meet in Delhi end-January.



Along with my two SKV alumni supporters of this concept, Livleen (Dhillon) Kahlon, my steadfast friend since 1958, and my sister Anita Dev, we met Suniti for lunch. The meeting was an obvious success – and the countdown started! Suniti reminded me that the launch was just over eight months away on our 50th Annual Day on 12th October 2006.



Remember, 15 years ago communication was much slower. Shooting out emails to the few teachers and school friends I was in touch with, I explained the five-decades concept of describing SKV through everyone's memories. The idea got an encouraging response from all.

Getting the green signal from BoG, Suniti invited me to SKV – to start from where it all had begun. I was back in those hallowed grounds after 45 years, where besides Kamala Bhavan, much had changed. During my two weeks there, Suniti efficiently set the wheels rolling – and continued being the bouncing board of my thoughts and ideas, and was an impartial advisor right till the launch.

She appointed English teacher Seema Dwivedi as my competent Assistant Editor who was a pillar of support, and researchers Seema Poddar and Sushma Somani along with some students. Literally, we searched through sacks, cartons, cupboards, and files for precious old photographs and archival material.

Every night my laptop mailbox was full of emails from known and unknown alumni.

This snowballed into an overwhelming response, eager ex-students, globally, wanting to share anecdotes and photographs of their days at SKV. More significantly, this exercise reconnected many students, though we did, regrettably, miss out on some. Overall, it created lots of lifelong friendships.

A few memorable pages in the book include Usha Raje Rana's 'The Maharani, My Mother,' where we 'see' our Founder as a mother through the eyes of her daughter... and of us young students too, "struck by her beauty, natural grace, and a carriage so striking that it set her apart from all others. Of being drawn by her personality, her charm, and her humility – a rare combination of traits in one human being." And how "Under her benevolent guidance, it {SKV} became a top grade girls' school with a reputation to be proud of. It now stands as a fitting tribute to the memory of its Founder." Here I have to add – Maharani Sahiba wore the most exquisite, delicate Chanderi saris, in a spectrum of colours and shades. My papa got me my first ever sari for my 16th birthday at SKV, a Chanderi from Gwalior!

Sushama Moghe Varma, who was then only 25, was the first teacher to join SKV on 1st July 1956. In her pages, 'SKV - Her Favourite Child', she writes, "In the kaleidoscope of memories, there were some vignettes which never fade. These are of our 'Maharani Sahiba' as we called Her Highness. She visited us almost every day. She understood that we, the teachers in the hostel, between 20 and 30 years, were also young, and away from home. She spoke to us like we were her special charges, asking about our families, Till August I was feverishly writing, editing, collecting photographs, and compiling content. The book is divided into five decades - 1956 to 2006. Each decade further has chapters covering every aspect of boarding school life and the evolvement over the years. Indicative of the passing years is the transition from b/w photos in the first two decades to coloured photographs subsequently.

Publisher Navin Berry, Director, Cross Section Publishing Pvt Ltd, New Delhi, took over the designing and printing - a big load off our hands. Having written for him since 1982, I was aware of his competency. Navin designated designer Sudeep Mazumdar for the layout. He scanned each photograph and document - and patiently and uncomplainingly changed the designs when required.

A BIG help during this time was our English teacher, Sushama Varma Didi, who would come a long distance from her home to the office during Delhi's searing summer days. She spent hours going through the proofs, suggesting a choice of photographs and layout, and helped in editing the text. Most critical was her vivid memory which helped us to correct dates and appropriately caption early photographs by identifying teachers and students and the occasions featured.

Finally, on 11th October there was a book release in SKV by HH Rajmata Madhavi Raje Scindia. The next day, our 50th Annual Day, the Guest of Honour, President APJ Abdul Kalam, launched the 'Spirit of SKV'. Hopefully, it has since found a permanent place in the library at Rashtrapati Bhavan!

In retrospect, while our Chronicle of a Girl's School tells the story of SKV's first 50 years - it epitomises the 'Spirit of SKV' - which will forever be personified in each one of us....

- Amita (Dev) Sarwal, Editor
Batch of 1961



SHOOT



**VEER RAJ
JE (XII)**

OUTS



We started off this journey as 3 Teenagers from the Scindia School, with a goal to make an impact. Starting a year back with conducting MUNs and Conclaves and gradually raising money for the aim we developed and planned to move further with spread awareness and making an impact.

Charity sees the need, not the cause, and is an act of power, a priority and hope. We reside in a world, of misery, of difficulties but of hope, and generosity too. Unitum Trust, hence, wants this hope, to come real for one is who are troubled economically, morally, and socially. We tend to spread awareness, provide guidelines, and donate food or necessities. We make a living by what we get, but we make a life by what we give. Following these principles, we aim to bring positive changes to the society and make it a better place.

**-Ayushman Rai
Founder Unitum
Trust**



**VISHNUDEEP TYAGI
EX JA(2021)**



**SHIVANG KUMAR
EX RN(2021)**

All of these organizations are Non-Profit Organizations.



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@tabularasaasocial
@unitum_trust

Hotdogs is a youth-led social organization with socially conscious leaders that aims to carve an impact on zero hunger and life on land with the help of people through their assistance to make this world a better place, safe for the future by taking various steps and actions. Hotdogs is an ever-growing group of individuals who value the resources and believe in practical actions, based in India. We believe that every living being deserves to be treated well with love and wisdom. No child or person should go to bed at night with an empty stomach and no hope.

"Tabula Rasa- A Social Enterprise" is a non-government and non-profit organization that works towards the rehabilitation of prisoners across 4 central jails of Bihar. It includes various skill-building and educational programs. Some of them include basic general knowledge, computer skills, Vocational courses, Madhubani painting, Manjusha art, Jhumari dance, etc. It is headed by Veer Raj, a senior at The Scindia School, Gwalior. Tabula Rasa has won many awards and accolades from various institutions. It was named as "Top 10 startups to watch for in 2021" by Business Connect and Veer Won the "Young Entrepreneur Award 2020" by Indian Achievers Forum. Tabula Rasa has transformed the lives of 500 prisoners by March 2021. It aims to reach to 2000 prisoners by year-end.

Slate and scribble is a non-profit website where we work with raw artists for blogs, sketches, and other creative stuff. It's a website particularly made for gen-Z. The blogs would be relatable and something that our generation will be interested to read about. We also put up sketches with each blog that opens a space for people who want to collab. With this, we have weekly Spotify playlists as a side thing for our audience, and one of the biggest things we will soon be coming up with is music production and collaboration where we'll be making our own beats and songs!

We started this website with the aim to create a positive impact on gen-Z and to deliver our opinion about various topics covered in our blogs.

-SOMYA GOPAL (XI)

Art has always been a source of peace in the midst of turmoil, and it has always assisted me in connecting with my inner self. Keeping this in mind, and combining it with my enthusiasm for the topic, I decided to create an Instagram page to showcase my abilities.

My goal in creating this page was to create a socially engaging gallery for my creative works and to engage with other artists and those who aspire to be artists. I recently held a virtual workshop on Mandala Art in order to share all of my information about this particular type of art form with those who are interested in studying it. My long-term goals include holding more workshops with aspiring artists and collaborating with others to broaden my horizons.

-VIBHA JAIN (2021)

I am Harshita Agrawal, a student of class XI. I am a paper crafter.

I have always loved creating pieces of art. The look of the outcome of my hard work never fails to truly satisfy me. I absolutely enjoy escaping the world with the help of art. I am really glad to have something in which I can completely lose myself. I also urge all of you to do what you love, it's always worth it.

To learn about paper crafting, check out my Instagram handle and YouTube channel where I post tutorials regularly.

-HARSHITA AGRAWAL (XI)



Be Mine

Vedanga Nag (Ex MD 2021) and Arya Adhikari (Ex MJ 2021) are releasing Be Mine on 22 August 2021.



 **unluv.music**

'cheap wine & pretty girls' is a three-song EP simply about every college student who is simply finding love in the new world and is trying to make the most out of this new adult life. Produced, written, and performed by unluv, it showcases the new modern-electronic pop sound that he is venturing into and would like to share with the world.

**SHUBHAM AGARWAL
EX JA(2019)**

My elder sister organized a dog feeding and clothing drive and I decided to take part in it. As the winters are really harsh on the stray dogs, they sleep beside corpses for heat. The puppies are unable to do so, therefore most of them are unable to survive.

We decided to take a small initiative and made dogs wear jackets for warmth in the winter and also gave them some comfort by feeding them. We had a target of 100 dogs and we were able to successfully achieve the goal. The feelings I felt were surreal seeing the dogs so happy and fulfilled.

JASLEEN JOHAR (XI)

 **SMOKING
GLUEGUN**

Making a **DIFFERENCE**

Make A Difference, as an initiative for searching (and coordinating) Covid-19 resources was the consequence of a successful experiment to achieve the same objective, but on a smaller scale. At the beginning of the 2nd wave, my classmates and I came together to help find and coordinate the required resources (oxygen, anti-viral drugs, hospital beds, plasma/blood). Since our strategy and effort presented results, I created MAD. This was to open the services of the initiative to a larger number of people. Through MAD Instagram page, all those who needed assistance (with finding a particular resource) or volunteered to provide them were connected with each other. The wave took a toll on our team as well. Since the operations of the initiative couldn't be compromised. We had to go for a team expansion, wherein students from my college, irrespective of course or year volunteered to work behind the scenes. My college senior, Mr. Rajat Pandey helped with bringing in volunteers and supported in efficiently managing the team.

The team was named 'Covid Response Task Force' (CRTF). Children were losing their parents, institutions were losing its members and it was happening in our college as well. Death notifications had become a daily affair even in the household. One of my Professors inspired us to take up this initiative and I was put in to lead the same. We aimed to do our bit and contribute to a cause. Moreover, we wanted to bring calm amidst the prevalent chaos. Social media was buzzing with information for and about requests and it was the right opportunity to utilize the same for which we built an integrated platform (MAD insta page) to spread awareness and regulate resources at the same time.

Modus Operandi: Division of the Core Team into resource-specific, dedicated sub-teams headed by a leader to ensure coordination; an open WhatsApp group to enter requests and resources, apart from MAD Instagram page. All queries that would come in were directed to the relevant team to look for the same, as and where required. The platform remained active 24/7. A team to keep the record of solved cases was set up as well. The same team was also responsible to take follow-ups from patients who were provided with help, on a regular basis. One separate team was responsible to manage our public messages.

NITYA MEHRA
EX MD(2020)

"By the 2nd of July, the team had solved over 100 cases and had a network of over 170 volunteers/ members, directly connected to the WhatsApp group."

Hi, my name is Shivang and I'm a certified nutritionist. Nutrition or food science has always been a hobby for me, from keeping up a check on my diet to comparing different food and nutrients, I decided to explore this field by gaining more knowledge. While 2020-21 CBSE boards were getting delayed due to covid 19. I chose to explore and grow more in this arena instead of just letting this time fly. There are many ways to love your body, but fueling your body with nutritious food is the highest form of self-respect. All of us live with a motto which is taught by our parents that is, 'health is wealth'. The field of nutrition is so vast that it is never-ending. Especially in a country like India that is so diverse, we have different types of varieties for almost everything, we should be aware of what we are eating and how it is going to have an impact on our body. I had ACL surgery on my right knee a year ago, after that, I had to face so many complications in my diet which included tons of medicines too. Though I got time to think about it and it led me towards this field of nutrition where I found the secret way to love myself.

SHIVANG KUMAR
EX RN(2021)

I completed my Level 2 nutrition course at a yoga institute in May 2021. Ever since I completed my course I have come across different types of clients and their problems from losing weight to gaining it. And ever since then, I have been advising people on matters of food and nutrition and their impact on health. I advise pregnant and lactating women for free as a service to humanity. I make diet charts for people who need them, I help people overcome various problems through food which is called food therapy as this is the most organic and pure way of curing anything. Looking forward to helping out as many people as I can and serve the community in the best way possible.

"In the near future, I am planning to do a 1-year diploma course in India, which is going to be an advanced study in the field of nutrition, and then go to the UK to complete my graduation in Sports Psychology."

IN CONVERSATION WITH PRANAV DARSHAN

Pranav Darshan is an old boy of the Scindia School batch of 2014. He was the Senior School Prefect of batch of 2013-14. After passing out from The Scindia School, Mr. Darshan went to Trinity College Dublin, Ireland and graduated from there in 2019. Now he is a great writer and a psychoanalyst who works towards the betterment of people's mental health.

Can you tell us something more about school life and how has the school helped you to become successful in life?

I do need to say this as I am probably in the minority of people who do not have a tinted look at the school, I tend to look at the school as a mixed bag. There are good things about it and there are not so good things about it too. I always say this every time the conversation of Scindia comes up, that my life would have been so much different had I not been to the school because the most important thing that the school had done to me was to allow me access to so many different opportunities. I used to be a debater at school, and it was hard to keep in school. I would always go for debates and that helped me to be more confident. I went to for exchange programme in Canada in grade 11th and it was a long exchange. I think it was 4 or 5 months, all because my vice principal at the time took a chance on me and that changed my life! I am a writer and I met friends at the fort who were aiming to be one and we all fed into each other's creativity. When most kids were in the common room watching movies, few of us would either be walking around the fort wall back in the day or just find a little corner and come up with these different words.

Do you think the busy schedule which the Scindians have, has helped you while you were in Dublin?

So much! I cannot tell you how important it was to be set into the routine that the school brought in and the discipline of waking up at God knows half five or six.

That discipline of negotiating your private life, your work but also doing a lot of fitness and health, all sort of came from the chaotic energy that the school tend to have.

I know so many old boys and former students come and talk about 'Asthachal'. I cannot tell you how much I miss it, I do! I would kill to have 30 minutes in my day where I look at the sunset at the peaceful quiet of the fort and just think about life. I never appreciated it while I was in the fort but cher-

ished the time at 'Asthachal'. Nothing comes close to the Asthachal, Gandhi Ji's statue, the peace and everything.

You mentioned in one of your articles that you were not much into sports. So, don't you think that students studying in a boarding school need to be involved in sports activities because of the physical and mental impact of it on the students?

I used to play squash and I used to enjoy it, but I was never good at it and I never saw the value in it beyond fitness. My biggest problem was being forced to do things, still, if you force me to do something, I will make up every excuse to not do it.

All in all, sports are essential for people to catch up with friends, release stress and stay fit. We all have been witnessed it when two houses are playing a match together and there are people on the sides cheering you, who doesn't want to be the person in the middle of the pitch playing that sport at that time. It is just goddam incredible! The world cup doesn't stand a chance against Madhav vs Jayappa football matches.

You have also said in one of your articles that you were quite emotional in school and you were bullied for that. So what advice would you give to a young Scindian who is going through such a situation?

First of all, I want to give a big shoutout to the people in my house and not just my batchmates. I wouldn't have made it through school had my Madhav and Shivaji friends not be there.

Again we were in a very different time. A lot of us were negotiating the culture of masculinity that existed on the fort and you can't help but have some negativity in that process. If you cry you are not a man, if you don't play sports you are not a man and such rules just really didn't make sense to me.

Up until I left for Canada I figured that there was no way to survive as an emotional man and I really can't blame anybody. If you were bullied in grade 6th or so, chances are you will do it to your juniors not because you want to but that is the only model

that you know of maintaining control and dominance in a house.

As a psychoanalyst, how do you think the lockdown has affected children and how do they get out of it?

I have extensive work experience in mental health but a very limited capacity. But if there was ever a time when people needed to focus on mental health, I think it's now. Being cooped up within your four walls is a trying time, it's trying for everybody. I think the best thing that ever came out of this pandemic is that people have started to communicate, which is so important. But I think we need programmes on an institution-based level, where people like me, who are experienced in delivering emotional resilience training, which will make someone a better person. That's where you begin because still a lot of people have a perception of mental health that psychologists read minds. I wish I could but apparently, that's not the case. For the students, I would say, being connected with your friends is more important than ever and just know that it's okay to not be okay. So there have been changes, people are more comfortable talking about emotions. I think baby are steps being taken. Maybe someday we will have a resident psychologist on the fort and that would be incredible.

Do you think being the SSP of the school helped you in your college life?

I want to lie and say that it was the greatest experience ever but I need to be frank. The experience wasn't really good majorly because of the responsibility but I cannot express how grateful and proud I was to know that the school acknowledged me as being worthy and capable of the job. One experience that taught me about empathy was that there was a 6th grader who needed somebody to talk to and I was the only person at that moment who saw him crying but I knew I had to go and comfort the grade 6th kid, I hope the boy is living a great happy life now. Another thing that being the SSP showed me was that in the moments where I was not authentic of who I was as a person my leadership failed because I was trying to be someone that I wasn't. I tried to be that senior who shows his seniority and whenever I tried to do it, I fell face first and made a fool of myself. Although while I was myself and damn cared what people thought if I talked to the kid instead of toughening him up, I flourished as a leader, I became a better human being.

How good is The Scindia School according to you in guiding teenagers as most of them are going through mental changes?

I can only speak from my perspective. Those 4 years I spent at the fort was incredible because of the incredible teachers. I am who I am today truly because of the teachers. Mr Manoj Mishra, Mr Prashant Chaturvedi, Mrs Siriah. These teachers were the foundation of who I ended up being as a human and I think we need teachers a lot more like that. All these different teachers in my life showed me empathy. It is important as when I talk about empathy and leadership they demonstrated that for me. I didn't learn it from anyone but them. I have written about it in one of my essays called 'Fourteen' which is in The Write-up Project. They never imposed the model of masculinity on me nor the notion of being the ideal student. Coming back to answer the question there really isn't a clear answer to it.

Message to the students

I have never been asked to do this before so I have to pick my words very carefully.

I think the pandemic has been an interesting time for all of us. We all had an idea of who we wanted to be before the March of 2020 and the pandemic took all of that and put it in the box and shook it up and threw it in front of us. There is nothing I can say but what I will say is, that the fort has always been such a strong community of fraternity and brotherhood, which comes with all of its perks. All I am saying is if there was ever a time to do what brings you joy it is now. Take those beans to plant them in the ground, it will grow up to a bean stock, maybe it won't but you have to do take the initiative. Make the most of the time in the fort. I miss the fort a lot and I am sure you will too.



ONE ON ONE WITH Ms. Chitra Chandran (Batch of 1962)

What led you to choose your current profession and specialization?

I was an only child to my parents and I was always very fond of animals, that's why I'm a vegetarian now. I wanted to be a vet but my parents were a little bit doubtful. They said, "Do medicine then, you can always do veterinary work after that." In hindsight, I'm glad I did pediatrics rather than veterinary science. The specialization I've chosen is helping children with difficult developmental problems, behavioral problems, etc. I found developmental and behavioral pediatrics, a few years ago, with a colleague of mine and we've got quite a team of pediatricians now. We work in private practice and in hospitals.

What made you relocate to Australia?

In 1971, a lot of us were going to America at that stage for post-graduation, so I left with a couple of other friends of mine who were also going there. I had a cousin of mine already in New York, so I wasn't going to be totally alone there. I went to do my post-graduate pediatrics there in New York. It was the days of the Beatles and days of all the American bands, you know America was the place to go.

I met my future husband in an American medical school and we were from different communities. As you know, these days there are a lot of inter-community marriages now but it wasn't the case back then. We had a very expensive long distance courtship and as I said, it would take a long time for the call to come through. But anyway, it lasted the distance. That's why I came to Australia because my husband had been offered a job in Australia in psychiatry.

Shifting to a foreign place always comes with hardships, what were yours?

We're talking about 50 years ago. As I said, I had the luxury of knowing people before I went to New York, but things were very different back in those days. Communication was tough, there was no internet and we didn't have the fancy things we have now, so it was very hard. If you were a vegetarian, all you got was boiled carrots and potatoes, so food and groceries were a problem. Language wasn't a problem since we spoke English because both my parents worked as doctors in the army and my in-laws did too. It's completely different now, you can get any type of food, you get in India. It's hard for people when they move but we were lucky. Australia has

particularly friendly and welcoming people. Also, keeping in mind that we were high level immigration doctors, it was different and in those days you needed doctors. My husband came to Australia near the end of the White Australia Policy, so there was a little bit of discrimination. It was a very different scenario then. Even though I had done my post graduation in America, I had to do my further studies and give exams here to qualify to work. So, there were no hardships in that way, we just tried to assimilate into the community. There were very few Indians in those days and if you saw another Indian, you would cross the street and say hi to them. Now of course we're flooded with Indians here. Those days it was a pleasure to see another person with brown skin.

Do you have any advice for those considering going abroad, keeping in mind the changes that have taken place in Australia when you first went and the present scenario?

The present scenario is very different as I mentioned. I think there's no quota system in Australia where a few professions are welcome because there is a shortage of them. India excels in every field these days so for further studies, I would say come back to India. There's a lot to be done there and it's a great country. I had all intentions of going back but somehow you get caught up and you get involved in life abroad. I would say, if you go out with a view to come back and give to your country, that would be great. I think India is a great country to live in and I would encourage youngsters to go back there with the knowledge you retained outside.

When did you start the NGD and what were the reasons for doing so?

We started in 1992 in Australia. The idea was to give back to the country that educated us almost for free and gave so much to us. We started off by helping the poor and disadvantaged. We worked in places like Papua New Guinea and the local communities. We also were working with the schizophrenia foundation, because my husband is a psychiatrist. My father in law was the director of a vaccine manufacturing institute, so he helped us. We started in 2004 after the tsunami, so we first opened the healthcare centre. Then, there was a great need of help for abandoned children because of the high rate of female infanticide in India. We also felt the need to help in education and community work like waste management, water harvesting and educa-

tion programs for villagers. We have a women's centre where they learn tailoring. We also helped villagers with micro finance especially during the demonetisation period.

Tamil Nadu and Melbourne are thousands of miles apart, what are the challenges you face because of this distance?

We had to make two or three trips to India in a year which was very expensive for us, because we were funding it all ourselves. We had to do that otherwise it was difficult because of no internet and we used only fax. Somehow, we persevered. It was difficult because of the bureaucracy and how things work in India, everyone expects their palms to be greased but that was something that we refused to do from the start. So, everything took longer, but we managed.

You were the first one to receive the Vijaya Award from our school, would you please share with us how you felt about this achievement?

It was the 50th anniversary of our school, so a lot of our classmates and teachers were there. There was a lot of security because President A.P.J. Abdul Kalam was coming and he was the one presenting the award. When I went up on the stage, to receive the award, there were several other people on stage like ministers but he was the only one who stood up. He's a thorough gentleman. I gave him a copy of a book of our foundation. About a month later, we had a visit from someone to check out our foundation. A week later, we received a personal donation from Abdul Kalam from his personal funds. Also, it was a great feeling meeting all my friends and teachers. In fact we celebrated one of my teachers' 90th birthdays. She was very touched we remembered her.

Ma'am, what was one of your dearest memories of school?

I remember once we went on a train trip and I think we were going down south. I remember taking one of the sauce plates and throwing it out of the train window and I said, "Oh! There is the flying saucer!" My friends reminded me of this. We used to get punished for things like climbing over the SKV wall and going to the train station. We had an English teacher called Jamila di and she was strict with us but we have some lovely memories with her during school plays. The school was in the palace grounds before, so we had an intimate relationship with the Maharani and we used to go into the palace. The princesses were studying with us too back then. I also remember going to the boys' school for our Cambridge exams and after the exam ended, we would spill our inks all over the ground on the way back. Looking back, it was really environmentally

unfriendly.

Any advice you would like to give to our students?

Pursue your passions, no matter what field it is. Do it well. By all means and study where you want but keep in mind what your country has given you. There's a lot that you need to give back to the country. We need to contribute to our country and make it greater. It would be good to give back. I'm very proud of all of you.



Tête-à-Tête with Ms. Mehak Luthra (Batch of 2003)

What is it that you love the most about your profession?

What I love the most is the contact with people from all over the world, being in the sales team in the fashion industry. I work with a lot of international buyers from all over the world. Travelling was the best part until covid happened.

As you were the prefect, vice head girl, and also the captain of your house, would you like to share with us how holding these posts played an important role in your life?

I think that I was given the post because I was responsible so I have carried on from there. I think that what you do in school or what you do growing up, you take it with you throughout your life. Being a school leader has been a part of my life further on. Taking responsible roles in companies has come naturally to me, thanks to having held posts during school.

What are the hardships that you face being a sales manager in a foreign country that is the hub of high fashion? What are the problems you faced till you were accepted on your merit?

I have been living in Italy for 15 years so it doesn't feel like a foreign country anymore. It's like home to me. Of course in the beginning it was difficult. The fashion here is very different from what it was back in India. It took me a while to understand fashion but I had good teachers till my masters. In the company of my first job too, people were very helpful and I learned a lot from them. My curiosity to go and increase my knowledge about fashion played a role too.

I would say there were challenges and I realized earlier on that I had to prepare myself and be more informed about the fashion culture here than what I knew about the fashion back in India, which was very little because I was 23 when I came to Italy to do my masters. What I knew back in India was through newspapers but here, it was different.

Would you please share with us some of your most cherished memories of this school?

Ahh, there are several. Time with friends, all the events, the founders day, sports day, the practices. My favorite time was the Astachal, just after tea time and before study time. I remember the notorious memories when we were caught eating tuck or ordering food from outside. That was in the hostel in school, everything, the debates, dance, drama,

and practising for all that. I remember when it would start raining during the republic parade. There's not one thing I remember. I spent 8 years in SKV, that's a lot of time. So, there isn't one specific memory that I'd say, I remember that time, there are several things. When I sit with my friends I seem to recall everything though.

What is your advice for the people who are aspiring to join the fashion industry or work in sales?

My advice is to be prepared. Read as much as possible. Read *The Business of Fashion*, an online magazine full of knowledge of the fashion industry. Read *Financial Times* and the lifestyle sections in papers. Follow designers on all social media platforms. Be updated and stay informed. If there's one fashion designer you're passionate about, focus on that, but there's more to the industry. Whether it's the Indian fashion industry or New York or Milan, start being informed. Even if you don't understand or learn everything, reading helps you have some sort of clear idea, which helps you have a grip when you join the industry.

How has the pandemic affected your job?

I don't get to travel, I don't get to see my clients in person or see the stores that I work with. It's become a video call job now. I do all my work on Zoom. It's not fun anymore. I used to travel throughout the world for work so not being able to travel is a huge setback.

Was staying in Italy always the plan?

No, since I was active socially, I was also very patriotic. I thought that I would come back to India and do something. I still want to return to India and do something eventually. I knew that I wanted to study and have work experience in Italy, but that experience lasted up till now. I'm very fluid, you never know what happens, so I might come back one day or I may not. Keep your options open.

Could you please tell us about the fashion week and how chaotic it gets?

Fashion weeks are the busiest times of the year. It's when all the buyers from all over the world travel to Milan, London, and Paris for a week. We as sales managers have back-to-back appointments with different buyers. We present them the collection, take their orders, answer their queries and spend time with them. So we just work for 3 weeks continuously with no breaks. It's a nonstop ride. It's the most

chaotic but the best time. We have to be prepared for those weeks from months ahead. We book appointments, talk to clients and discuss designs with designers. There's loads of work.

Please tell us about the evolution of brands like Off White in the industry.

Off White is the strongest brand that created a trend for streetwear. Virgil Abloh is also now a designer for Louis Vuitton's mens collection. You can imagine the strength this brand has created. It is something everybody wants to be dressed in no matter what's the price. The sweatshirts and sweatpants that you would not spend so much money on earlier, now you see people spend almost 500-600 Euros for them. You also start seeing other brands doing the same. Such clothing became a part of the mainstream collection in fashion because of Off White. It was a revolution.

What was your reaction when you heard of unMUTE?

I think it is great. During our times, the only form of communication we had with the boys was the socials. We would meet each other briefly. I think it is exciting. It's good to join forces and learn from each other. At that age, there's a lot to learn. More the people, more enriching are the experiences. I think it is very exciting for the readers too.



IN CONVERSATION WITH Pankaj Bhadouria

Were you interested in cooking from the childhood or it developed over time?

I was interested in cooking right from my childhood. In fact, I've been cooking since the age of 11. And cooking was a huge part of our daily life. So, getting interested in cooking came very naturally because we're all very fond of food. So yes, that fondness for food led to fondness of cooking as well. And so I started cooking very early in life.

Was your mother the person to teach you cooking or you learn it by yourself?

No, nobody had to force me to learn cooking at all. Both my mom and dad were excellent cooks. And as I grew up watching them cook together. In fact, the meal times were spent more on the kitchen slab for us as kids sitting there watching them cook and eating together. So, cooking became a part of a very important quality time that all of us would spend together. I just gradually picked it up and started taking over like move today I will make the food. That's where it stems from

You had a successful career as a teacher of 16 to 17 years that to in a well-recognized school. So, was it a tough decision for you to jump into the cooking stream?

To tell you the truth, I really enjoyed my teaching career because I've been teaching for about, as you said, 16 to 17 years. I taught classes 11 and 12 English literature, which was my favourite subject too. But then when this opportunity came my way, it somehow seemed as if this is what I needed to do at that point of time in life and although I wanted to put both the things together, but as destiny would have it, I had to make a choice. I chose cooking over the other and it was a very difficult decision. But I'm happy that I took that decision at that time.

What is the reason or hidden mantra about your passion for cooking?

There is no hidden reason or mantra to tell you the truth, it's simply an interest. As I told you, I'm very fond of eating good food and that fondness for good food is what led to the fondness for cooking as well. Just that passion, practice, perseverance all these things put together, give you what is success or give you good performance in whatever you do. I believe that's what has helped me too.

As you know our generation says that cooking is a 'boring task'. What are your views on it?

Your generation wants instant results, right? Your generation wants that whatever hard work you do, you should get the reward instantly. You click a good picture and you share it on your social media, every two minutes you're checking the number of likes on that because you are looking for instant gratification of the effort you broke in putting that picture there. I don't understand why cooking should be looked down upon or should not be interesting to you people. Cooking is something that gives you an instant result. You've looked at cooking as a task, as a chore, and I believe that is why you don't like it. But the day you understand this can be so immensely satisfying and gratifying as well. Believe me, you all enjoy cooking. That way it's just a matter of interest. The day you start seeing it like that, you will enjoy it.

Can you tell us more your life as a teacher?

As I told you, I taught classes 11 and 12 English for almost about 16 to 17 years. But my life as a teacher did not end over there. I have a Culinary Academy for the past eight years now, so I'm still a teacher there and then I do food shows and teach 40 million instead of a class of 40. When I share my videos on social media, I'm again the teacher there. To say that I am not a teacher anymore would be a little upsetting for me. I'm still a teacher, and I enjoyed that life as an English teacher. And today I'm enjoying my life as a culinary art's teacher as well.

Do you have any advice for young chefs?

I would like to say to them that it's a very good field that they have selected because this is one profession that helps you to put smiles on so many different faces. When people eat your food, when they smile, all your efforts have been paid 10 times. These days people will call out the chef and thank them for the beautiful meal that they've enjoyed. It's simply practice perseverance, patience and passion. All these put together is what gives you success in life. There was a play I taught in class Pygmalion by George Bernard show. So, in that the protagonist of the play, Professor Higgins says "happy is the man who can make a living by his hobby." I am living that and I'm actually making a profession out of my hobby and as a teacher, all the more.

Looking back to your life, do you have any regrets or mistake that you want to rectify?

No, absolutely not I do not have regrets for whatever decision I took as I kept in mind the circumstanc-

es at those times. I welcome all the mistakes that I have made in my life because those mistakes have enriched me with experiences and had it not been for those experiences, I would not have been the person that I am today. I take them as a part of my life and no regrets at all for whatever I have done because today, if I think about them, I may have made some different decisions at this particular age, but at that time, they were the best things to be done to my knowledge so I did them.

What do you consider your very first step that laid down your successful career as a chef?

My career as a chef began the day, I won MasterChef. Now the question was how to take that forward and how to ensure that the success that had come my way should stay.

That's where my training as a teacher came in handy and how I would tell my students to do all their homework, I was one of the best prepared people along the set because I had done my homework very well and from there on I made it a point that whatever I say, whatever I do should be backed by thorough knowledge, lots of research, and I should be able to justify whatever I have achieved. That stood by me in good stead and help me on.

The journey of MasterChef might have been very hectic. So how did you calm your mind?

By taking every step, every day, every task as it came to me, and with God Grace, I'm a very patient person, I was one of the calmest person on the set all the time on the show. I would read a lot. I'm a voracious reader, love reading and whenever we came back, I would take a book, sit in one corner, relax and just simply enjoy the day or go to sleep. That's all I did



Tête-à-Tête with Priyam Yonzon

Please tell us about your childhood?

I studied in an all-male school and it was pretty homophobic. If the school was like that right now, it would have probably gotten canceled. Right now everyone would speak up against atrocities but, at that time, especially in middle school, no one would speak up. Everyone was homophobic. It was tough. After I finished middle school, I went to a co-ed school for high school. It was nice there and everyone was open-minded. The people back in my previous school though would tell me to try to change me and tell me that they were trying to make my life better. They would just go against everything that my friends and I did. In my high school, everyone was very supportive. After that, I joined college.

What are you majoring in, in college right now?

Right now, I am doing a BA in English.

What made you start creating content and what keeps you motivated?

The people who always supported me and showed so much love towards me, expect something from me. So, I like to entertain them, being an entertainer. That was what made me start creating content. I did it, people supported me and I continued.

Please share your fashion journey up till now.

I look for lasting fashion. I don't follow fast fashion. I always go for something that's minimalistic, compared to the dramatic stuff. Yes, I do that for Instagram but, in real life, I don't go for that. I go for something simple and comfortable, nothing extravagant.

How do you manage your life as a social media influencer and a student at the same time?

It's pretty hard and stressful. Once you start putting out content, you put in so much effort doing it and of course, you don't do it just for likes and followers. Instagram has grown as a business platform so, I accept all the brand collaborations. Then, I have my college life on the other hand which is pressurizing. It's tough but I manage. I don't make a routine but it just happens side by side, I handle it.

What would you say is the best part about what you do?

I really adore the people who support me. Looking at them and their reactions towards what I do is really exciting. That's one part. The other is, all the content is created by me, single handedly. All the recording, preparations, etc. Seeing the final result

just like how it was when I envisioned it in my mind is very exciting.

Seeing your Instagram account, you have done several collaborations and photoshoots. Please tell us more about them.

Sometimes it's really hard and I get frustrated when the idea I have in my mind doesn't turn out the same in reality. Most of the time, I try to make the best content and putting all my effort into it.

Do you have any people you look up to in matters related to fashion or generally too?

I look up to high fashion brands. I don't have a certain person that I look up to but I learn through what I see. For example, my explore page or if I see people dressed well in public.

You said that you faced several hardships in middle school. How was it? Also, how did it feel when you conquered it?

To be honest, at that time, it was really traumatizing. I hope that no one ever has to go through that. Our teachers used to pressurize us so much to the point that we used to get suicidal thoughts. They used to drag us down so bad, that we felt terrible about ourselves. The way that we treat and think of the LGBTQ+ community now, was not the same before. Right now, people are supportive and will stand up against the wrongs. Even I went through the change of accepting myself and everything around me. I didn't suddenly think, "I am going to do what I want to." I changed with time too.

How do you imagine yourself in the present, if you were not a content creator?

I used to be pretty studious in school. So I guess, I would be preparing for some exams for my career.

You talked about your school life. Have those people who tried to bring you down, tried to make amends with you?

Some have. I live in a small town, Darjeeling, you know every third person on the streets. When they saw me on YouTube or on a billboard in my town, they were supportive towards it, but I won't be able to accept their apologies. What I had to go through in school was too traumatizing that an apology wouldn't cover up for what they did to me.

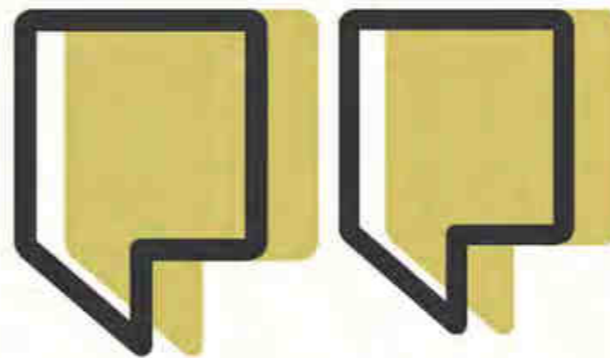
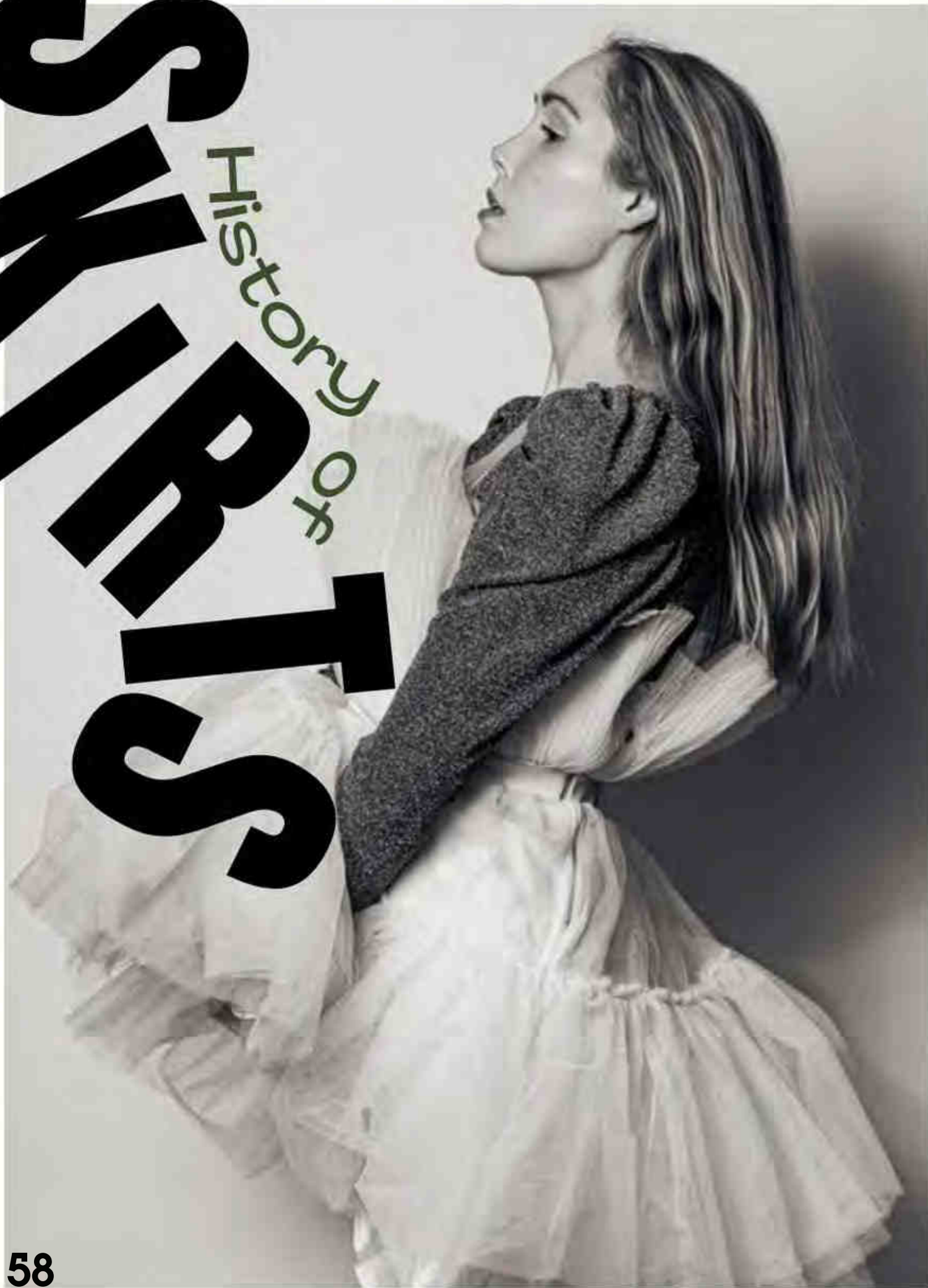
Do you have any message for our audience?

I would say be yourself. Do you and wear what you want to wear. I get this question pretty often and I say the same thing because I stand by it. Don't think about others' opinions. At the end of the day, you're the one who's gonna stand up for yourself.



SKIRTS

History of



Fashion is a faithful mirror of societal change—and the skirt has one of the most telling reflections of all.

If there is a type of clothing having a rich history through the ages, it is most definitely the skirt. From the straw-woven skirt dating back to 3900 BC in Armenia up to the array of maxis, midis and minis (and everything in between) available nowadays, the skirt has dominated women's wardrobe.

Skirts are one of the oldest styles of garment known to mankind: after the loincloth, it was the skirt that graced the human form. Once a rectangular piece of material, be it animal skin or leaves woven together, was wrapped around the waist, the essential skirt was created.

Skirts can be sassy, flirty, severe, fun or elegant, but all of them emphasize one quality; and that is femininity. There was a time when European women wore nothing but dresses and skirts, even to the point that the word "skirt" became slang for "woman" in the English language. But skirts were not always as feminine as they are today.

" SKIRTS WERE DISCOVERED FOR MEN "

The skirt goes back centuries in Ancient Egypt. Curiously the first 'skirts' were worn by men. These simple garments were similar to a wrap around skirt that was belted at the waist, called the Shendyt.

Importantly, men as well as women wore skirts, and ancient art shows remarkably "manly" men in skirts. But as time passed, it was women who became known for wearing skirts with few exceptions like Scotsmen, who still wear their kilts on traditional occasions.

SKIRTS IN THE MIDDLE AGE

In the Middle Ages skirts were generally high waisted, running from the bust to the ankles and made from heavy materials in dark colours. Eventually between the 17th and 18th centuries volume was added in the form of hoops which in addition to the use of corsets, gave the appearance of an extremely thin waist. The late 19th century would see silhouettes narrow again, gathered at the back into a bustle while the introduction of the rainy daisy skirt in the 1890s.

During the Victorian era, dresses were still dominant and clothing etiquette was very strict. Dresses covered the whole body, and corsets and bustles were essential in the early Victorian era woman's wardrobe. However, that began to change in the late 1890s. During the early years of the Edwardian era, separate jackets and skirts were all the rage, making the outfits less restrictive than the previous austere Victorian period.

THE 20 CENTURY: SKIRTS BECAME ICONIC

The 20th century was a time of experimentation and innovation in many aspects of society. The skirt developed during this period with a wide variety of new skirt lengths and types. While skirts were full-length in the beginning of it, by the end of the century we had a wide assortment of skirt types introduced. From the hobble skirt in the 1910s to the mini skirt of the 1960s, the skirt evolved a lot during this era. In the 1940s, skirts (and outfits in general) became even more sombre, with all the restrictions in clothing during the Second World War. Utilitarian fashion was the go-to look, while cheaper fabrics gained ground and simple A-line or straight skirts were in demand. With the '60s came the world's most controversial skirt, British designer Mary Quant is credited with bringing the miniskirt into fashion (though it's also been attributed to French couturier André Courrèges). This scandalous garment and its never-before-seen thigh-high length have been called revolutionary.

While the '70s saw a decline in skirt-wearing, we saw a resurgence of the miniskirt in the '90s with youthful designs that highlighted the leather, corduroy, denim and plaid prints that are back in style now.

FINDING YOUR SKIRT

Unlike a century ago, today we have got an abundance of skirt styles to choose from. "Today, wearing a skirt is more about personal choice, not beholden to standards that previously defined the wearing of certain styles only for certain occasions or times of the day."

However, it never hurts to mention some tips and tricks for maximizing the impact of the style you choose. Pencil skirts, for example, are best worn with heels in order to lengthen your figure, for a very modern look. In the case of A-line, it is ideal to combine them with short tops and jackets, avoiding peplum-style tops due to the excess volume.

Meanwhile, pleated skirts look great with crop tops and sweaters in lightweight fabrics. Choose the shoes that will give you the effect you want: sporty with sneakers, for instance, or with or ankle boots for a casual-chic style.

When it comes to miniskirts, the best allies will be leggings with mesh designs or even with fantastical colours, for a bold and modern look. Wide-cut or high-collared coats, as well as leather jackets, also go well with a miniskirt when choosing footwear, the options are endless: ankle boots, high boots, mules or even sneakers – it will all depend on the occasion and the effect you want to achieve.

*"I am just a normal happily married straight guy that loves Porsche's, beautiful women, and likes to incorporate a skirt and heels into his daily wardrobe. Clothes and shoes should have no gender."
- Mark Bryan*



REVOLUTIONIZING FASHION

JEANS

A Brief History

Jeans are pants made from denim or dungaree cloth. They were invented by Jacob Davis and Levi Strauss in 1873 and are still worn but in a different context. Jeans are named after the city of Genoa in Italy, a place where cotton corduroy, called either jean or jeane, was manufactured. Levi Strauss came from Germany to New York in 1851 to join his older brother who had a dry goods store. In 1853 he heard about the Gold Rush in the West, so he moved to San Francisco to establish the Western Branch of the family dry goods business. There he sold, among other things, cotton cloth. One of his customers was Jacob W. Davis, a tailor from Reno, Nevada. Davis made functional items such as tents, horse blankets, and wagon covers. One day, Davis' customer ordered a pair of sturdy pants that could withstand hard work. He made them from denim that he bought from Levi Strauss & Co and made them stronger by placing copper rivets at the places pants rip the most: pockets and flies. When he wanted to patent them, he wrote to Levi Strauss, and they became partners. They opened a bigger factory. And that is how jeans were born.

How were Jeans popularised

Jean cloth can be entirely cotton as well, similar to denim. Originally designed for miners, modern jeans were popularised as casual wear by Marlon Brando and James Dean in their 1950s films, particularly *The Wild One* and *Rebel Without a Cause*, leading to the fabric becoming a symbol of rebellion among adolescent members of the greaser subculture.



1918 advertisement for "Freedom-Alls," a new garment for women that allows for work and recreation.

From the 1960s onwards, jeans became common among various youth subcultures. Nowadays, they are one of the most popular types of specialty trousers in Western culture. Historic brands include Levi's, Lee, and Wrangler.

Environmental and humanitarian impact

A typical pair of blue jeans uses 919 gallons (3479 liters) of water during its life cycle. This includes the water to irrigate the cotton crop, manufacture the jeans, and the numerous washes by the consumer.

The production of jeans with a "used look" can be more environmentally damaging than regular jeans, depending on how the waste compounds are processed. Sandblasting and treating with sandpaper has the risk of causing silicosis (Silicosis is a form of occupational lung disease caused by inhalation of crystalline silica dust.) to the workers, and in Turkey, more than 5,000 textile workers have been stricken with this disease, and 46 people are known to have died. Some companies have announced they are banning the use of sandblasting.



Spring catalog showing off the ever-popular bell bottom.



By the 1960s, jeans had come to symbolise the counterculture. Some high schools banned the garment, which only served to further enhance its status.



Interesting Facts about Jeans

- Rivets are used on jeans to make them stronger, especially on pockets. In the beginning, Levi Strauss & Co. Placed rivets on all pockets, front, and back but people complained that rivets on the back pockets scratched saddles and chairs so at first, they covered them and then removed them altogether from the back.
- Making a single pair of Levi 501s requires 37 separate sewing operations.
- In a time when jeans were worn by factory workers, jeans for men had zippers on the front, while jeans for women had zippers on the side.
- A boutique in the New York East Village called "Limbo" was the first retailer to wash a new pair of jeans to get a used, worn effect. It became a new fashion hit.
- Blue jeans were banned at certain places like schools, theaters, and restaurants in the '50s because they were seen as a form of rebellion against conformism.
- Over 50% of denim is produced in Asia, specifically China, India, and Bangladesh.
- Approximately 450 million pairs of jeans are sold in the United States every year.
- Blue jeans became popular for the first time outside of the United States, thanks to American Soldiers in World War II who wore jeans when they were off-duty.

Image Credits:
CBS News

Antiquity of Heels

What if we told you that high heels were originally made exclusively for men? In a time when stilettos and platforms are often associated with female style and female sexuality, that fact might come as a surprise- but it should not. In fact, for decades high heels found their place on the feet of male soldiers, aristocrats, and even royals in differing parts of the globe for very specific reasons. And when it comes to the surprising history of heeled shoes, that is just the tip of the iceberg.

A Brief History

There are many types of high heels, which come in different styles, colours and materials, and can be found all around the world. The first known pictorial evidence of high heels comes from 10th Century Persia, where men wore them in combination with stirrups for horse riding. Heels also kept arrow-shooting riders, who stood up on galloping horses, safely on the horse. This trend has translated into the popular 21st-century cowboy boot.

How the trend of wearing Heels moved from Men to Women:

In those times, women craved to adopt masculine elements in their fashion sense, such as trimming hair short and wearing hats. So, women started wearing heels as a part of adopting men's style in their clothing. Women's heels were narrower, ornamental, and higher than men's heel-shoes.

By 1740, men stopped wearing heel shoes. The demand for sophistication, practicality and putting on simple dresses have stopped the high heeled shoe fashion among men.

The Emergence of Heels in Europe:

Modern high heels were brought to Europe by emissaries of Abbas the Great in the early 17th century. Men wore them to imply their upper-class status; only someone who did not have to work could afford, both financially and practically, to wear such extravagant shoes.

Louis XIV was famous as "The King of Heels". Under his reign, it was considered that the higher and redder the heel, the more powerful the wearer. However, he passed a law in 1670 that only the nobility should wear heel-shoes. The king used to wear shoes with red colour heels or soles. The members of his court were also allowed to wear red heels.

In the 17th century, men started abandoning bright color clothes, jewelry, and exquisite fabrics to practical and sober clothing. They started emphasizing practicality and rationality over luxury and fashion known as The Great Male Renunciation. Since then, distinguishing between men and women through their appearance has been a dominant trend.

Heels came back in the mid 19th century, where men wore low heeled cowboy boots and platform shoes. Moreover, the era of men wearing high heels is long gone. Men in heels used to symbolized power, wealth and masculinity, but it has now pushed to the gender biases in today's world.





Chocolate, as we know it, dates back to the 16th century. But its origin - the native cocoa tree was being utilised long before that in Mesoamerica (now Mexico and its neighbouring countries). These Mesoamericans used to create a drink, with the prime constituent being cocoa beans. In today's world, this drink is pertinent to Red Bull. Yeah, that's right. They believed cocoa beans to be a blessing of a Feathered Serpent God. Additionally, one thing that might seem bizarre to us is that they used cocoa beans as currency.

This primitive chocolate didn't make its way to any other region up until 1519, when Hernán Cortés, along with some other colonists from Spain, visited the court of Moctezuma. The king had the chocolate drink poured out into 50 golden cups. Impressed by the concoction, He decided to take some cocoa beans back home. In Europe, the actions of Mesoamericans on the strange new bean regarded it as an aphrodisiac. When some of the thoughtful Europeans, ruminated on chocolate and tried sweetening it with sugar, vanilla or honey, chocolate reshaped into a delicacy. This resulted in the increased demand for chocolate. As cocoa trees could be grown only near the equator where the weather was torrid, plantations rose in the Caribbean and Eastern coast of South America. Chocolate was difficult to produce on a large scale, which necessitated that imported slave labour came into play. If Chocolate is not as expensive as saffron today, it is because of Coenraad Van Houten of Amsterdam who invented the cocoa press in 1828. This machine made the procedure of making chocolate a whole lot easier. Just after 7 years, a Swiss chocolatier named Daniel Peter added milk to the chocolate solution. Thus, inventing milk chocolate.

Since then, a lot of innovations have taken place in the industry, all of which have allowed chocolate to be more affordable and desirable. Today, chocolate has established itself in the rituals of modern culture. People and especially children adore chocolate. So the next time you unwrap a bar of chocolate, consume it with even more pleasure 'cause a lot has gone into the making of Chocolate over the centuries

History of Chocolate

Buckeyes


VINTAGE CHOCOLATE TREATS



Buckeyes Ingredients

- 5-1/2 cups confectioners' sugar
- 1-2/3 cups peanut butter
- 1 cup butter, melted
- 4 cups semisweet chocolate chips
- 1 teaspoon shortening

Directions

- In a large bowl, beat the sugar, peanut butter and butter until smooth. Shape into 1-in. Balls; set aside. 
- Microwave chocolate chips and shortening on high until melted; stir until smooth. Dip balls in chocolate, allowing excess to drip off. Place on a wire rack over waxed paper; refrigerate for 15 minutes or until firm. 
- Cover and store in the refrigerator. 

Coconut-Pecan Chocolate Tassies

VINTAGE CHOCOLATE TREATS



Pecan Chocolate Tassie Ingredients

- 1 package chocolate cake mix (regular size)
- 1/2 cup quick-cooking oats
- 1 large egg, room temperature, lightly beaten
- 6 tablespoons butter, melted and cooled slightly
- 3/4 cup coconut-pecan frosting
- Optional: Pecan halves and melted semisweet chocolate

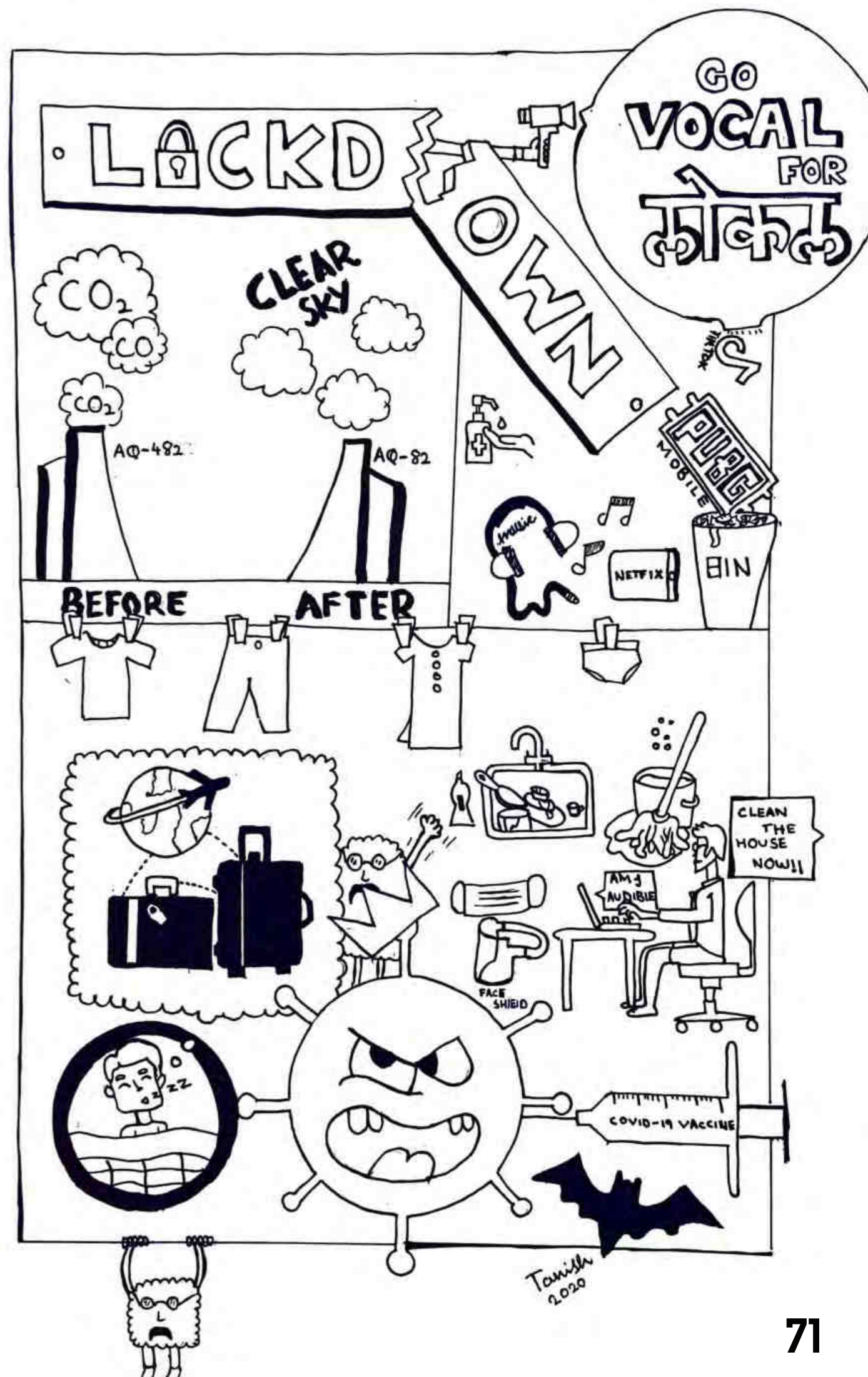
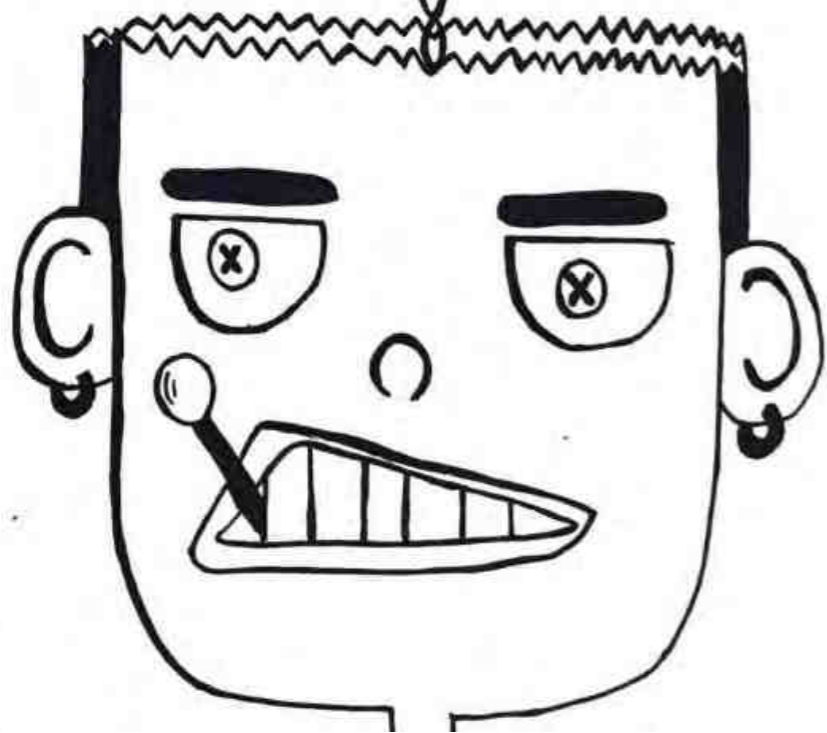
Directions

- Preheat oven to 350°. Mix cake mix and oats; stir in egg and melted butter. Shape mixture into 1-in balls. 
- Press onto the bottom and up sides of greased mini muffin cups. 
- Bake just until set, 8-10 minutes. Cool slightly before removing to wire racks; cool completely. 
- Top each with about 1 teaspoon frosting. If desired, top with pecans or drizzle with melted chocolate. 

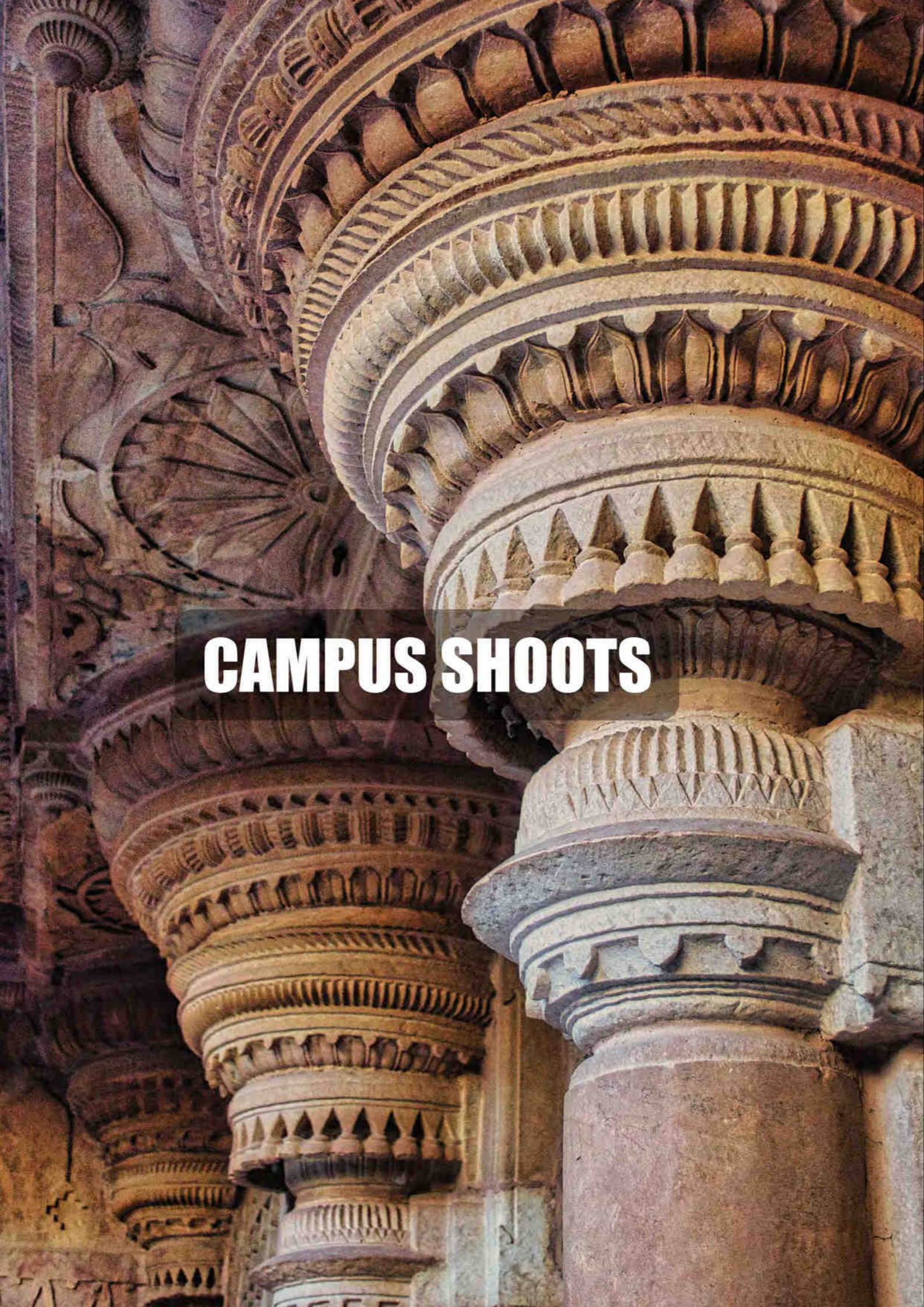
delectamenti! scelerisque *walnut & Cocoa*



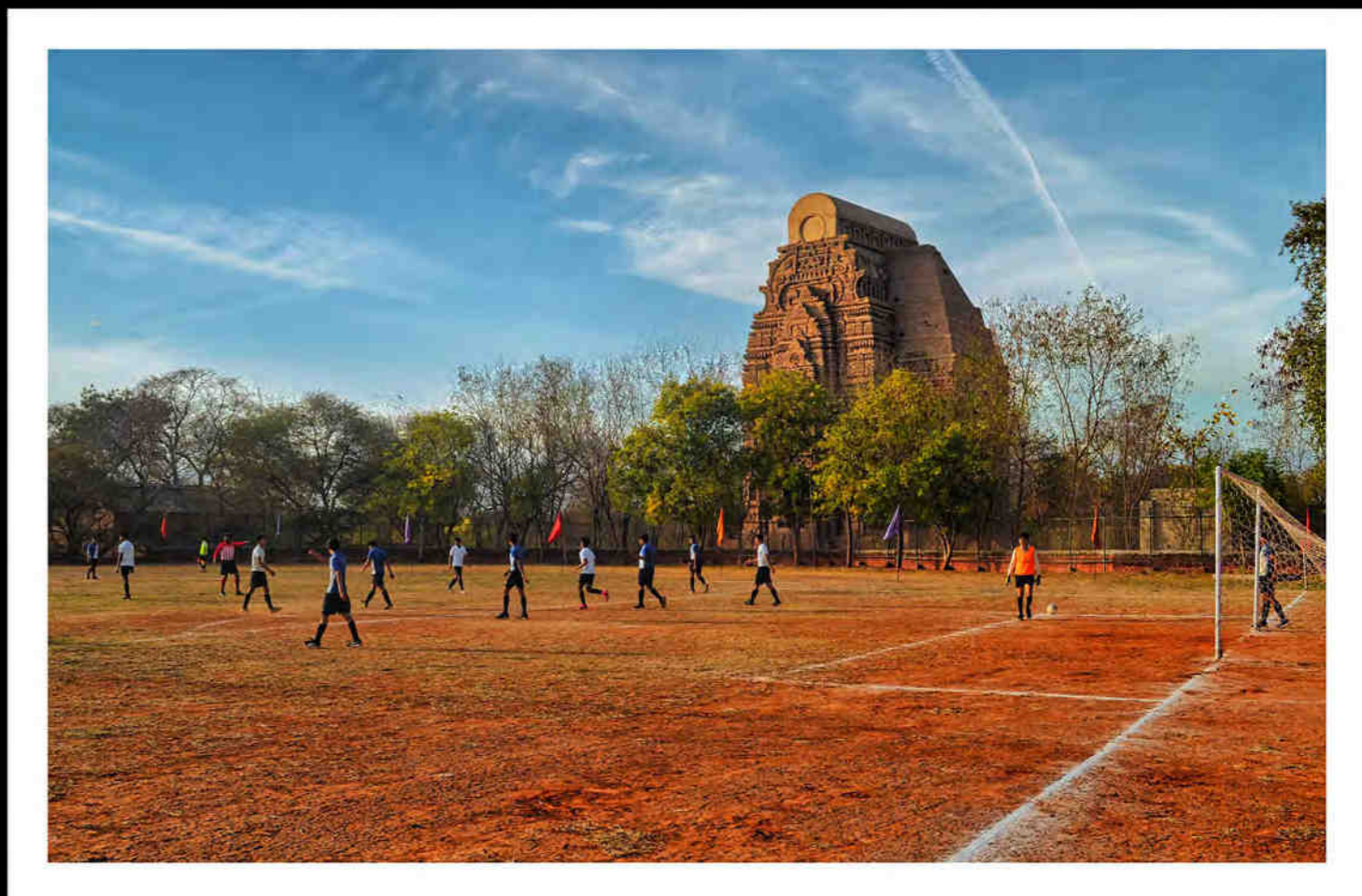
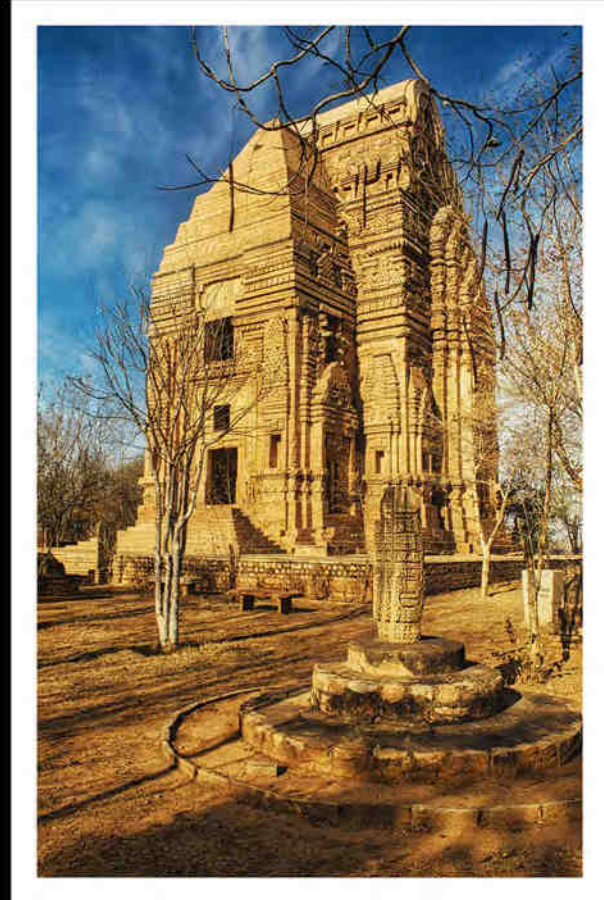
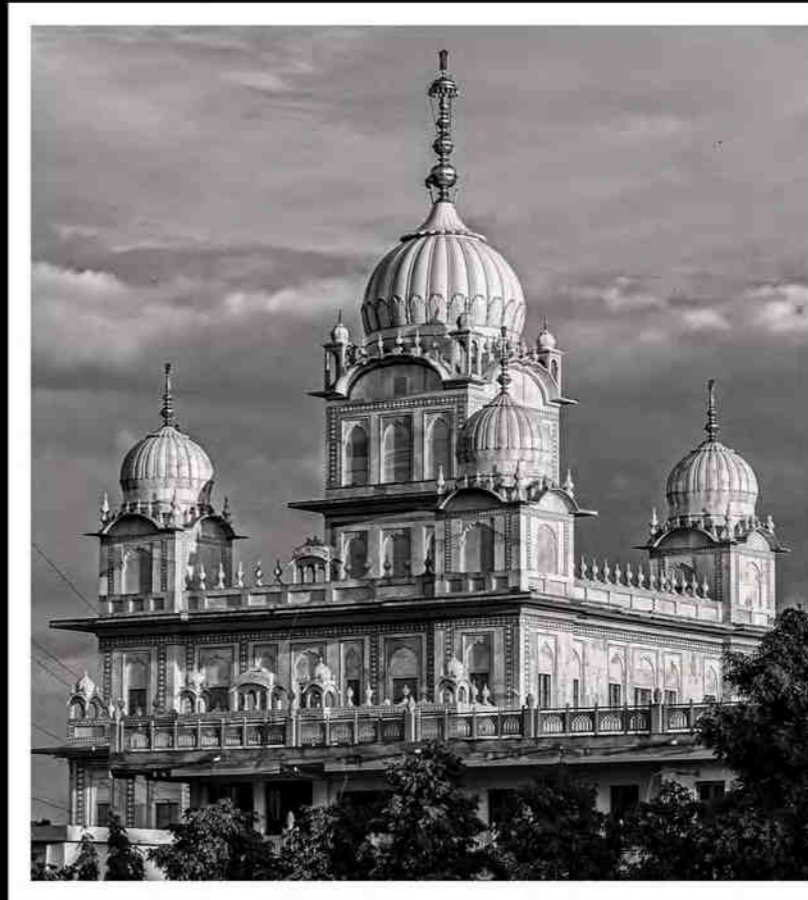
coconut & cocoa
walnut & cocoa
walnut & cocoa

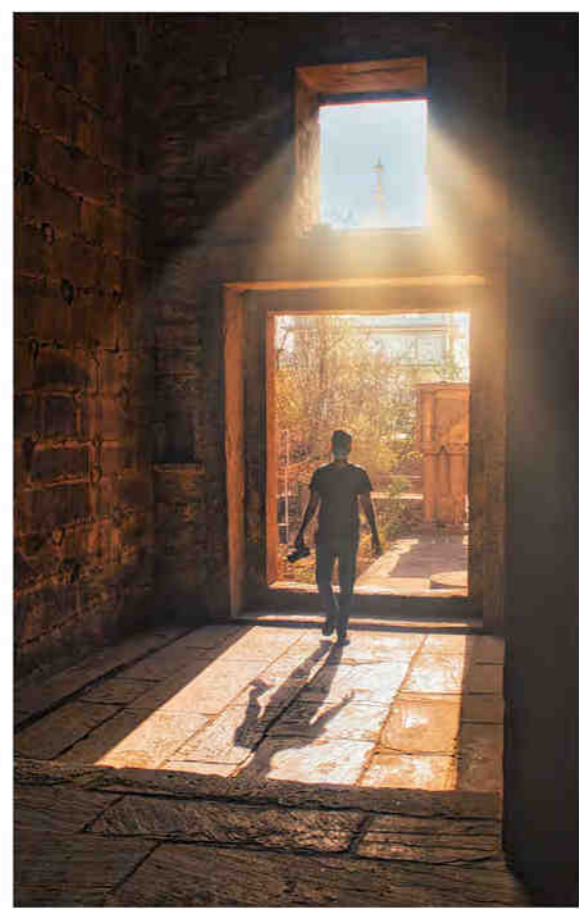
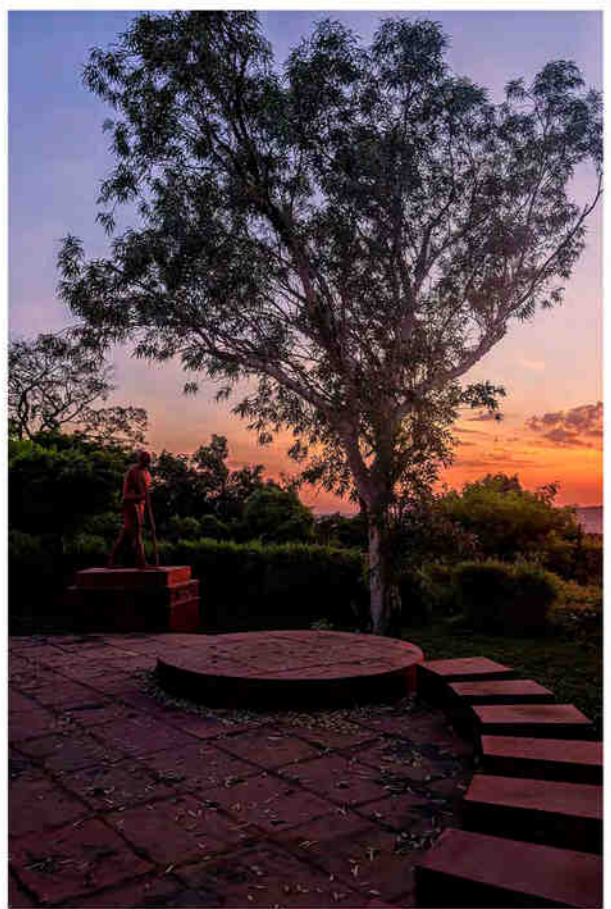
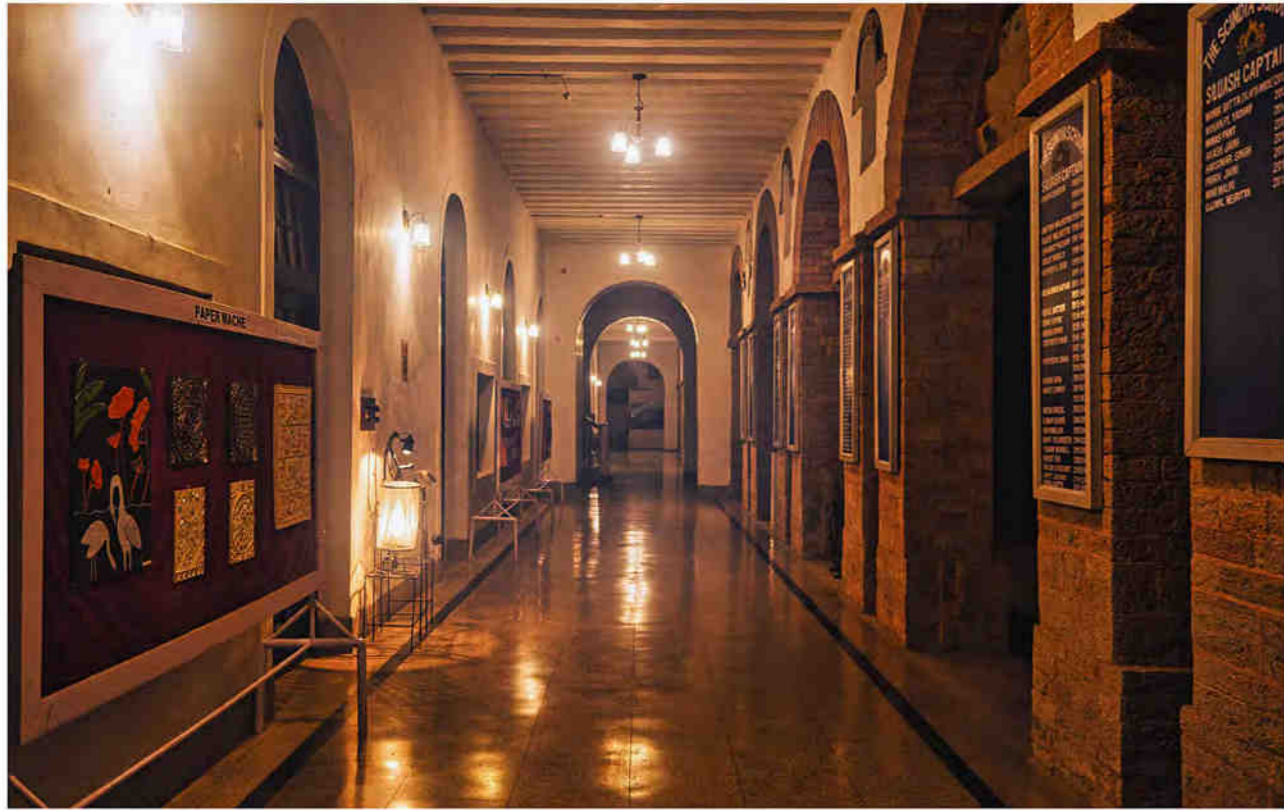


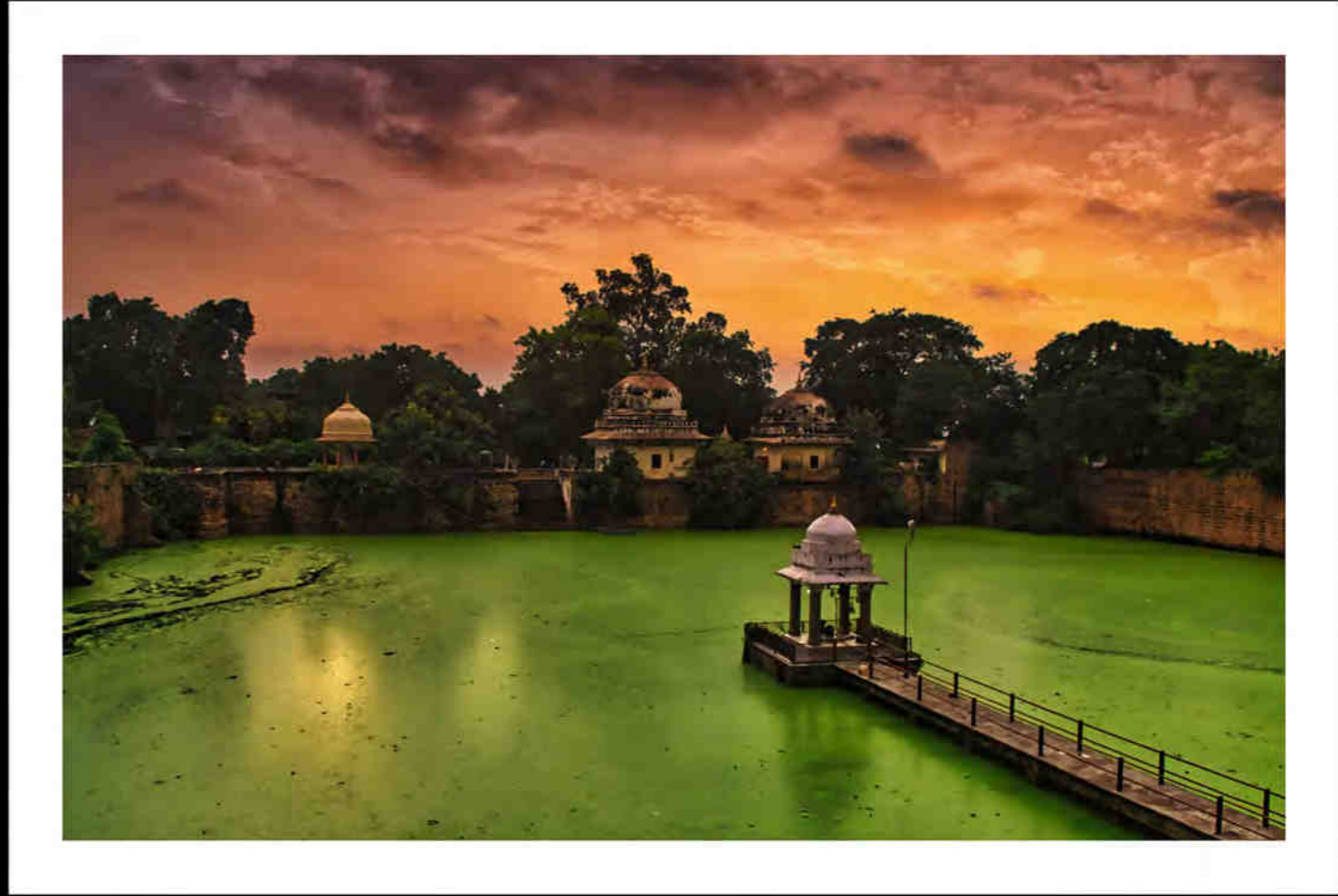




CAMPUS SHOOTS











ARTWORK



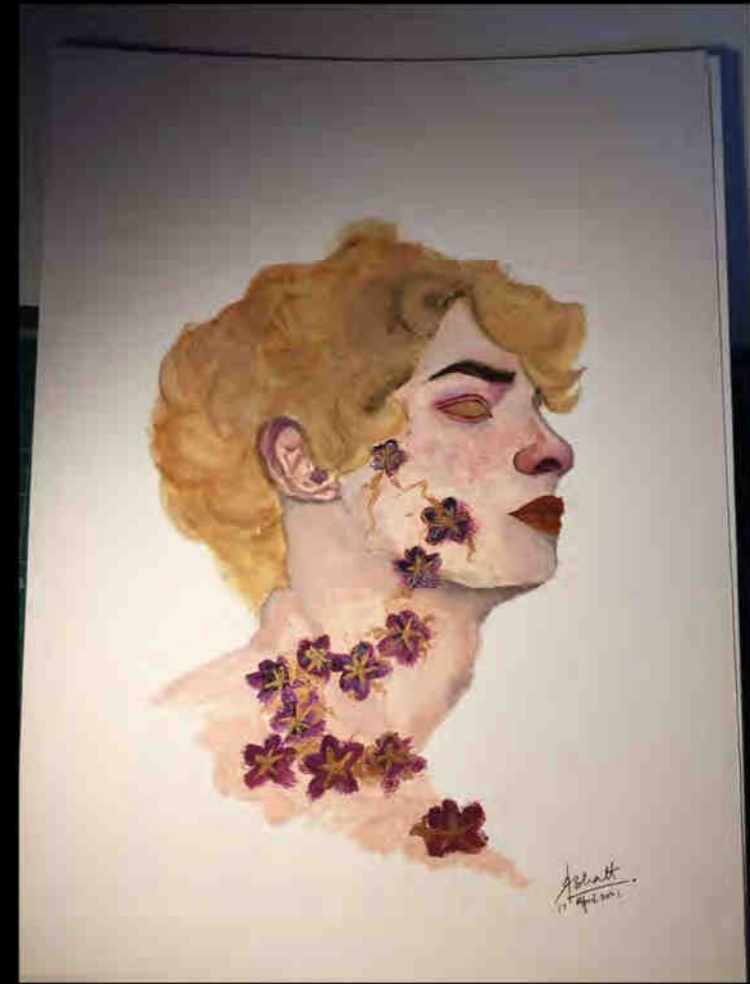
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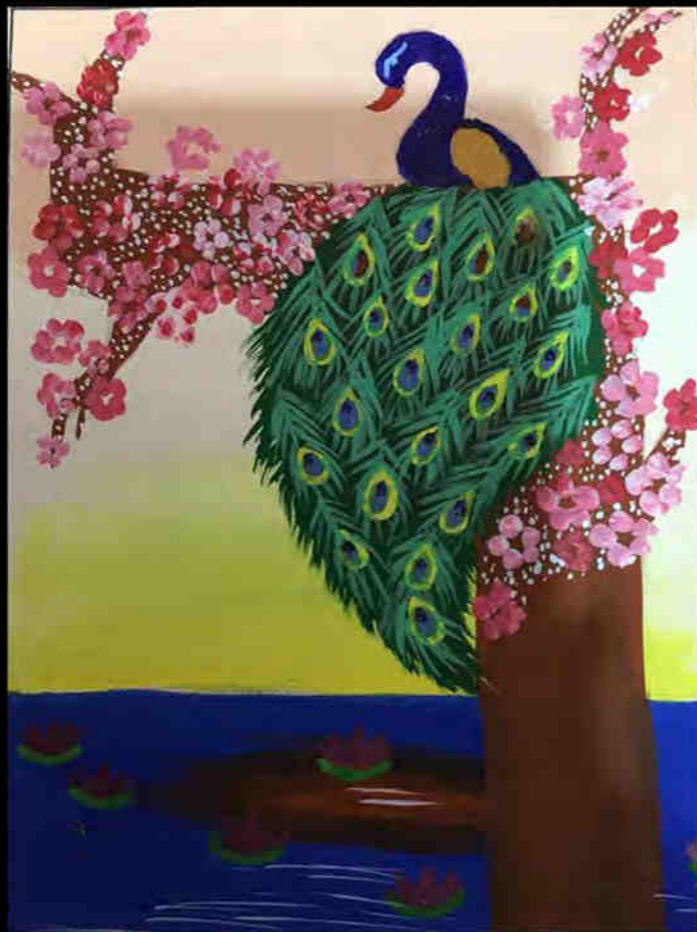
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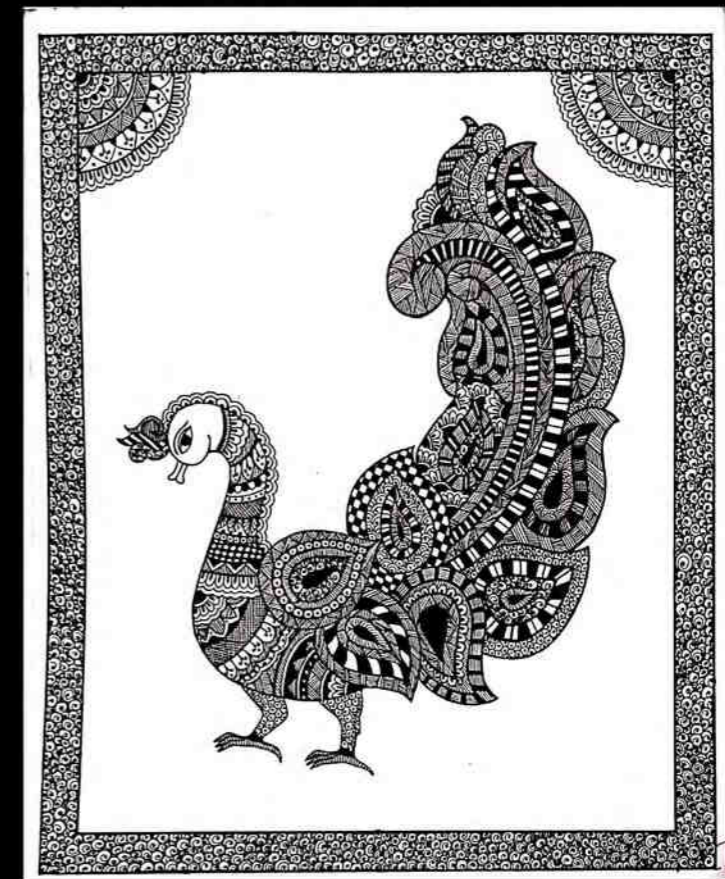
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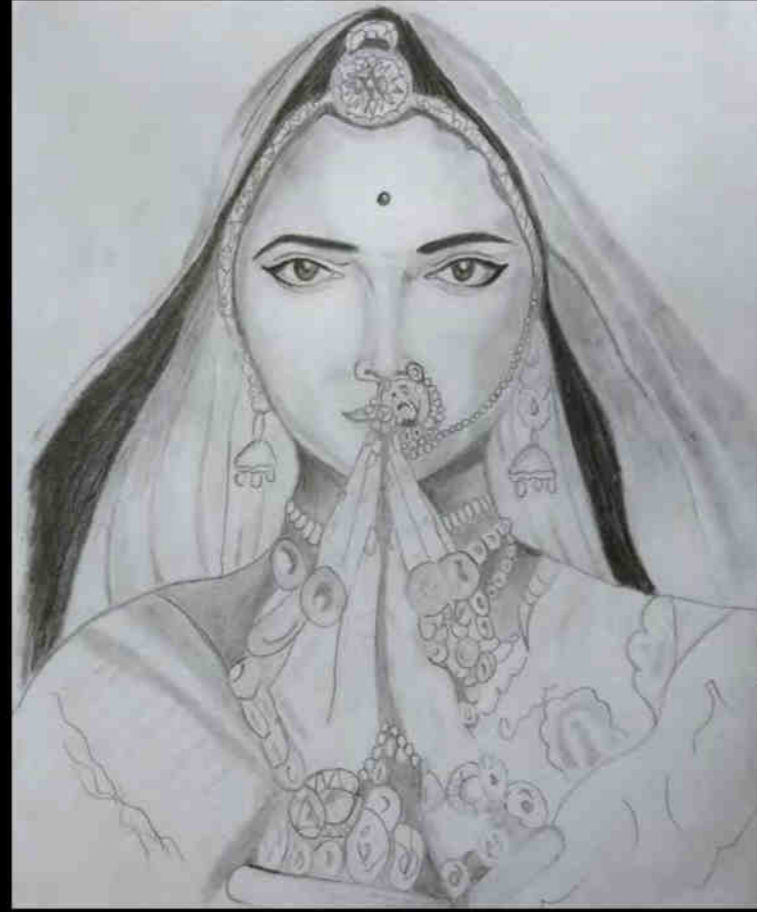
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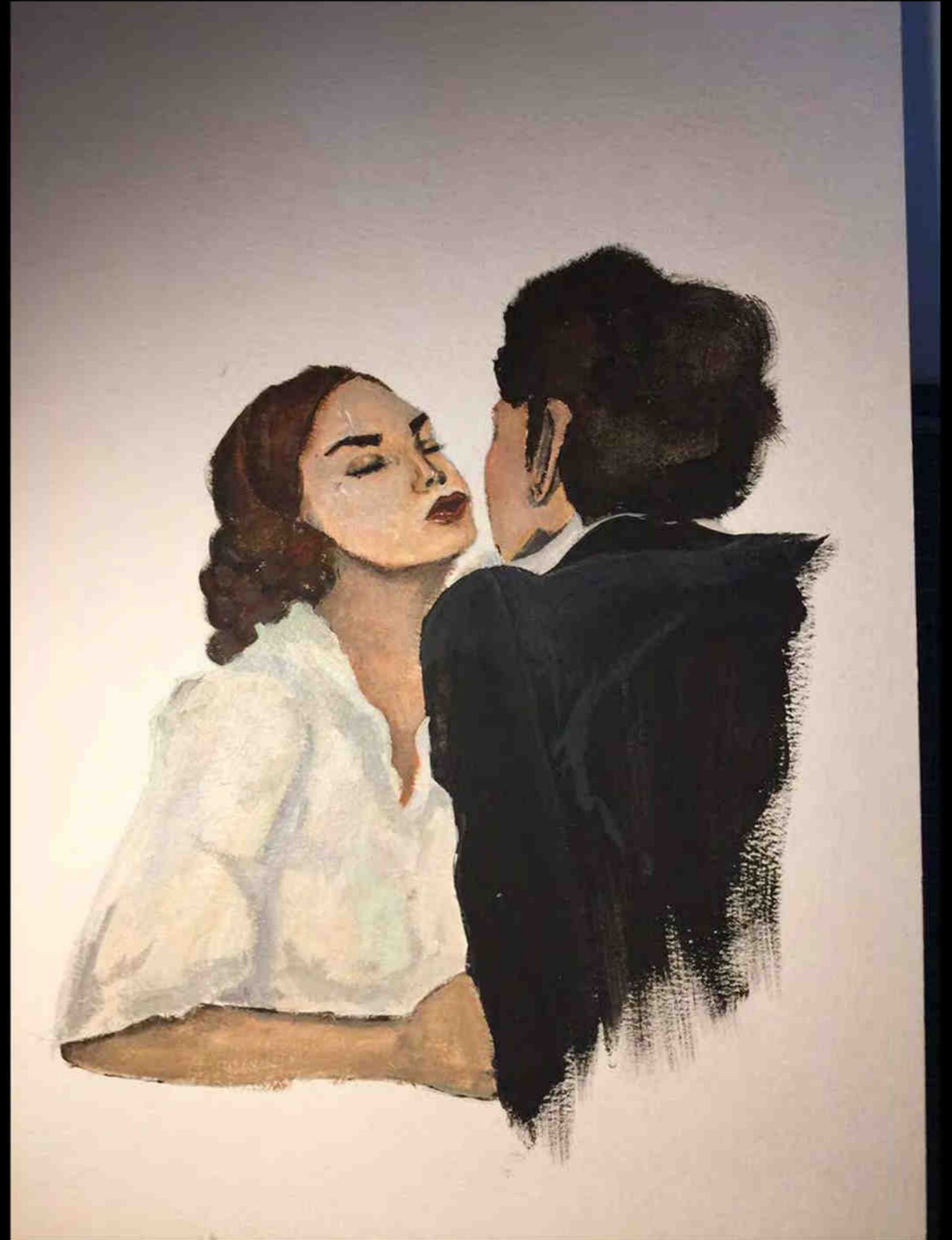
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