

# CVM UNIVERSITY - EDUCATION REDEFINED

*Fostering Creativity, Innovation and Leadership.*

Charutar Vidya Mandal (CVM) has been a beacon of education since 1945, transforming Vallabh Vidyanagar into an internationally recognized educational hub. Carrying this rich heritage forward, CVM University, established in 2019 is a multidisciplinary university dedicated to fostering innovation, research, and career-ready professionals. Situated in a sprawling 620-acre green campus, CVM University offers an industry-aligned, globally relevant curriculum with cutting-edge research, experiential learning, and holistic development at its core.

**WHY CHOOSE CVM UNIVERSITY?** Our institution offers industry-centric education, ensuring that students receive a curriculum aligned with modern industry demands. With AI-powered learning and smart classrooms, we integrate technology into education for an interactive and efficient learning experience. We boast 50+ state-of-the-art research labs and centre, fostering innovation and cutting-edge discoveries. Our startup and innovation incubation hub empowers aspiring entrepreneurs with the resources and mentorship they need to succeed. Our faculty comprises highly qualified ed-

ucators from premier institutes, bringing expertise and experience to the classroom. Students have access to an



extensive library and digital learning resources, ensuring a rich ac-

ademic experience. We also support education through merit-based scholarships and financial aid, making quali-

ty learning accessible to all. Beyond academics, our vibrant campus life

includes sports, cultural activities, and leadership programs, fostering holistic development. Our university is dedicated to providing 100% placement assistance, ensuring that students secure rewarding career opportunities with some of the world's top recruiters, including Google, Amazon, TCS, Infosys, L&T, Deloitte, Wipro, HDFC Bank, Accenture, Cognizant, and many more leading companies across various industries. To further enhance career prospects, we offer internship opportunities with industry leaders, allowing students to gain valuable hands-on experience, develop practical skills, and build profes-

sional networks even before graduation, giving them a competitive edge in the job market. Beyond academics, CVM University provides unparalleled opportunities for research, entrepreneurship, global exposure, and industry collaboration. From cutting-edge research labs to international exchange programs and startup incubators, the university fosters a culture of growth, leadership, and innovation. If you seek an institution that truly prepares you for a bright and impactful future, CVM University is the place to be!

Image: CVM University

## Cultural Extravaganza meets student's talent in Youth Festival 2024

Manav Darji

CVM University proudly hosted the third edition of Youth Festival 2024 – Yugantar from 16th to 20th October across multiple vibrant locations in Anand, Gujarat. With participation from over 49 colleges under the Charutar Vidya Mandal, the festival celebrated cultural diversity, youthful energy, and creative excellence. The festival commenced with a grand cultural procession, where students showcased India's rich traditions through vibrant attire, music, and dance. From the lush campuses of GCET to the iconic Shastri Ground, each venue echoed with the spirit of unity, competition, and celebration. Yugantar 2024 featured an array of exciting events across categories such as

fine arts, music, dance, theatre, and literature. Students enthusiastically took part in competitions like poster making, installation art, solo and group dance, skits, poetry recitation, quizzes, and debates. The energy and dedication displayed throughout the festival were truly inspiring. Despite minor weather delays, the much-anticipated fashion show concluded the event on a grand note, drawing large crowds and thunderous applause. The final day also witnessed the thrilling valedictory ceremony, where the top-performing colleges were honored for their excellence and efforts. The coveted Champion's Trophy was secured by GCET, with CVMU College of Fine Arts as the proud

runners-up. The overall atmosphere was one of celebration, sportsmanship, and shared joy among all participants and institutions. To commemorate the students' hard work and the resounding success of the festival, CVM University organized a special live concert by the popular band SANAM. The electrifying performance marked a fitting conclusion to an unforgettable cultural journey.

Yugantar 2024 was not just a festival—it was a powerful reminder of the passion, creativity, and unity that defines the student community at CVM University.



Image credit: GCET Cultural Team and Tirth Brahmhatt

## CVM University celebrates its Second Convocation honouring Academic Excellence.

Manav Darji

On 29th January 2025, CVM University, Vallabh Vidyanagar, hosted its Second Graduation Ceremony at Shastri Ground, honouring the academic achievements of its students and scholars. The ceremony began with a grand academic procession led by CVM University President Engr. Bhikhubhai Patel and Chief Guest Shri Prayasvin B. Patel, CMD of Elecon Engineering. Registrar of the university presented the annual report, highlighting achievements such as 11,204 graduating students, 173 research guides, and 30 academic MOUs in 2023-24. Degrees were awarded



across faculties namely the Faculty of Arts; Commerce Management and Law; Education; Engineering and Technology; Pharmacy; Science and Architecture and Planning, with 9 PhDs and 46 gold medals presented to top-performing students. The ceremony included the graduates' oath, followed by an inspiring speech from Shri Prayasvin Patel, emphasizing lifelong fitness and a "nation first" mindset. The evening concluded with dazzling fireworks and a heartfelt vote of thanks. CVM's convocation's 1st edition was held on 19th December 2023, which awarded a total of 655 bachelors degrees, 735 post graduate degrees and 4 PhD degrees. The university wished the students a successful and roaring career ahead

## Gyanotsav 3.0: A grand event celebrating students hardwork

Manav Darji

On Friday, 31st January 2025, Charutar Vidya Mandal (CVM) University inaugurated its mega event, Gyanotsav 3.0, graced by Chief Guest Shri Praveen Choudhary (Collector, Anand), Engr. Bhikhubhai Patel (President, CVM), and IPS G. G. Jasani (Superintendent of Police, Anand). The event spanned five days, concluding on 4th February, drawing over 48,000 students and visitors from across Anand district. A press conference led by the Hon'ble President and Joint Secretary Shri Mehul Patel preceded the inauguration. The campus buzzed with excitement as college students showcased their talents across a diverse range

of stalls—including Science, IT, Healthcare, Psychology, Moot Court, Fashion, Fine Arts, Food, Games, and Small Businesses. Innovative exhibits featured agricultural and defense robots, plasma applications by Indian Plasma Research, and immersive VR experiences for school students. Psychology students promoted emotional wellness through free hugs and a Mirror of Affirmations, encouraging positive self-talk. Hands-on workshops such as Pottery, Tie-Dye, Block Printing, and Moot Court sessions saw enthusiastic participation. Entrepreneurial students ran successful stalls selling jewelry, crocheted items, and temporary

tattoos. The Anand Board Game Club engaged visitors with knowledge-based games like Pictionary, Happy Salmon, and more. The food court offered a variety of cuisines—from Indian to Italian and Mexican—ensuring hygienic, delicious options for all. Each evening concluded with vibrant cultural performances including dance, music, and singing by students. Gyanotsav 3.0 proved to be a phenomenal success, showcasing student creativity, innovation, and entrepreneurship, marking it once again as the largest and most celebrated event of CVM University.



Photographer- Jaimit Chauhan, Image credit- ISTAR



# A Day In Student’s Life - Vallabh Vidyanagar Edition

Sweta Parmar & Mitva Shah

In the heart of Charotar, Anand is a small city filled with big dreams. For students, life here is a mix of classes, friendships, food, and fun. Every day brings something new—from early morning lectures to late-night talks at cafés. Being a student in Anand is not just about studying, it’s about living a chapter that you’ll always remember. Mornings start with students rushing to college. The roads in Vallabh Vidyanagar are full of bicycles and scooters, as students hurry for 8:30 a.m. classes. Some are half-awake, holding their notes and sipping tea on the go. Colleges and classrooms are filled with the sound of footsteps, laughter, and the stress of assignments. Still, friendships grow in the middle of all this, in corridors, canteens, and group projects. By noon, everyone is hungry. Some students go to Darbar for its popular Mug Pulav, while others head to Laxmi Tea Stall for cutting

chai and bun maska. There are also students sitting in Starbucks, spending ₹300 on a cappuccino while talking about careers, relationships, or weekend plans. That’s the beauty of Anand—you’ll find people eating sev usal and sushi, drinking chai and frappes, all in the same city. Different tastes, same vibes. When the sun starts to go down, the real magic of Anand begins. Evenings are for Shastri Maidan. It’s a large ground where joggers run, kids play, and groups of friends sit on the grass. They talk about hostel life, break-ups, future dreams, and that one teacher who gives surprise tests. It’s not fancy, but it feels like home. Then there’s Maruti Solaris, the popular mall in town. It’s not very big, but students love it. You’ll see friends watching movies, eating fries, or just window shopping. It’s a small escape from busy college life. At night, Anand’s café cul-

ture comes alive. There are small rooftops, cozy corners, and neon-lit lounges where students hang out. Some come to write poetry, some to chill with friends, others just to enjoy good music. It’s the perfect place to relax, take photos for Instagram, or have deep conversations. Sundays are even more fun. Students play box cricket in empty plots or parking areas. There are no rules, just laughter and fun. Later at night, they go for long bike rides on the highway. No set plan, just music, fresh air, and late-night talks about love, career, and that one assignment still not finished. But it’s not always easy. During exams, hostels and libraries become stressful places. Students stay up late, drink lots of coffee, and try to understand last-minute topics. There are times when you feel homesick or confused about your future. But in Anand, you’ll always find one friend who

says, “Don’t worry, we’ll figure it out.” And you do. Life here teaches you many things. You learn how to manage your money, share food, help friends, and handle pressure. You enjoy the little things—like chai with friends, cheap canteen food, and midnight Maggi. Even the smallest café or corner becomes a place full of memories. In Anand, you grow slowly but surely. You make friends who feel like family. You laugh, cry, and grow up—one day at a time. This city gives you much more than a degree. It gives you stories, people, and moments you’ll remember forever. Anand-Vidyanagar is not just a place on the map. It’s a feeling. A part of your youth that stays in your heart. It’s where you learn not just from books, but from life. Here, student life is not just lived. It’s felt, celebrated, and remembered. It’s a memory of a lifetime.



# Turn your Study Abroad Dream into Reality with IDP.

Picture this: you’re sitting in your room, scrolling through university websites from around the world, feeling both excited and completely overwhelmed. The University of Melbourne looks amazing, but what about their admission requirements? That engineering program in Canada seems perfect, but how do you even apply for a visa? And let’s not even talk about the costs—your parents are supportive, but studying abroad feels financially impossible. If this sounds familiar, take a deep breath. You’re not alone in feeling this way, and more importantly, there’s help available. For over five decades, IDP Education has been the bridge between students’ dreams and reality. What started in 1969 as a simple initiative to help students explore education beyond their borders has grown into something remarkable—a global network spanning 30+ countries and partnering with over 900 world-class universities. But here’s what makes IDP different from oth-

er consultancies: they don’t just see you as another application to process. They see you as a person with unique dreams, concerns, and circumstances. IDP also conducts the prestigious and well-known IELTS exam. When you walk into an IDP office, you’re not getting a sales pitch. You’re getting a conversation. Their counselors want to know what keeps you up at night thinking about your future. Are you passionate about marine biology and dreaming of Australia’s coastal universities? Do you see yourself in the tech hubs of Canada, or are you drawn to the historic halls of UK institutions? Maybe you’re still figuring it out, and that’s perfectly okay too. IDP’s approach is refreshingly human—they match universities to your personality, career goals, and yes, your budget, not just your grades. Let’s address the elephant in the room that every student faces: money. Studying abroad is expensive, and it can feel like it’s only for families with deep pockets. IDP gets this reality. They’ve

built relationships with loan providers and scholarship organizations specifically to make international education more accessible. They won’t sugarcoat the costs, but they’ll help you explore every financial option



available. From government scholarships to university grants, from education loans to part-time work opportunities abroad, they’ll map out a financial plan that works for your family’s situation. Then there’s the maze of paperwork and visa

applications—enough to make anyone’s head spin. IDP’s counselors have guided thousands of students through these processes, so they know exactly which documents you need, how to avoid common mistakes, and

what timeline to follow. They’ve seen every possible scenario, from straightforward applications to complex cases, and they know how to navigate each one. What really sets IDP apart in today’s digital age is how they’ve embraced technology

without losing their human touch. Their IDP FastLane and IDP Live App aren’t just fancy tools—they’re designed to make your life genuinely easier. Imagine submitting your application and getting a response from a university in minutes instead of waiting weeks in anxiety. That’s the kind of efficiency that can change your entire experience. But here’s something many students don’t realize: getting accepted is just the beginning. IDP prepares you for what comes after—the culture shock, the academic differences, the homesickness, and yes, the incredible opportunities that await. They’ll help you understand what to expect in your first semester, how to make friends in a new country, and how to make the most of your international experience. The proof is in the numbers and stories. With over 100,000 positive Google reviews, IDP has built trust with students and families worldwide. These aren’t just satisfied customers—they’re grateful students who found their path to success

with IDP’s guidance. When you’re making such a life-changing decision, it helps to know that thousands of others have walked this path successfully. For students in India, particularly in educational hubs like Anand, IDP’s local offices serve as your gateway to the world. Whether you’re dreaming of New Zealand’s research opportunities, the UK’s academic excellence, America’s innovation hubs, or Australia’s welcoming campuses, IDP is there to light the way. Choosing to study abroad isn’t just about earning a degree—it’s about discovering who you are, challenging yourself, and building a future without limits. When you choose IDP, you’re not just getting a service; you’re getting a partner who believes in your potential and will stand by you every step of the way. Your dreams of studying abroad don’t have to remain dreams. With the right guidance, they can become your reality.





# 11,000+ IDP students secured scholarships last year.

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IN OVER 63  
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Money Matters

Downfall of the Indian Stock Market !

Mitva Shah

From 27th September 2024, the Indian Stock Market is declining continuously till date. Index NIFTY 50 reached an all-time high peak of ₹26,250.90 during September of last year. Ever since then, it has plummeted more than 10% in the last 4 months & is in continuous downtrend with no signs of reversal. What could be the reason for this downtrend in major indices like NIFTY 50, SENSEX, GIFT NIFTY, MIDCAP NIFTY & SMALLCAP NIFTY? Let's discuss the major reasons. The first reason is continuous selling pressure by FII (Foreign Institutional Investors), from Quarter-3 of financial year 2024-25, the FIIs have sold a total of \$37 Billion worth of securities in the market. This is mainly due to them booking profit for bull-rally that started after the corona virus pandemic. They are shifting their money to China and other markets where the valuations are still cheap. The second

reason is that in Quarter 3, many companies have reported poor earnings. Meaning either their profits declined sharply, or they have booked loss for that quarter. The reason behind this is high inflation and rising prices of goods and services. This led the Indian public to curb their spendings, which resulted in cash not flowing to companies leading to declining profits. The third reason is the banking crisis. Yes, you may not realize but Indian banks are in a crisis. The Indian retailer has shown interest in the stock market after the pandemic as the market was in bull run after corona crash. This resulted in declining cash deposits in banks and banks facing liquidity issues. The money was flowing into the stock market. Because of this interest rates of loans given by banks have gone up as they must maintain their earnings via lending out loans through depositor money. Why have the retailers switched to the stock mar-

ket? Because they found stock market returns were more than those of Fixed Deposits and Savings Account Interest. The Finance Ministry tried to solve the banking crisis via 2025



Budget, giving middle class relief, which is no income tax up to ₹12,00,000/-. This will result in more money flowing into the banks solving liquidity crisis. Reason four is Geopolitical Tensions. We have seen lot of conflicts between several countries like Russia-Ukraine, Israel-Gaza in the recent past years. Geo-

political tensions change people's sentiment from euphoria to fear. And when fear increases, the markets decline due to uncertainty, because people panic-sell in fear that market might

crash. Only specific sectors like Defence companies show a positive return during these times. Also, when stock market declines, Commodity market rises, the gold and silver prices go through the roof! Gold and Silver are a hedge against economic uncertainty. Fifth reason: When America sneezes, the world

catches a cold. Now new traders and investors might not understand this. But in simpler terms whenever there is economic uncertainty in USA, all the stock exchanges around the world are affected. This time its Tariff Wars. Tariff wars affect a country's economy directly, and as we know stock market is a barometer of economy, the markets plummet. Sixth and the most obvious and important reason: Correction. When market is in a bull-run for few years, which in our case is from 2020-2024, the market rests for a while. By resting it means it goes down because the market is overbought, meaning a lot of money has been invested, the market throws out a lot of people who have invested money in already expensive stocks, the valuations of the companies have become so expensive that the market must CORRECT it, bringing it to its most favourable valuation. This is the time when market

compensates for the previous bull run. All the stocks plummet 20-40% from top, Indexes fall 10-15%, the market sentiment changes from euphoria to fear, retailers and weak investors sell, while the smart investors accumulate and buy at a cheaper price. It's like a SALE. Massive discounts on quality stocks. Stock market is the only market which people fear when it gets cheap, but the same people run to buy things when there is a sale of 10-15% discounts in a mall. Conclusion: This is not a crash but correction. Every 4 years or so, markets correct. But all of this is temporary, the markets have always recovered no matter what, be it a hefty correction or a full-fledged crashes like dot-com crash, subprime loan cash, pandemic crash etc. The nature of price is to go up. In the long term the markets have always gone up.

Mutual Funds: A Smart Investment Option.

Ashvita Vanzara

Mutual funds are a popular and accessible investment tool that pools money from multiple investors to invest in a diversified portfolio of stocks, bonds, or other securities. Managed by professional fund managers, mutual funds offer an easy way for individuals to grow their wealth without needing in-depth knowledge of the financial markets.

One of the biggest advantages of mutual funds is diversification. By spreading investments across various assets, they reduce the risk that comes from investing in a single stock or bond. This makes them ideal for beginner investors or those with limited capital. There are different types of mutual funds to suit various investment goals—such as equity funds for higher returns, debt funds for stability, and hybrid funds that balance both. Investors can also choose between lump-sum investments or SIPs (Systematic Investment Plans), allowing for regular, disciplined investing. Mutual funds are regulated by SEBI in India, ensuring transparency and investor protection. With their professional management, flexibility, and relatively low entry cost, mutual funds have become one of the most trusted and efficient ways to build long-term wealth.

Whether you are a student, salaried employee, or a retiree, mutual funds can be a key part of your financial planning.



Image credit: Pinterest

How to start investing as a college student?

Mitva Shah

So, if you are a college student and want to start investing as soon as possible to get that compounding advantage, read the article further so you can start getting some idea about where to start.

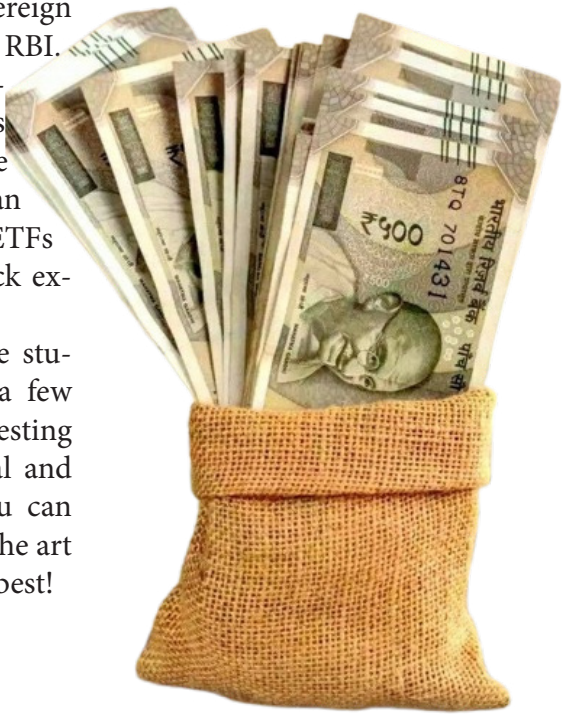
First and foremost investment you must make is in your knowledge. Learn basic financial literacy. Understand different asset-classes and basic accounting. Second step is identifying in which asset class you want to invest in? There are 4 major asset classes: Real estate, Stock market, Commodities and Business. Choose an asset class based

on your comfort zone, capital, risk-appetite. Once you choose an asset class, learn the basics of that asset class, take courses, learn from professionals. Now most college students will choose the stock market and commodities to invest in as it requires low capital to start, has no entry barrier, one can start in span of 1 hour! Whilst business and real estate are capital intensive and have no easy entry. Also, you cannot start in 1 day, it requires a minimum of 1 year. So now you decided to invest in the stock market, now choose how will you invest? Will you do it on

your own or will you give your capital to professionals? If you decide to invest on your own, start learning technical analysis and fundamental analysis. Then open a demat and trading account with any discount broker like Zerodha, Angel One etc. If you want to leave it to the professionals, go through the route of mutual funds. Start a SIP (systematic investment plan) with minimum of ₹500/- a month. In this route you won't have to take headache of analysing and investing. If you want to invest in commodities, you can buy physical gold, silver bars. If

keeping physical gold and silver is a hassle, then you can invest into sovereign gold bonds issued by RBI. Another way to invest in commodities is via ETFs (Exchange Traded Funds). You can buy gold and silver ETFs directly from the stock exchange.

Initially for a college student there are only a few options to start investing because of low capital and risk appetite. But you can start small and learn the art of investing. All the best!



Trending Side Hustles from the comfort of your homes.



Image Credit: Pinterest

Manav Darji

College Students face a lot of issues, be it Mental, Physical or Financial, Each and every college going student is suffering from either or all of them. College life can be expensive as you need to pay fees, buy reading material or daily expenses, managing finances can be a little tough for the students. While you can still apply for full-time jobs, having a side hustle can help you not only in earning some cash but also in developing your portfolio and resume along with

gaining real life experience. Undergraduates can gain financial independence without compromising academics.

**ONLINE TUTORING-** If you are good in any subject, be it maths, science or English, you can start Tutoring students Digitally on any digital platform. If you have a stronghold on any of the subjects, you can teach school students online and you get paid hourly, on the basis of the number of lectures you take. Platforms like Vedantu, Chegg, Preply, etc are paying college students for their knowledge and ex-

pertise. You can also approach students directly via social media by promoting your knowledge services. Another alternative for this idea is by offline tuitions at home, you can teach your neighbour's kids to begin with and slowly expand your services in your area and become an excellent mentor for students.

**FREELANCING (WRITING, GRAPHIC DESIGN, VIDEO EDITING, ETC.) -** Do you enjoy writing articles and poems? Or do you have creative mindset? Then freelancing can be your perfect side hustle. With freelancing, you can work for national as well as international clients not typically as "job" but a part of a job. You offer services for one single project and earn hefty amount of money all with the comfort of your home. Fiverr, Upwork, or LinkedIn provides amazing platform for freelancers to grow. Freelancing is best for students who have nick for creative writing, Graphic de-

signing, Editing, Coding, etc. **CONTENT CREATION (YOUTUBE, BLOGGING, INSTAGRAM, OR PODCASTING) —** We all know the controversy of Ranveer Allahbadia, he started his journey from content creation and grew in the industry through his podcasts. You can also start your content creation journey on platforms like Youtube and Instagram, where you can post valuable content for people to watch. If you love being in front of the camera or someone who spends a lot of time scrolling through reels, you must start creating content as this industry is booming more than ever. And the best part about this side hustle? Its never too late to start it, you will always find your community and like-minded people here even if its too late.

**SOCIAL MEDIA MANAGEMENT —** While we are still talking about content creation, social media plays a great role.

You can manage social media pages of small businesses who need proper marketing to scale their business. Social media is the fastest growing industry and businesses are using social media to promote their product and sell it online. Social media managers play an important part as they manage, track, post and do all the backend work for your business's pages. Being social media manager will teach you to schedule content, delve deep into the analytics, and various engagement strategies. You can find lessons on how to being one easily on youtube and free certification course from Hubspot Academy. If you are someone who wants to be financial independent, then these side hustles will help you gain a little to hefty amount of money. Remember- "Every effort matters".



# THE AI DISPATCH

## From Fun to Fear: How Viral AI Tools Threaten Your Data

Ashvita Vanzara

Today we are living into a totally modern and AI based world. Till where our eyes go ,we are using technology and artificial intelligence in all ways possible.AI and technology are very useful but the topic of privacy can't be ignored. Different kind of trends,features and updates are coming day by day and these trends are then followed by number of people on social media.Instagram is the one of most used app nowadays. People follow the trend and make the reels and post them and this way today people are too much into all the social media sites. Today One of the most going and viral trends is the "ghibli art" or "ghibli style photo". what is a Ghibli art ? Ghibli art refers to the distinct visual style developed by Studio Ghibli, a Japanese



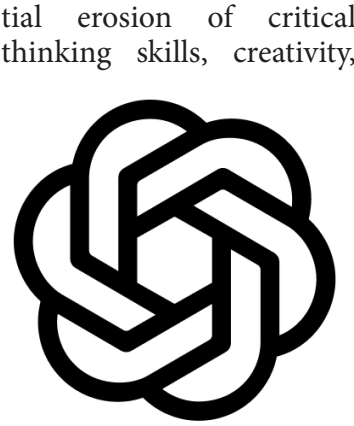
animation studio renowned for its hand-drawn animation, detailed backgrounds, and soft color palettes. And the ghibli trend is The "Ghibli trend" refers to the popularity of transforming photos and videos into the distinctive, hand-drawn style of Studio Ghibli. The trend started before few weeks and got so popular in just 2 to 3 days. people ask ChatGPT (AI)

to convert there photos into ghibli style.but what about the privacy? shar- ing personal photos with these tools can lead to un- foreseen data misuse and privacy violations due to vague terms of service and the potential for malicious actors.cybersecurity experts warns that using this tools can create high risk. Use of AI services which might collect or leak personal data can put the users and their data at risk.The AI mod- els themselves can learn patterns and features from the user's input, potential- ly exposing personal data or compromising privac- y if not handled securely. In conclusion, Generat- ing Ghibli-style AI images can be fun, users should be aware of the potential risks and prioritize secu- rity and privacy when us- ing these services.

## ChatGPT: A Revolution or the Beginning of Human Dependency?

Shubham Raval

The emergence of large language models like ChatGPT has been nothing short of revolu- tionary. Its ability to generate human-like text, answer ques- tions, translate languag- es, write different kinds of creative content, and even assist with cod- ing has captured the imagination of mil- lions. This powerful tool offers unprecedented convenience and eff- iciency, automating tasks that once required significant human effort. However, this ease of access and capability raises crucial questions about hu- man dependency. As we become increasingly reliant on AI for infor- mation, content cre- ation, and problem solving, concerns arise about the poten-



tial erosion of critical thinking skills, creativity, and independent thought. Imagine a student who relies solely on ChatGPT to write their essays. While it might save time and effort in the short run, it could hinder the develop- ment of their own writ- ing abilities, research skills, and analyti- cal thinking. Similar- ly, professionals who constantly use AI to gen- erate reports or pre- sentations might find

their own capaci- ty for original thought and in-depth analysis diminishing over time. The key lies in find- ing a balance. ChatGPT and similar AI tools should be viewed as powerful assistants that augment human capabilities rather than replace them entire- ly. Cultivating a mindful approach to AI us- age, emphasizing crit- ical evaluation of AI generated content, and pri- oritizing the development of fundamental skills re- main paramount in nav- igating this new era. We must ensure that we remain in control of the technology, using it to enhance our abil- ities without becom- ing overly dependent on i t .

## India@100: AI Leads the Way

Manav Darji

In 2047, India celebrates its 100th year of independence, not only marking a mile- stone in its history but also emerging as a global leader in technology, with Arti- ficial Intelligence (AI) driving much of its progress. Over the past few decades, AI has revolutionized sectors like education, healthcare, gov- ernance, and the economy, transforming India into a modern, tech-powered na- tion. This transformation, however, has been built on inclusivity, innovation, and a commitment to using AI for the collective good.

In education, AI has made significant strides. By 2047, AI-powered platforms have personalized the learning experience for every stu- dent. In rural areas, where

educational resources were once scarce, AI enables students to access world- class education, adjusting lessons to meet individual needs. his shift has ensured that no student is left be- hind, creating a more edu- cated and skilled workforce ready for future challenges.

AI has also transformed governance in India. The government now uses AI to improve public service de- livery, making it more eff- icient and responsive. From traffic management to op- timizing energy consump- tion, AI helps in the smooth functioning of cities. In the healthcare sector, AI has been a game-changer. By 2047, medical diagnos- tics and treatment plans are primarily powered by

AI, ensuring high-quality healthcare is available to all citizens. In rural regions, where healthcare facili- ties were once limited, AI ensures timely consulta- tions through telemedicine, connecting patients with doctors remotely. This has bridged the gap between urban and rural healthcare services, drastically improv- ing overall public health.

Economically, India has seen a tech-driven revolu- tion. AI has been integrated into agriculture, where it helps farmers optimize crop yields, reduce water wast- age, and predict weather patterns for better harvests. The rise of AI-driven start- ups has fueled economic growth, with small and me- dium enterprises using AI to

stay competi- tive in a glob- al market. Environmen- tal sustain- ability has also benefi- ted from AI. Smart ener- gy systems powered by AI optimize the use of renewable en- ergy, ensuring that India's growing energy demands are met without compro- mising the environment. AI analyzes patterns in air and water quality, helping cities take proactive mea- sures to prevent pollution and improve waste man- agement. However, as India moves forward, challenges related to data privacy and ethical concerns surround-



ing AI must be addressed. The government has im- plemented strong data protection laws, ensuring that AI systems are trans- parent and free from bias. In conclusion, by 2047, In- dia has emerged as a nation led by AI, transforming ev- ery aspect of life—from ed- ucation and governance to healthcare, agriculture, and sustainability. The integra- tion of AI into these sectors has created a more efficient,

transparent, and prosper- ous India. As the country celebrates its centenary, AI remains a cornerstone of its success, powering progress and innovation while ensuring that tech- nology works for the great- er good of all citizens.

## The AI Sidekick

Student Assistant : From Assignments to Existential Crises

Mitva Shah

In the whirlwind of 8 a.m. lectures, chai breaks, and 3 a.m. breakdowns, AI has quietly become a stu- dent's silent companion. Once limited to tech fests and IIT labs, artificial in- telligence is now as com- mon in student life as Maggi in a hostel pantry. According to a 2024 Brain- ly India survey, over 62% of Indian students use tools like ChatGPT, Grammarly, or QuillBot for academic help. From summarizing articles to rewriting con- tent and generating cita- tionws, AI has become the unofficial group partner. But it's not just for as- signments. Students now use AI for brainstorm- ing, structuring presen- tations, and overcoming creative blocks. It doesn't do the thinking for them— but it speeds things up.

For emotional support, AI is stepping in too. Wheth- er it's about career anxiety or late-night loneliness, AI-powered therapy chat- bots are becoming pop- ular among college stu- dents. In fact, there's been a 78% rise in their use in the past year—especially in households where men- tal health is still taboo. AI also plays career coach. Students across Tier 1 and Tier 2 cities use AI to build resumes, prepare for interviews, and even explore career paths—of- ten finding the feedback more helpful than what they get from counselors. Beyond studies, AI helps manage life—creating timetables, organizing tasks, and even suggesting meal plans. Tools like No- tion AI and Google Gem- ini are now part of many

students' daily routines. But all this convenience comes with a cost. A 2023 NASSCOM report re-



vealed 83% of metro city students feel they "can't function without AI." Ed- ucators worry this depen- dence may affect critical thinking and originality. Still, AI isn't replacing students—it's reshaping them. The real challenge is learning to use it wise- ly—as a tool, not a shortcut.

## AI in the Workplace: A threat or A treat?

Manav Darji & Shubham Raval

Artificial Intelligence (AI) is increasingly reshaping the modern workplace, bringing efficiency and new

entry, scheduling, and cus- tomer support are now han- dled by AI-powered tools, allowing employees to focus on more strategic and cre- ative aspects of their work. AI also helps in analyzing large volumes of data, of- fering insights that support smarter business choices. In addition to productivity, AI is revolutionizing human resources through AI-as- sisted hiring processes, em- ployee engagement tools, and personalized learning systems. Chatbots and vir- tual assistants are enhanc- ing communication and streamlining workflows. However, the rise of AI also raises questions about job displacement and the need for upskilling. As routine jobs become automated, there is a growing demand

for workers to develop skills in critical thinking, gen- erative AI and technology management. Recruiters are hiring people who know their way with AI, so learn- ing how AI works is also a added skill in your resume In manufacturing, In fi- nance, AI algorithms are detecting fraud and man- aging risk. The integra- tion of AI in workplaces offers numerous benefits, including increased efficien- cy, reduced costs, improved accuracy, and the ability to handlelargevolumesofdata.. In conclusion, AI in the workplace is not about re- placing humans but empow- ering them. By embracing AI responsibly, businesses can create more dynamic, efficient, and human-cen- tered work environments.



# ઘંતીહાર

## અમૂલ : શોષણથી આત્મનિર્ભરતા સુધી દૂધ ઉત્પાદકોના હક્ક માટે શરૂ થયેલી ક્રાંતિની વૈશ્વિક વિજયગાથા

### શ્વેતા પરમાર

આણંદ ગુજરાતનું એક નાનું અને શાંતિપ્રિય શહેર. ખેતી- વિકાસ અને વિદ્યાથી જળહનુ આ શહેર શાંતિપૂર્ણ જીવનશૈલી માટે જાણીતું છે પરંતુ કોને વિચાર્યું હોય કે આ “ શાંતિ ક્યારે ક્રાંતિ પણ કરી શકે “ અને ક્યારે એવું નામ ઊભું કરશે જે સમગ્ર વિશ્વ માં ભારતની શાન તરીકે ઓળખાશે .



બીજા વિશ્વ યુદ્ધ પછીના વર્ષોમાં, દેશભરમાં આર્થિક સમસ્યાઓ ઘેરાઈ રહી હતી. ખાસ કરીને ગ્રામ્ય વિસ્તારોમાં રહેતા ખેડૂતો અને પશુપાલકો માટે જીવન સરળ ન હતું. આનંદ જિલ્લામાં, ખેડૂતો પોતાના દૂધનું યોગ્ય મૂલ્ય મેળવવામાં અસમર્થ રહ્યા હતા. મધ્યસ્થીઓ ઓછા ભાવે દૂધ ખરીદતા અને બજારમાં મોઘા ભાવે વેચીને પોતાનું નફો કરતા. પરિણામે, ખેતી અને પશુપાલન પર આધારિત આ વિસ્તારની આર્થિક સ્થિતિ દયનીય બની હતી.

ત્યારે, વર્ષ 1946 માં ડેરી ક્ષેત્રે

એક નવા યુગની શરૂઆત થઈ. એક યુવાન ઇજનેર— ડૉ. વર્ધાજી કુરિએન— જેમણે માત્ર એક ટેકનિકલ જોબ માટે આણંદ મા પગ મુક્યો હતો, પરંતુ છેલ્લે એ શહેર માટે એક પેરણા બનીને ઊભા રહ્યા. તેઓએ જોયું કે અહીંના પશુપાલકો, જે દેશના દૂધ ઉત્પાદન માટે છેવટ સુધી મહેનત કરે છે, તેઓ ન્યાયના હકદાર નથી. કુરિએન સાહેબે તત્કાલીન સમયના નેતા ત્રિભુવન દાસ પટેલના માર્ગદર્શન હેઠળ દૂધ ઉત્પાદકો માટે એક કોપરેટિવ મોડલની કલ્પના કરી.

આ મોડલ અંતર્ગત, દૂધ ઉત્પાદકો પોતે જ દૂધ એકત્ર કરે, ગુણવત્તા ચકાસે અને વેચાણનું નિયંત્રણ કરે—એવી વ્યવસ્થા ઊભી કરવામાં આવી. આ રીતે ન્યાયના ભાવ થી મધ્યસ્થીઓ દૂર થયા અને દૂધ ઉત્પાદનથી આવક સીધી રીતે ખેડૂતો સુધી પહોંચી.

આજનું અમૂલ એટલે માત્ર બ્રાન્ડ નથી, પણ વિઝન છે . “આણંદ મિલ્ક યુનિયન લિમિટેડ” નામે શરૂ થયેલી આ સંસ્થા ટેકનિકલ અને વ્યવસાયિક દ્રષ્ટિથી

સફળ બની. ત્યારબાદ, જ્યારે 1970 ના દાયકામાં “ઓપરેશન ફ્લડ” શરૂ થયું, ત્યારે ભારતની ડેરી ઉદ્યોગે વિસ્ફોટક વૃદ્ધિ અનુભવી. આ યોજનાનું મુખ્ય ઉદ્દેશ હતું—દેશના દરેક ભાગમાં દૂધ ઉપલબ્ધ કરાવવું અને દૂધ ઉત્પાદન વધારવું હતું.

ઓપરેશન ફ્લડથી ભારત માત્ર દુધમાં આત્મનિર્ભર નથી બન્યું, પરંતુ આજે વિશ્વનું સૌથી મોટું દૂધ ઉત્પાદન કરતું દેશ બની ચૂક્યું છે. આ મહાન યાત્રા પાછળ ન માત્ર ડૉ. કુરિએનનું વિઝન દ્ છે, પણ લાખો ખેડૂતોની

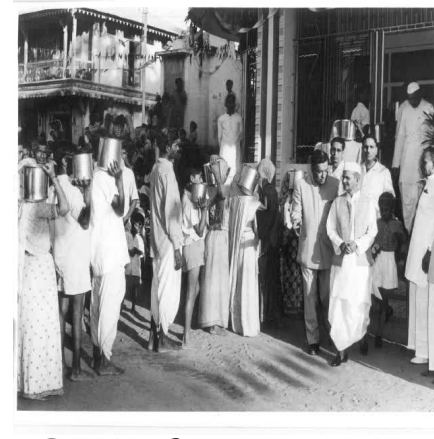
અખંડ મહેનત, એકતા અને સમર્પણ પણ છે.

અમૂલ આજે માત્ર દૂધ સુધી મર્યાદિત નથી. તેનું ડાયવર્સિફાઇડ પોર્ટફોલિયો—પણીર, ઘી, બટર, આઈસક્રીમ, ચોકલેટ વગેરે—ઘરના દરેક કુટુંબમાં હાજર છે. શહેરના બિલબોર્ડથી લઈને ગામના ટેન્ક સુધી, અમૂલ એ ઘરની ઓળખ બની ગયું છે. આજે અમૂલ પાસે 3.6 મિલિયનથી વધુ દૂધ ઉત્પાદકો છે અને દરરોજ 2 કરોડ લીટરથી વધુ દૂધનું સંચાલન થાય છે.

સામાન્ય રીતે ભારતમાં વિકાસનું ઉદાહરણ શહેરોમાંથી આવે છે, પરંતુ અમૂલ એ એક અનોખું ઉદાહરણ છે કે વિકાસ ગામડે પણ ઊગે છે, જો યોગ્ય દૃષ્ટિ અને નિષ્ઠા હોય તો.

આજે જ્યારે આપણે સ્થાનિક ઉત્પાદનને પ્રોત્સાહન આપવાના યોગમાં છીએ, ત્યારે અમૂલ જેવી સંસ્થાઓ આપણને યાદ અપાવે છે કે આત્મનિર્ભરતા માત્ર નારા સુધી મર્યાદિત ન રહી શકે. અમૂલ એ જણાવે છે કે સમાજના પાયા ધરાવનારા લોકો સાથે ન્યાય થાય તો તે નાનું શહેર પણ વૈશ્વિક પરિપ્રેક્ષ્યમાં પોતાની આગવી ઓળખ ઊભી કરી શકે છે.

આણંદ નામ હવે માત્ર શહેર નથી, પણ આંદોલન , ક્રાંતિ અને વિકાસ ની પ્રરણા પણ છે—જે જણાવે છે કે વિચાર, વિશ્વાસ અને વિઝનથી કોઈપણ ક્રાંતિ શક્ય છે.



1. ત્રિભુવંદાસ પટેલ 2. વર્ધાજી કુરિએન અને અમૂલનો ઇતિહાસ 3. અમૂલના પ્રારંભિક દિવસો

## ત્રિભુવંદાસ પટેલ: “વિઝન, સંકલ્પ અને ક્રાંતિ”

ગ્રામિણ ભારતનો વિકાસ માટે સહકારનું વિઝન આપનાર નેતા, જેમણે દૂધ ઉત્પાદકોને બનાવ્યા આત્મનિર્ભર

### શ્વેતા પરમાર

દરેક ક્રાંતિની પાછળ એક નેતા હોય છે. અને દરેક નેતાની પાછળ હોય છે એક દ્રષ્ટિ—એક એવું વિઝન જે સમયની હદોને તોડી નાખે અને એક આખા યુગનું દિશા નિર્માણ કરે. આજનું ભારત જ્યારે દૂધ ઉત્પાદનમાં વિશ્વનું અગ્રણી દેશ બન્યું છે, ત્યારે તેનું મૂળ એ વ્યક્તિ છે જેને ઇતિહાસે ઘણીવાર પડછાયા-માં રાખી દીધો છે—પરંતુ જેની દ્રઢ ઇચ્છાશક્તિ વગર ‘અમૂલ’ શક્ય ન બનત. એ મહાન વિઝનરી હતા ત્રિભુવંદાસ કિરણભાઈ પટેલ.

ત્રિભુવંદાસ પટેલનો જન્મ 22 ઓક્ટોબર, 1903 ના રોજ ગુજરાતના આણંદ જિલ્લામાં થયો. એક સામાન્ય પરિવારમાંથી આવતા અને ભારતીય સ્વાતંત્ર્ય આંદોલનમાં સક્રિય રીતે જોડાયેલા ત્રિભુવંદાસ પટેલ એ ખેડૂત સમાજની પીડાને ખૂબ નજીકથી અનુ-

ભવ્ય હતું. તેમણે બાળ-પણથી જોઈ લીધું કે કેવી રીતે મધ્યસ્થીઓ ખેડૂતના દૂધને ઓછી કિંમતે ખરીદી પોતાના નફા માટે વેચતા અને ખેડૂતોને પોતાનું જ ઉત્પાદન બજારમાં વેચવાનો અધિકાર પણ નહોતો. આ શોષણનું ચક્ર સદીઓથી ચાલતું આવ્યું હતું.

એ દુઃખદ હકીકતોને બદલવા માટે ત્રિભુવંદાસ પટેલે એક માર્ગ શોધ્યો—કોઓપરેટિવ મોડલ. 1946માં તેમણે ‘કૈરા ડિસ્ટ્રિક્ટ કોઓપરેટિવ મિલ્ક પ્રોડ્યુસર્સ યુનિયન લિમિટેડ’ (KDCMPUL) ની સ્થાપના કરી. આ માત્ર એક દૂધ એકત્રિત કરતું મંડળ નહોતું, પરંતુ તે એક સમગ્ર આર્થિક, સામાજિક અને માનવીય ઉદ્ધાર-ની શરૂઆત હતી. આ દ્વારા ખેડૂતોને પ્રથમવાર એમના દૂધ માટે ન્યાયની કિંમત મળી અને વ્યવસ્થિત

આવકનો માર્ગ ખુલ્યો. એ સમય માટે એ એક નવતર વિચાર હતો—જ્યાં ખેડૂતો પોતાના ઉત્પાદન માટે middlemen વગર સીધા માર્કેટ સુધી પહોંચી શકે. ખેડૂતોએ પોતાનો દૂધ વેચવાનો અધિકાર મેળવ્યો, જે પહેલા માત્ર ઇચ્છાની મર્યાદા હતો.

આ ચળવળના કેન્દ્રમાં ફક્ત દૂધ નહોતું. આ હતી સશક્તિકરણની ચળવળ. મહિલાઓ માટે આ પહેલ જીવન પરિવર્તક સાબિત થઈ. અસંખ્ય ગ્રામીણ મહિલાઓ માટે દૂધ વેચવું એકમાત્ર આવકનો સ્ત્રોત બની ગયું. નાના ખેડૂતો, જેમને જીવનમાં કોઈ અવાજ ન મળ્યો હતો, હવે સંગઠિત થતા ગયા અને સામુહિક રીતે આગળ વધવા લાગ્યા.

ત્રિભુવંદાસ પટેલના વિઝનને આધુનિક ટેકનોલોજી અને

વ્યવસાયિક ઉર્જાથી સાકાર કર્યો ડૉ. વર્ધાજી કુરિએન એ. ત્રિભુવંદાસ પટેલે કુરિએનને KDCMPUL સાથે જોડાવા માટે આમંત્રણ આપ્યું અને એક યુવાન એન્જિનિયરને પોતાના દ્રષ્ટિ સાથે જોડ્યો. બંનેની ભાગીદારીમાં જન્મ્યું એ નામ જે આજે દરેક ઘરનું ગૌરવ છે—અમૂલ.

“અમૂલ” એટલે “અનમોલ”—એક એવી કિંમતી કૃતિ જે માત્ર દૂધ ઉત્પાદનનું બ્રાન્ડ નથી, પણ ખેડૂતની જાત સન્માનની પ્રતિમૂર્તિ છે

1969માં ભારત સરકારે ત્રિભુવંદાસ પટેલને પદ્મ ભૂષણ એવોર્ડથી નવાજ્યા. પરંતુ એમની ખરેખર વીરાશ્રી એ છે—લાખો ખેડૂતોના જીવનમાં લાવેલો પોઝિટિવ પરિવર્તન, એમનું આત્મવિશ્વાસ ઉભું કરવાનું કાર્ય અને એમના ગામને સમગ્ર રાષ્ટ્રના ડેરી મેપ પર મૂકવાનો

ઐતિહાસિક યોગદાન. એમણે સાબિત કર્યું કે સાચો નેતા એ નથી કે જે લોકો પર શાસન કરે, પણ જે લોકો માટે અવસર સર્જે. ત્રિભુવંદાસ પટેલ એવા જ નેતા હતા. તેઓ એ સૂર્ય હતા જેના પ્રકાશમાં અનેક જીવનોએ દિશા પામી.

આજે જ્યારે આપણે અમૂલના બ્રાન્ડને વિશ્વભરમાં પ્રસિદ્ધિ મેળવતી જોઈ રહ્યા છે, ત્યારે પટેલ સાહેબનું વિઝન હજી પણ એ જ ઉર્જાથી જીવી રહેલું છે. આણંદ , એક શાંત શહેર, આજે વિશ્વની સૌથી મોટી ડેરી કોઓપરેટિવનું કેન્દ્ર છે. આ સૌ શક્ય બન્યું એ મહાન નેતા અને તેમના મૌન સંકલ્પના કારણે. જ્યાં આજની પેઢી માટે અમૂલ માત્ર એક બ્રાન્ડ છે, ત્યાં ત્રિભુવંદાસ પટેલ માટે તે એક આંદોલન હતું—એવું આંદોલન જેનાથી ખેડૂતોના જીવનમાં માત્ર આવક ન

વધી, પણ આત્મગૌરવ પણ જન્મ્યું. જ્યાં દૂધ વેચવું પહેલાં લાજનું કારણ બનતું હતું, ત્યાં હવે તે ગૌરવ અને ઓળખ બની ગયું. ગામડાની મહિલાઓ સવારે દૂધ લઈ મંડળ સુધી જતા દ્રશ્યો હવે સમાજના વિકાસના પ્રતિક છે. આ માત્ર એક અર્થતંત્રના સુધારાની વાત નહોતી, પણ એક આખા સમૂહના આત્મવિશ્વાસના પુનર્જાગરણની યાત્રા હતી. ત્રિભુવંદાસ પટેલ એ યાત્રાના ચથાર્થ સાથી, દિશાદર્શક અને મૂળહારા હતા.

આજે આપણે એમને માત્ર યાદ નથી કરતા, પરંતુ એક વિચારોના યોદ્ધાને શ્રદ્ધાંજલિ આપી રહ્યા છીએ. એમનો જીવન સંદેશ સ્પષ્ટ છે: “વિઝન હોય, વિશ્વાસ હોય અને લોકો માટે કાર્ય કરવાનો ખરો ભાવ હોય, તો કોઈ પણ ક્રાંતિ શક્ય બને છે.



# Mahakumbh Unveiled: Where Moksha Meets Media

Mitva Shah

The dawn of ‘Paush Purnima’ marked the beginning of the occurrence of the event that holds supreme spiritual significance of Sanatan Dharma after 144 years in its fullest form–‘Mahakumbh’. Often described as the greatest spiritual gathering on Earth, the Mahakumbh is not just a religious congregation but a living testament to the timeless faith of Sanatan Dharma and India’s enduring civilizational ethos. According to Hindu mythology, the Mahakumbh is rooted in the legend of Samudra Manthan, the churning of the cosmic ocean. In the fierce battle between devas (gods) and asuras (demons) for the Amrit—the nectar of immortality—four drops of it are believed to have fallen on Earth, sanctifying four cities: Prayagraj, Haridwar, Ujjain, and Nashik. These locations became the sacred hosts of the Kumbh Melas, occurring in rotation. However, the Mahakumbh—the rarest and most auspicious of all Kumbhs—takes place only once every 144 years at one specific site. The Mahakumbh in Prayagraj is thus not just another festival—it was a once-in-sever-



al-generations spiritual spectacle, last witnessed in the 19th century. In modern day, The world’s largest congregation of spiritual seekers, unfolded like a grand contradiction: a festival of divine silence echoed in deafening chants, of renunciation held tightly within selfie frames, of ancient rituals mapped by AI-powered drones. It was here, amid saffron flags and logistical blueprints, that India performed its most theatrical balancing act—between chaos and cosmic order, the eternal and the ephemeral. Nowhere is contradiction more sacred than at the Mahakumbh. Here, renunciants who have shed all worldly ties walked alongside tourists booking VIP bathing

slots. An event rooted in timeless spirituality was broadcasted live in HD, sponsored by telecom giants and streamed on apps promising moksha in a few clicks. While sadhus meditated in makeshift tents, bulldozers cleared paths for VVIP motorcades. The very act of renunciation became a public performance—photographed, monetized, and trended. It is a festival that celebrates withdrawal from the material world, yet thrives on an economy of consumption. In its most crowded, chaotic moments, the Mahakumbh asks a quiet question: can something be truly sacred when it’s scaled for millions? Or is that the very definition of sacred in India? Behind the illusion of

divine disorder lied an army of planners, engineers, and bureaucrats orchestrating the impossible. Faith may flow freely, but every movement at Mahakumbh was mapped—by drones in the sky, command centers on the ground, and officials issuing real-time crowd bulletins like war-time dispatches. Temporary cities rose overnight, complete with hospitals, helipads, surveillance towers, and lost-and-found counters for both people and faith. Yet, the more the event was systemized, the more surreal it became: a place meant to escape worldly controls now functioned with military precision. The contradiction deepens—how does one surrender to the divine when

shepherded by barricades, loudspeakers, and glaring phone-screens? In a place meant to transcend the material, it is bureaucracy that keeps the divine afloat. And thus, the pilgrimage becomes a paradox itself. The Mahakumbh, once a sanctified river of devotion, has become a battleground where the ancient and the modern collide with brutal force. Pilgrims, their bodies painted with ash and hearts full of faith, now wade through a sea of flashing cameras and influencers capturing ‘divine moments’—their every step designed to generate likes, shares, and sponsorships. What was once a deeply personal act of salvation is now a commodified spectacle, curated for Insta-

gram and monetized at every turn. The holy dip in the Ganges, a centuries-old ritual of purification, has morphed into a content creation event, where authenticity is sacrificed at the altar of virality. Amid this media circus, the Mahakumbh also served as a political theater—a stage for leaders, who descend into the waters not for redemption, but for votes and visibility. Their holy baths were broadcasted with the same precision as a campaign rally, their every gesture analyzed for its electoral appeal. In this heady mix of spirituality and spectacle, the Mahakumbh is no longer a sacred act of devotion but a political performance, where purity is measured not in faith, but in the currency of power, media, and influence. In the midst of millions seeking salvation, the Mahakumbh reveals a deeper truth—can purity survive in a world that profits from its sacredness? The waters may cleanse the body, but what of the soul, drowned in the very contradictions it seeks to escape?

## Faith in Figures: Mahakumbh 2025 Stuns with Scale and Stats

Manav Darji

Mahakumbh 2025, held at Prayagraj, Uttar Pradesh, has earned the title of the world’s largest human gathering, blending deep-rooted faith with staggering numbers. From January 13 to February 26, over 660 million (66 crore) devotees participated—8.15% of the world population. Pilgrims arrived from countries including the U.S., U.K., Australia, Brazil, Nepal, Russia, and more.

**Budget & Revenue:** With a budget of ₹63.82 billion (US\$750 million), the Mahakumbh generated an estimated ₹2 lakh crore (US\$24.1 billion) in revenue.

**Infrastructure:** A temporary city spanning 4,000 hectares was created. Four dredgers added 26 hectares more, tripling capacity from the 2019 Ardh Kumbh. The 12-km ghats and 25 sectors held around 150,000 tents for accommodation. **Transport:** 1,850 hectares were allocated for parking, and road networks stretched over 450 km. Indian Railways added coaches to key trains like the Prayagraj Express and Lucknow Mail.

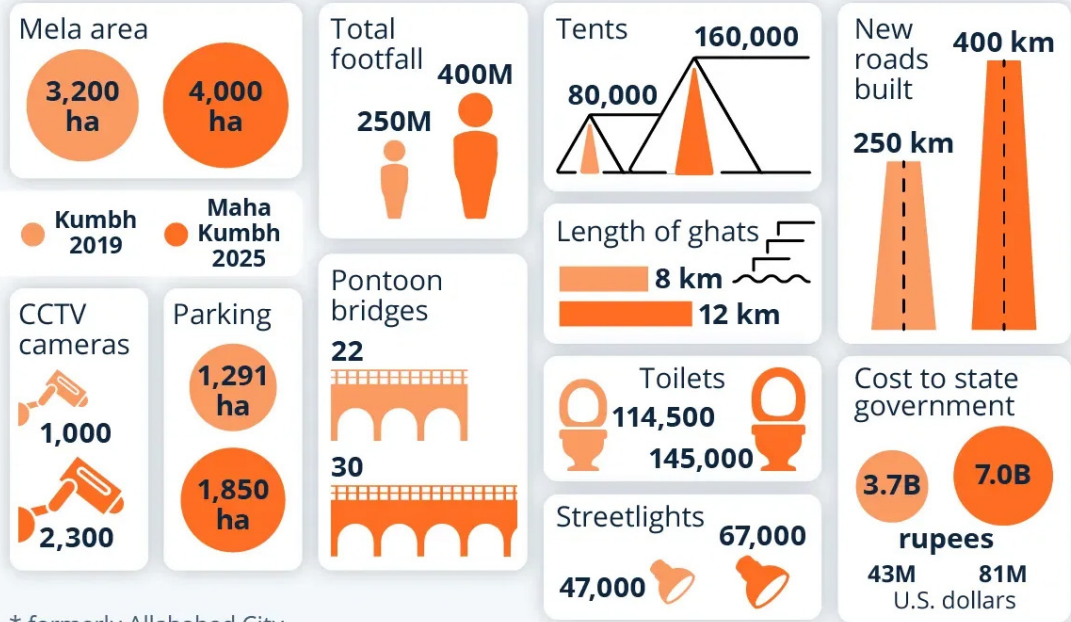
**Health & Sanitation:** Over 150,000 toilets and 10,000 sanitation workers ensured hygiene, with one

cleaner for every ten toilets. 500 Ganga Praharis were appointed to maintain river cleanliness. However, CPCB reported that water quality remained unfit for ritual dips. **Security:** Over 40,000 police personnel, 2,300 cameras, and underwater drones ensured 24/7 monitoring. The fire department received ₹1.31 billion and deployed 351 vehicles, 2,000+ personnel, and 70 fire units across the grounds.

Mahakumbh 2025 wasn’t just a spiritual epicenter—it was a marvel of modern planning and human congregation.

### Maha Kumbh Mela: The World’s Biggest Festival

Key figures on the Kumbh 2019 and Maha Kumbh 2025 religious gatherings in Prayagraj\*, India



\* formerly Allahabad City

Sources: Statista research, Times of India

Image Credit: Statista



# Dear Mind

## Chasing A+ Lives: The High Cost of Being ‘Perfect’

Mitva Shah  
In today’s era, being good isn’t good enough. One has to be perfect and excel in all spectrums of life or else they are looked down upon in the society. However, you can’t be perfect in just one part of your life; you have to conquer many skills to really be perfect. Although what does perfection truly mean? Literary it can be described as having all the required or desirable elements, qualities, or characteristics; as good as it is possible to be. Who cares if you get perfect grades but aren’t also a top athlete or a music prodigy? This may seem harsh when you first read it, but just think about your own life. I am sure that most readers will have high standards for not just one aspect of their life, but multiple. However, while we see perfection as a goal to strive towards, many doctors and psychologists see it as a disease. Perfectionism is a growing concern in today’s society. A perfectionist is anyone who sets “excessively high unrealistic goals” and feels

defeated when those goals are not met. Many perfectionists believe that whatever they do is never good enough, and that if they do not “give more than 100 percent” they have failed. Thinking of our society, it is not hard to see how this epidemic of perfectionism has flourished. High school students need great grades and impressive extra-curricular activities to get into college, college students need great grades and real-world work experience to get a job and, employees need great records and performance to be promoted. It is a competitive world, to succeed, we believe we must be perfect. So, when students begin feeling overly stressed from school, it is not just the amount of homework

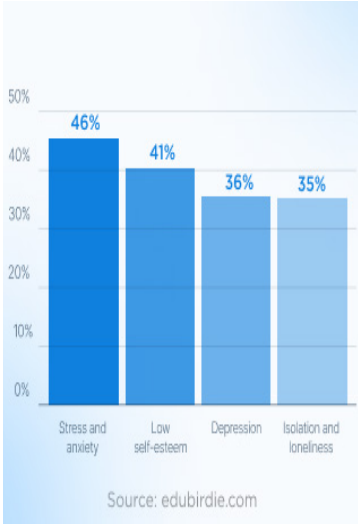
and commitments a student has that is causing such high amounts of stress, but the desire and need to do it all perfectly. Math homework would go much more quickly if you didn’t need to get a 100%, and studying for a psychology midterm would not be as stressful if you didn’t feel the need to get an A on it. And while many students believe they must be perfect to succeed, studies show that chasing perfection actually causes people to achieve less than those who have realistic standards. This occurs because of a cycle of unattainable goals and negative effects that occur when a goal is not accomplished. The cycle begins with a perfectionist setting an unattainable goal. Then, if a perfectionist

does not reach this goal, they see themselves as a failure, which leads them to blaming themselves and lower self-esteem, and this can further grow into anxiety or depression. But, a perfectionist believes that if they try harder and do better the next time, they will succeed. This belief begins the cycle over again, and will certainly lead to failure and negative consequences yet again. Students are very vulnerable to perfectionism since this time in their life will greatly impact many aspects of their future. Although perfectionism is very hard to let go of, there are many ways to help cope with it. Because perfectionism also causes a lot of stress, students should learn tactics to deal with stress as well. So if you look closely at a tree you’ll notice knots and dead branches, just like our bodies. What we learn is that beauty and imperfection go together wonderfully and is what students of today should keep.



## The Illusion of Perfection: How Social Media is Re-writing Gen Z’s Self-Worth

For Gen Z, social media isn’t just a platform, it’s a parallel life. From Instagram aesthetics to BeReal drops, online presence has



showing real skin, talking about bad days, and dismantling “highlight reel” culture. Pages dedicated to mental health, self-love, and slow living are rising. There’s power in memes that say, “You don’t need to be perfect today.”

The shift is subtle but real. Self-worth is slowly detaching from social validation. More Gen Zers are setting boundaries, taking digital detoxes, and reminding themselves they’re more

become an extension of identity. But behind curated feeds and viral trends lies a silent struggle: the battle between self-worth and digital validation.

We live in a time where likes feel like approval and silence feels like rejection. A selfie that doesn’t perform well? Delete. A story without replies? Panic. The algorithm becomes a mirror, and the reflection isn’t always kind.

It’s not just vanity, it’s conditioning. From teenage years, Gen Z has grown up being watched, rated, and compared. The pressure to be funny like that creator, flawless like that influencer, productive like that student, is constant. And when the screen becomes a measuring stick, reality feels dull and inadequate.

But here’s the flip side: Gen Z is also fighting back. More creators are

**46% of Gen Zers suffer from stress caused by social media, while 41% struggle with low self-esteem**



than their screen presence. The idea of “being real” isn’t just an app, it’s becoming a mindset.

Social media isn’t going away. But maybe the way we relate to it can evolve. The likes, views, and follows might feel good; but they’re not proof of worth. Your value isn’t measured by metrics. It’s in how you treat yourself when no one’s watching.

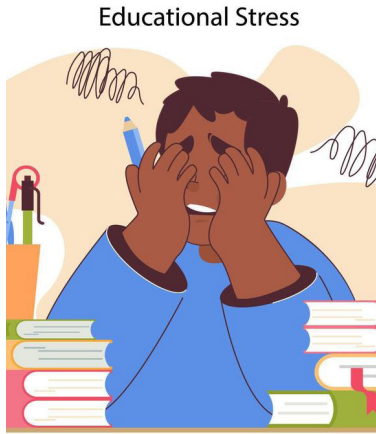
And maybe, just maybe, logging off sometimes is the loudest form of self-love. Image Credit: Edubirdie.com

## Stressed About Studies? Not Anymore!

Mitva Shah  
In the race for marks, degrees, and deadlines, academic stress has become the silent companion of every student. It creeps in during late-night study sessions, grows with every exam timetable, and sometimes peaks in moments of self-doubt. But here’s the truth: stress is not a weakness, it’s a signal. And it can be managed with the right mindset and tools. The first step is realistic planning. Use planners or the Pomodoro Technique (25-minute focus, 5-minute break) to break your workload into manageable pieces. Most aca-

demic pressure builds not from the work itself, but from the chaos around it. Next, prioritize sleep and movement. Your brain isn’t a machine; it’s a muscle that needs rest, fuel, and care. Sleep at least 7 hours, take short walks, stretch, or just move stress leaves the body through action. Talk it out. Whether it’s

a friend, teacher, or counselor, sharing your load can shrink it. You’re not meant to carry it all alone. Also, study smart: use mind maps, active recall, and teach-back methods instead of just rereading notes. Practice mindfulness, even without apps. A short journaling session, deep

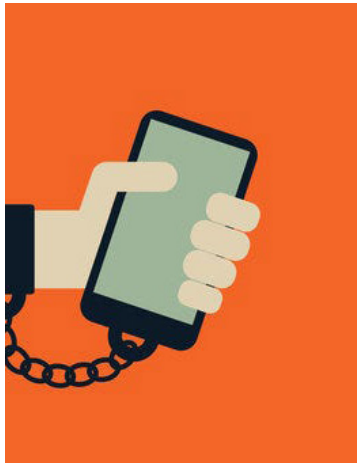


breathing before an exam, or 10 minutes offline can reset your focus. And most importantly, redefine failure. One bad grade isn’t the end; it’s data, not identity.

Academic stress is real but it doesn’t have to break you. When you show up for yourself with structure, rest, honesty, and self-compassion, you’re not just surviving the system; you’re rewriting how it affects you. Your mental health matters more than any mark sheet. Because in the long run, resilience is a far greater achievement than a perfect GPA.

## Why Can’t We Stop Scrolling?

Mitva Shah  
You open Instagram for “just five minutes.” Two hours later, you’ve watched a barista make cloud coffee, seen someone cry in Paris, and somehow ended up analyzing your birth chart, again. That’s not you being lazy. That’s dopamine doing its job a little too well. Dopamine, the brain’s reward chemical, was designed to motivate us toward survival, food, connection, achievement. But today, it’s hijacked by the endless scroll. Social media feeds are built like slot machines: unpredictable rewards, instant validation, short bursts of pleasure. One viral reel. One hot take. One dopamine spike. And the effects? Quiet but deep. Attention spans shrink. Sleep suffers. Our toler-



ance for effort, boredom, and slow gratification begins to fade. We get hooked on “likes” and “nexts,” while reality unleashes a dopamine reset, not a digital detox: Schedule your scrolls. Make it intentional, not compulsive. Introduce friction. Move apps to the last screen. Add screen time limits. Delay the reward. Balance with low-dopamine activities. Paint, walk, journal, cook. Breathe without a beat drop. The goal isn’t to quit pleasure, it’s to retrain your brain for real joy. Because joy isn’t found in the next post. It’s found in presence. In awkward silences, long conversations, real hugs, and pages that don’t scroll. In choosing connection over distraction. Your mind deserves more than highlight reels. It deserves depth, clarity, and calm. Look up. Life’s not in your feed. It’s right in front of you.

curated and quiet, feels unbearably bland. Emotional regulation weakens. Anxiety spikes. Academic focus blurs. The phone becomes our pacifier, therapist, and social life in one but still leaves us lonelier. So what can we do? Try

## POV: It’s 2 am Again.

Mitva Shah  
It’s past midnight, and everything hits at once. You were fine a few hours ago; laughing at reels, texting in group chats, making to-do lists. But now, your chest is heavy. Your brain spins. You overthink a friend’s tone, your semester’s future, your entire existence. This is the hour Gen Z knows too well. When the silence outside makes the storm inside louder. Thoughts you suppress all day creep in: “Am I enough?”, “What if I never make it?”, “Why do I feel so alone when I’m constantly connected?” Mood swings, breakdowns, nostalgia, overanalysis, it all piles up. And you don’t even know why. It’s like your emotions are stuck on shuffle. You cry for no

reason. Or every reason. You want to talk, but also isolate. You crave sleep, but can’t stop scrolling. It’s not “just hormones.” It’s



not “just drama.” It’s emotional burnout. From being online 24/7, performing happiness, constantly comparing yourself, always “grinding.” From feeling like you have to prove your worth in likes, marks, aes-

thetics, and achievements. By morning, you’re expected to reset. Attend classes. Smile. Move on. But the ache from 2 a.m. lingers, showing up as zoning out in lectures, snapping at friends, or doubting everything you’re doing. Here’s what we forget: midnight vulnerability isn’t weakness; it’s your brain trying to heal. The breakdowns mean your heart still cares. The mood swings mean you’re still alive. You are not your lowest hour. You’re the strength that survives it, every night. So next time 1 a.m. hits hard, breathe. Feel. Journal. Cry if you need to. But remember: healing isn’t linear. And you’re not alone in the dark. So many of us are wide awake, feeling it too.



Dear Mind

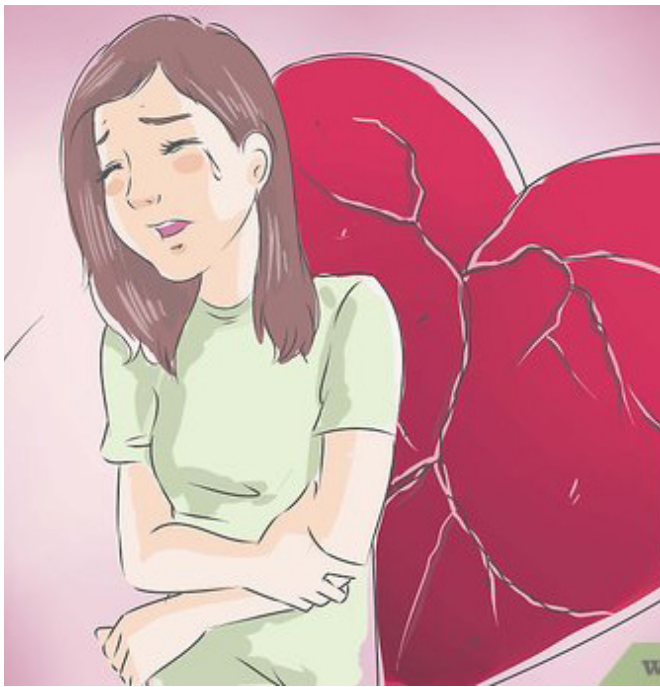
A journey from heartbreak to healing

Sweta Parmar

Some endings don't come with a warning. Love has a strange power. It holds us, lifts us, and sometimes, when it slips away, it breaks us in places we didn't even know existed. When a relationship ends, it feels like a piece of the soul has been torn apart. One day, everything feels normal — messages, memories, shared laughter — and the next day, there's a silence that stings. Post-relationship trauma is not just about losing a person. It's about losing the version of yourself that existed with them. It's about the emptiness that settles in when someone who once felt like home becomes a stranger. Nobody prepares us for that kind of ache.

People often say, "Time heals." But time does nothing if we don't allow ourselves to feel. Most of us try to stay strong, wear a smile, distract ourselves — but deep down, something inside us is quietly breaking. And I've learned that healing only begins when we allow that part to speak. The pain needs a voice, not silence. When someone walks out of your life, especially someone you truly loved, it can feel like you're suddenly lost in your own story. You start doubting yourself — was I not enough? Did I love too much? Was it all real? These questions come like waves, and they don't always bring answers. But what they do bring is a chance — a

chance to turn inward, to rediscover the parts of yourself that got bur-



ied in the relationship. For a while, everything will remind you of them. A song, a street, even a word. And that's okay. That's part of grieving. Grief is not just about death — it's also

about life after something meaningful ends. It's the way your soul

says, "This mattered." But here's what I believe: love never goes to waste. Even if it didn't last forever, it taught you something. Maybe it showed you how deeply you can feel. Maybe it

revealed your strength. Maybe it taught you what kind of love you truly deserve. Pain can be a cruel teacher, but it's still a teacher. As the days pass, the silence becomes softer. The memories begin to sting less. Slowly, you start remembering who you are outside of them. You laugh again — maybe not loudly at first, but genuinely. You begin to build new routines, meet new people, and look at the world with fresh eyes. The version of you that's rising from this heartbreak — she's more grounded, more aware, more alive. She knows what it's like to break, and still breathe. She knows what it means to let go, and

still love. She may still have days where she misses what was, but she no longer doubts what she's becoming. If you're going through post-relationship trauma, be patient with yourself. Be soft, even when it's easier to be hard. Healing is not linear — some days you'll feel okay, and others you'll feel like starting over. That's normal. That's healing. You are not broken. You are just blooming through a season of deep change. And trust me — the love you gave so freely to someone else? You deserve to give it back to yourself now.

Why is it difficult for men to express emotions? From a Man's POV!

Manav Darji

Often, as a society, men are perceived to be strong and be the bearer of the entire family. Men are told, subtly- sometimes directly, not to cry because it is considered as a sign of weakness. Phrases like "man up," "don't cry like a girl," or "be strong" reinforce the belief that men who show emotions or are vulnerable are considered "less masculine". Overtime, this has become a pre-conceived notion that men are not supposed to express emotions. The pressure to conform to this idea of "tough masculinity" is deeply ingrained in many cultures, leaving little room for boys and men to process or express their vulnerabilities. Many times Men in the society lack enough emotional



tools or ways they can freely express themselves. Nobody taught us how to put across our emotions and feelings in a healthy way. The struggle to express emotions doesn't mean that we don't feel deeply—it means we often don't know how or where it's safe to do so. Traditional gender roles have long dictated that men should be protectors, pro-

viders, and problem-solvers. As a result, many men feel ashamed or unsure when dealing with emotions like sadness, fear, or anxiety. This emotional suppression can lead to severe consequences, including loneliness, strained relationships, and mental health issues such as depression or over time build up of anger. Encouraging emotional expression in boys and men is essential for healthier relationships and overall well-being. Teaching your kids and men in your family to express all kinds of emotions freely without the fear of judgement is necessary in India's household. Also, being a non-judgemental and proud masculine man can solve the issue of men not dealing with emotions!

Bunny vs Naina- The Genz Introspective

In Yeh Jawaani Hai Deewani, Bunny and Naina were more than just romantic leads, they were ideologies. Bunny, the restless dreamer chasing horizons, and Naina, the grounded observer who found joy in simplicity. A decade later, Gen Z still finds itself torn between them. Bunny represents the urge to escape; quitting the 9-5, booking a solo trip, chasing "passion over stability." His rebellion speaks to a generation burned out by hustle culture yet obsessed with doing something "big." But as romantic as Bunny's life looks,



Gen Z also sees the loneliness behind it. The detachment. The fear of stopping. Then there's Naina, the one who chose roots over routes. She reflects a quieter form

of strength: self-awareness, emotional stability, choosing presence over performance. For many Gen Zers overwhelmed by constant motion, Naina offers a kind of peace that Bunny never learned to sit with.

But here's the introspective twist: Gen Z doesn't fully reject either. Most feel like both. They want freedom and fulfillment. Adventure and connection. The thrill of chasing dreams and the comfort of stillness. In 2025, the Bunny vs Naina debate isn't about choosing a side. It's about balance. It's about knowing when to run and when to rest. When to say yes to the wild unknown and when to stay, breathe, and grow where you are.

Because sometimes, the bravest thing isn't leaving everything behind; it's choosing what's worth staying for.

Music : Therapy for The Mind

Mitva Shah

Music has always been more than entertainment, it's therapy without a prescription. Whether it's anxiety before exams, a late-night spiral, or just the chaos of everyday life, the right song can make you feel understood, even when nothing else does. Studies have shown that music can lower stress hormones, boost mood-regulating chemicals, and help regulate sleep, focus, and emotional balance. In Hindi music, Arijit Singh has become the voice of emotional vulnerability. His songs like "Agar Tum Saath Ho" and "Channa Mereya" have helped millions process heartbreak and grief. Prateek Kuhad brings a quiet comfort to mental tur-

bulence with his raw lyrics and soft acoustic melodies. . In the English music world, Billie Eilish has become a global symbol for Gen Z mental health, addressing



depression, identity, and anxiety with haunting honesty. Coldplay's "Fix You" and "The Scientist" have long served as emotional lifelines for those going through tough times. Lana Del Rey's ballads hit with

catharsis, while SZA's music touches on self-worth, heartbreak, and healing. Even upbeat artists like Diljit Dosanjh and Harry Styles help uplift moods with feel-good energy, reminding listeners that joy is just as therapeutic as tears. Beyond lyrics, instrumental music, lo-fi beats, and ambient playlists have gained popularity as tools for mindfulness, focus, and emotional release. Whether it's a song that makes you cry or a beat that gets you dancing, it's all medicine.

Music meets us where we are. It doesn't judge, doesn't interrupt; it just listens back. And sometimes, that's all the mind needs to begin to heal.

What is Happiness?

Mitva Shah

Euphoria, bliss, glee, ecstasy and paradise are a few of many words that are used to describe happiness. But what is actual happiness? When does a person know that they are happy? Literally speaking, happiness can be defined as a feeling or state of contentment and well-being. Although, does one actually realize that they are happy? Some say that one can only recognize actual happiness after it is not there and they are no longer feeling the feeling they felt at that certain time. It is equivalent to the saying that the real worth of something is only known after it is lost. Happiness is not a forever kinda thing but a moment. They are the moments that one cherishes and wishes to lock them up in the treasure box of heart to keep them safe. It is the thing that can bring a smile to someone's face. These moments are a

medicine and source of relief when the darkest hour strikes. Trapped in melan-



choly and darkness, they become one's comforter. A ray of light in the complete despair. The time spent with loved ones, being joyful, surrounded with positivity and the enjoyment of life are the things that, when reminisced, bring a smile to our face. When reminisced, makes us happy. Like a cup of coffee, life is a bitter-sweet journey. Some have the

bitter one over the sweet. Happiness can be defined as the sweet sugar in one's bitter life, while it can also be the extra added coffee in one's over-sweet life; giving them a tinge of bitterness to save them from diabetes. It is said that people who like their coffee bitter are often in solitude. To remove that solitude, they must add sugar and be ready to accept the change. This change is what leads them to their happiness. Spending time with one's family, goofing around with friends, having a little date with themselves away from the world, having a sense of belonging with satisfaction and awaiting the future is what true happiness is. It is the moment they experience that they are happy. Happiness is not something that will last forever but a momentary pleasure set like an oscillation.



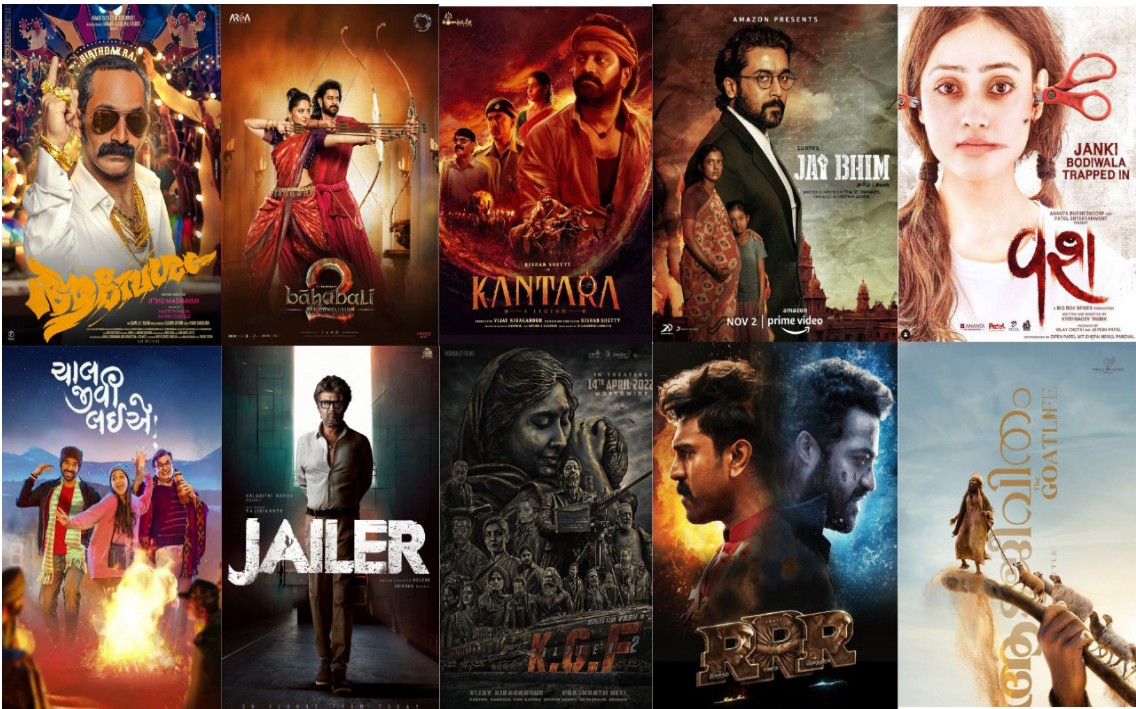
# The Pop Culture Buzz

## The Rise of Regional Cinema

From the Margins to the Mainstream: The Growth of Regional Films

Jaimit Chauhan  
Regional cinema in India is experiencing a powerful resurrection, with industries in Tamil, Telugu, Malayalam, Kannada, and Gujarati languages gaining national and global attention. Bollywood no longer overshadows these films, but instead, regional cinema has started overshadowing Bollywood with its strong narratives of storytelling, rooted cultures, and cinematic innovation. This has demolished the language barrier and proved that cinema doesn't need language to watch, it just needs pure and cinematic content. Tamil cinema, or Kollywood, has consistently delivered socially relevant and hard-hitting films. Jai Bhim (2021), based on the real-life legal struggles of marginalized communities,

gained global acclaim and became one of the top-rated films on IMDb. Director Vetrimaaran's works (Asuran, Viduthalaai) have also elevated Tamil cinema. Even Films like Jailer, Leo, Maharaja, Vikram etc.. have also become popular between north audience. The Telugu film industry, popularly known as Tollywood, has grown exponentially in recent years. Baahubali was the game-changing movie of the industry, which has given recognition not only in North India but worldwide same followed by



RRR(2022) directed by the same director(S.S. Rajamouli), which won an Academy Award for Best Original Song and even Oscar for the song Naatu Naatu. Pushpa (2021) became a pan-India sensation, bridging the gap between regional cinema and national superstardom. Malayalam cinema, known for its realism

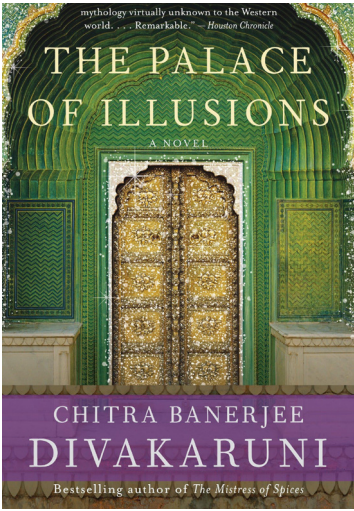
and nuanced performances, has become a critical daring industry. Last year in 2024, North audience got to know more about Malayalam industry because of a particular film, Aavesham(2024). After this particular film people even got to watch many critically acclaimed movies like (The Goat Life, Kishkindha Kaandam, Manjummel Boys,

movies its conceptual story telling and folk-inspired narratives. Films like KGF (2018–2022) and Kantara and 777 Charlie are Prime example. These films not only catered mass audience but also are critically acclaimed from the critics. In the recent years Gujarati cinema has also evolved in the narra-

tive of storytelling and entertainment. Hel-laro (2019), a story of women's resistance through dance, won the National Award for Best Feature Film. Chhello Show (2022), a semi-autobiographical tribute to cinema, was India's official entry to the Oscars. Even films like Chaal Jeevi Laiye, Chelo Divas, Gujjubhai-The Great, Vash and Umbarro has even got great response. The actual recognition of industry can be said from the film Vash which was remade in Bollywood by the name Shaitaan(2024) and the actress Jhanki Bodi-wala reprising her role even won award for best supporting actress for 25th IIFA Awards.

### महाभारत — लेकिन द्रौपदी की नज़र से?

मानव दर्जी



जिसने कभी मूल हिन्दू महाकाव्य महाभारत नहीं पढ़ी या देखी, उसके लिए चित्रा बनर्जी दिवाकरणी की The Palace of Illusions एक नई और रोमांचक कहानी की तरह सामने आती है। यह उपन्यास द्रौपदी यानी पंचाली की दृष्टि से लिखा गया है—एक नारी की दृष्टि से, जो साहसी और निर्भीक है। कहानी उसके अकेले बचपन से शुरू होती है, जहाँ उसका भाई धृष्टद्युम्न उसका साथी और कृष्ण उसका एकमात्र सच्चा मित्र होता है। फिर कहानी उसके जीवन के विभिन्न पड़ावों को छूती है—अर्जुन और उनके भाइयों से विवाह, सास का निर्णय मानकर पाँच पतियों के साथ विवाह, वनवास और संघर्ष भरा जीवन। लेखिका ने अर्जुन और कर्ण के साथ पंचाली के संबंधों को भी गहराई से छुआ है—विशेषकर कर्ण के लिए उसकी छिपी हुई प्रशंसा को। यह दृष्टिकोण पारंपरिक महाभारत से हटकर है, जहाँ भावनाएँ अधिक सजीव, गहन और व्यक्तिगत लगती हैं। अंत में, जैसे-जैसे मैं पंचाली की यात्रा में डूबता गया, मैं मन ही मन उसके और कर्ण के लिए जुड़ता गया। एक पुरुष होने के नाते, इस नारी-केंद्रित कथा ने मेरे भीतर कई सवाल, कई शंकाएँ और कई उत्तर जगाए। अब जब मैं महाभारत देखूंगा, तो शायद मैं पंचाली के लिए थोड़ा पक्षपाती हो जाऊँ—उसके लिए मेरे मन में अब गहरा सम्मान है।

### The Impact of Reality TV on Today's Youth: Entertainment or Influence?

Manav Darji

Reality shows like Bigg Boss, Shark Tank, Roadies, and Splitsvilla have captured audiences across generations, from curious teenagers to seasoned adults. Their appeal lies in their drama, relatability, and entertainment value, but their impact—especially on youth—goes much deeper than simple amusement. On the positive side, reality TV offers aspiring individuals a stage to showcase their talents. Shows like Indian Idol, Dance India Dance, and MTV Hustle have introduced fresh faces to the industry, with stars like Neha Kakkar and Divine rising from such platforms. Shark Tank India has revolutionized how the youth perceive entrepreneurship by making complex financial concepts like ROI, EBITDA,

and COGS understandable and relevant. It has also inspired young minds to pursue startups and develop financial independence at an early age. Moreover, shows like Bigg Boss, despite their controversy, teach important life skills such as standing up for oneself, voicing opinions, handling criticism, and managing social dynamics—traits essential for real-world success. However, there's a darker side to this popularity.

Shows like Bigg Boss and Roadies often glamorize aggression, bullying, and toxic behavior, making them seem acceptable or even

about love and fame, promoting drama over genuine emotion. Furthermore, the mental health toll on contestants is significant—many report facing online abuse, threats, and psychological breakdowns after gaining sudden fame. Viewers too feel pressured to conform to public opinion, suppressing their own voices. The line between reality and performance becomes dangerously blurred. In conclusion, while reality shows can empower, educate, and entertain, they can also misguide, glamorize toxicity, and harm mental well-being. The key lies in mindful viewing—recognizing what to absorb and what to reject. Youth must choose wisely, balancing entertainment with critical thinking and emotional awareness.



admirable. This can mislead viewers into normalizing disrespect and verbal abuse. Relationship-based shows like Splitsvilla set unhealthy expectations

### Sanjay Leela Bhansali: Art, Grandeur, & Controversy

Jaimit Chauhan



Sanjay Leela Bhansali is a renowned Indian filmmaker known for his emotionally rich storytelling and visually grand films like Devdas, Black, and Gangubai Kathiawadi. His creative choices have often sparked controversy. Goliyon Ki Raasleela Ram-Leela (2013) faced backlash over its original title, which was seen as religiously insensitive. Bajirao Mastani (2015) drew criticism from Peshwa descendants for its portrayal of historical figures. Padmaavat (2018) faced the most severe protests, including physical attacks, due to claims of historical distortion. Despite controversies, all three films were commercial successes and praised for their performances and visual appeal.

### ગૂંથાયેલી લાગણીઓ અને મુક્તિના પલ વચ્ચે ની દિવાલ એટલે : ઉંબરો

શ્વેતા પરમાર

અભિષેક શાહની ફિલ્મ ‘ઉંબરો’ સ્ત્રીજીવનની સંવેદનાઓ, સંબંધોની ઊંડી ઝંખનાઓ અને સ્વપ્નોની ઉજાસથી ભરેલી યાત્રા છે. ‘હેલ્વારો’ પછી ‘ઉંબરો’ દ્વારા શાહ સ્ત્રીહૃદયની ગહન લાગણીઓને સ્પર્શ છે. ફિલ્મમાં સાત ગુજરાતી મહિલાઓ લંડનની યાત્રાએ જાય છે, જે માત્ર ભૌગોલિક પ્રવાસ નથી, પણ પોતાની જાતને શોધવાની આંતરિક સફર છે. દરેક પાત્ર જીવનમાં કોઈક ઉંબરો સામે ઉભું છે—દબાણ, ભય કે ગેરસમજ. દિક્ષા જોશી, સુચિતા ત્રિવેદી, કાજલ ઓઝા વૈદ્ય જેવી અભિનેત્રીઓએ પાત્રોમાં જીવંતતા ભરી છે. મેહુલ સુરતીનું સંગીત અને ભગવ પૂરાહિતના ગીતો ફિલ્મની ભાવનાત્મક ઊંચાઈને વધુ મજબૂત બનાવે છે. ફિલ્મમાં દૃશ્યોથી વધુ લાગણીઓ બોલે છે, અને દરેક ફ્રેમ એક સજાગ સંદેશ આપે છે. ‘ઉંબરો’ કહે છે કે સંબંધોમાં મૌન તોડવો પડે, સમજવી પડે અને આગળ વધવું પડે. એક સ્ત્રી જ્યારે પોતાનું ભીતર શાંતિથી જુએ છે ત્યારે તેને સમજાય છે કે “સ્ત્રીપણ” કોઈ છુપાવવાનો અંગ નથી, પણ જીવવાનો અભિપ્રાય છે. ફિલ્મ આપણને સંબંધો, સપનાઓ અને સ્વસ્વરૂપ પર વિચાર કરવા મજબૂર કરે છે. ‘ઉંબરો’ એ એક પ્રેમભરી ટકોર છે કે દરેક સ્ત્રીને પોતાનું જીવન જીવવાનો, પોતાનો ઉંબરો પાર કરવાની તાકાત મળે.





The Pop Culture Buzz

# Marvel’s Greatest Series: A Journey Through Time, Mind, & Heart

Jaimit Chauhan

Marvel has always been in the top position for showing the best content relating to supernatural fantasy storytelling through their movies, which are world famous. There are even some best series made by Marvel Studios to deliver and which have the potential to entertain their audience and of course it shares connecting storylines with the Film Franchises. So here are some of the best Top 3 Marvel Series: 1. Loki – A Visual Feast Through Time and Space Loki series is basically the further continuation journey of Loki from the events of Endgame (2019) where the Avengers went into the past to get all the Infinity Stones and bring them to the present so that they can bring the missing Avengers back but while

they were stealing the Tesseract loki smartly stole it without anyone noticing it. So the story begins after his sudden disappearance. His alternate version gets into and mysterious place of TVA ( Time Variance Authority ) an organisation which exists outside of time and space and monitors the timeline. They gave loki a choice, whether he help fix the timeline and stop a greater threat or get erased from existence due to time being variant. The whole season 1 series is about his adventurous journey, and season 2 is about him converting from a mischievous Villain to a responsible Hero. It would be interesting to watch this series. 2. Moon Knight – A Darkly Beautiful Psychological Thriller The series is kept in a

darker and intense tone compared to the routine marvel content and even explores the part of DID (Dissociative Identity Disorder) with stark contrast between ancient Egyptian history and urban gritty landscapes. This series delivers interesting and striking visuals and especially the transformation scene of the particular character Moon Knight. The story of the series tells about a man named marc spectator and his disorder of DID and about his alter egos and how he becomes the avatar of the moon god Khonshu through which the line between reality and illusion gets blurred gradually. The narrative of the series is full of mystery, bold and mature. 3. Wanda Vision – A Visually Inventive and Emotionally Powerful Journey

The series visuals are set as a love letter to TV History. Each episode shows a different decade’s sitcom style from the black and white 1950s to the vibrant 2000s in a mockumentary style. The transition of showing comforting nostalgia to supernatural chaos was presented with precision and creativity, which makes the series visually groundbreaking. The storyline mostly focuses on the family of Wanda and Vision and their sitcom format. Well behind the sitcom, their lies deep emotional story of grief, denial, and healing. And of course there are some uncertain happening in their journey. Which uplift the series in many aspects.



## Rewind and Rewatch: Why Re-releases are winning hearts again?

Manav Darji

This year, in the cinemas around the world witnessed a heartwarming trend of “re-releases” of iconic films. Audiences are happily paying to re-watch their favourite movies on the big screen. From Dilwale Dulhania Le Jayenge to Titanic, fans are going gaga just to relive the storyline and emotions once again. One major reason behind this craze is nostalgia. Re-releases tap into emotional memories, allowing older audiences to revisit the films they grew up with. At the same time, they give young-

er viewers the chance to experience these classics



in theatres for the first time—a win-win for all. As a die-hard Bollywood

rom-com fan, re-releases like Yeh Jawaani Hai Deewani, Jab We Met, and Kal Ho Naa Ho feel like home. Watching them in a theatre just amplifies that comfort and joy—it’s like stepping into a warm memory. This trend also benefits filmmakers. With minimal marketing efforts, re-released films generate impressive revenue. In today’s era of fast content, they remind us of timeless storytelling and offer a shared cultural experience that unites generations through cinema.

## How Gen Z’s talk? Memes!

Mitva Shah



Image Credits: Instagram, India today, Pop Xo

Memes aren’t just content they’re communication. For Indian Gen Z, memes are rebellion, therapy, and identity in a JPEG. They don’t just scroll through memes; they breathe them, react in them, and speak only in them. Globally, Gen Z turned irony into currency. But in India, it’s a full-blown memeocracy. We gave the world “Rasode mein kaun tha?”, turned a shop aunty into the sass queen of “just looking



like a wow,” and memed “moye moye” into every emotional meltdown. Memes are Gen Z’s way to cope with job crises, shaadi pressure, climate dread, and political absurdity all with a wink and a punchline. No filters, no chill.

This isn’t low-effort humor it’s high-impact, instant storytelling. And in India’s digital streets, if you’re not meme-worthy, you simply don’t exist.

# Evil Evolved: The Bollywood Villain Glow-Up

Mitva Shah

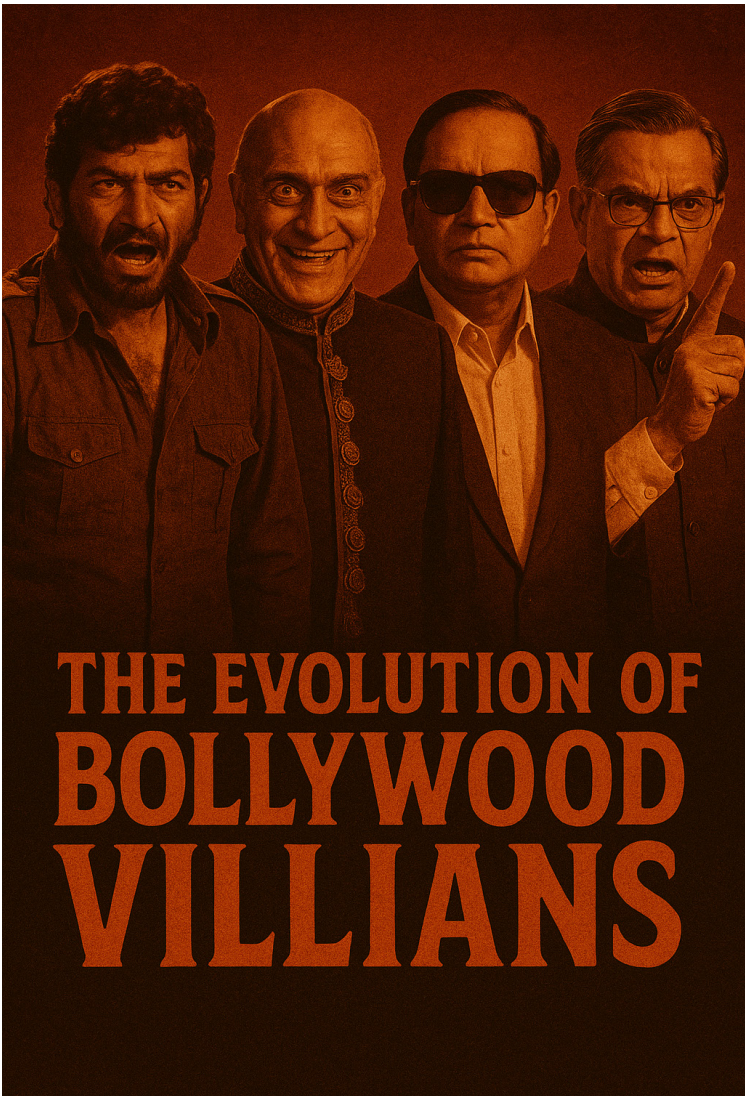
For decades, Bollywood villains have mirrored the fears, flaws, and fantasies of Indian society. From the loud, moustache-twirling criminals of the ‘70s to the morally complex antagonists of today, villains in Hindi cinema have evolved from caricatures to characters layered, real, and sometimes terrifyingly relatable.

In the 1970s and ‘80s, Bollywood villains were often exaggerated symbols of evil. Characters like Gabbar Singh (Sholay), Mogambo (Mr. India), and Lion (Kalicharan) became cult icons with their over-the-top style, signature dialogues, and larger-than-life personalities. These villains were loud, evil for evil’s sake, and existed solely to torment the hero. They represent-

ed crime, corruption, and lawlessness mirroring the political and economic instability of the times.

The 1990s saw a shift. While some villains like Dr. Dang (Karma) and Kancha Cheena (Agneepath) continued the tradition of stylized evil, others began to wear more modern, corporate masks. The rise of the “white-collar villain”—the corrupt politician, the greedy businessman, the abusive father reflected a changing society, where the enemy wasn’t always hiding in a cave but often sat in a boardroom or dinner table.

By the 2000s, Bollywood started humanizing its villains. Films like Darr and Baazigar gave us anti-heroes flawed, broken, and



sometimes even romantic. Shah Rukh Khan’s portrayal of obsessive lovers blurred the lines between hero and villain, introducing psychological complexity to the antagonist.

We also saw the rise of genre-specific villains. Historical epics gave us menacing tyrants like Alauddin Khilji—played with unhinged brilliance by Ranveer Singh—while modern action thrillers delivered dark, brooding threats like Luv from Animal, Sattu Bhaiya from Mirzapur, and the brutal Kancha in Agneepath’s reboot. These villains are not just evil they’re intelligent, magnetic, and dangerously real.

But perhaps the most haunting villain of all today is internal. In films

like Tamasha, Kabir Singh, or Gehraiyaan, the real threat isn’t a ganglord or terrorist : it’s self-sabotage, insecurity, ego, or emotional repression. The hero fights himself more than the world. Gen Z, a generation deeply engaged with mental health and introspection, relates more to these inner battles than external showdowns. The mirror, not the monster, is the new face of evil.

Today’s Bollywood villain isn’t wearing a black cape they’re lurking behind trauma, power, and toxic charm. Sometimes, the villain is the hero himself. In an era where Gen Z watches with moral gray glasses on, it’s no longer about good vs. evil it’s about who’s worse. Villains don’t die anymore—they trend.



# GAME ON!

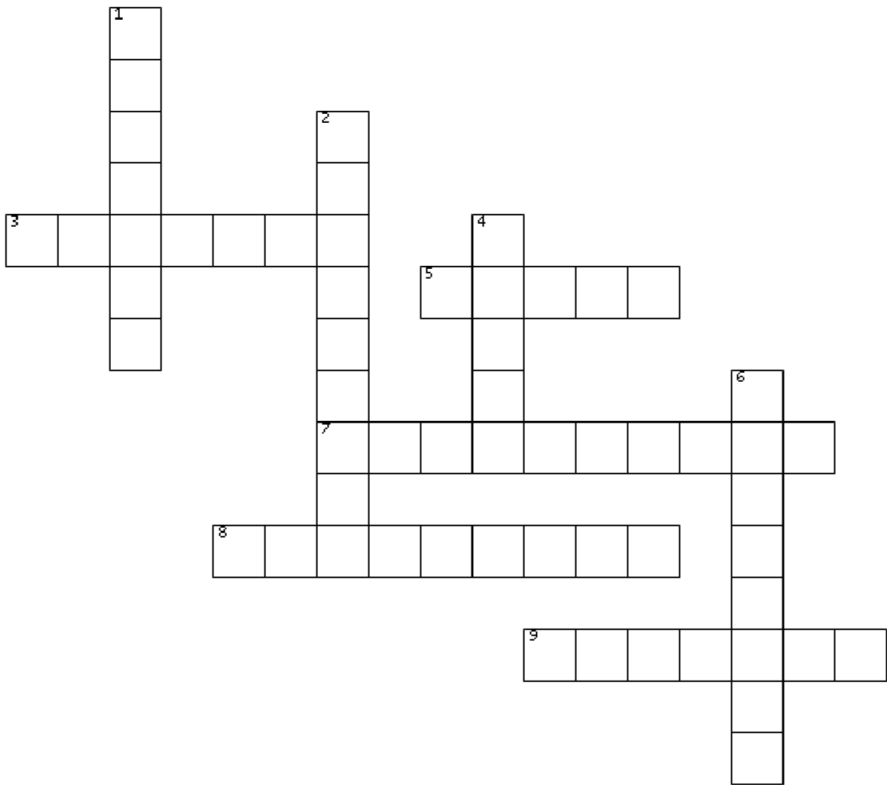
## SUDUKO

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3	9		8		2	7		4
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		9	4			1	6	3

Answer

6	2	4	1	7	5	3	8	9
3	9	5	8	6	2	7	1	4
8	1	7	9	3	4	6	5	2
5	4	3	7	1	9	8	2	6
9	7	2	6	5	8	4	3	1
1	8	6	2	4	3	5	9	7
4	3	1	5	9	6	2	7	8
7	6	8	3	2	1	9	4	5
2	5	9	4	8	7	1	6	3

## CrossWord



ACROSS

- What social media app did Elon Musk rebrand as "X"?
- Who directed the movie Oppenheimer (2023)?
- What mental health term describes the fear of being without your phone?
- What Indian city is known as the "Silicon Valley of India"?
- Which app is most used for streaming music globally?

DOWN

- Which plant-based milk is highest in protein?
- Which hormone is commonly known as the "happy hormone"?
- What's the capital of Japan?
- What vitamin do we primarily get from sunlight?

Answers- 1. Kabhi Alvida na kehna, 2. Tujhme Rab Dikh-ta hai, 3. Yeh shaam Mastani, 4. Inteha ho gayi, 5. Breakup song, 6. Vitamin C, 7. Nomophobia, 8. Bengaluru, 9. Spotify

## Guess the Song from English Lyrics

1. While going along, remember this song of mine, don't say farewell.

\_\_\_\_\_

2. I see God in you, what do I do my friend.

\_\_\_\_\_

3. This lively evening, it intoxicates me.  
A String pulls me, pulls me towards you,  
You keep away from me , never come to me.

\_\_\_\_\_

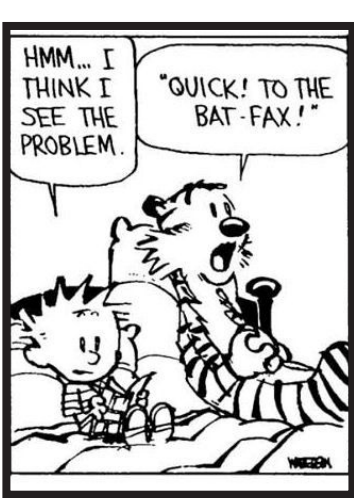
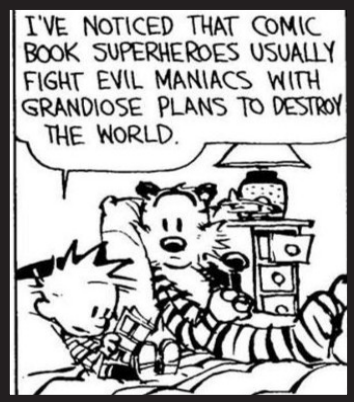
4. The Limit of waiting has been reached,  
I haven't heard any news of my beloved.

\_\_\_\_\_

5. Put a stone on my heart and did makeup on my face.

\_\_\_\_\_

Answers- 1. Kabhi Alvida na kehna, 2. Tujhme Rab Dikh-ta hai, 3. Yeh shaam Mastani, 4. Inteha ho gayi, 5. Breakup song,



Answers-

DOWN 1. Soy milk, 2. Serotonin, 4. Tokyo, 6. Vitamin C

ACROSS-3. Twitter, 5. Nolan, 7. Nomophobia, 8. Bengaluru, 9. Spotify

# What 2025 has in store for your zodiac sign ?

### Aries

(March 21 - April 19)

**Student Vibe-** strong go-getter who volunteers before reading the full brief.

**2025 Forecast:** You'll feel a fiery need to stand out — in leadership roles, presentations, or even campus elections. But beware of burnout. Channel your energy into meaningful action, not chaos.

**Strengths:** Confidence, drive, spontaneity  
**Weaknesses:** Impatient, easily frustrated  
**Student Tip:** You don't need to prove yourself to everyone — just show up consistently, and success follows.

### Taurus

(April 20 - May 20)

**Student Vibe:** The calm, grounded one with a killer aesthetic and detailed notes.

**2025 Forecast:** Your slow-and-steady energy will bring big rewards this year — especially in creative or finance-related fields. Stay open to trying new methods.

**Strengths:** Practical, reliable, loyal  
**Weaknesses:** Stubborn, resists change  
**Student Tip:** Upgrade your study technique. You'll see results. Also, stop clinging to people who don't match your vibe anymore.

### Gemini

(May 21 - June 20)

**Student Vibe:** The social butterfly who's somehow part of three clubs, five group chats, and always has a meme ready.

**2025 Forecast:** You'll juggle a lot — new friendships, academic shifts, maybe even part-time gigs. But communication will be your superpower.

**Strengths:** Adaptability, wit, multitasking  
**Weaknesses:** Gets distracted, non-committal  
**Student Tip:** Stay consistent — especially with your goals. And maybe back up your data (tech issues may hit hard this year).

### Cancer

(June 21 - July 22)

**Student Vibe:** Emotional support friend and secret topper.

**2025 Forecast:** You'll be pushed out of your comfort zone in the best way. Whether it's stepping into leadership or moving away for an internship, trust your instincts.

**Strengths:** Empathy, loyalty, intuition  
**Weaknesses:** Moody, takes things personally  
**Student Tip:** Don't fear endings — they make space for glow-ups. Set boundaries, not just alarms.

### Leo

(July 23- August 22)

**Student Vibe:** Confident main character energy — always turning heads.

**2025 Forecast:** This year, your ambition soars. Recognition is coming your way — maybe through events, content creation, or spotlight roles.

**Strengths:** Charismatic, passionate, fearless  
**Weaknesses:** Overly dramatic, needs validation  
**Student Tip:** Use your platform wisely. Let your actions speak louder than your Insta stories.

### Virgo

(August 23- September 22)

**Student Vibe:** The planner. The perfectionist. The one who edits everyone's assignments.

**2025 Forecast:** This is your year to declutter — emotionally and physically. You'll crave more purpose and might dive into research, wellness, or entrepreneurship.

**Strengths:** Analytical, dependable, detailed  
**Weaknesses:** Overthinks, too critical  
**Student Tip:** Not everything needs fixing — including you. Learn to celebrate progress, not just perfection.

### Libra

(September 23- October 22)

**Student Vibe:** The aesthetic soul, always balancing coffee dates and class debates.

**2025 Forecast:** Relationship dynamics shift — not just romantically, but with friends, mentors, and yourself. Learn to say no.

**Strengths:** Charming, fair, diplomatic  
**Weaknesses:** Indecisive, avoids confrontation  
**Student Tip:** Make choices that reflect growth, not comfort. You don't owe peace to people who drain you.

### Scorpio

(October 23 - November 21)

**Student Vibe:** Mysterious loner or passionate project head — no in-between.

**2025 Forecast:** You're in transformation mode. Expect breakthroughs in identity, confidence, and expression. But keep your ego in check.

**Strengths:** Intense, resourceful, fearless  
**Weaknesses:** Secretive, controlling  
**Student Tip:** Open up — a little vulnerability might get you exactly what you want this year.

### Sagittarius

(November 22- December 21)

**Student Vibe:** The explorer of ideas and spaces — adventurous, witty, and always questioning the norm.

**2025 Forecast:** Buckle up, Sag! This is your glow-up era. You're likely to shine in group projects, clubs, or any space where bold ideas matter. Your natural leadership and humor will pull people toward you, but stay grounded.

**Strengths:** Visionary, optimistic, magnetic  
**Weaknesses:** Gets bored quickly, blurts truths a little too freely  
**Student Tip:** Start the side hustle. Speak at the event. Write your truth. You're meant to stand out — not fit in.

### Capricorn

(December 22- January 19)

**Student Vibe:** The hustler. Balancing side projects, scholarships, and maybe even stocks.

**2025 Forecast:** Your grind pays off — especially mid-year. But emotional growth will match your academic wins. Let others help you.

**Strengths:** Disciplined, ambitious, strategic  
**Weaknesses:** Cold, too hard on self  
**Student Tip:** Rest isn't failure. Learn to pause without guilt.

### Aquarius

(January 20 - February 18)

**Student Vibe:** The visionary — always suggesting weirdly cool ideas in class.

**2025 Forecast:** You'll crave more community. This is the year you find "your people" — or create your own space. Big digital breakthroughs possible.

**Strengths:** Creative, futuristic, original  
**Weaknesses:** Detached, unpredictable  
**Student Tip:** Be open to collaboration — your ideas deserve a stage.

### Pisces

(February 19 - March 20)

**Student Vibe:** The dreamer. Has three playlists for every mood and a journal full of poetry.

**2025 Forecast:** You'll surprise even yourself with how bold you get this year. Academic performance will rise if you stop second-guessing.

**Strengths:** Imaginative, empathetic, creative  
**Weaknesses:** Overwhelmed, avoids reality  
**Student Tip:** Boundaries are not rude — they're revolutionary. Trust your creativity and speak up.



## FASHION UNFILTERED

# From Delhi to Denmark: How Asian Fashion Is Influencing Western Trends

Aashvi Shah

Fashion has always been inspired by different cultures, but today, the influence of South Asia especially India, China and Bangladesh on Western style is more visible than ever. Both everyday clothing and high fashion increasingly use elements of South Asian style, but sometimes the deserving credit is not given. As fashions go global, the bright and colorful customs of South Asia are changing how Westerners choose to dress, layer and accessorize. The intriguing example debated over the Internet is that the dupatta is a long scarf that is worn with traditional South Asian attire. It was mostly viewed in ethnic or cultural settings; its elegant flow and versatility are now inspiring trends in Europe, largely Scandinavia. In Stockholm and Oslo, large woollen scarves are being worn, draped over the shoulder, or wrapped loosely around the

torso. Scarves double as weather-proof gear for cold chills while greatly adding a dash of elegance and style, much like a dupatta. It is an excellent example of subtle influences, with the layering technique, how it adds color or texture to an outfit, and even its movement with the body all resembling the South Asian garment. Plus, the current trend called kurta is also taking over the

West. Traditionally, both men and women wear a kurta, which is a long straight-cut top made very simply from cotton, linen, or silk. Now in Western fashion, especially in spring and summer, these similar pieces of clothing find a new identity as “tunic tops” or “shirt dresses.” They promise comfort and simplicity, and the brand tags them as “boho” or “relaxed chic,” all without touching on the fact that this mode has been around for ages in South Asia. And is styled and accessorized by Asians since the dawn of time. Jewelry is another field that is highlighting the South Asian culture. Jhumkas (bell-shaped earrings), maang tikkas (forehead ornament), and nose rings, for instance, are no longer restricted to Indian weddings or Indian runway shows and music festivals but have found their way into the collections of Western designers in the twentieth century

when they started to pair these with gowns, suits, and casual wear. These intricate designs and bold statement styles are straight from the Indian and Pakistani traditions where jewelry is not mere adornment but rather carries heavy symbolism. Even transient body art, like mehndi (henna), has become popular among young people in the West. Henna designs, which were once mostly worn at festivals and weddings, are now seen at Coachella and other music festivals and serve as the basis for fine-line tattoos. Many people are not aware of the patterns’ cultural and spiritual significance in South Asia, despite the fact that they are admired for their beauty and frequently tell stories or depict nature. One of India’s oldest and most recognizable garments, the sari, is also being reimagined in contemporary fashion. Designers are emulating the elegance of the sari by using the draping style to create gowns, skirts, and wrap dresses. Western models and celebrities have paired traditional materials like silk and chiffon with contemporary cuts and accessories to create sari-inspired ensembles that have been spotted on red carpets. The end effect is a distinctive fusion of traditional and modern, East and West. The generation also favors

the “Indo-western” style. Despite the increasing popularity of these trends, the topic of cultural appropriation is still being discussed. Although their culture is being celebrated, many South Asian designers and fashion enthusiasts believe that it is not always being respected. It may be a little disrespectful to the cultural significance and roots when brands use South Asian designs without citing their origins, or worse, rename the styles and completely remove the cultural background. Fashion blogger Meera Kapoor says, “It’s wonderful to see South Asian styles being embraced around the world, but it’s important to give credit where credit is due.” These are not merely fads; they are a part of our pride, history, and identity. Fashion will remain a place where cultures collide as the world grows more interconnected. However, it’s crucial to keep in mind that each pattern, piece, and fashion statement has a backstory. Fashion becomes more than just beautiful when those tales are acknowledged and treated with dignity. In addition to fashion, South Asian beverages like turmeric chai, also known as haldi doodh, have gained enormous popularity in the West, as seen in everything from café menus to wellness blogs. Known as “gold-



en milk,” this traditional Indian home remedy is now widely acclaimed for its restorative and anti-inflammatory qualities. In addition to turmeric chai, ginger tea, spiced masala chai, and even drinks infused with cardamom or fennel are becoming part of health-conscious routines in both Europe and the United States. Once commonplace in South Asian households, these beverages are now regarded as trendy wellness essentials. The issue here is respect for cultural derivatives, not the promotion of healthful behaviors and cultural indoctrination.

While their rise in popularity is exciting, many call for recognition of their cultural roots not just as healthy drinks, but as centuries-old traditions filled with care, comfort, and heritage.

## The Bloom of Indian Designers: Shaping Global Fashion From the Red Carpet Out

Aashvi Shah

Indian design has risen from the periphery to the forefront of the fashion industry after initially being viewed as exotic embellishment. Indian designers have gained international attention in recent years, particularly at the 2024 Met Gala and Cannes Film Festival, where they have changed the game rather than just being guests. In addition to dressing celebrities, a new generation of Indian designers is changing the aesthetics of Western couture by fusing futuristic silhouettes with artisanal heritage. At the 2024 Met Gala, themed “The Garden of Time,” the red carpet bloomed—literally and metaphorically—with Indian craftsmanship: Alia Bhatt dazzled in a 23-foot train, mint-green custom Sabyasachi Mukherjee saree embellished with priceless stones. It was more than just a dress; it was a high fashion translation of a cultural artifact. Isha Ambani wore a hand-embroidered sari gown that took more than 10,000 hours to make, which was a custom Rahul Mishra couture creation. It was nature meeting story on fabric, with butterflies and botanicals created with delicate threadwork and 3D embroidery. Sudha Reddy arrived in a sumptuous ivory silk gown em-

bellished with Kashmiri embroidery, dressed in Tarun Tahiliani. Her enormous necklace of diamonds and emeralds only served to highlight the magnificence of Indian luxury. Simone Ashley, of Bridgerton fame, looked stunning in Prabal Gurung, opting for a dramatic navy cut-out gown that felt equal parts bold and timeless. Natasha Poonawalla, a longtime muse of cross-cultural fashion, worked with Maison Margiela’s John Galliano, but her distinctively Indian sartorial undertone—jewellery layer-

ing, corsetry, and draping—made the piece uniquely her own. Mindy Kaling, representing South Asian diaspora chic, selected Gaurav Gupta—a sculptural, nude-toned gown with fluid, wave-like contours that emphasized the designer’s surrealist signature. The trend continued at the 2024 Cannes Film Festival, Kiara Advani made her Cannes debut wearing a gorgeous ivory satin gown designed by Prabal Gurung, which combined sleek Hollywood minimalism with a hint of South Asian flair. Danish supermodel Josephine Skriver chose a white pearl-encrusted gown by Manish Malhotra, demonstrating that Indian bridal artistry can effortlessly translate to global glamour; Italian influencer Paola Turani wore a serpentine sequin corset from Rahul Mishra’s Spring Couture collection, demonstrating that Indian couture is capturing European imaginations.



## Fashion with a Conscience: How Sustainable fashion is taking over

Aashvi Shah

Examine this question: what is the price of fashion?



With the quick emergence of fast fashion, it is easier than ever to access the most trendy styles. However, at what cost? The reality is that there is always a price to pay, whether hidden or in plain sight. In this case, the low cost of trendy clothing comes with environmental degradation. Clothing is produced and discarded at astounding rates, immensely increasing pollution, waste, harmful practices, and gaping holes in zurilized landfills. Pollution has become the new norm. With this understanding, for a college student, about to enter adult-

hood, the matter becomes much more personal. Fashion is no longer about what items you have in your closet. It is way deeper than that. And this is precisely the time when sustainable fashion habits kick in. You don’t need to stop dressing well; in fact, quite the opposite happens. Make it a practice to answer the following questions: Am I able to wear this item more than five times? Can I style it in more than one way? Is this a trend, or does this clothes resonates with me represent my style for real? These easy but effective approaches can have a huge and lasting impact. Thrifting is a fantastic example. From a financial, social, and cultural perspective, it is incredibly thrifty from an ecological standpoint and serves as a meaningful activity in search of unique styles. Whether it is swapping clothes with friends, renting outfits for occasions, or simply embracing your closet through layering and mixing,

the awesome ways to refreshing your wardrobe is endless. It’s not just about acquiring new possessions—it’s also valuing what an individual has. A basic white shirt can be utilized in five different ways. A classic pair of jeans is ageless. Fashion doesn’t have to be its relentless consumption, it can be creativity during rotation. By slowing down, students aren’t merely building better wardrobe collections but also very carefully in responsibly shaping their future. The most fashionable thing one could carry is awareness.



## Save Money, Spend Wisely: Fashion Websites That One Must Visit

Aashvi Shah

It’s easier than it appears to be trendy as a student—with various inexpensive online stores that make shopping entertaining and accessible. Be it for college functions, casual outings, or a quick wardrobe refresh, there’s always a store that suits the occasion and gives the best value for your money. Meesho is always a favorite when it comes to go to budget, friendly options for fashion and styling, while Amazon stocks all types of fast fashion items and basics that are always on sale alongside Prime One Day delivery. For fashion lovers, Urban-

ic and Newme capture the essence of international streetwear with their



semi-finalist collections for Gen Z—for cargo pants, crop tops, and Y2K edits. Other newer sites like Savana are also gaining recognition with their curat-

ed affordable selections. But here’s the trick: deals become hard to resist with smart shopping policies. Before placing an order, always verify the reviews, size charts, and ratings of the sellers. It makes all the difference between an enjoyable shopping experience or bad decisions. It saves you money, relief, and frustration.

The objective is to shop as stress free, smart, stylish, and budget-friendly which one can achieve by giving it a thought. The more your put effort in these details, the smarter the deal gets.



# Life @ ILSASS

## Shaping Thinkers, Creators and Changemakers

Institute of Language Studies and Applied Social Sciences popularly known as ILSASS was established in the year 2009. The aim of establishing this institute is to provide excellent education to the students who wish to graduate in arts and social sciences. The Institute has been established by Charutar Vidya Mandal, the biggest educational trust of Gujarat, that runs 45 educational institutions catering to around 35,000 students from across the country and abroad.



### WHY CHOOSE US?

ILSASS is the first English Medium Arts College of Gujarat offering a unique blend of Humanities and Social Sciences with a strong focus on applied learning. At ILSASS, education goes beyond textbooks—with syllabi that integrate practical lessons and real-life work exposure, giving you a distinct edge over others. The college offers a flexible subject combination structure that helps sharpen your working skills and prepares you for careers in academia, industry and entrepreneurship. With opportunities like live fieldwork, hands-on projects, and internships, students gain invaluable practical experience. Additionally, the Choice Based Credit System (CBCS) allows you to tailor your academic journey by selecting subject combinations that align with your goals. Completing 180 credits over three years not only enhances your qualifications but also opens pathways to pursue advanced studies abroad.

## Message from the Dean

At the completion of Higher Secondary Education, students stand at the threshold of a new beginning. They are faced with some of the most crucial decisions of their lives—choosing a course that aligns with their intellectual, emotional, and spiritual quotients. They must also select a career path that considers the demands and challenges of an ever-evolving world.

cial Sciences (ILSASS) provides an answer to your search for an institution that fulfills your quest for knowledge and a secure future. At ILSASS, we place great emphasis on cultivating confidence and inculcating life skills in our students. Our mission is to promote all-round personality development.

TELLER, the in-house publication of ILSASS, is one such initiative that not only teaches the fun-

damentals of journalism to JMC (Journalism and Mass Communication) students but also offers all ILSASS students an opportunity to sharpen their observation skills and engage with society. It encourages them to contribute news features and articles that reflect their insights.

We are proud to share that the production of TELLER is entirely student-driven—from reporting, designing, and

generating advertising revenue to marketing the publication. This hands-on experience makes the learning journey a joyful and enriching one.

I wholeheartedly congratulate every student who contributed to the 2025 edition of TELLER, and I wish them all the very best in their rewarding learning journey at ILSASS. May you all shine like bright stars in the days to come.



Dr. C N Archana, Dean-Faculty of Arts

## Courses Offered

- Bachelors of Arts in**
  - Journalism and Mass Communication
  - English Language and Literature
  - Politics and International Relations
  - Applied Psychology
- Masters of Arts in**
  - Clinical Psychology
  - English Language Teaching
  - Journalism and Mass Communication
  - History and Archaeology
- Masters of Social Work in**
  - Human Resources

### NSS Activities



## Events at ILSASS

### Model United Nations 2.0



Model United Nations (MUN) 2.0 was organised by the Political Shibir, Department of Politics and International Relations, on 29th and 30th July 2024. It had three major committees-Lok Sabha, IPL Auction and International Press.

### Encuesta 8.0



Enquesta 8.0, Gujarat's Biggest Quizzing Carnival, was organised by the Student's Council on 15th February 2025. It had four quizzes, namely, School GK, School Bollywood, College Gk and College Bollywood. The registrations crossed record breaking 2100 participants across Gujarat. The entire event was handled by a team of students, led by General Secretary, Ms. Vaishavi Shah and CEO, Mr. Ved Patel. Jiyen Overseas were the title sponsors for the event. The Event saw enthusiastic participation of students and their parents making this event a grand success.

### Annual Sports Day



Annual Sports Day was organised on 04 March and 10 March 2025. The Indoor Sports day happened on 04 March with games like Badminton, chess, carrom, etc. And Outdoor Sports Day happened on 10 March had games like 100 mt Race, Cricket, shotput, Javelin, etc.

### Annual Day

The 16th Annual Day was celebrated on 04th April 2025, with the gracious presence of President of CVM University, Er. Bhikhubhai Patel and Chief Guest, Founder of Mazdoor Co., Ms. Renu Pokharna. The Annual Academic and Co-curricular reports were presented and Students were awarded with Stars and Jewels of ILSASS Award, along with Crucial Awards. The Best Student of the year award, Male, was awarded to Mr. Maulik Patel (TYBA {JMC}) and Best Student of the year, Female was awarded to Ms. Aagyna Bhavsar (TYBA {Psy}). Dedicated parents were also awarded for their unwavering support. Event concluded with guest seminar from the chief guest herself.





# ILSASS STUDENT'S CORNER

## Chalana Chitram: The Magic of Mise-en-Scène

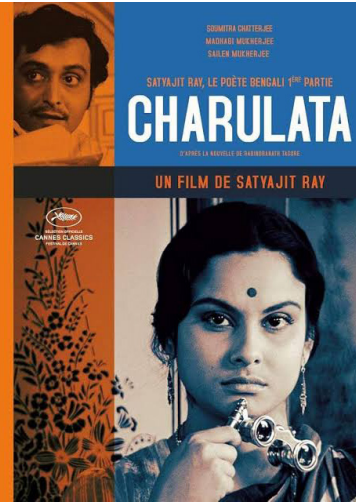
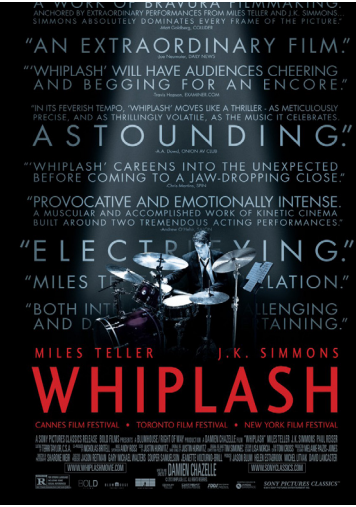
Sujal Suthar, SYBA (Psychology)

The Film Club at ILSASS has long been a student-driven celebration of cinema, and when given the chance, my partner Jenil Bhal and I embraced the opportunity to lead it with fresh energy and a clear mission: to create a space where students could explore films not just as viewers, but as curious thinkers. Our aim was to build a communal experience rooted in discussion, critical analysis, and fun—where cinema became both entertainment and education. Each session followed a simple yet effective format: a short lecture to introduce key concepts, a film screening, and then an open-floor discussion where members could reflect, share, and question. To build excitement, we created an online community where we teased upcoming screenings and invited members to suggest films

or share interesting content. Our journey began on 20th July with Damien Chazelle's Whiplash, an intense introduction to the themes of obsession and excellence. Then came Beasts of No Nation on 2nd August—a raw dive into the trauma of war and childhood. On 16th August, we took a bold step back to the silent era with Where Are My Children, sparking conversations about morality, censorship, and the Hays Code. We celebrated Bengali cinema on 30th August with Satyajit Ray's Charulata, exploring themes of feminism and loneliness. Pixar's Soul, screened on 13th September, brought warmth and reflection on purpose. In honour of National Suicide Prevention Month, we showed Not Today on 20th September—an indie film that opened critical dialogue about depression. Our

Spooktober pick, Mother! (25th October), challenged us with its intense biblical allegory and psychological horror. On 22nd November, Cinema Paradiso reminded us of cinema's nostalgic charm and emotional depth, followed by Pyaasa (29th November), a timeless Hindi classic that allowed us to explore themes like existentialism, capitalism, and poetic resistance. On 13th December, we ventured into the dreamlike with Paprika, using it to introduce psychoanalysis in cinema, touching on Freud, Jung, Lacan, and Žižek. We closed the year with Moonlight (27th December), a sensitive exploration of masculinity, queerness, and identity, and Aattam on 21st February, a Malayalam masterpiece that dissected patriarchy and power with wit and insight. Alongside the films,

we expanded our learning through Crash Course's Film History series—covering early cinema innovations, key film movements like German Expressionism, Italian Neorealism, French New Wave, and exploring global cinema across regions like Japan, China, Iran, and Latin America. Owur community remained active with debates, posts, news, and recommendations—turning the club into more than a viewing space; it became a cinematic ecosystem. This year was deeply enriching, and we're proud of the space we built—a platform where students could not only enjoy movies but learn to read between frames, understand craft, and think critically. It was truly an honour to host the club, and I hope the love for cinema continues to grow across future batches. Stay cinematic, y'all.



### Wings of Dreams

Dhruti Dave, FYBA (Psychology)

A girl with dreams,  
fulfilling fiery it seems.

Listening of her heart,  
turning her emotions into art.

Motivating herself everyday,  
In search of turning her dreams to real oneday.

She is not afraid of standing alone,  
Life like a fighter which she own.

Feelings in words ran inside the poem which was all new,  
inspite of all reading, understood only few.

Becoming tired out,  
But achieved her dreams in life throughout.

Her dreams are huge as sea,  
But do u know?

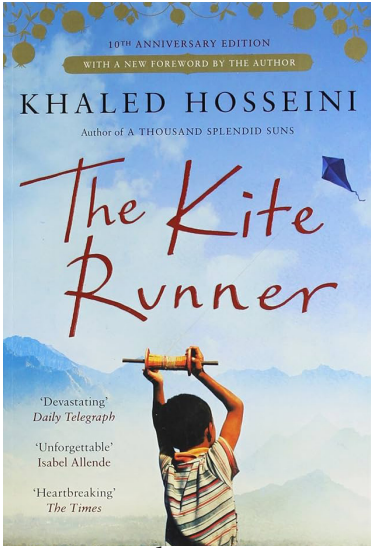
The girl here that's me.

Publisher ILSASS Media House	
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### The Kite Runner – A Book That Owns a Piece of My Soul

Haley Patel, SYBA (Psychology)

I initially picked up the kite runner because I wanted to cry. Instead, it shattered me, then stitched me back together with words so haunting, so beautiful, they feel permanently engraved into my heart. This book didn't just make me feel, it made me feel things I never even knew I was capable of. Even now, as I sit, talk, eat, my mind drifts. What would amir be doing? Is sohab still mute? Has amir finally won his heart? My life isn't just mine anymore—it belongs to Amir, to Sohrab. I've always loved a dramatic story, but the kite runner isn't about drama



or even about giving its reader a happy ending. It's about raw, unfiltered human emotion—the kind that lingers long after you've turned the final page. Khaled Hosseini doesn't just tell a story; he creates magic, wrapping

### A SUCCESSFUL SECOND MOVE

Shekina J. Daniel, FYBA (ELL)

A confused, anxious and hassled mind,  
Was wandering through a world of dilemmas,  
Until it found a way out to the farthest point,  
Maybe the blind spot of the brain!

It showed her future, so it pin-pointed a goal,  
A short-term or a long-term you never know,  
But, started working tirelessly for it,  
Even after knowing that there was very little time.

Efforts had to be doubled and tripled!  
But it did its best and she left the rest to God.  
She waited for the result with lots of anticipation,  
However, she knew, there was a negative response hidden.

And then, comes the result,  
The negative response was exposed to her,  
The pin-pointed goal was shattered into bits,  
Until someone came to make her stronger.

To make her ready again for the second move,  
And she again worked with dedication,  
Tried her level best until she was exhausted,  
Until the final day of the exam was satisfied.

Though tougher than the previous one,  
Had a positive response out of the sheath,  
And yes, she did it, though the score was lesser,  
She succeeded in her second move!

pain, redemption, and love into a narrative that feels heartbreakingly real. He isn't shy about unmasking the ugliness of the world, the consequences of betrayal and regrets. Instead he forces u to sit with them, understand and think about them.

Ive read many books, but I've never come across a book with so much sorrow and betrayal, So many heartbreaking plots. Yet at the same time the guilt of Amir is suffocating to a point where is becomes unbearable yet I can't look away.

### From Bindis to Boldness

Vaishavi Shah, TYBA(ELL)

The land of vibrant colours and rich heritage,  
Indian women have shown strength and courage,  
Through struggles old and battles new,  
Empowerment blooms, breaking barriers too.

From ancient times to modern days,  
Women have walked many challenging ways,  
Yet, their spirit remains unbroken and strong,  
In the face of adversity, they stand lifelong.

With each passing moment, changes take flight,  
Women rise, empowered, shining bright,  
Their role in society, pivotal and grand,  
Guiding the nation with a nurturing hand.

So let's celebrate the women of India,  
Their resilience, grace, and sheer ambition,  
For in their journey, we see the power,  
Of women's empowerment, every hour.dness

### અવગણની જો

શ્વેતા પરમાર

તારી આસપાસ જ છે, શોધી તો જો  
મળશે તુ એક વાર પગ તો ઉપાડી જો

તારી સામે જ છે, તું આખ ઉઠાવી તો જો  
હજી શરૂઆત જ છે, તું મંજિલ બતાવી જો

કલમ તો લખે જ છે, તું શબ્દો ઊમેરી જો  
લખાશે તારીથી પુસ્તક,તું કલમ તો ઉપાડી જો

હાર અને જીત વચ્ચે હારને તું જીતાવી જો  
મંજિલ સુધી પહોંચવાના માં હારને જ પહેલુ પગલુ બનાવવી જો

થશે હાકાર તારો પણ, તું સફર શરુ તો કરી જો  
નિષ્ફળતાને પાછળ રાખી તેના જ પગથિયાં બનાવવી જો

મંજિલ પણ આવશે તારી સામે તું તેને પોકારી તો જો  
શબ્દ-શબ્દ માં આસુ નીતરથી તું એકવાર આસુ ભીની તો કરી જો

નડે છે તને ઘણાં તેમણે એક વાર અવગણવી તો જો  
પોતાની મસ્તીમાં જીવવું છે એક કલા તેને એકવાર તો સ્વીકારી તો જો

ના સમજ દુનિયા માં તું સમજણ તો બતાવી જો  
ભૂલ થી થયેલી ભૂલ નો તું સ્વીકાર કરી જો

થશે ઉજાગર નો અત તું સ્વપ્ન માંથી બહાર તો આવી જો  
તું કોઈ ની કમજોરી નથી પણ તાકાત બની જો

જે નડે છે જીવન માં તેમને નડવા જ દે  
એક શરૂઆત કરી તેમને પોતાની ઓકાત બતાવી જો



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