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Photo by- Param Lodaya, Sem 2, USLM



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# DO NOT BE AN OSTRICH

- Dr. Shraddha Sharma, Assistant Professor, USLM

Naina avoids picking up her mother's call because she tells her to be reasonable in spending. Shreya does not even open the emails which remind her to pay due bills. My mother does not go for a blood test because she does not want to accept that she is sick. I play ostrich in making a call because I do not want to hear that I did not perform well in an examination. So, there are times when some of us play ostrich.

There is a fictional story that ostriches stick their head in the sand when they sense danger. Similarly, some of us also play ostrich to avoid uncomfortable situations and experiences.

This is called Ostrich Effect. Ostrich Effect is a cognitive bias that describes how people often avoid negative information, including feedback, which could help them in monitoring their goal progress. People prefer to bury their heads in the sands to avoid negative information.

Since childhood, we are raised in a manner that we develop a general disliking for negative and unpleasant information and crave to hear something positive and pleasant. Ostrich Effect is a bias that develops unconsciously, runs deep, and becomes outside our control. We are taught to be optimistic in our lives and love to make optimistic predictions. It is not wrong to be optimistic but the problem occurs when we choose to be in denial mode and start rejecting negative information and pessimistic forecasts. Another probable reason for Ostrich Effect may be that we humans want to protect our ego. We struggle to protect and maintain our self-image. We prefer to hear pleasant lies rather than an unpleasant truth.

Ostrich Effect, which we do not take too seriously, can have serious consequences on an individual as well as on societal level. Ostrich Effects can hold us from addressing real issues of personal as well as of professional life. So, we should try to look at the broader picture and be mindful. Being mindful would prevent us from blindly following an emotional instinct and emotional response and most importantly be kind to ourselves. It's okay if you receive negative feedback, rejections, and criticism. This is part of life. Nobody is born with perfection and nobody can be perfect in life. Too much rain and too much draught both make life tough. Both, taking everything to heart or sticking head in the sand in a negative situation, can worsen the problem. It is important to understand that when are you playing ostrich? Understand Ostrich Effect, be thoughtful about your behavior, and do not be an ostrich.



# ACTUAL RULER OF THE COUNTRY

- Dr. Divyesh G. Vyas, Assistant Professor, USLM

The biggest challenge in front of the government and society as a whole is economic and social disparities in the country. There are two important questions associated with it — who is the creator of such disparities, and the second one is how to solve it; whether the government is responsible for it or we are also equally responsible for it. The most important thing is how to overcome it.

If we take a look at the system of the country, we may observe and find the biggest role of industrialist and higher income group of people in association with political parties & government and bureaucrats behind the curtain in creating economical disequilibrium. Around 2% to 5% of people of the country possess a majority portion of the wealth of a nation. The demarcation line between rich and poor has become very deep, long, and thick. Around 42 crore people in the country are living under the poverty line and almost 14 crore people are industry laborers. If we see the figure of real taxpayers in the country is around 4.5 crore. We always talk about Gross Domestic Product, National Income, but what about Human Development Index. HDI is equally important for society as a whole. Per capita GDP or per capita national income do not give the true and fair picture of the economical capacity of a person because it is an average. A person may earn more than it, equal to it, or less than it. Our market economy is a free market economy for trade & business and there are no restrictions on making a profit but at the same time, the rates for Corporate Social Responsibilities are very less. It is around 2%. On one side, there is no limit on making a profit in a free economy but at the same time, there is no increase in the rate of CSR.

Our belated former finance minister of India Mr. Arun Jaitley had reduced the rate of wealth tax. The point is majority portion of the country belongs to the middle class, lower class, and below poverty line, then why there is a need to reduce the rate of wealth tax. It is not going to affect top income group people. What is to be noted is that without imposing and increasing the slab of rates like wealth tax, CSR rate, income tax, how a government can generate revenue for the public expenditure to uplift the downtrodden

people and remove economic disparities from the society.

Making disinvestment of the public sector or privatization is not only the real way. It may also create several issues for an ordinary citizen of a country in the long run. Recently, the government has made amendments in labor laws about working hours, overtime wage rates, strikes, unions, and many more. Has the government given free rein to industrialist and top income group people? Do the bureaucrats act as per the directions of industrialists, politicians, or both? If we need a loan then we need to go through many formalities and documentation not sure if we will get it or not. But you may find so many companies or industrialists who use and misuse benefits given by the government by way of subsidies on loan, land at low rates, relaxation in the submission of the principal amount with interest, CSR rates etc. Many banks have wound up because of Non-performing Assets and it has massively damaged the banking system.

So, who is the real controller and operator of the entire system of the nation? I believe politicians, industrialists, and bureaucrats are not only responsible but, we are equally responsible for it. I genuinely believe we are the actual ruler of the system and country. During elections, rather than giving priority to such agendas and issues, we cast our votes for miscellaneous things.



# A HELP TO SERVE!

- Divya Bajaj, Semester 2, USLM

Being Manav is a huge platform for social service for the youth.

Divya Bajaj, a student of USLM has been a part of an initiative to serve the youth for the last four years. As President, Inner Wheel Club of Being Manav - a unique campaign to make unusable items accessible to people in need, Divya has devoted the lockdown time towards the activities of the organization.

Among the various activities, Divya helps in collecting old items and distributing them among the needy people. "In this process, the mutual coordination among the youth gets better and all can work together," she says.



Explaining her contribution further, Divya said, "In Udaipur city itself, there are three to five types of items in every household that can never be used. So, the motivation behind this campaign is to collect useless goods with public support, make them usable and distribute them to the needy people, who are not able to buy those goods at their level. For example, there are many clothes in a household, which one does not use. On the other hand, there are many people around us in our city who do not even have clothes to wear. In such a case, a team collects the clothes with the help of people, makes them usable and delivers them to people who really need them. Apart from clothes, these items include books, stationery etc."

However, working on this campaign does not come easy for Divya and her teammates. "Among the hardest things about working as a social worker is the overwhelming emotion, the stress that comes with seeing the extremes of injustice and abuse, watching children hungry working in scorching heat to share their family's load. But this initiative has also helped me gain confidence to speak in public," she said.



# GORKHALAND MOVEMENT – A HISTORY AND PRESENT OF IDENTITY AND BLOODSHED

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- Yuvraj Singh Mann Semester 4, USLM

Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity. – Robert Alan

Can we say that our identity or cultural values are at a threat of extinction? Well, most people will think that how it can be possible? Because cultures, traditions, norms, identity are very old and passing through generations. But if we talk about the cultural values or identity of the minority in a democratic country are at a threat, then you have to introspect into the concept. Today, the same dissent, anger, looking for acceptance on land, etc are the main purposes and demands of this very old agitation – The Gorkhaland Movement.

So, what is the Gorkhaland movement? The Gorkhaland movement is a campaign to create a separate state of India in the Gorkhaland region of West Bengal. Not many people are aware of this movement and its demands. We often hear about the Gorkha regiment in the Indian Armed Forces. The proposed state includes the hill regions of the Darjeeling district and the Kalimpong and Duars areas. Darjeeling and Kalimpong were the same district. In 2017, Kalimpong was separated from Darjeeling and made another district. In other words, Kalimpong is a newborn district in West Bengal. The foothills of the Himalayas in West Bengal are called Duars. Make no mistake in understanding the demands of the Gorkhaland movement. Firstly, and most importantly, the movement is not about separation from India. It is about the creation of the state of Gorkhaland within the geographical and constitutional contours of India. They do not want to be a part of West Bengal. Secondly, it is about 'acceptance' and 'recognition' of Gorkhas as a part of India. People think that they are the 'outsiders'. The Gorkhas are the Indian citizens of Nepali ethnicity, who live across the length and breadth of India.

If we take a tour of the history of when it started, then the Nepali Kingdom in the 17th and 18th centuries was spread all over the Himalayas. In the year 1777, Nepal had appropriated the Kingdom of Sikkim (that included most of the present-day Darjeeling district) in the east and had also successfully invaded and conquered the Kingdoms of Kumaon, Garhwal (present-day in Uttarakhand), and Kangra (present-day in Himachal Pradesh) in the west. The Nepali Kingdom was spread from the east of river Teesta to the west of river Sutlej. However, following the Anglo-Nepal war of 1814-1816, Nepal agreed to cede most of the Terai region, the lands of Sikkim, Kumaon, Garhwal, and Kangra to the British East India Company through the Treaty of Sugauli (Sugauli Sandhi), which was signed on 4th March 1816. Now, in 1907, the Hillmen's Association had raised the issue of being separately administered from Bengal. Later, in 1929, the Hillmen's Association was joined by the Gorkha Officer's Association and Kurseong Gorkha Library in submitting a petition to the British, demanding separation from the province of Bengal. The Darjeeling region only became a part of the West Bengal Presidency in the year 1935, when it was required to send an elected member to the Bengal Legislative Assembly (purely done for then administrative ease).

Post-independence, the voices echoed once again in the hill region of West Bengal. Due to the influx of Bangladeshi refugees in West Bengal around the 1970s, the ethnic community Gorkha was marginalised. The demand was raised from then only, and it is about the protection of identity, culture, history, traditions, and the rich bond of people from the Darjeeling region. Darjeeling region is full of tourism and tea industries, which generate sufficient and sustainable revenues and have been used to develop other parts of West Bengal, while neglecting even the basic infrastructure in the region. Darjeeling has witnessed two violent movements in the last 31 years, beginning

from 1984 when Subash Ghisingh launched his outfit - Gorkha National Liberation Front (GNLF) and fought, leading to 1200 deaths. The matter was settled for partial autonomy for long 23 years in 1988. Later people refused to take this settlement. The aggressive approach of Subash Ghisingh was not entertained by the people and a new face emerged from the community. Bimal Gurung emerged as the messiah of hope for the Gorkhas. He formed a party called Gorkha Janmukti Morcha (GJM) with an emphasis on a 'peaceful Gandhian movement'. Gurung has been at the helm for the past 12 years. He is constantly in a war of words with the present-day West Bengal Chief Minister Mamata Banerjee for giving Gorkhas employment and stop imposing Bengali language as a mandatory medium of communication in all the schools of West Bengal.

The agitation is still on. There are promises, stories, violence, sorrows, and voices all over the hills. The Gorkhaland movement has been politicised in every state and centre elections, but barely got the attention that people want. The struggle and dissent are the ultimate truth in this 21st century of India.

# DAMSEL IN DISTRESS NEEDS NO SAVING

- Hirva Upadhyay, Sem:- 2, USLM

She didn't have a single flaw,  
She herself was made up of flaws!

Once a mistake, and slowly a choice,  
May be because she was enjoying the chaotic noise!

No, her intentions were never bad,  
But that was her nature she only had!

People judged her, and made her weak,  
Gradually from the world she sneaked!

She was left alone in the world of maze,  
Moulding herself, just like clays!

Crying silently every night,  
Where her stories the tears recite!

One morning she woke up with her soul on fire,  
Changing for the better was her only desire!

She screamed to the world, "Along with the devil,  
she was an angel inside",  
Now the angel overpowered and the devil died!

At last the world proudly said,  
This damsel in distress, needs no savings!





# WITH YOU!

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- Smit Sony, Semester 4, USLM

Sunsets are not always beautiful but when they are with you they are,  
Late nights are not always lonely but without you they are,  
The smell of rain becomes even better when you are around,  
Long walks are often tiresome but they are not when you are around,  
I don't look good everyday but if I am with you, I am the most beautiful  
person in the world,  
Everything we do together gets even better,  
That's I want a lifetime with you....



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