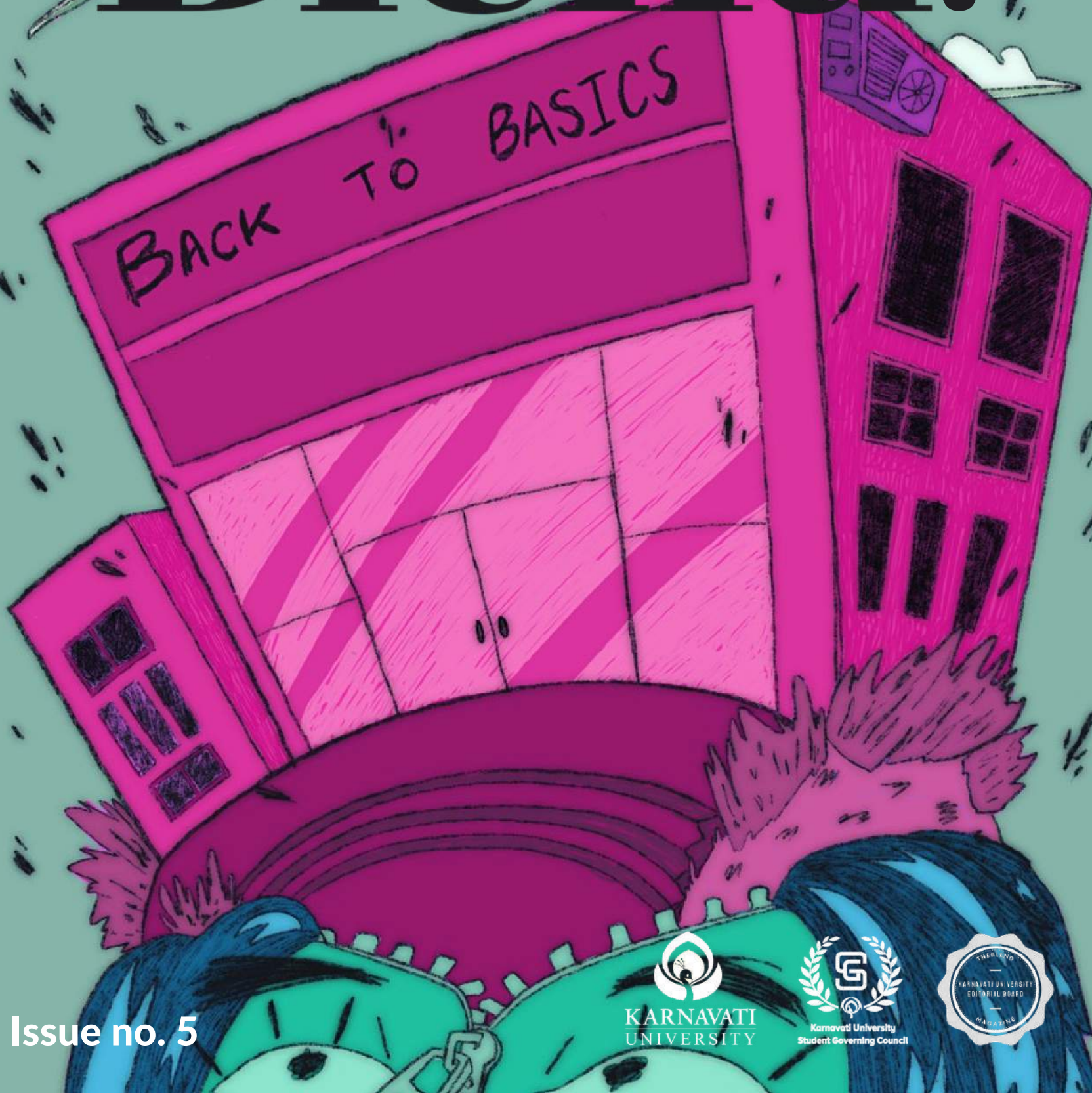


April 2021

The Blend.



Issue no. 5



KARNAVATI
UNIVERSITY



Karnavati University
Student Governing Council





ABOUT US

TheBlend is Karnavati University's very first and very own student-run magazine, managed by the KU Editorial Board. As the name suggests, this magazine's purpose is to display the different ideas, interests and experiences that 'blend' together, to form our rich university culture. It is intended to be a safe space where the vision of various students of our university's constituent colleges meet and amalgamate in the form of written expression and art. In order to document and display an array of interesting opinions and notions about diverse topics involving public interest, law and society, design and campus culture, we at Karnavati University, through TheBlend, aspire to give individuals a platform and an opportunity to voice their opinions, hence making an impact in society through forms of creative and written expression.

EDITOR'S NOTE

As the founder of TheBlend and someone that's been working on the magazine since day one, it has been a fruitful journey without a doubt, even despite the never-ending struggle that comes with any project like this. Having to including every one's work, having to come up with a thousand new ideas for each issue and only having a month's time to work on all this can be a daunting task for sure. However, at the end of the day, as I've learned and figured out, it's all about the basics. It's about showing determination, hard work, committing to deadlines, going beyond your potential and self-set barriers. The strong foundation of your basic skills and principles are what make you an ambitious leader, someone that can unite a group of equally ambitious like-minded people in order to make something awesome. I'm very glad that we started this project. We have very simple and straightforward goals, but that doesn't mean we're not gonna use all our creativity and effort to make the best magazine we can!

Aaditi Rohilla, UWSL, SEM 4, Editor In-chief

In these times where every month we witness and undergo a new development in life, where there is so much uncertainty around that nobody knows what tomorrow has to offer, one tend's to get more anxious. Just when we were so ready to go back to the basics, our basic life our basic routine, the pandemic had other plans. However, the current situation that we are all in, it still feels like we've gone back to basics from 2020; Quarantine, Covid Cases, Lockdowns have come back even stronger and there's no escaping to this. We as a magazine want to be your angels in disguise, that give you a platform and opportunity to manoeuvre your ideas, creativity, and expressions into something constructive. By each passing month, we get a delightful response from the student of KU, and it soothes our souls to watch students, cooking, painting, creating, setting up businesses and what not. Nothing makes us happier than featuring these students through our magazine and promoting everyone to do what they like in testing times like these.

Aditi Kawdikar, UWSL, SEM 4, Editor

What's Inside?

1

Design

2

Law

3

Business

4

Liberal Arts

5

Health &
Wellness

6

Lifestyle

7

Gaming

8

Sports

9

Home
grown

10

Student
Council

11

Societies

12

Featured

13

Leisure



DESIGN

Denim: Out of the Closet, Again

Post Pandemic Design: Keep it or leave it

DENIM: OUT OF THE CLOSET, AGAIN



“CLEAN OUT YOUR CLOSET!” was one of the things we hated listening to as a kid from either of our parents. But it became such an important thing to do when all the retail stores were shut. We finally decided to open the stiff doors of our cupboards, and out came clothes we had almost stopped wearing and the one garment that fell out first were a pair of JEANS.

No brand was prepared for a global pandemic. Even then, what consumers wanted was to still continue shopping, but in a way that shows the brand valuing aspects of product manufacturing such as sustainability, garment quality, transparency of the brand and the valuable product it makes.

Initially, denim was manufactured for factory workers during the industrial revolution. Calvin Klein brought the same garment to the runway and changed the face of our day-to-day wear, at least up till now. Covid-19 closed all our favorite brand stores and made us realize the value of things we already have with us. Not just people, but brands started doing the same.

In 2013, Levi's aired a commercial that said their most selling product (Pair of blue jeans) is made up of garbage. Why is this relevant now? Because 2020 made us so conscious of what we were buying, that bringing these products into the spotlight again has never been more important.

The 'Waste<less' collection reduced the water consumption in the manufacturing process and the colored bottles and trays they used, gave a unique undertone to the final product.

The important aspect of buying jeans itself is changing. Given the pandemic, a lot of stores still do not allow us to try on clothes in stores before buying them. Size simplification is being explored as a concept wherein, an application will measure each individual and the jeans will be made according to their measurements. It also eradicates standard sizing where people do not find the perfect fit jeans. Not only Levi's but also J Brand is tackling the issue with its Seriously Soft jeans that can look like denim and feel like sweats. It includes a high-rise slim-fit featuring a flexible waistband which has added extra room for comfort as well as black eco denim that is fade-resistant, so it lasts and gives an ultra-clean effect from hip to hem.

DENIMS ARE BACK!!!

Now that everything is slowly opening up and we are ready to go out again, it is time to bring out our diverse pair of jeans from our closets - whether it is straight, skinny, super skinny, boyfriend or mom jeans to name a few. Whatever 2020 threw at us we learnt to make the best of it and will continue doing so.

Kripa Joshi, UID, SEM 4



Illustrated by Prajjwal Kashyap, UID, SEM 2



POST PANDEMIC DESIGN - KEEP IT OR LEAVE IT?

It's been a year since the COVID-19 pandemic erupted which has drastically altered our social relationships as well as our way of life. We now have found new ways to conduct business, share meals, and attend online classes from the comfort of our home.

We exercise differently, continue birth rituals, marriages, and graduations — but in different ways. Many that are fortunate enough to still have jobs get up every day and go about their work in a strange new way. The pandemic will have an effect on design for an extended time in the future. While we have been focused on being alive in this scenario, planners have brought an additional baggage, in the form of architectural creativity, to adapt the design to meet the needs of the whole population. The need for peace of mind takes center stage in a moment when we are isolated and worried about our physical and financial welfare. The

bedroom, which has long served as a haven, has evolved into a healing space. Living walls, clean air, and improved illumination that sync with our normal sleep patterns is becoming popular. Charging surfaces clear the visual field, allowing the brain to unwind. The spirit will be soothed in steam rooms and saunas. The role of acoustics in our physical well-being will continue to grow, and serenity will reign. Skylights and frosty windows will allow for privacy and sunlight while letting the outside in. The concept of biophilia is that we are connected to lifeforms. These considerations become important at a time where we attempt to minimize the negative consequences of solitude.

The criteria we apply to spaces where healthcare is administered have long been consistent with advancements in medicine. As every part of the urban environment is reexamined to enhance the quality of care, what started in convenience stores with temporary plexiglass barriers and



signs for queue control will transform into new sustainable best practices. The majority of this focus will be on air quality and avoiding germ spread on shared surfaces. Hence, we expect more interaction between designers and healthcare experts regarding healthcare and non-healthcare programs.

One of the benefits of the pandemic is that we are becoming aware of the effect of society on ourselves and the environment. We have been focusing on how to construct buildings so that temperature-controlled air can be held inside for decades. Today, we like to embrace fresh air by rolling down the windows in our vehicles and opening the windows in our apartments. We witness the importance of buildings and spaces that add to indoor air quality, mitigate noise, and use low-emitting materials to lower our exposure to chemical impurity. Since, we are assumed to be adaptable, we will demand the same from the spaces we retrofit and build. 24 hours a day, seven days a week; a

flexible design must respond to various purposes, uses, and intensities. A small meeting room, room with screens for a content library today, and a dedicated workspace tomorrow may be required by an office. Designers must figure out how to create environments that can completely adapt to changing demands for collaboration without jeopardizing security. The hazard is now airborne, but this may not be the case in the future.

Shubhi Gupta, UID, PG SEM 02

LAW

Attorney Client Privilege in India

Rights Of An Arrested Person

ATTORNEY

CLIENT PRIVILEGE IN INDIA



The attorney-client relationship is established as a legal doctrine that protects the confidential communication between the client and their advocate. In India, the law on Attorney-client privilege is codified under the Indian Evidence Act, 1872 and it has been developed based on the same lines as that of the UK common law. Any person who seeks advice from an advocate or attorney registered under the Advocate Act would have the benefit of the Attorney-client privilege. The attorney or advocate is legally not permitted to disclose any communication or document related to the client without the client's express consent.

At the same time, a client is also not permitted to disclose to the court any confidential information with his advocate unless he offers himself as the witness.

The scope also extends to the employees of the advocate or law firm, which includes accountants, paralegals, and other such employees, protecting the spirit of the Attorney-client relationship, the violation of which would result in a violation of the Indian Bar Council Rules.

Talking about Memon Haji Haroon Mohomed V. Abdul Karim case, It was stated that no privilege would be granted to any contact made prior to the formation of an attorney-client relationship. Section 126 of the Act extends even after the attorney or advocate engagement has come to an end. However, it does not protect any contact communication or advice received after the end of the employment. There are some grey areas in Section 126 of the Evidence Act. It does not confer privileges to the in-house lawyers.

In-house lawyers may not practice as advocates or attorneys during the period of their employment and they fall outside the ambit of Section 126 of the Act.

WELL, THERE IS AN ATTORNEY-CLIENT PRIVILEGE HERE THAT NEEDS TO BE RESPECTED, AND IT'S A PRIVILEGE THAT HAS BEEN FOUND TO BE WORTHY OF PROTECTION BY OUR COURTS.

- Alberto Gonzales



The rule that relates to the attorney-client relationship is not adequate. It may sometimes happen that this provision protects criminals or offenders. It plays a major role in various cases such as rape, murder, crimes related to POCSO Act, etc. As in, if an individual has committed an offense of rape, it is his responsibility to provide all the necessary information, communication, or documents to his attorney regarding the crime and the advocate shall not disclose the client's secret or sensitive details to others or the Court.

If an attorney discloses the aforesaid details to the court or police, it would be against his professional ethics. Hence, Section 126 grants privilege to offenders who may be prosecuted under the Indian Penal Code but are shielded by attorney-client privilege, which can only be waived by the client.

There are many limitations and drawbacks of this rule such as the wordings related to the in-house lawyers should be made clear and they should be covered under the ambit of this rule. Also, there is a complete absence of protection to the communication made to any third party. This rule is considered very rigid and it may occasionally operate to the exclusion of the truth. However, it is also true that if the privilege is not granted to the professional communication, then no one will consult an advocate or attorney for their defense or the enforcement of their rights and hence, would not approach the Court, either to redress or to defend themselves.

- Prapti Bhatt, UWSL, UG SEM 04

RIGHTS OF AN ARRESTED PERSON



*Illustrated by
Prajwal Kashyap, UID,
SEM 2*

Under the Indian Constitution, an accused has certain rights during the period of investigation such as inquiry or trial of offense with which he is charged, and he should be protected against arbitrary or illegal arrest. The premise behind these protections is that because the government has vast resources at its disposal to prosecute people, they are entitled to immunity from abuse of power.

Following are the rights provided to an arrested person by the constitution:

Right to Silence

Normally courts or tribunals should not conclude that the person is guilty of any conduct merely because he has not responded to questions that were asked by the police or by the court. As per the law of evidence, any statement or confession made to a police officer is not admissible in a court of law. The breaking of silence by the accused can be before a magistrate but should be voluntary and without any duress or implied threat. As per Article 20(3) of the Constitution of India, any person who has been accused of any offense, shall not be compelled to be a witness against himself.

Right to Know the Grounds of Arrest

As per Section 50(1) of Cr.P.C., any person who is arrested without a warrant by a police officer has the right to know the full details of the offense for which he is being arrested, and the police officer is obligated to give the accused those details and cannot deny it.

Right to Be Examined By A Medical Practitioner

Any person who is arrested can ask a magistrate, at any time during his detention to be examined by a healthcare expert to acquire evidence that will disprove the commission by him of any crime.

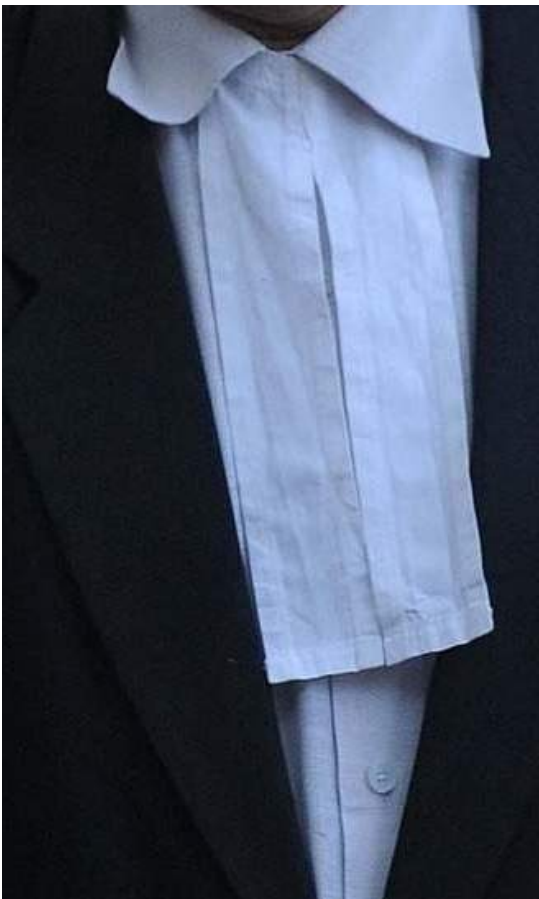


Information Regarding the Right To Be Released On Bail

If a person is arrested without a warrant and is not charged with a non-bailable crime, the police officer must notify him that he is entitled to be released on bail on payment of the surety amount.

Right to Be Presented Before A Magistrate Without Delay

Irrespective of the fact, regardless of whether the arrest was made with or without a warrant, the person making the arrest has to bring the accused person to a judicial officer without delay. Further, the arrested person has to be confined in the police station only and nowhere else, before taking him to the Magistrate. In any case, such a delay shall not exceed 24 hours, according to the proviso of 76th Section. The time required for the journey must be excluded when measuring the 24-hour duration. This right was set up to prevent the possibility of police officials from compelling a person to give information.



Rights at Trial

Right to A Fair Trial: Under Article 14, the right to equality before the law is guaranteed by the Constitution. The Code of Criminal Procedure also provides that for a trial to be fair, it must be an open court trial. In some exceptional cases, the trial may be held on camera.

Right To A Speedy Trial by the Constitution of India: Though this right has not been specifically mentioned in the Constitution, however, the SC has made it mandatory that the investigation in the trial must be conducted “as expeditiously as possible.”

Right to Consult A Legal Practitioner

Every person who is arrested is guaranteed a right to consult a legal practitioner of his own choice. This has been enshrined as a fundamental right in Article 22(1) of the Constitution of India, which cannot be denied in any case. Section 50(3) of the Code also lays down that the person against whom proceedings are initiated has a right to be defended by a pleader of his choice.

Rights to Free Legal Aid

This right provides free legal aid to an indigent accused person as is implicit in Article 21 of the Constitution. This right does not come into the picture only at the time of trial but exists at the time when the accused is produced the first time before the magistrate, as also when remanded from time to time.

**YOU CAN BE ARRESTED AND
NOT CHARGED. YOU CAN BE
ARRESTED AND HAVE NO
RIGHT TO COUNSEL**



Karnavati university not only teaches career lessons, but also life lessons. Being strong and standing united, we have celebrated each and every festival possible, from the orientation to graduation. Not only the university but also the students of this place treat everyone like a family and cares for each other's happiness and also stands united in hard times. And as it's said, goodbyes are always the hard ones. We always face it in the form of farewells. It has been one of the traditions followed in karnavati university, by making it a huge celebration for the last day of the graduating batch. We make sure that the students leave with a lot of happiness and memories of the college with all the people they spend their college days with. This day is not only celebrated by students, but the faculties and dean and the whole department comes together to support them. It's not just a celebration, it's always a grand celebration with themes, from the speeches, to singing, to dancing, to allotting trophies in unique themes every time, to reminding the memories in the form of video to save it forever in the records of the university. We make sure to assure them that they are leaving the university but the university will always remember them.

The last celebration of farewell was organised in UWSL, to see their graduating batch off. Due to the Covid pandemic, we had to take care of many things and also make sure the full enjoyment of the batch. We made sure to collect the report of each and every person, present in the celebration before allowing them in the celebration. And the students were very supportive and understanding about the situation we all were in. The students graduating were not the only ones celebrating the event but the students and the department also enjoyed the process and success of the event, with all their hearts. Paying attention to the decoration to the availability of things needed, were all part of the process. While hosting an event and being with their seniors in the event, were all part of the event. We guess that's what the speciality of our university is, we not only welcome students to the campus, but we also welcome them in our hearts.

- Dharini Patel, UWSL, UG SEM 08



Best years of
our lives

BUSINESS

Bitcoin - A Digital Currency

Personal Investment

BITCOIN

A DIGITAL CURRENCY



Bitcoin is a type of cryptocurrency

There are no physical bitcoins, they are balances kept on a public ledger that one has transparent access to. All bitcoin transactions are verified by an enormous amount of computing power. These Individual bitcoins have no value as a commodity since they are not distributed or guaranteed by any banks or governments. Despite it not being a legal tender, Bitcoin is relatively common, and it has ignited the launch of hundreds of other cryptocurrencies known as altcoins. Bitcoin is commonly abbreviated as "BTC."

Recently, Electric car maker Tesla declared that it invested \$1.5 billion in bitcoin, making it one of the biggest investment by a corporation into the most widespread cryptocurrency. Besides, the company also noted in a filing with the US Securities and Exchange Commission (SEC) that going ahead, it is planning to start accepting digital currency as a payment option for its products.

After this announcement by Tesla, the rate of bitcoin shot up to an all-time high, breaking the \$44,000-mark for the first time. Other firms that accept bitcoin as payment are Microsoft, AT&T, Pizza Hut, and Subway, all of which have locations across the United States and Venezuela. AT&T was the first major US corporation to offer clients cryptocurrency payment options.

In 2019, The Finance Ministry's virtual currency committee proposed a ban and suggested that India establish a digital rupee. It also drafted a bill banning all crypto activity in the country and will be punishable with a fine of up to Rs 25 crore or with an imprisonment term of one to ten years, or both. However, this wasn't approved by the Parliament. But in February 2021, the authority introduced the Cryptocurrency & Regulation of Official Digital Currency Bill, 2021 during the Budget session of Parliament.

RBI also recommended that it plans to bring a digital version of the Indian Rupee and "was exploring the possibility as to whether there was a need for a version of fiat currency, and in case there was then how to operationalize it."

And with this, all private cryptocurrencies, except any virtual currencies issued by the state, are banned in India. India isn't the only country considering launching its own cryptocurrency. Others have either done that or are contemplating their options. Nations like Ecuador, China, Singapore, Venezuela, Tunisia, and Senegal have already issued their own cryptocurrencies. Those who are exploring options include Estonia, Japan, Palestine, Russia, and Sweden.

- Shaily Agrawal, UWSL, UG SEM 04



Illustrated by Prajwal Kashyap, UID, SEM 2

PERSONAL INVESTMENT

What is the personal investment?

Every person wants to earn profits and money in any way that they can. Investment is a way where people spend or save their money to earn profits from it in the future. The benefits one receives from this are known as returns. By saving, people take control of their financial future. It aids in the generation of additional resources for people in addition to their regular income. For one to gain higher returns, they need to learn to invest in risky investments, since investments with low risk normally give a lower return than risky investments.

The complete knowledge is important and needs to be careful of the market as well the terms and conditions of the place where they are investing or they can lose their money. An investor might have to take a loss of some or all of their invested money, and they should be prepared for this. By investing, one can help in saving taxes as there are certain accounts on which taxes are low. This will also aid in the fight against inflation. A person invests for his own benefit and to supplement his profits. These are known as personal investments. It helps them in fulfilling their financial goals and helps plan their retirement plan as well.



**NEVER DEPEND ON SINGLE
INCOME INVEST TO
CREATE SECOND SOURCE**

- Warren Buffet

How to plan for the investments?

Firstly, before making the investment, one needs to make an investment plan to decrease the risk of loss and to be sure of their objectives. It helps to provide a roadmap regarding personal finances. This plan is also known as an investment policy statement. It helps you to understand the risk you can afford to take and the returns you need in the investments you make. People who do not have a strategy also end up paying more than they have paid in fines for early withdrawals, etc. By making the plan, one can understand the ups and downs of the market as at times markets stumble as well as the returns one obtains from the investment also changes.



Ways of making personal investments

Demerits of investing are losses, and others like keeping a check on the market all the time but these can be avoided by having right investing knowledge and different investing styles. One makes personal investments to fulfill their need financially. Personal investments are made for various other reasons. One can even use it to set up their businesses with minimal capital.

You can even use your talent as an investment. You can invest in properties by buying them and later letting the value of those rise in the future. Later on, the person can benefit from selling the properties at a higher price. One can even make money by renting it out. Personal investments have now become a very common way in the present times to make investments and gain returns. Investing in mutual funds is another popular choice. One thing to note, and something that is often advertised in ads, is to always be mindful of the terms and conditions of the scheme you are considering investing in. With proper planning and knowledge, one can make proper personal investments and fulfill their objectives.

LIBERAL ARTS

**Basics of Journalism And Threat Of Another Era
Of Yellow Journalism**

**Reminiscence: Remembering The Golden Era Of
Television**

BASICS OF JOURNALISM AND THREAT OF ANOTHER ERA OF YELLOW JOURNALISM



**News is what people don't want you to
print. Everything else is ads**

- William Randolph Hearst

Historians dubbed it as the “First media war” it was in the 1890s when Yellow Journalism arose from the competition between Joseph Pulitzer, publisher of the New York World newspaper, and William Randolph Hearst, publisher of the San Francisco Examiner. Yellow Journalism was a grotesque style of journalism in which publishers used eye-catching headlines, exaggerated the news, and sensationalized events. Both printed fake news, presented inaccurate scandal reports, exaggerated events, and used sensationalism to sell newspapers.

In 1898 their lurid newspapers fueled an ongoing conflict that caused the ultimate Spanish-American war, it didn't stop there, throughout the war, both newspapers ignited pro-American sentiments and used them to increase their readers. More than 100 years later competition for selling news is still fierce and only got bitter with the coming of social media, immeasurable finances are required to run a media house, and the challenge of baiting the audiences for views

is tough, because of its ethics and integrity of journalism around the world declined. Another factor contributing to the decline in journalism is the manipulation of the 4th pillar of democracy, with governments using the media to maintain control and media owners learning the idea of moral nihilism. In 21st century, we are witnessing a sudden change around the world, democratic countries are moving towards authoritarianism which means, in every continent, there are efforts put in to censor the news and hide the truth from the general public.

Today we can watch the live telecast of standards of journalism depleting around the world, all democratic countries are bearing this pain, does not matter if it's the oldest or one of the largest democracy. During the era of yellow journalism, some owners chose to stick with journalism, which means finding and presenting the facts and the truth. Media houses and journalists around the world follow the basics and ethics of journalism. Journalism remains the most dangerous profession in the world. The journalists are risking their lives and yet aren't losing the grip on true journalism.

Journalism is a service towards the public, journalists oblige towards truth and their loyalty lies with the citizens, they are independent of those they cover and they are the voice of voiceless, responsibility to examine unseen corners of society journalism must provide a forum for public criticism & compromise. Those media outlets who are finding it difficult to survive in business are going to use yellow journalism to keep their head above water but the need of the hour is to turn those newspapers and read basics of journalism are and why we must say no to low standards of journalism and stand with the journalism because the threat looming over journalism is a threat over society, if censorship continues to be used as an excuse to hide the truth then only journalism that remains is yellow journalism.

- Pranshu Kumar USLM, UG SEM 04



Illustrated by Niharika Bedse, UID, SEM 2

REMINISCENCE

REMEMBERING THE GOLDEN ERA OF TELEVISION

Can you imagine an ideal 'bahu' (daughter in law) devoted to her family, turns into a fly to take revenge from vamp of the family, or a short height girl whose only important goal is to find a partner, or a woman shapeshifting into a serpent to take revenge for her family? If that, to you, sounds like one of those abysmal concepts from contemporary daily soaps, then you are bang on with it.

Amidst such uncanny and regressive representation of daily soaps in Indian Television, could you think of progressive daily soaps playing on the key element of feminism where a career-oriented woman marrying a man almost a decade younger than her. Or an amusing daily soap portraying realistic characters and relatable stories with a slice of life entertainment and delight?

Its answer may be a conundrum today, however, 20-25 years back such progressive daily soaps were the reality. According to a study conducted in 2016, India had being 850 channels

broadcasted on Indian TV. However, back in the late 1950s solely two, one-hour educational programs were broadcasted per week. That is when the 'Television' in India took its birth in the face of an experiment. India embarked on its journey of small-screen programming in the early 1980s, where the sole channel was 'Doordarshan.' Then this roller-coaster journey stopped by the station of privatization, the 1990s. It was then, where India's gate was opened to the world, it summoned private channels in India, including regional and several international channels. "Globalisation began to take shape in the television industry as well" quotes a valid source. To quote an online media platform.

"TELEVISION SUDDENLY BECAME MORE AFFORDABLE AND MORE A STAPLE IN MOST HOUSEHOLDS."

They had a condiment of feminism. Old is gold, they say, and that era was truly gold as it shone in the affluence of art and reality. "Hum Log" aired in 1984 dealt with Indian middle-class families and their daily struggles and aspirations.

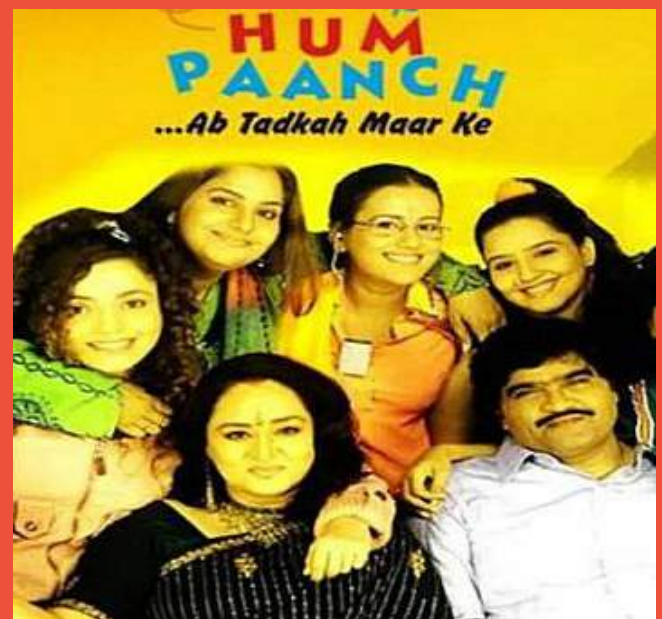
Tara (1995), dealt with the reality of a woman, her relationships, trial and tribulations in a woman's life. "Back in the '90s, TV shows were so much more progressive. Shows like *Hasratein* portrayed real women with shades of grey". An online media platform quotes, "Television programs were also more egalitarian in the 1990s. *Hasratein*, for example, depicted real women in various shades of grey."

Around the same time, there were shows like *Banegi Apni Baat*, *Dekh Bhai Dekh*, *Hum Paanch*, *Family No.1*, which gave audiences a complete package of realistic characters, entertainment and tomfoolery, which is now replaced by reality shows like *The Kapil Sharma* and *Big Boss*.

However, there was a sudden shift in the portrayal of Indian Television and producer Ekta Kapoor stepped into the television arena. "Women in Ekta Kapoor's shows don't seem to ever have a life of their own. Their entire universe seems to revolve around their husbands or their in laws," quotes a valid source. The shows were more aspirational rather than relatable, the focus shifted from the middle class to the rich and elite, women in joint families under constant tribulations and domestic drama. India took several steps backwards in terms of authenticity and content.

It's worth noting that the same regressive drivel shows receive the top viewership ratings. Creators opine that they cater to the masses what they demand, while masses argue they don't have any alternative to such shows. It is an ambiguous cycle that is unbreakable until the showrunners and the masses change their way of perceiving such regressive subjects for entertainment.

- Vivek Luhana, USLM, SEM 04



HEALTH & WELLNESS

Covid-19: Bringing Us Back To The Basics

From a Therapist's Viewpoint



COVID-19 BRINGING US BACK TO THE BASICS

It's been over a year since the Coronavirus took over the world and is a cause of serious concern right now. Lakhs of people have lost their lives because of this micro-virus & the numbers are still rising every day. It's almost like our lives have come to a hold merely due of this. People are scared not just for themselves but for their family, friends and loved ones. It's almost a year now but there's no sign of this virus going away, and though the vaccines are out there's no good news as of now.

For a year we did not have any cure and the only way with which we could fight this was by taking basic care of ourselves. This included remaining active, eating healthy and taking natural vitamins and minerals. In short, we had to keep ourselves healthy & fit to be strong enough to prevent the virus from entering our body.

For a lot of people, the most indisputable way of remaining healthy is exercise, but with gyms shut all across the world, physical classes put on hold indefinitely & no unnecessary pressure of gym selfies or exhaustive lists of hot-yoga trends that people on Instagram seemed to have signed up for, it's been a joy to once again be able to experience fitness without the frills.

Of course, not everyone has the luxury of being able to leave the house for anything other than food, medicine & other necessary things, which is why global fitness brands such as Lululemon, Barry's Bootcamp, SLT, Equinox and SoulCycle have put forth an extensive range of free online workout classes. We all know that COVID-19 has affected people around the world not only physically but also mentally.

This is because everything came to a stop and many people lost their jobs and livelihood, and their basic needs could not be fulfilled. People got into depression, anxiety and other mental issues because of this financial problem. So, keeping mental health in mind, yoga is the most basic & the best practice one can do to keep themselves calm.

Since there is no proper medicine to fight this pandemic yet, the easiest remedy that works as of now is going back to the basics i.e., keeping yourself fit by taking proper care of yourself. Liberating wellness from the trillion-dollar industry that has been built up around it, we're seeing people return to wellness in its original form—as a means of staying mentally and physically well.

- Shaily Agrawal, UWSL, SEM 04



FROM A THERAPIST'S VIEWPOINT

COVID-19, the greatest challenge of the 21st century. Whether people were aware of it or not, the lockdown affected everybody, physically as well as mentally. Even psychologists & therapists. People did find an alternative to work & not stop the grind but somehow didn't realise to check up on their mental health. Even though the virus has affected some age groups more, like the elderly people, COVID-19 drastically altered everybody's lives, without a doubt.

When the American Psychological Association talked to psychologists in 2019, their concern was climate change. However this year the focus shifted to the virus & psychologists of different regions found different ways to tackle it.

The Psychological Society of Ireland curated a collection of mental health resources, videos on stress and time management etc. under their COVID-19 website. This collection also offered help to people with chronic and neurological conditions, providing information on how the virus could affect them & what precautionary measures they can take.

The Korean Psychological Association and The Canadian Psychological Association established telephone lines as a pro bono teletherapy assistance. Psychologists volunteered for this & people could openly talk about any mental issues they had been facing during the pandemic. The psychologists helped the population deal with economic hardship, emotional stability, anxiety, anger issues and much more.



- Illustrated by Srushti Maniar

The British Psychological Society curated a section on mental wellness under their COVID 19 website, wherein webinars were conducted to address the population's psychological needs. The UK's national health service had provided treatment for anxiety and chronic fatigue management for those under rehabilitation. The Global Psychological Alliance and The Order of Psychologists of Piedmont (in Italy) collaborated by sharing proposals with the same intention, helping people recover. They assessed frontline health workers and found high levels of anxiety and post-traumatic stress disorders among the workers. It was only after they understood the root problem that they could start treatment.

**THERE IS HOPE, EVEN
WHEN YOUR BRAIN TELL
YOU THERE ISN'T**

- John Green



The psychologists in Uganda sent out a positive message to their clients, aiming to boost their morale using radio programmes, teletherapy and phone-in calls. Psychologists started to conduct their therapy sessions online. For example, in Belgium, over 90% of psychologists relied on online consultations and 70% of them were trying it for the first time.

To assist them, The European Federation of Psychologists' Associations created a support hub featuring all the guidelines, frequently asked questions and other resources. Nobody expected the great disaster that fell upon all of us; it was new even for psychologists. Rather than focusing on the problem, they laid importance on the recovery of patients.

They had to make sure they were safe and secure in order to help others. They had to first keep their own morale up in order to boost everybody else's. As a writer, writing this article as a way of expressing gratitude towards them feels like the right thing to do, and as a reader, I think you too can appreciate these unsaid heroes.

LIFESTYLE

India (at home) Between March 2020-21

The 24x7 Indoor Lifestyle

INDIA (AT HOME) BETWEEN MARCH 2020-21

Festivals in India are one of things that we take a lot of pride in. Every state has at least one festival that is unique to them. West Bengal has Durga pooja, Punjab has Lodi, Gujarat has Navratri, Maharashtra has Gudi Padwa, Kerala has Pongal, etc. While all these events of celebration are spread all around the year, it gives us the opportunity to get together with family. The most unfortunate event that affected all this was the pandemic.

We all were locked into our homes, almost all year long and never got the opportunity to go visit our family & relatives. During this dreaded time, the only interaction we could even settle for was through video calls, zoom/google meetings. Not just for office meetings & virtual classrooms; these platforms were used to bring together all the people we were close to but were miles (few or more) apart from. So many things even became a trend. To play games such as scribble, ludo, among us, etc, to make Instagram reels and get very creative in doing so. It was moments like these that brought neighbours, friends, cousins, siblings, etc closer.

Even though different levels of lockdowns and curfews are still happening in multiple states, things are opening up and have started to get back to normal. We are going out more often, dressing up for it too. Getting back to festivals at home; somewhere a lot of realised the value of getting decked up and going out and taking crazy, typical, chaotic and so many more type of photographs, sharing sweets and snacks with each other & creating timeless memories. This is being looked forward to again now. Everyone, in some place, is hoping that this year brings double the happiness and enjoyment with all the festivities that come along.

- Kripa Joshi, UID, SEM 4





THE 24X7 INDOOR LIFESTYLE

An entire year has now passed by & the deadly virus is hell-bent on not departing the world anytime soon. While it was a dream come true for homebodies, it also turned out to be quite an overwhelming experience for them too. The pandemic made all of us stay in our homes 24x7 & eventually, led most of us to succumb to the couch potato syndrome. To many, this may have come across as an ideal situation or lifestyle, but it can indeed have a huge impact on our bodies.

Moreover, this entire conversation isn't only centered around the COVID-19 pandemic, many people have been following this habit for quite some time now. Introverts & gamers have been doing this for a while now, and for them, every day looks the same: get up, make a cup of coffee, do some household chores & finally get down to slouching on the couch for the rest of the day.

What may seem relaxing is making every one of us way more tired and exhausted. Because we are living in the digital era, technology has unquestionably made our lives easier than one could think of. However, it has without a doubt made us much lazier than we ever were. To top that, many now don't like socializing and prefer confining themselves to their workspace. What was meant to bring everyone together has now isolated us from each other. Staying in has also affected our appetite and we now tend to eat way more than we usually eat. Appetite also gets tied with anxiety. Anxiety & our appetite in such cases have a cause-and-effect relationship. Although everyone reacts to stress in different ways, a considerable number of people accept that stress not only affects their appetite but also how they savor their food.

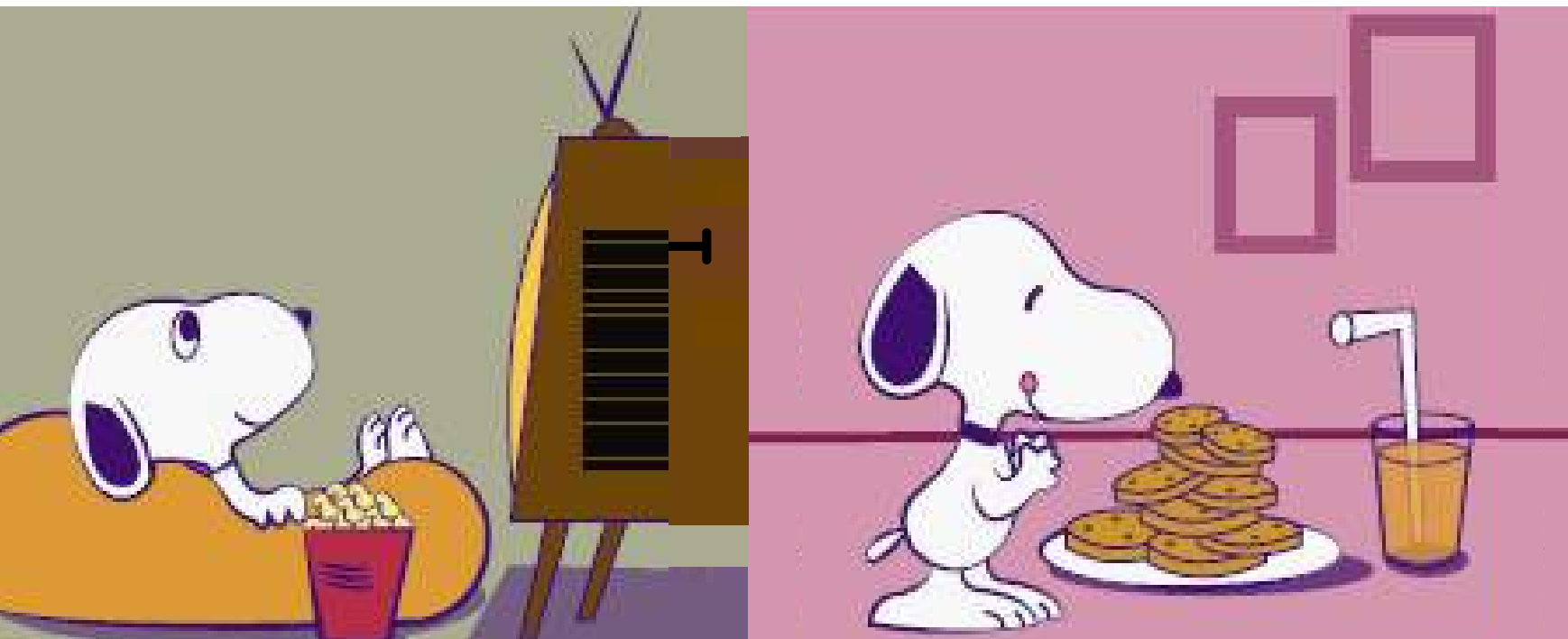
During the lockdown, we ditched our ordinary sleeping pattern and preferred a very unusual, unhealthy sleep clock, which impacted our bodies, eyes & lifestyle. Despite sleeping for longer durations, one ends up feeling highly lethargic than usual.

Even if one has piles of work waiting for them, or an exam nearing, sound sleep is extremely necessary. Also, we don't get exposed to much sunlight in such situations, which affects the circadian rhythm, i.e. our internal sleep clock. So, the least one can do is open the blinds & the windows & enjoy the sunlight.

Irrespective of the time we are in, it is crucial to keep our hands & minds off gadgets & not laze around. We must play our part right and not give in to something that is in vogue. Speaking of the current health crisis, people have been adjusting to the 'New Normal' for quite a bit now.

However, it is important for all of us to understand that even though countries are reopening now, we should still practice physical distancing up until the point where it is no longer necessary.

- Stuti Bhatia, USLM, SEM 4



Illustrated by Mitalee Makwana, UID, SEM 2

GAMING

The Roots of Shooters

Playing on Real Life Basics



THE ROOTS OF SHOOTERS

If you've ever delved into the world of video games, the term "FPS games" or "First-person shooters" should be familiar to you. FPS games have been around since the late 90's and they were very different back then. The genre has now saturated with cover-fire style shooters like Apex Legends, Destiny and Call of Duty to name a few. The core gameplay puts a heavy focus on knowing the map and taking cover to avoid damage.

Players are also encouraged to pay attention to their ammo reserves and use their tactical equipment in smart ways. This gameplay is designed on the lines of co-op games of the present day, which rely on teamwork and communication. They feature a slow-paced combat system where patience is everything. But back in the 90's, it was a very different kind of a game.

When Wolfenstein 3D was released in 1992, gamers all over the world rejoiced because they finally had the chance to blast through hordes of superpowered Nazis with a shotgun. The gameplay was pure carnage with no reloading and no cover to hide behind. The only way to clear a level was to move forward.

The gameplay was fast & fun, with nothing to slow the player down. There were no tactics to consider or any barricades to crouch behind (crouching didn't really exist back then). It was as simple as 'kill or be killed' in this world. This simple design was addictive & players couldn't get enough of it. Soon enough, id Software released their next big title which joined the ranks of FPS legends: Doom. This iconic game perfected the gameplay that Wolfenstein 3D had introduced and was the first game to have an online deathmatch feature where multiple players could have shootouts in a closed arena.

Movement and speed defined these games along with the arrays of guns that the players used. The motto was now to paint each stage red with the blood of your enemies in a violent rage. However, games like these received their fair share of criticism from concerned parents and teachers. The gratuitous violence shown in these games upset a lot of people. Slowly as shooters became more immersive and centred around realistic themes, these games began to lose the popularity that they once had.

But in 2016, all of that was about to change. id Software released a new Doom for the modern audience, for the new generation of consoles, and it was a blast from the past! The game had all the aspects of a modern shooter with the visuals and animations. But at its core, it was good ol' Doom. The release of Doom in 2016 prompted the release of many more successful games like Strafe, Dusk and the 2020 sequel Doom Eternal, which was lauded as the best shooter of that year, proving that the classic formula still works years apart.

- Nakshatra Roy, UID, SEM 6





Games are essentially an extension of the age old concept of interacting with characters, objects and other elements to derive entertainment or a challenge. Video games are a reflection of our day-to-day life & they feature various mechanics to emulate this experience. Mechanics are the rules that guide a player to play any part of a game, such as using arrow keys to move around or mashing certain combinations on a controller to execute a desired result. The game in turn charts responses accordingly, defined by a series of logical parameters.

Let me make that simple for you. We all know the classic rock-paper-scissors. What if I told you that Pokémon's complex battles largely rely on this simple concept? Fire beats Grass, Grass beats Water & Water beats Fire. Extend this to 18 types and that constructs the base of Pokémon's entire battle mechanic. The possibilities are endless!

Life is unpredictable and you never know what you'll come across on your journey. In nearly every game, the mechanic of RNG (Random Number Generator) influences your encounters and decides what happens next.

Think of it as rolling a dice for everything you do, and the result is fed to an algorithm to produce the subsequent reaction. This randomization makes for a fresh gameplay where no two paths would contain the same elements.

There is a certain risk-and-reward system put into place in numerous parts of a game. When you slay a harmless slime, you get the most basic drops as a reward. Now compare that to beating the deadly final boss of the game. Surely the rewards increase a hundredfold. Maybe a large amount of money or a powerful new weapon! This is because you're taking a greater risk and putting in more effort, which is reflected in the value of rewards you get after the battle. This concept can be extended to multiplayer games like Mario Kart where the game offers you greater opportunities when you're towards the last place, to give you a fighting chance in order to climb up again to the top.

Strategy is important in our lives, but you don't need to be a war general to use the pieces on a chessboard and you don't need to be a master of psychology to play a dating simulator.

Cause-and-effect scenarios are all around us, from the conversations we have with others to the metaphorical dominos we subconsciously topple. Every fork in the road defines the nature of the character we play, and this can even shape our psyche in the long run. Mechanics like these generate a great wellspring of experience to some extent.

Game mechanics have their roots in our daily life, from childhood to adulthood. An intuitive game design taps into this psychology and makes minigames & encounters easier to understand and relate to. Using timers in cooking games, patterns in rhythm games, maps in exploration games & resource management in sandbox games are some ways in which real life gets imprinted into the gameplay. Game developers continue to innovate & take these ideas further, but no matter what kind of game is cooked, our daily experiences would be the tastiest ingredients.

- Ackshaj Anand, UID, SEM 4



SPORTS

The Win After 28 Years

Two Divided Nations Marching as One

THE WIN AFTER 28 YEARS

After the long wait of 28 years, India lifted the Cricket World Cup ten years ago. The World Cup 2011 victory marked the beginning of a new era for the Indian cricket team with players reaching at peak of the careers & Mahendra Singh Dhoni, who led India to the World Cup victory became the most successful captain of Indian cricket.

The Men in Blue's campaign started with their inaugural match against Bangladesh in Dhaka. The Indian team, who were still recovering from the loss in 2007, defeated Bangladesh by 87 runs, starting their campaign on a winning note.

After Bangladesh, India then faced England in Bangalore. The game in Bangalore left fans to stick to their seats till the last ball as it ended in a nail-biting tie. Following the England match, India comfortably defeated Ireland and Netherlands in their group stage game.

However, the big challenge came from Graeme Smith's South Africa which stunned India and defeated them by three wickets to put a pause on their winning note. However, the loss against South Africa did not affect the men in blue much as they bounced back strongly to win their sixth & final league game against West Indies by 80 run.





By winning four of their six league games, India sealed a playoffs berth. Their next match was against Ricky Ponting's Australia. A demanding challenge was expected from the Australians but Yuvraj Singh, along with the support from Suresh Raina and Sachin Tendulkar, helped India win a difficult quarter-finals game.

After a morale-boosting win over Australians, India encountered their arch-rivals Pakistan, led by Shahid Afridi, in the semi-finals. Thanks to a classy 85 from Sachin Tendulkar, India managed to beat Pakistan by 29 runs to reach their third World Cup final.

After beating Pakistan, India was only one step behind from winning their second World Cup. The final was contested at the Wankhede Stadium in Mumbai with Sri Lanka batting. Thanks to a brilliant hundred from Mahela Jayawardena, Sri Lanka were able to put a good total of 274 in their 50 overs.

A lot was expected from Sachin Tendulkar and Virendra Sehwag in the finals but the two failed to deliver at the big stage. However, Gautam Gambhir (97) emerged as a saviour for India as he staged a match-winning partnership with Dhoni (91 not out) to help India win their second 50 over World Cup.

Dhoni, who scored his first World Cup fifty in the final, was awarded the man of the match award for his 91 not out. The Indian skipper's 91 surely inspired the team and helped the Men in Blue win their second ODI World Cup.

- Niloy Lahiri , UID, SEM 04



TWO DIVIDED NATIONS MARCHING AS ONE

Sports excites us, there are moments we keep in our hearts for life, people breathe it and cherish it, players create moments of brilliance it thrills us beyond limits. Sports brings people together & sometimes even our bitterest rivals and such is the case for both Korean nations. In 2018 at Pyeongchang Winter Olympics, South and North Korea continued their irregular tradition of marching together under one unified flag. Sydney Olympics in 2000, 2006, the winter Olympics, and 2007 Asian games were some events when two Koreas united together.

At the 2018 winter Olympics, the spectacle shook the stadium & the cause behind it were explosive. After 2015, North Korea had started exploring its warfare capabilities and in 2017 political tensions between the two nations reached rampant heights when North Korea tested its ballistic missiles not far away from South Korean shores.

Relations between two nations were of a major concern for the entire world, yet sports achieved what diplomacy failed to achieve, taking the first step towards peace. At the 2018 winter Olympics, apart from marching under one flag, the countries joined the women's ice hockey teams & 12 North Korean women & 23 South Korean women players played in one team. The anthem which played during their match was the folk song "Arirang" instead of the national anthems of either South Korea or North Korea.

History of sports is sometimes written outside the playing arena, sometimes events outside the arena make the particular sports great. In sports, a few moments which we preserve might have heart wrenching reasons behind them, yet memories melt our hearts. March of both Korean nations under one flag is the beauty of sports.

-Pranshu Kumar, USLM, SEM 4

HOME GROWN

WRAPALLY

Small Business.

Big heart.

WRAPALLY

Aesthetic gift boxes made with pure love and affordability are what WRAPALLY is all about. Vanalika Mengi & Anchita are the creative minds that came up with the idea of wrapally. They saw people's desire to send their wishes to beloved ones with gifts during the pandemic as an opportunity and came up with the idea of customizable and most importantly, affordable gift boxes. Their eye for perfection, detail, and aesthetics is reflected in these boxes. Both partners have their roles and duties set to run this business smoothly, not letting distance become a hindrance.

This business gave them a platform to believe into themselves and mark their presence in the business world. They have sold around 56 boxes within 4 months of their launch covering various parts of India. They have partnered with a few businesses for their products such as Noor by Japneesh Sidhu for scrunchies (to know more refer TheBlend- December 2020) & cyanotype artists for beautiful hand painted diaries. They believe in serving the best to their customers because their satisfaction is of the utmost importance for them.



Anchita Kandral, Founder

Hence, justifying them being the perfect ally of many more such growing businesses.

People belonging to the age group of 16 to 30 years include most of their customers. 70% of their customers are women. They have products ranging from Rs. 40 to Rs. 5000 fulfilling the needs and wishes of all. The gift boxes consist of products that fit the best with the theme. They work on different themes such as joy, wanderlust, coffee, love, and for different occasions such as valentine's day, birthdays or to cheer someone up. There are varied products such as scented candles, perfumes, diaries, handmade chocolates, scrunchies, mood octopus, clutches, necklaces and many more.

A box takes them around an hour or two to complete which makes it easier for them to manage their college & business altogether. Though the launching and first few months were tiresome but they managed it with utmost determination, knowing that it will all



Vanalika Mengi, Co-founder & Designer

be worth it in the long run. They are currently focused on increasing their brand awareness and launching new products, one of them is a mini gift box. Based on her own experience Vanalika advised the budding entrepreneurs to not spontaneously decide and execute on one option that they see in front of them, instead look and explore other options as well. This will not only will help them understand the customer's needs properly but also emerge unique among their competitors. She plans to move forward in her fashion design career along with managing this business.

They established their business enthusiastically & on a positive note which came out to be truly a blast. It comes out to prove that passion along with mindful organizational strategy can prove to be absolute success. The only hindrance towards the pinnacle is the person itself.

*- Interviewed and Written by
Riddhi Khichi, UG SEM 04*

STUDENT COUNCIL

The Advisory Board

THE ADVISORY BOARD

The Advisory Council consist of members that have been integral part of the Student Council since the very beginning. It has been constituted in order to advise the Council in crucial university affairs and help in smoother functioning of the student council.



Jash Thakkar, UWSL
Former President



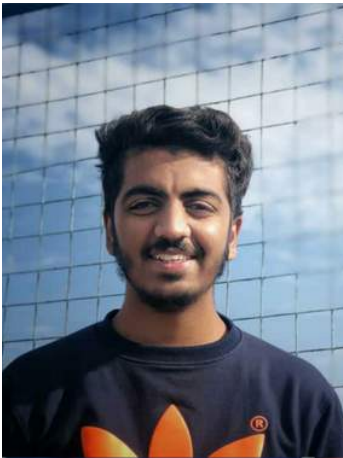
Akshat Paliwal, UWSL
Joint Secretary-UWSL



Abhishek Khan, UID
General Secretary



Ayush Agarwal, UWSB
Head of operations



Mukul Jain, UWSB
Cultural GS



Aanya Parikh, UID
Academics Committee



Sonali Agle, UID
Cultural Committee Member



Aashi Dosi, PGDM-UWSB
Joint Secretary-PGDM



Khushboo Jain, UID
Cultural GS



Aahana Tank, UID
Joint secretary UID



Sagar Modi, UWSL
Academic, General Secretary



Prachi Hurbada, UID
Creatives co - Head



Rasik Agrawal, PGDM-UWSB
Treasurer



Rhea Mehta, UID
Cultural Committee Member



Yukti Dave, UID
Head HTWF



Ananya Srinivasan, UID
Council Member



Ipsita Kapoor, UID
Student Grievance Head



Brinda Biswas, UID
Digital Outreach Head



Divij Mehta, UWSL
Core Committee



Shivjothi, UWSL
Council Member



Nish Chauhan, UID
Creatives Member



Aishwarya Rajesh, UID
Society Head



Yash Borade, UID
Creatives co - Head



Arpana Rathore, UID
Cultural GS



SOCIETIES

Haafiza

Izhaar

Kalam Kush

Samaa

HAAFIZA

Many of us went back to offline mode briefly and for Haafiza it was surely a beautiful experience to do so. Ideation meetings and sessions for this month were held both online and offline making it more interactive and fun to sit together to discuss activities that will be conducted.

To kick start the month of April, Haafiza decided to continue to work on their previous emotion, fear, a bit more. After enacting and portraying fears that were very personal to each member, they decided to showcase a fear that resides in the hearts of many especially in our country, RAPE. It is a crime that can be done via various means such as cyberbullying, stalking, leering, etc. We have seen it, read about it and some have unfortunately experienced it as well. Members at Haafiza decided to create a video that projects the facts of rape; the different means of it, how it is a crime that is not associated against a particular gender, reaction & “public eye”, and the video will highlight what goes through a victim’s mind through such a traumatic experience.

The emotion chosen for this month was DISGUST. Members had a short discussion regarding this particular feeling. As an emotion, disgust is something that is subjective. What might evoke this feeling of disgust for one, maybe a form of pleasure to another; any scenario will always look different through different pairs of eyes. Members at Haafiza aim to showcase how vast this emotion is. While it is subjective, in some social & political situations (such as eve-teasing, injustice, inequality, etc.) the feeling is similar among all. This gave members freedom to portray variations of disgust.

A short film related to disgust was shown where members analysed the portrayal using not just acting but through costume, dialogue delivery, dialogue writing, lights, screenplay, etc. Through this activity, members understood how minute details go into showcasing the emotion perfectly and also understand the positive & negative aspect of it.

IZHAAR

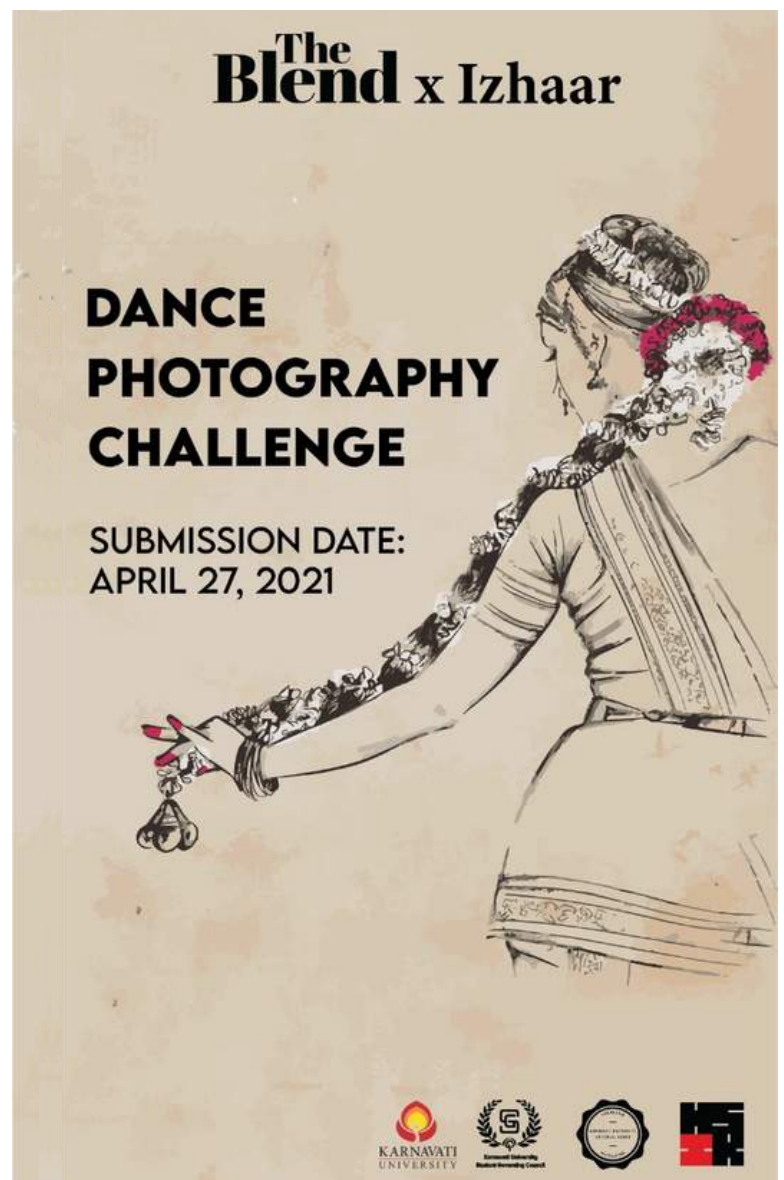
April is a month special to all dancers and the main reason for this is INTERNATIONAL DANCE DAY. Every year, April 29 is celebrated as International Dance Day. It is the birth anniversary of Jean-Georges Noverre, the creator of modern ballet. This day was created by the Dance Committee of the International Theatre Institute (ITI), the main partner for the performing arts of UNESCO.

The whole world celebrates this day with utmost enthusiasm and we at TheBlend would not fall behind. TheBlend magazine collaborated with Izhaar (Izhaar x TheBlend) to conduct a 'dance photography challenge' where students of our university are to send photographs of them in various posters and/or poses of dance.

Achievements

A huge congratulations to Sakshi Jamgaonkar who came in third and Niyati Andharia came in second for performing Kathak at the DA-IICT's Naach'21 : An event for classical dancers.

Kripa Joshi, UID, SEM 4



KALAM KUSH

REFRESHING REFLECTIONS

When things seem to be challenging, going back to the basics is always refreshing and helps us understand why we started in the first place. In Kalamkush, we did just that for the month of April.

This month, we all took a step back from our crazy schedules and work, to look back and reflect on why we all choose to write. For some members, writing is like a vent to their emotions and frustrations. For some, it is a way of relaxation after a long day. And for others, it's simply a source of joy which they resort to whenever they feel low. But one thing that remains constant, underneath all our reasons is that we are all passionate about writing and it sparks a feeling of hope and joy during our toughest times.

Throughout the month, the members continued crafting their poetry and shayaris which they recited during the weekly meetings. The process allowed them to work on the vocal aspects of poetry such as voice modulation, expression, body language etc. making it a wholesome learning experience.

Another activity which the members did together was to express their emotions in as few words as possible. Based on the prompts given, they would spontaneously come up with a sentence that expressed the feelings of joy, sadness, laughter and more in just 3-5 words. This was a fun activity which eventually led to many stories and memories being shared among one another.

We at Kalamkush had an eventful month filled with writing, learning, laughter and reflecting on our love for poetry- which is just what our society is all about!

Sneha Sowmi, UID, SEM 4

SAMAA

Music can make one feel multiple emotions in different magnitudes. Let it be blue or even fun and happiness. Since campus did open its doors to students for a while, members of Samaa felt this happiness and celebrated with a fun jam session OFFLINE, for a change.

During the lockdown, societies held auditions for this year but a lot of students were unable to participate; so Samaa held another round of auditions that went live on social media as well (@teamsamaa – Instagram). The audition became one of the major events of this month for the team. After the second audition, Members of Samaa had a fun & informal interactive session with the newest members on campus to give a warm welcome into the team. Everyone sat together listening to and singing their favourite songs as a team. There could be no better way to welcome new members. Several meetings were held to discuss competitions and Viaje.

All said and done, Samaa had a month full of music notes and delight.

Kripa Joshi, UID, SEM 4

FEATURED

Artworks

Photography

Literature

KU Chefs

ARTWORKS



Kartikey Mishra, UID, SEM 4



Swarali Satpute, UID, SEM 2

PHOTOGRAPHY



Kushagra Maheshwari , UID SEM 6



Vaibhavi Zanwar , UID, SEM 4



Jhankar Khandelwal , UID, SEM 4



Mann Vijay , UID, SEM 2



Shruti Panchal, UID, SEM 4

LITERATURE

Everytime

Everytime our skin glowed a little brighter,
Everytime we dared to fly a little higher,
Everytime we tried to work up our own path,
The world has always glorified us with it's wrath.

Everytime our blood proved its redness,
Everytime we won our battle with finesse,
Everytime our tears settled for misogyny,
The world went blind to confront our agony.

Everytime our power stained the paper
Everytime we made the Earth spin a little quicker,
Every such time the world buried our kingdom,
Only because it couldn't handle the scent of a woman's freedom !

Shreya Chhajed, UID, SEM 4

We all need someone to think of
When the skies are dull
When the eyes are full
We all need a lover to cry next to
When home isn't a feeling
When the wounds aren't healing
We all need a grave to die next to
When I submerge into this ground
Atleast I know you will be around.

Samiksha Dangra, UID, SEM 2

KU CHEFS



EGG FREE SOUP STICKS

Also known as Grissiny , soup sticks taste amazing with soups.They are also had with butter or your favorite dips.

Ingredients-

Maida 125gram (1 cup + 1/4th cup)

Sugar 15 grams (1 tbsp)

Instant dry Yeast 5grams (1tsp)

Butter 10 grams

Oil 10grams

Milk powder 5grams

Water 50 -55 grams

Milk 50grams

Salt 2grams (1/2tsp)

Seeds of your choice

Procedure -

1. Take lukewarm milk in a bowl, add sugar and yeast and mix well. Cover it and keep it aside. Take all the dry ingredients (maida, milk powder, 1/2 tsp carom seeds, salt) in a bowl and mix.
2. Now, Add the yeast mix to the dry mix, add water (keep adding little by little as much as you need) butter and oil and mix to form a dough. Transfer this to your working surface and knead the dough for 6-8 mins or until the dough has turned to a nice soft ball.
3. Transfer this dough to a bowl which is greased with some oil for proofing, cover it with a damp cloth and keep it aside until the dough doubles up in size. This may require approximately 40-50 minutes.
4. Once the dough has doubled up, just gently prick it with fingers and remove air. Transfer to your working surface and roll it up to a thickness of 0.5 centimeters. Now take a pizza cutter and cut thin strips and roll them with your hands a bit.
5. Now transfer them to a baking tray lined with silpat or parchment paper and lay these rolled soup sticks. Cover them again with a cloth and leave them for second proofing for 10-15 mins. After this is done, apply Milk and sprinkle sesame seeds or kalaunji.
6. Bake them at 180 degrees Celsius in a preheated oven keeping both the rods on using the center rack for 15-20 minutes until they turn golden brown. And they are ready.

Yukta Pande, UID, SEM 4



LEISURE

SUNSETS FROM THE MOON

BY THE TIME I RECEIVED
THE LETTER, THERE WAS
NO ONE TO SHARE MY
HAPPINESS WITH. I WISH
YOU HADN'T LEFT....



HOW MANY TIMES DO I
HAVE TO REMIND YOU
THAT YOU'RE FIFTY
YEARS OLD?!



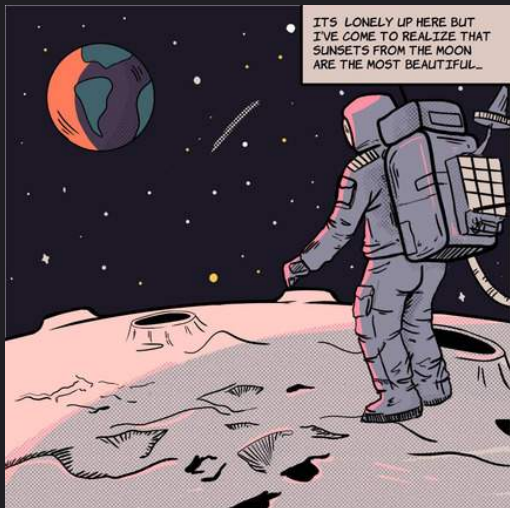
HOW MANY TIMES ARE
WE GOING TO HAVE THIS
FIGHT? SHOULD I JUST
GIVE UP....



I HOPE YOU'RE PROUD OF ME,
WHEREVER YOU ARE...
I'VE FINALLY MADE MY WAY
INTO SPACE...



IT'S LONELY UP HERE BUT
I'VE COME TO REALIZE THAT
SUNSETS FROM THE MOON
ARE THE MOST BEAUTIFUL...



The End







CONTRIBUTORS

Editors

Aaditi Rohilla
Aditi Kawdikar

Layout team

Dwija Soni
Neel Ubhaykar
Prathamesh Hindlekar
Tanvi Mehta

Writers

Ackshaj Anand
Anshita Agrawal
Ishwari Raut
Kripa Joshi
Nakshatra Roy
Niloy Lahiri
Pranshu Kumar
Prapti Bhatt
Shaily Agrawal
Shubhi Gupta
Sneha Sowmi
Stuti Bhatia
Vivek Luhana

Media Team

Amrutha Jaisankar
Nishtha
Priyanshi Khatri
Sharanya
Vivek Luhana

Cover page

Raahul Reddy

Core team

Sakina Mandviwala
Muskaan Tiwari
Saumitra Pandey
Atharva Mali
Bhanvi Juvekar
Shatakshi Pandey

Design team

Aditi Singh
Krisha Salian
Maithilee Naikare
Riddhi Khichi
Srushti
Tanvi Mehta
Menakshi Ranganathan

Illustration

Mitalee Makwana
Niharika Bedse
Prajwal Kashyap
Priyanshi Khatri
Raahul Reddy
Srushti Maniar

Homegrown

Ishwari Raut
Neha Naskar
Riddhi Khichi

Societies

Menakshi Ranganathan
Kripa Joshi

By KU-SGC Editorial Board

Contact info: +91 8619445492

Email ID: edboard@karnavatiuniversity.edu.in

Instagram: [@theblend.ku](https://www.instagram.com/theblend.ku)