



G.S. Lohia
Girls' College

CAMPUS BUZZ



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Editor in chief : Khusboo Bhajanka
 Managing Editor : Fatima Jabeen
 Production Editors : Preama Agarwal
 Priyadarshini Konwar
 Graphic Designer : Riya Kalwar
 Article Editors : Pratiksha Kejriwal
 Anushka Goyal
 Associate Editors : Radhika Mishra
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campusbuzz.gslg@gmail.com

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CORONAVIRUS- AN UNPRECEDENTED AND SURREAL EXPERIENCE

Preama Agarwal (6th Sem)

A novel strain of coronavirus-SARS-COV-2 was first detected in December 2019 in Wuhan, a city in China's Hubei province with a population of 11 million, after an outbreak of pneumonia without an obvious cause. The virus has now spread to over 200 countries and territories across the globe, and was characterized as a pandemic by the World Health Organisation (WHO) on 11 March 2020. SARS-COV-2 belongs to a family of single stranded RNA virus which affects mammals, birds and reptiles.

In humans, it commonly cause mild infections, similar to the common cold and respiratory tract infection. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

Hyderabad-based Bharat Biotech's coronavirus vaccine Coxaxin has received Centre approved to conduct phase II clinical trial.

Indian sectors that need urgent help as virus ravages economy. Some of the strongest economies around the globe are struggling to cope with the situation in the wake of an unprecedented demand shock and a shutdown of all key economic activities that drive growth.

Many sectors are now in critical need of a relief package for better position amid the crisis :

1. MSME Sector

The Micro, Small and Medium Enterprises are literally the backbone of all Indian sectors and often engaged in manufacturing and export activities – the key drivers of the Indian economy. Almost all MSMEs are out of action due to the lockdown, chocking all production activities at major firms across sectors. MSMEs are reeling under crisis and have no money to pay their employees. MSMEs will enter "uncharterd territory" urged the government to provide cash infusions.

2. Tourism and Hospitality sector

The tourism sector was the first to get disrupted by the impact of Covid-19 and will be the last to see a resumption of activities. 53% of the total leading hotel operators have shutdown. Over 60% of respondents have upto 10% of their hotels serving as quarantine facilities.

3. Aviation sector

The crucial aviation sector that connects nations across the world is witnessing a flurry of layoffs and pay cuts. From a point of complete-suspension of

travel, recovery is likely to be slow. The firm said the Indian aviation sector may be reduced to just two or three players, from more than half a dozen including Air India, Indigo, Spicejet and Goair.

4. Education sector

Sometime in the second week of March, state governments across the country began shutting down schools and colleges as a measure to contain the spread of the novel coronavirus. There is crucial time for the board exams, nursery school admission, entrance test for various universities and competitive examination among others, are all held during this period. Students who had enroll in universities abroad, especially US, UK have now been barred from leaving these countries.

5. Beauty Industry

The fallouts of Covid-19 on Indian skincare and makeup brands and the domestic beauty business. Makeup is said to be recession proof, but we are in a different situations right now, - says Samir Modi, Founder of Makeup brand Colorbar.

As the coronavirus continues to spread, the number of detections and deaths rising daily, beauty brands are now faced by an unprecedented crisis. How does a beauty industry survive a pandemic that stops people from touching their faces? While social media seemed flooded with #quarantineshincare all arguably pertinent beauty industry with losses and future uncertainties.

6. Entertainment sector

The International Indian Film Academy Award planned to take place on 27 March was cancelled. Cinema halls were shut down. All video streaming services, jointly decided to offer only SD quality content on cellular networks.

7. Service sector

India's service sector activity contracted during March as the Covid-19 pandemic dented demand, particularly in overseas markets. The HIS Market India was at 49.3 in March, down from February's 85-month high of 57.5, as the new coronavirus pandemic pulled the service sector into contraction.

"No matter how much fall on us, we keep plowing ahead. That's the only way to keep the roads clear."

- Grey Kincaid

Whatever we are going through is unfortunate. But all can at least not panic, understand the situation and do the needful to put the pandemic at bay soon. ■■■

A tribute



Our reverend Debendranath Bhattacharjee ji, member of the Governing Body left for the heavenly abode on 18/05/2020.

He inspired many during his blissful life and shall continue to guide us in spirit. May the holy soul rest in peace.

UPCOMING EVENT

INTERNATIONAL WEBINAR ON ATMA NIRBHAR BHARAT,2020: BUILD LOCAL TO GO GLOBAL-ISSUES AND CONCERNS ON 3RD AND 4TH OCTOBER, 2020



Anusha Agarwal & Khushi Gupta (1st Sem)

"A nation's strength ultimately consists in what it can do on its own and not in what it can borrow from others". This quote by Indra Gandhi is what our present Prime Minister Shri Narendra Modi is trying to accomplish. A country can achieve success and will prosper when the people of that country are self-reliant and do not depend on the imports of goods, services and technologies of other countries. In such a pandemic when our nation is already standing among the top three countries who have the highest number of COVID-19 patients, our Prime Minister has taken a big step by banning a total of '50 Chinese apps' in India.

On the 12th of May 2020, Modi announced the economic package related to the coronavirus pandemic and mentioned the ATMANIRBHAR BHARAT INITIATIVE. The main aim of this programme is to make India 'SELF-RELIANT'. During this pandemic, the Government of India (GOI) made the RBI infuse INR 20 lakh crore liquidity in the economy. More than 3000 MNCs were called to set up their base in India. The production in the domestic country was also increased upto 10 times creating a lot of employment opportunities. Also, the MNREGA scheme funded by the Government helped the migrated labourers to earn during this pandemic situation. The programme focused on promoting local goods, trying to make India a bigger and important part of the global economy and helping the three different sectors, i.e., primary, secondary and tertiary, to become strong and face competition. The 'Self Reliant India' initiative wants to protect 'infant industries', boost private sectors and change the definition of MSMEs (micro, small and medium enterprises). Also on the occasion of Independence Day, Modi ji focused on the 'MAKE IN INDIA' scheme again, which is a repackaged version of this initiative. New taglines 'vocal for local' were introduced. Many people had confused themselves with the terms — Self Reliant and Self Sufficiency. But our Finance Minister in his speech clarified that 'Atmanirbhar Bharat' does not mean to cut off from the rest of the world but is to produce upto our potential and to increase FDI (foreign direct investment). India, a nation suffering from trade deficit due to huge imports, will be able to correct it's BOP. The call for banning of Chinese apps and products and promoting 'Made in India' first showed some difficulty in practical as billion worth of imports was done every year, but now the imports have fallen to 25% as compared to 2019. Not only this, but our Defense Minister, Mr Rajnath Singh, announced that the Defence Ministry is now ready for a big push by imposing an import embargo on 101 items in a staged manner for over 5 years.

If this programme launched by the Indian government is implemented by all, a drastic change will come soon which will lead to an improved and standardised living environment. It will make India a country which will have people no longer begging for food, below the poverty line and will instead lead to improve all political, social and economical factors of our country.

"Self-reliance is the only road to true freedom, and being in one's own place is the ultimate reward". ■■■

LITERARY FIESTA 2020

Reported by
Aditi Das (4th Sem)

"Literacy is the road to human progress and the means through which every man, woman and child can realize his or her full potential." - Kofi Anan

The college organized a literary event for the year 2020 on 8th February in the auditorium as a part of the college monthly activity. The main purpose of the event was to enhance the knowledge and understanding for literature and improve spoken expression among the students.

A series of competitions were held as a part of the event, they were- Spell Bee, Debate and Open Mic.

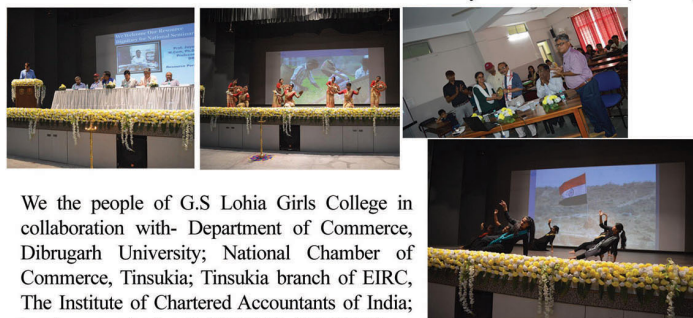
The 'Spell Bee' was conducted in three rounds. The first round being, spelling a word given by the judges correctly, the next round consisted of arranging ten jumbled words and the third and final round included solving language and literature-based riddles. Among all the participants in the first round, some were selected for the second round and among them the top participants could qualify for the final round and Sonia Agarwal from 6th Semester won the competition. The next competition, that is, Debate was based on the topic 'The House Believes that Knowledge Triumphs over Creativity' and both the treasury and opposition teams were full of confidence and put up their points very well. Finally, Pratistha Sonowal from 6th semester won the debate. The last competition was 'Open Mic' which received a flood of emotions and expressions from the participants. Alongwith English, the participants were allowed to speak in Hindi as well. Shital Kumari Shah from 6th Semester won the open mic challenge. ■■■



CAMPUS NEWS

NATIONAL SEMINAR ON COGNIZANCE OF HUMAN RESOURCE DEVELOPMENT FOR COMMERCIAL VIABILITY

Reported by
Priyadarshini Konwar (6th sem)



We the people of G.S Lohia Girls College in collaboration with- Department of Commerce, Dibrugarh University; National Chamber of Commerce, Tinsukia; Tinsukia branch of EIRC, The Institute of Chartered Accountants of India; hereby organized a NATIONAL SEMINAR ON COGNIZANCE OF HUMAN RESOURCE DEVELOPMENT FOR COMMERCIAL VIABILITY" dated 1st June and 2nd June, 2019. The Chief Guest for the event was Prof.Ranjit Tamuli, Vice Chancellor, Dibrugarh University. The Guest of Honour was Prof.Kiron Hazarika, Commission Member, MHRD.

The seminar was been divided into four technical session. On 1st of June we had two sessions followed by the other two sessions and Valedictory session on 2nd of June.

There were various resource persons-

- Prof. Jayanta K. Parida, Professor and Co-ordinator, DRS-III (UGC) P.G. Department of Commerce, Utkal University, Bhubaneswar.
- Prof.VK Shrotrya, Department of Commerce, Faculty of Commerce and Business, Delhi School of Economics, University of Delhi.
- Prof. Amalesh Bhowal, Department of Commerce, Assam University Diphu Campus, Diphu, Assam.
- Prof. Pranjal Bezborah, Department of Commerce, Dibrugarh University.
- Prof.Ajanta Borgohain RajKonwar, Department of Commerce, Dibrugarh University.

●Prof. Ashit Saha, Department of Commerce, Dean, School of Commerce and Management Sciences, Dibrugarh University.

●Prof. Kumud Chandra Goswami, Department of Commerce, Dibrugarh University.

●Dr. Chimun Kr. Nath, HOD, Department of Commerce, Dibrugarh University.

The seminar was started with the Inaugural session on 1st of June and ended with the Valedictory session on 2nd of June. Various Research papers were presented by the students, alumni, professors, and many other guest. It was one of the best seminars ever conducted and thus a much knowledgeable and successful one! ■■■

MOCK PARLIAMENT

Reported by
Iqra Ahmed (2nd Sem)

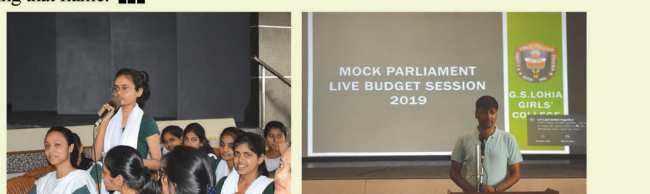
A democracy is shaped by how strong its opposition is. Their role is to question the elected government, challenge their ideals and policies, and to hold them accountable to the general public, and to instigate in the electors mind the awareness required to stand up for their rights and demands, preparing them to receive the baton one day and keep the light of democracy go on.

Amidst the general hullabaloo of the upcoming Council Elections to be held for the academic year 2019-20, G. S. Lohia Girls' College held a trial session of Mock Parliament for its students to enlighten them about parliamentary processes and to aid them in their knowledge about the functioning of the world's largest democracy.

The structure of the Mock Parliament session followed that of a Lok Sabha (Lower House) session, with two parties: the Ruling party and the Opposition. There were two reporters taking feedback from the audience and encouraging them to partake in the ongoing debate. Our respected professor Mr. Amit Agarwal acted as the honourable speaker, the Chairperson's post was presided over by Mr. Dhiren Duarah.

It being a test session, no winners were declared, however, the students agreed on it being an invigorating experience, and praised the organisation as it ignited a new spark of interest in their minds about the electoral proceedings of India's democratic process. The student's hope for a future, competitive event they would gladly take part in.

Interest in the importance of India's Electoral College should be encouraged in the youth as they are the future of India's democracy. Youth representation in the parliament matters as they represent an ever growing group of people who will surely take our country to new heights, and G. S. Lohia Girls' College is proud of playing a part in igniting that flame. ■■■



CAMPUS NEWS

VISTA' 19

WELCOMING NEWBIES; KUDOS FREEBIES

Reported by
Shital Kumari Shah (6th Sem)

VISTAS is a fitted ambience of remembered succession and anticipated events. This GSLGC event is filled with a proportionate amount of celebration, praise, nostalgia, togetherness and fun. It is our Fresher – Farewell Meet organized with vehemence and spirit for the graduating students with high inspirations, and for those new faces with twinkling eyes and big dreams.

Every year, the stage is set to embrace and commemorate the first great event of the session. All come dressed in the theme decided. Theme for VISTAS 2019 – 2020 was Alice in wonderland, a theme of fairyland and imagination, for beyond the evident way of life. Dressed as princesses, the students fill the aura of happiness, bliss and great vocation. It marked the beginning of a new phase for the newbies and assurance to the graduates that they will always be an inseparable part of the Institution.

The programme was strung up in an amazing series of dance, music and melodies of old times. Everyone had their own memory and details to offer. It was a lovely day to be remembered and cherished. Later, mementos along with certificates were handed over to graduates and a lavish lunch was served. Overall, it was time spent to create bonds, capture the reminiscence and cease the moment.

VISTAS is not just an event but a place where the legacy is passed on and lineage is carried forward. ■■■



JALSA 2.0

Reported by
Fatima Jabeen (4th Sem)

Keeping up with the tradition of celebrating the love for festivals G.S Lohia Girls' college(GSLGC) successfully conducted 'Jalsa 2.0', a dandiya meet, on 30 September, 2019 in association with the GSLGC alumni association and students' council 2019-20 to mark the special occasion of Navratri. The college was all decked up to host the mega event with every nook and corner hinting at the colours of the festival. While enjoying being dressed up, the students were thrilled to get themselves into the groove of Navratri.

The dandiya meet was organised for the scholars and teachers who danced their hearts out creating a vibrant and exuberant environment. Invoking the blessings of divine deity, people participated in overwhelming numbers, giving one a view of a fantastic array of costumes, grooving to the beats of DJ Roy present in the house. People gathered enjoyed the special treat of food stalls, having chaats, pizza, pastries etc. Special contests of selfie, dandiya making, etc. were also organized with prizes distributed to the winners on the same day. The entire campus felt like a huge family tapping their feet to match up the festival spirit.



Apart from being a celebration of traditional splendor, the occasion also strengthened the bond of love among the members of the school community. ■■■

YOUTH DAY

Reported by
Shital Kumari Shah (6th Sem)

“You are young only once, and if you work it right, once is enough.” Youth is the real power of the nation and history is the evidence of how it has always been shaped by the power of youth.

National youth day is celebrated on 12th January every year across the country to honor the birth anniversary of Swami Vivekananda, one of the greatest spiritual and social leaders. Since, 12th January was Sunday, youth day was observed at G.S Lohia Girls College on 10th and 11th of January 2020. On these days various competitions were organized by the creative department which filled the participants as well as the students with freshness, vigor, positive spirit and creativity. The rangoli competition was organized on 10th January 2020 in which all the participants displayed their immense creativity and their thoughts on various issues with colors in different ways. On 11th January non-gas cooking, string art and face painting competitions were organized respectively. Lots of mouthwatering dishes were prepared and presented skillfully by various teams. If Face painting did wonders of creativity in the face, then the string art competition bounded strings on board to form extravagant arts. All the competitions very exciting and youthful and contributed to a wonderful day. ■■■



VISIT TO AIR FORCE STATION, CHABUA

Reported by Sanskriti Poddar (4th Sem)

G.S LOHIA GIRLS COLLEGE organised a trip to Air Force Station, Chabua on the eve of Republic Day. It was one of the best experience to visit air force as we learnt and saw many things, that too close to our eyes. The main objective of the trip was to make the student aware on what goes into serving the nation , to motivate them to join air force.

Details on how an air force aspirant can pursue a career in it . i.e criteria for qualification, age limit were provided to the student. At first when we enter the campus, all the air warrior personal greeted us with such warmth that we instantly felt connected to them. We learned about the different level of workers working under various department. Various equipments, arms and ammunitions were also displayed as a part of the programme.

The army men explained to us more elaborately about each and every weapons ,aircrafts , missiles ,etc which thrilled us a lot .The feelings of patriotism among the army men motivated us a lot and being a defence aspirant, every student would whole heartedly love to join air force army.

The exhibits consisted of display of different types of missiles such as air-to-air missiles , surface to air missiles , defence missiles, cruise missiles etc and different type of rifles such as INSAs , Multi calibre individuals weapons system (MCIWs), AKM, AK103, M4 Carbine ,etc and static display Sukhoi 30 MKI , MIG21, MIG29,etc. And the best thing was the cleanliness maintained in the campus, the rules and regulations followed so well and the discipline they maintained and adhered to. The last but one of the superior thing to learn from them was the way their dedication towards the country. We shall forever be thankfulness and blessed to have them as our protector and ever alert sentinel. ■■■



LET'S START UP

Reported by
Shital Kumari Shah (6th Sem)

As a part of the Entrepreneurship project, the Entrepreneurship Cell of our college had organised a start-up event, *Let's Start-up*^{*}, on September 20, 2019. The event gave an opportunity to the budding entrepreneurs of 6th semester to put up stalls of their new ventures at the college campus itself. The students came up with great ideas and a variety of stalls were put which included food stalls, laddu gopal dresses stalls, handicraft items and the like.

This innovative and new idea proved to be a great learning experience for the students. They gained first hand experience as to how to come up with ideas that prove to be advantageous according to the prevailing market and consumer behaviour. They also gained experience regarding marketing of their products, which will help them in the future when they are out in the market with their new ventures.

The event involved the whole college, where the students of 6th semester were the entrepreneurs and the consumers being the other students and the teachers. Events as such can prove to be very useful for the budding entrepreneurs of our college. ■■■

UNRELENTING FOCUS IS THE ONLY MANTRA

Vaishnavi Shukla (2nd Sem)

Success is a demanding, high maintenance mistress needing absolute dedication and single minded pursuit. She doesn't tolerate rivals, not even inconsequential ones. If we wish to achieve something, then we must stop wishing and dreaming- just get going. Develop a sharp, unrelenting focus. Maneuver yourself into a space where all else blurs away. Put the rest of your life on the back-burner. Discipline and consistency is all that we need.

That is what the world's most successful people do! Those who have gained iconic status have pursued their goal relentlessly to the exclusion of all else. And once at the top, they have stuck to their laurels. Nothing matters except the determination to stay where they have reached. Life becomes one long schedule of training, practice, mental coaching and nurturing of that hard taskmaster known as Success.

Football player Cristiano Ronaldo says, "We have money, we have cars, we have everything. But you don't know we suffer to achieve this. I've become the person I am today because of the time spent without my family and going through difficult times." This is true of all achievers. The most decorated Olympian of all time, Michael Phelps said in an interview, "Eat, sleep and swim. That's all I can do."

Indeed, there can be no normal life for those who count the limelight. No spontaneous holiday plans, no standing and staring, nor any sudden binge trips. Discipline is all. Everything has to be planned around grueling work routines. If we are chasing success, the mantra is- sharp focus, discipline and rigorous practice. Whatever the field, physical and mental fitness are as much a key to success as talent and hard work. To develop this package, focus and discipline are mandatory.

Once we are sure about our goal, we must consider everything else as a distraction. We must develop discipline and become obsessive about routines. Secondly, we must also nurture patience and endurance. The only way to reach our goal is -focus, focus and more intense focus. We have to develop a tunnel vision, one where our goal is all- our only God, as well as our only form of worship. ■■■

ROLE OF INFORMATION TECHNOLOGY (IT) IN TRANSFORMING THE SOCIO-CULTURAL FACTORS OF VARIOUS COMMUNITIES IN INDIA.

Fatima Jabeen (4th Sem)



are changing the world with technology". This quote splendidly epitomizes the modern existence of IT in the midst of mankind. To some, this quote may somewhat appear to be exaggerated, but it is true nonetheless. IT is an undeniably important part of our social milieu today. It deals with the use of computers and other electronic means to store, process, transmit and retrieve data or information. Information technology (IT) can be considered as the "spark plug" which helps to transform the economic scene as well as the socio-cultural factors of various local communities in the economy. For e.g. - It is well-known that within India itself, Bangalore and Hyderabad are developed because of rapid development of IT and Bihar and Orissa are backward because of the lack of IT development. Thus, with IT societies prosper, without them they are poorer. IT has revolutionized the life-styles of various local communities of India of regions like Punjab, Assam, etc. It is said that communication is the essence of human civilization, IT has changed the modes of communication too. Now people communicate through mails, mobile, video calls, etc. It has largely benefited the population to connect and interact with each other even if they are in different corners of the world. Automation in banks and railway stations has provided relief to the public and staff alike. Ticketing and reservation has

become more efficient. In medical diagnosis, computers are being used to locate and investigate any abnormalities or diseases. The Internet too has some very useful applications in our day-to-day life. Adding to all this, IT has also provided the opportunity of telecommuting to people, which refers to doing work from outside the office, usually from one's home. This is particularly beneficial for people of the backward and rural areas of places like Assam, Haryana, who have very little access to jobs of their interest. This is made possible by the development of technologies like the broadband internet, mobile computing, etc. With access to capital and these facilities, people can create livelihoods for themselves and others in their community, as one change in one person's life has the potential to lift entire families and communities. All these activities transform communities- from the ground up. ■■■

MENTAL ILLNESS AND THE NEED TO TALK ABOUT IT

Janvi Bansal (2nd Sem)

It was not many years ago that terms like depression, anxiety and OCD (Obsessive Compulsive Disorder) became familiar to us and started buzzing in almost every household. Even children and teenagers are no longer unknown to it. Mental illness, also called mental health disorders, refers to a wide range of mental health conditions that affect your mood, thinking and behaviour. Nowadays, it is even seen that most teenagers suffer from anxiety attacks, the symptoms of which are fast heart rate and shakiness. The World Health Organization (WHO) revealed that 7.5 percent of the Indian population suffers from some form of mental disorder. So, if you think that you are an exception to going through this, then you may be wrong. You are not alone, and it's okay not to be okay.

Having anxiety disorder is no big deal. All you need to do is take what you need to get through it. There are psychiatrists who specialize in mental health and help people get through depression. Again, we may think what the society will say if we start consulting a psychiatrist. Something is not okay with him", "he's mentally disturbed" or "he's not normal", these are some of the phrases we all dread. But ask yourselves, is it okay to punish oneself for the sake of society? NO. You're allowed to put yourself first when it comes to your emotional and mental health. All we need to do is to talk about the matter. It is just a form of illness, and there's no point in being ashamed of it. Opening up with parents and friends, maintaining a hobby, regular exercise, getting sufficient sleep, ditching caffeine are some of the steps one can take to overcome this illness. Figure out who accepts you and never let people treat you badly. Always remember that suffering is not permanent, and good things come to those who wait. ■■■

IMPACT OF DIGITALIZATION ON MEDIA AND ENTERTAINMENT INDUSTRY

Khusboo Bhajanka (4th Sem)

Almost all the industries have been impacted positively by the use of digitalization and the entertainment and media industry has no exceptions to this. It is this digitalization that has helped in breaking new barriers and creating more significant grounds to play. Since the advent of mobile technology, television, radio and newspaper have taken backseat just like the internet has transformed the Media and Entertainment industry. Several phenomenon like "second screen" has made sweeping changes to the way users watch television. The second screen is the laptop, mobile or tablet that is used in between programs or commercials by television viewers. Some of them have ensured that the advertisement process has become better with augmented reality and Artificial Intelligence. It is also expected that soon we will see applications of virtual reality mixed reality. If we talk of spending on Artificial Intelligence alone it will be about 100 times in 2025 of what it was in 2015. In the new wave of computer human collaboration, companies are already using Artificial Intelligence to create effective movie plot points based on box office performance and create movie trailers.

Indian media segment is expected to show a growth of 23.9% by 2025 and one primary reason of this growth is the young audience, which is consuming media at their own pace and convenience. It has forced the industry to rethink older business models and paradigms of entertainment generation and revenue generation across all the verticals. Digital disruption has left no industry untouched. This change is driven by both consumers' expectations for faster, engaging and rich content as well as the companies' need to reach a higher number of audience in as many possible manners. ■■■

IS YOUR LIFE NOXIOUS?

Preama Agarwal (6th Sem)

We know how important it is to give our body a break from toxic food, but what about giving ourselves a break from toxic attitudes?

Just like any toxic thing- toxic life is extremely dangerous.

We spend a lot of time and energy trying to pinpoint others, but how often do we look inward during our search? The truth is, there are times even when the best of us exhibit toxic behaviour as a pattern without realizing it.

There are a few behaviours that even good people can develop that might actually be hurting those around them. Like,

- Here's the loser of the year!

- You need to lose weight to look awesome.

Noisy people probably don't have much going on in their own lives. They always try to pull others down. Nobody wants to be around a toxic person who is abusive, unhealthy emotionally, or someone who basically brings you down more than up.

"The best cure for one's bad tendency is to see them in action in another person." Realizing what bad habits are as part of us but not as our whole identity. Some habits can be stopped if you make small changes when you feel like you are about to engage with your toxic habits. Write down your thoughts, failures in a journal when you feel discouraged, you can go back to the journal and recall how far you have come. Also remember that, Saying no to the wrong things creates space to say yes to the right things!! ■■■

RECIPES

TROPICAL MELON SMOOTHIE

Puja Gupta (6th Sem)

Ingredients:

¾ cup reduced-fat milk, ½ cup chopped cantaloupe
½ cup chopped papaya, ½ cup frozen mango chunks
4-6 ice cubes, Lime zest for garnish

Directions:

Combine milk, cantaloupe, papaya, mango and ice cubes in a blender. Puree until smooth. Garnish with lime zest, if desired.

Nutrition Facts:

Serving Size: 2 cups

Per Serving:

207 calories; 3.9 g total fat; 2.3 g saturated fat; 15 mg cholesterol; 107 mg sodium. 589 mg potassium; 38.4 g carbohydrates; 3.8 g fiber; 34 g sugar; 7.7 g protein; 4339 IU vitamin A; 93 mg vitamin C; 50 mcg folate; 242 mg calcium; 44 mg magnesium;

Exchanges : 2 fruit, 1/2 reduced-fat dairy ■■■



CARROT KHEER

Neha Mishra (4th Sem)

Ingredients

Carrot -300 gms, Milk-1 ltr, Water, Sugar -1/2 cup, Cardamom powder, Cashew nuts, Almond, Pistachio, Saffron strands

Method

Pressure cook the carrot and grind it to fine paste by adding little milk. In a pan, add milk and let it boil
Add the Carrot pure, Cardamom powder, sugar and let it boil for 10 mins

Add a pinch of saffron, Cashew nuts, pistas, almonds and simmer it for 5 mins Serve it warm or chilled. ■■■



CAREER NICHE

CAREERS IN TOURISM

Sonia Gupta (4th Sem)

Be it white sandy beaches or the old forts, world heritage sites or natural marvels; if you have the knack to explore the unknown and help others also do the same; you might want to consider a career in the travel and tourism industry. With the rapid growth in the travel and tourism industry, the jobs and career opportunities on offer in this sector are also on the rise. But, is tourism really your life's calling? Let's understand more about the travel and tourism industry before you answer that question.

Why a Career in Tourism?

According to the World Travel and Tourism Council, India could add a whopping Rs. 8,50,000crores by the end of the year 2020 just through tourism. The tourism industry generated 8.31 lakh crore, i.e 6.3% of the nation's GDP in 2015 and backed 3 lakhs jobs in the process, which is about 8.7% of the country's total employment. This clearly shows the potential of the tourism sector in India and also confirms that the industry is on the path of exponential growth.

Travel and Tourism Courses & Eligibility Criteria

There are many top colleges in India offering professional courses in tourism at undergraduate, postgraduate, diploma and certificate levels.

Bachelor's Degree Courses

BA in Hospitality, Travel and Tourism Management

BA in Travel and Tourism Management

B.Com. Travel and Tourism Management

B.Sc. in Hospitality and Travel Management

The eligibility criteria for these undergraduate courses is a class 12th certificate in any stream.

Job prospects in the Tourism Industry

Tourism can be highly exciting and adventurous. India as an ideal travel destination is expected to create 4.5 lakhs job opportunities by 2025. This is a clear sign that candidates who are skilled and understand how the tourism industry works will definitely grow in this profession.

Salary package in this industry depends upon the amount of experience, skill-set and position that a candidate is holding in a respective company. For instance, the average salary of a Travel Agent is around Rs. 3 lakhs per annum, whereas the average salary of a Lodging Manager is around Rs. 5 lakhs. Similarly, the average salary of a Travel Coordinator, Front Office Executive and Tour Operation Manager is around Rs. 5 Lakhs, Rs. 2.5 Lakhs and Rs. 3 Lakhs respectively. ■■■

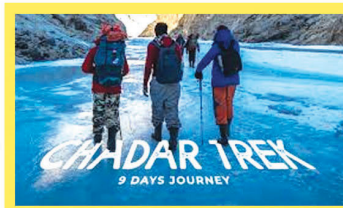
WANDERLUST

Puja Gupta (6th Sem)

1. Chadar Trek in Ladakh:

Experience walking over the frozen river facing various challenges. Chadar Trek in Ladakh is a thrilling experience one can have. Open only during the winter season, i.e. – January- February, the trek takes place at the Zaskar River which freezes and gets covered with a thick blanket of snow. During the trek, one can enjoy the canyon shape valleys bestowed with thick blanket of snow.

Location : Zaskar River, Ladakh



2. White River Rafting in Rishikesh:

While rafting on this holy river, you can enjoy the scintillating view of the majestic Himalayas covered with lush green. Accompanied by professional rafters, you'll be guided for an accident free rafting experience. While in Rishikesh one can have the tour of the most loved places of Rishikesh also!

Location : There are different locations for river rafting. Brahmpuri to NIM Beach (9 kms), Brahmpuri to Rishikesh (12kms), Shivpuri to Rishikesh (16kms), Marine Drive to Rishikesh (24kms) and Kaudiyala to Rishikesh (34kms)

3. Scuba Diving in Andaman:

Deep clean blue water and gorgeous marine life make Andaman a truly magical place to explore. The marine life of Andaman is a lifetime experience to explore which is worth an adventure trip to have. From scorpion fish and Octopus to Sharks and Coral Reefs, there are many things which you cannot lose to miss. Some of the diving sites in Andaman are- The Wall (Havelock Island), Clinque Island (Port Blair) and Fish Rock (Passage Island).



4. Roopkund Trek- Uttarakhand:

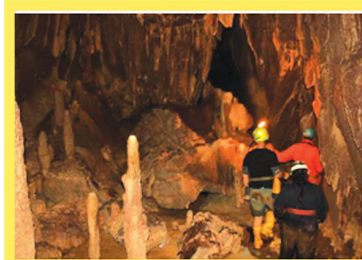
Don't miss the "Lake of Mysteries" which can be reached after passing range of forests and gushing brooks. One of the exciting parts of this trek is the "Mystery Lake", also known as Roopkund Lake which is at the height of 15500 feet above the sea level and is the home of hundred skeletons.

Location : To explore this trek, you need to visit the Chamoli district which is located at the base of the two Himalayan peaks: Trisul and Nanda Ghunti.



5. Caving in Meghalaya:

This North-Eastern India state is the most beautiful location in all sense. It holds some of the best treasures exploring them is worth every penny. Enchanting caves, beautiful waterfalls and majestic mountains. Caving in Meghalaya is the most happening adventure one can have. The Khasi Hills and Jaintia Hills are two most popular hills which are blessed with enigmatic caves. Other options to discover are- Krem Mawkhydrop, Krem Dam, Krem Lympot and Krem Mawjymbuin. ■■■



CAMPUS BUZZ CONTEST # 5

Entries invited for Caption writing contest. Pen your thoughts in one sentence for the above mentioned picture.

Last date for submission is 1st November 2020

Winners will be awarded at Enfete 2021.

Entries to be submitted at campusbuzzonline@gmail.com

Winning entry of Campus Buzz contest #4 –

Shayeri Writing Contest (Rachna Singhanai, 6th Sem) ■■■



POETRY

DESTINY

Fatima Jabeen (4th Sem)

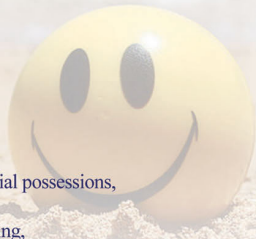


When on the verge of getting something, you lose it at the end,
Know that it was the destiny which made it that way.
The pain that it inflicts might seldom let you live in peace.
Albeit going by the flow, there's only one thing for you to know,
you will surely taste the pleasure of the real desires of your heart and soul.
But remember, never let yourself wallow in the given glory,
'Coz you never know when destiny as a river will change its flow. ■■■

HAPPINESS IS A STATE OF MIND

Tulika Deb (2nd Sem)

One is born in a first class hospital,
The other is delivered at home,
but both survived.
One had a sophisticated private schooling,
The other went to a public school,
but both ended up with the same qualification.
One woke up from a King-sized bed,
The other from the floor,
but both had a peaceful sleep.
One ate food cooked by a hired chef,
The other had the taste of his mother's food,
but both filled their hunger.
One drives some expensive vehicle,
The other uses public transport,
but both reached their destination.
One may be reading this during leisure time,
The other in a great need of motivation,
but both can feel the vibe.
Lifestyle is not a competition,
Various lanes lead to the same destination.
Just because someone else has amassed material possessions,
It does not mean that we are a failure.
Happiness doesn't come from having everything,
But making the best out of anything we have.
Happiness in not having what we like,
But is liking what we have.
Happiness is learning the best out of it,
Happiness is just a state of mind! ■■■



UNSHACKLED

Rimakshi Bhadra (2nd Sem)

In the hours of captivity and despair,
with our grandeur dwarfed and turned to bitter loss and maim
Yearning for independence became our beacon of light.
In the midnight of August 15th, by curbing slavery and commencing freedom,
The Indians witnessed their nation's rebirth
The wind carries a tricolored scent pacifying every patriotic heart it detects
Before us still floats the ideals of those splendid days of gold.
A new world in our vision wakes and India shall rise to the mould. ■■■



Bornali Bhattacharjee (2nd Sem)



Sampada Goyal (2nd Sem)



Sampada Goyal (2nd Sem)

मंजिल

Poonam Jain (6th Sem)

पाना है जो मुकाम वो अभी बाकी है,
आए हैं जमीं पर आसमान की उड़ान अभी बाकी है,
अभी तो बीज बोया है पेड़ बनना बाकी है,
छांच में पले है बहुत थोड़ा तपना अभी बाकी है,
जिंदगी के समुद्र को किनारा देना बाकी है,
सपनों के पंखी को पर देना बाकी है,
अधूरे सपनों को पूरा करना बाकी है,
जमीं से आसमान तक की सैर अभी बाकी है,
अभी तो सिर्फ नाम मिला है,
अभी इस नाम की पहचान बनाना बाकी है,
अभी इस नाम की पहचान बनाना बाकी है। ■■■



मेरी दादी

Radhika Mishra (2nd Sem)

लौटकर आऊंगी,
यही कहा था आपने,
मेरी हाथों को थामकर,

हर रात आसमान के
तारों के बीच आप को
ढूंढती रहती हूँ दादी,

इसी आस में कि कभी
ना कभी तो वापस
लौट कर आओगी,

स्नेह भरे हाथों
से मेरे सर को
सहलावगी और
मधुर लोरी गाकर
मुझे सुलाओ गी। ■■■



ART BUZZ