

**Photo Credit:**

Deeksha Jain, Sem 2, USLM



# Editor's Note

All work environments emit a good quantity of competition and discontent. We know that competitions look healthy when presented in a wrapper of professional respect and commitment to some shared vision. But rarely do we remember that. We succumb to the nasty interfering human traits more often than we think and this eventually chips away at the team's growth and performance. Students face similar troubles in campus life mostly without realizing that the green-eyed antics will not bring any comfort ever. Researchers across universities suggest that the tendency to constantly protect an image and position in front of friends, teachers or employers takes a toll on our physical and mental health. Nationwide, young minds are suffering from anxiety disorders and other psychological problems as consequences of an ambiguous concept of race glorified in the modern urban culture.

Post exam break and the sultry summer vacation can be a good time to reflect on the emptiness of our workplace and/or campus antagonism. Let us initiate the process of understanding the problems by unearthing the roots and address them. We are not saying that there is some cookie cutter approach

that would work for all of us in a standard manner. But if we try harder to monitor our own feelings and responsibilities towards our routine milieu without worrying much about others, we will certainly be able to come back to our classrooms and cubicles with more energy and dynamism for the new session.

Good wishes for the vacation and internship season to the hardworking fraternity. May the force be with us.

**- Srotaswini Bhowmick**

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# CLIMBING OUT OF CREATIVE RUT

– By Dr. Shyno, Associate Professor, USLM

Are you bored and feeling insipid, and has the whole thinking process plundered your mood? or Are you waiting for that invisible Muse to give you magical powers? Nah! It's just a waste of time.

British fashion designer Sir Paul Smith once wrote a book called,

**“You Can Find Inspiration in Everything: And if You Can't, Look Again.”**

If that title doesn't inspire you, there is nothing more frustrating than the misery of falling into a creative rut or hitting the Writer's Block. Ruts are the ebb and flow of an every human's life.

Most students can fall prey to ruts while writing a story or an essay, painting, or while taking

photographs, it can be unbelievably maddening if you find yourself in such a pit. Don't panic, take the right action. Here are some tips to climb out of such moments of a creative rut.

Listen to people's conversations, their opinions and observe and think about why or what made them think so. Multimedia artist Phil Hansen in his TED talk explains how after suffering permanent nerve damage, his hands shook and he could not pursue his passion in the art using a technique called pointillism. A neurologist once advised him to “embrace the shake” Hansen realized

he need not draw straight lines or the perfect round dots to be an artist and began experimenting with other techniques. He challenged himself to make art using unconventional materials like dandelion puffs, live worms, matches, hamburger grease and canvases a stack of Starbucks cups, his torso and



even bananas. Once, he dipped his feet in paint and walked on a canvas. It worked. He realized by embracing a limitation one can actually drive creativity.

Read! Read as much as you can! Reading is a great way to open up your vocabulary and introduces you to different writing techniques. It gives wings to your expressions. It may really be the best way to inspire you incredibly. So grab your favorite blanket and cuddle up with few inspiring books, because each writer will offer a unique way of helping you. Read inspirational books like- Yes Please, by Amy Poehler; The Creative Habit: Learn It and Use It for Life by Twyla Tharp; Story Genius by Lisa Cron; Big Magic by Elizabeth Gilbert; A Whole New Mind: Why Right-Brainers Will Rule the Future by Daniel Pink; Something Like an Autobiography by Akira Kurosawa; On Writing by Stephen King; The Art of Memoir by Mary Karr; How Should a Person Be?: A Novel from Life by Sheila Heti; The Writer's Journey by Christopher Vogler; The Rise: Creativity, the Gift of Failure, and the Search for Mastery by Sarah Lewis ----will help you get rid of your imaginative blocks.

Try to decode some of your habits. Begin by exploring new styles, if your imagination suffers an 'inertial breakdown' while writing an essay or short story. You may even change tracks from a first-person account to a third person or from essay to the short story, or try a new setting. Lisa Cron, a story analyst, once wrote, "Each thing you add to your story is a drop of paint falling into clear water; it spreads through and colors everything." If you are worried or trembling about your writing proficiency or fall short of writing something original, then here is a consolation from American novelist and essayist Jonathan Lethem who believes, ""When people call something "Original", nine out of ten times they just don't know the references or the original sources involved". He adds, "Every good writer understands that nothing comes from nowhere. All creative work builds on what came before. Nothing is completely original." French Writer Andre Gide fills us with some more hope by saying, "Everything that needs to be said has already been said. But since no one was listening, everything must be said again."





Accept the fact that efficiency and creativity will never go hand in hand. Say, if you wish to be a good photographer and you are losing your patience for that perfect composition or the proverbial “decisive moment”, it is better to photo-shoot everything you see around and choose from the list the right one. Waiting for the right opportunity cannot be the thumb rule at all times. One needs to grab the right occasion, which will definitely help you to capture something amazing. Similarly, keep writing the barrage of ideas that come to you and develop a structure, string them into a theme and put them on to a structure. Since technology is adapting to our human lives and relaxations to perfect our creative edge, why not use your iPads or phablets to scribble your thoughts. You'll save an awful amount of paper from turning waste and ending in the garbage bin. Another way to get out of the creative rut is to look for inspirations around or let Google Baba introduce you to different techniques. Listening to a YouTube talk by famous writers can be interesting. Try Pinterest as well, it's an interesting tool for inspirations—it can help you to connect with other people's experiences and interesting stories.

Try taking part in a contest or entering a competition that may motivate your senses in a particular direction. When a prize is at stake, you'll feel incredibly happy and it helps you stay motivated and feeds your creative flair with inspiration. Dwindle; Go out for a walk with your earplugs. Listen to music, concentrate on the lyrics. You may have a Eureka moment in your tryst for creativity.

American author of horror, supernatural fiction, Stephen King, “Writing ...In the end, it's about enriching the lives of those who will read your work, and enriching your own life, as well. It's about getting up, getting well, and getting over. Getting happy, okay? Getting happy.”



# Life Lessons to Learn from Game of Thrones

- By Riva Patel, Adjunct Faculty - USLM

Based on George R.R. Martin's best selling books, Game of Thrones inspires some serious thought on the life lessons we can learn from its characters. While there is far more violence, magic and nudity in the show than what we may face in our daily life, it might not be a stretch to compare this fantasy to our reality.

The article draws parallels between the show and our life and contains serious spoilers for those who are still catching up to the series.

## 1. The Pack Survives

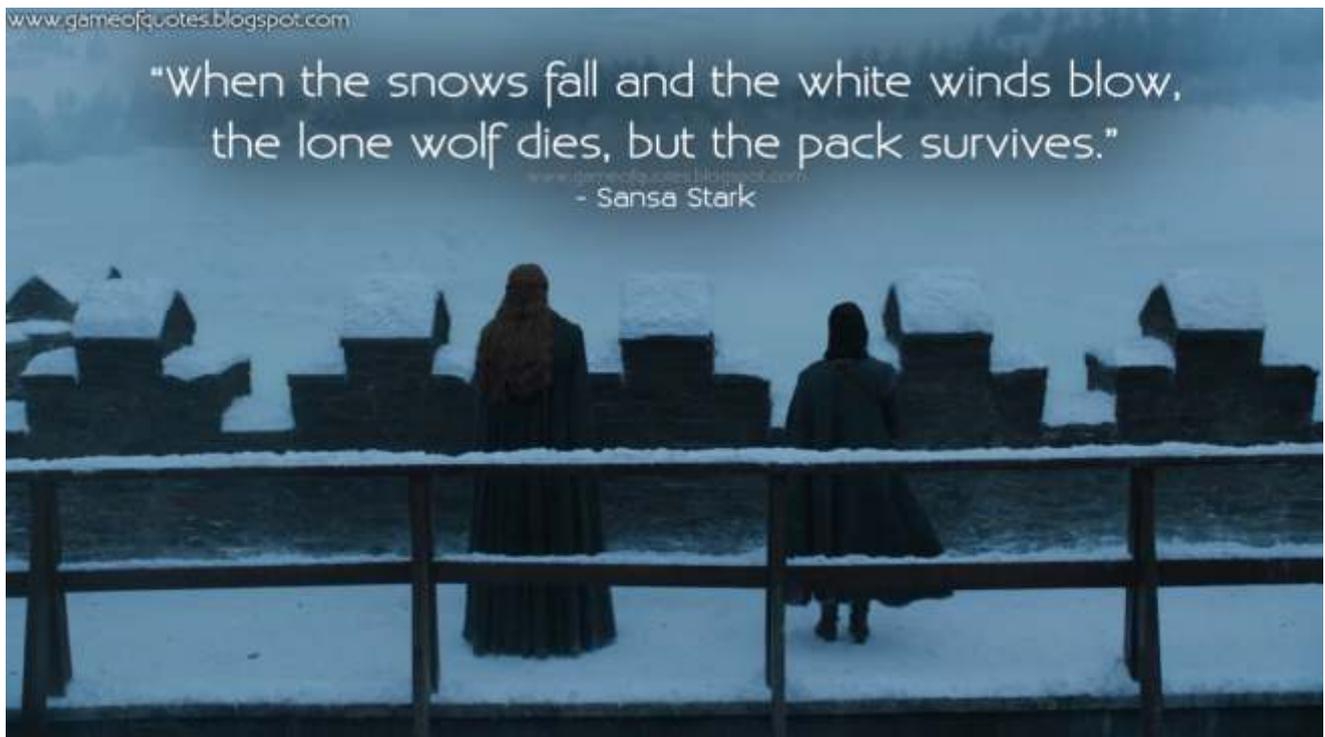
You are the strongest version of yourself when you surround yourself with a support system,

may that be family or friends. Daenerys exemplifies this throughout the series as she gradually finds confidence in her Khal, Jorah, Tyrion, Varys, Missandei and Jon Snow. She surrounded herself with people who genuinely believed in her, gave her smart advice, who loved and understood her and constantly helped her to pull forward.

In the words of motivational speaker Jim Rohn:

*"You are the average of the five people you spend the most time with."*

This is a reminder for people to break away from toxic relationships and choose the people you surround yourself with, wisely.



## 2. Winter is Coming



Well that didn't take long

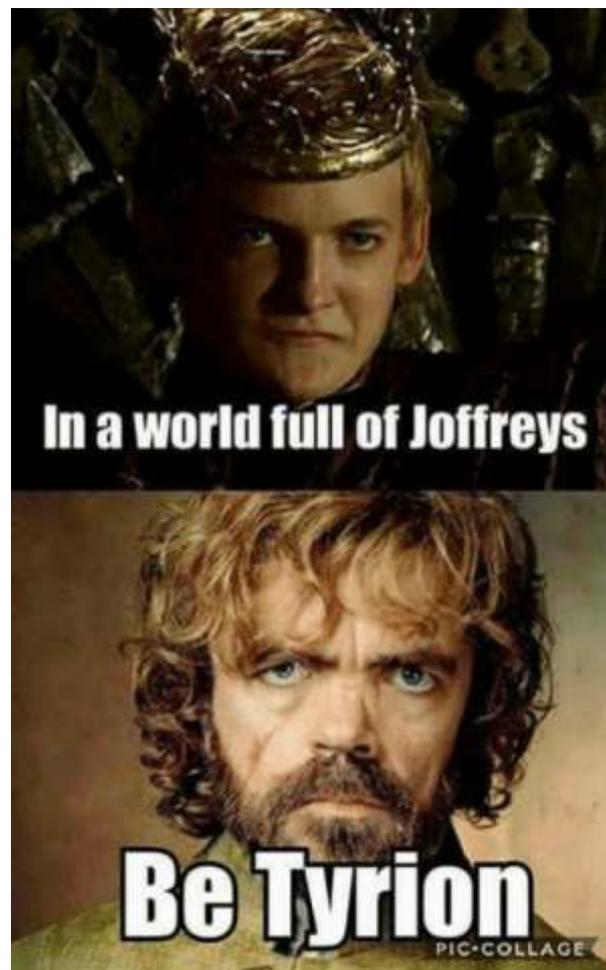
The famous House Stark motto is probably one of the most famous quotes from the show. While in the show it referred to actual winter lasting years, it was also a metaphor for always being prepared for the worst. This does not mean that you do not enjoy the good times and worry all the time about the bad things that might happen to you, but should be emotionally and financially prepared for inopportune moments in life. As we saw in the season finale, Jon Snow did not break down at the prospect of going back to the Night's Watch but took it in his stride and accepted his fate.

## 3. Prejudice is an Achilles Heel

Although Game of Thrones revolves around old magic, dragons and fictional kingdoms of the pre historic era, in many ways it reflects the social conflicts we face in the 21st century: the rich are the privileged class while discrimination against the poor, women, disabled and bastards is common.

On the show, Tyrion Lannister is treated mostly condescendingly by his father, Tywin Lannister who refuses to see Tyrion's intellectual gifts which could be converted to the benefit of House Lannister. On the other hand, suffering from constant prejudice, Tyrion not only ends

up murdering his own father but makes use of his wisdom and skills for House Lannister while serving Daenerys. "Great things come in small packages" has never been more true especially when we look at the character development of characters such as Tyrion Lannister and Arya Stark. While women were generally treated as non-entities in the first couple of seasons, throughout the show we see women such as Cersei, Sansa, Brienne, Daenerys and Arya become central characters.



#### 4. Karma is a female dog



What goes around will definitely come around to bite you in most unpleasant places. There is a list of examples from GoT that will have you think twice about your actions.

After being raised as one of the Starks, Theon Greyjoy's loyalty starts being tested in Season 2 and we see the character embroiled with jealousy and hatred. He takes Winterfell and kills the beloved Sir Rodrick only to regret his actions in Season 3 when he is tortured by Ramsay Bolton. Littlefinger got executed by the same knife that he used to defeat Ned Stark in Season 1; Roose

Bolton betrays Robb Stark to gain the title of Warden of the North and gets stabbed himself by his son for the same title. The list goes on... what this teaches us is that the past will sooner or later come to haunt you and when it does, you must live with the consequences of your actions.

#### 5. Fire Cannot Kill a Dragon

In this scenario fire represents all your troubles, flaws and setbacks and you are the dragon. Just like Daenerys you will manage to survive the fire if you think yourself capable.

The most enduring life lessons from GoT is to "break the wheel"; to evolve, adapt and break free of the notion that there is only one way of doing things. Westeros never had a woman sit on the Iron Throne and we saw Cersei breaking the wheel. There had never been a woman knight and Jamie Lannister broke the wheel when he anointed Brienne. Daenerys freed all slaves in Astapor, Meeren and Slaver's Bay. The list is endless.

To conclude, Syrio Forel asks, "What do we say to the God of Death?" Arya's response summarizes the essence of facing all adversity; "Not today."

The best teachers are tough experiences and everyone, and I mean everyone, faces unforgiving competition, unforeseen betrayal and adversity, desperation and doubt. While Tyrion, Daenerys, Jon and Arya battle for survival in Westeros, we must reflect on the life lessons we can learn even if we don't bring dragons and swords to work.



# Exhibition



Unitedworld school of Liberal Arts and Mass Communication organised an art exhibition, on 10th May 2019, showcasing the photographs; clicked by the students of USLM along with the other projects that they've been working on for the entire semester. The end semester exhibition created a platform for the aspiring photographers, the photography lovers and the public to promote the art of photography just as the students got acquainted with the city.



The exhibition showcased the magazines that were created and designed by the students. Along with this, the exhibition also displayed few short films that the students shot as a

group project on various issues of the city. Visitors encouraged the students by buying their photographs. This joint effort of the students and faculties has been highly appreciated.

# Student Contribution



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