

Sky is orange and nature is at its best!  
Feels like you are in heaven..  
**Just look at the sky and Feel the peace**

- By Yash Dodia, BBA Sem 1, UWSB





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# RED FOR INTERVIEW

- By Kunj Ganatra, Assistant Professor, UWSB

Every year in September, UWSB gets involved with lots of pre placement activities. Right from acquiring hard skills and remembering various jargons that can help ace the campus placements, there are a few soft skills which although silent carries a lot of weight if executed in right way.

Many students underestimate the power of colors at job interviews. Of course the age old blue and grey and black suits play the perfect role and apply to all job types. The new age HR enthusiasts have often shared that a hint of pop colour adds grace and shows a bit of the candidate's personality which makes it easy for them during selection process. For example, a red tie or red socks often show confidence and adds in to the way the students/fresher/ candidate carries themselves.

A pastel yellow or lavender shirt often adds a fresh touch and shows a friendly nature in the candidate. In certain sales job, a friendly or extrovert nature is supposed to help enhance your skills at your workplace. A black is often classic and never goes wrong but it projects a dominance or dominating nature in a human. This is often why only candidates at managerial positions and above prefer to wear black at interviews. It helps them in acing the leadership position. Also a classic beige suit with a pristine white shirt helps perform well at the interview by creating a powerful personality as a candidate.



Have you ever been to a readymade garment store and counted the number of pinks or reds or greens available in formal wear shirts? All these three will make 25% of the stock as compared to the whites and blues which will be about 70% and the rest will be a few other shades.

Often a candidate should dress up according to the industry they are interviewing for. If they are going for an interview in an entertainment sector, anything colorful and vibrant will be considered positive. It reflects the nature and enthusiasm in the candidate. The same may not work if you are going for banking job interview.

Many corporates have uniforms for their employees at all levels, including polo tees and it doesn't really matter to them what color of clothes the candidate is wearing but it certainly tells a lot about the candidate's personality. An HR manager /interviewer will take about 7 seconds to scan through your resume and about 60 seconds to scan you from the way you dress up and shake hands. A fairly subtle shade of orange or maroon can also turn all heads and bring all the attention on you. The next step is to make sure you speak the right set of words to create a pleasing and winning performance.





# LOCKDOWN EFFECTS ON YOUNG MINDS

- By Romil Shrivastava, Sem 3, PGDM

Lockdown has been proved to quite mentally stressful and causing anxiety in young minds. Be it children, high-school students, graduates or the employed — many of those currently undergoing this crisis are either stressed out, suffering from anxiety, getting frustrated due to the restrictions and worst of all if someone close to the family or them succumbs to death. Grieving because of the loss they suffered can be very difficult at times like these. We rarely discuss these feelings. When it comes to young minds, we need to think from students of schools, high-school, and students pursuing graduation and post-graduation and the graduates who are currently in a profession of work or are looking for work.

So, beginning with children of the school, as it is known younger ones need to go out as they barely understand the meaning of restriction, for them the whole world is a playground. But during this pandemic for many, it feels like they are in a prison. To teach them the restrictions and hygiene is the least of the problems. The difficult parts come when they are not able to communicate with their parents as such is the age where they rather have a conversation with their teacher or friends but can't reach them. It's such a hard and difficult time for the children and teenagers but what makes it harder is the fact that children feel varied emotions and at the same time struggle to articulate what they are experiencing. Maybe they all are grieving the loss of playfulness, spontaneity, and the ability to be carefree. No doubt the social media and other means of communication are there but a physical presence and touch can lead to a lot better mental health for them. At a time where we are experiencing so much change, uncertainty, and worry, it is completely natural for children to want to be around friends. Due to social distancing rules, we cannot be physically close to them, and this can be frustrating or distressing for many of these young ones.

This lockdown is also indulging in many youths in the social media world, non-productive things like PUBG, PlayStation games, etc. These things are making the youth mind in another direction and this might affect the future generation.

Moving towards the high-school students; most of us know that the big exam of Boards and its heavy mental stress on the students who would be giving it. Now with the addition of the pandemic, the stress has crossed the yielding point for many of them and this in turn has given rise to the suicide rate in the intermediate students.

If the medium of communication between the child and parents is not strong then the child would constantly be under stress, tension and would be suffering from anxiety. It's normal for them to feel worried or anxious at the moment. This entire shift to online school has been overwhelming for them where for long durations they are expected to pay attention to their teachers via screens. Children miss the ability to have random conversations with their classmates, their lunch break conversations, and also the ability to run in the school playground or go to their favourite football or other active class. Nobody wonders what happens to all that energy and enthusiasm children innately bring with them and how do they channelize it? Everyone is experiencing sudden changes in their lives and routines — and living with lots of uncertainty about the coming weeks and months. But for them, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with.

Now the students who are pursuing graduation or post-graduation there is this one other for these young ins, the online classes. As the word online states, what they do is stay in front of a screen for hours more than a job worker so that they can learn, which is not only deteriorating their health but also, they are not programmed to learn with efficiency without being physically there. They can't learn the technicalities just from video lectures. Students are misusing the online lectures by commenting on it, distracting others, playing songs and so on. These things were creating online classes into a time pass and there was zero learning for the students. On the education front, even though universities are trying their best to bridge the gap by providing online education, not all of them have access to the required equipment or even the internet connection. In the absence of regular classroom education, screen times for them have certainly increased. Because of this many students are suffering from severe headaches, increase in eye power. It also puts them at the risk of falling prey to cyberbullying. Moreover, the lockdown has resulted in families and children cooped inside their homes, which is bound to spell trouble for kids already suffering from mental health conditions. The irritability and anxiousness are bound to rub off on each other leading to tension and stress in the household. It can also lead to a rise in domestic violence and abuse cases as families are largely restricted to their homes. Those students who were staying at hostel far away from home just for studies were excited on each long vacation and holidays to be at home are now in the four walls of the house from a long time are waiting to get out of their homes.

Those who are currently working and living away from their families are physically or mentally stressed out. That's not all, working from home can be that much of an issue to the youngsters as well because before the beginning of this pandemic they used to go to work for a regular set of hours but now they have no defined working hours whenever the superiors call one needs to answer. Be it meeting, taking a class, or working on a project. The working hours and the time for their lives now seem to have become the same. Stress is very high right now. Young graduates who have been looking for internships, have no chance at it at least soon. This inability to get into the job markets plays high on the minds of the young and the rates of youth suicides are anyway very high in India. So, this in a way is an existential crisis for them and gets them into introspection, and even depression.



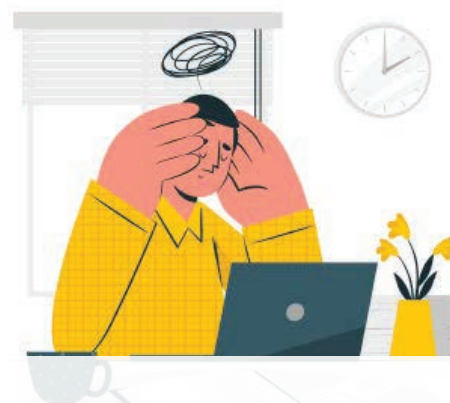
It's very traumatic for them as everyone's at home all time. Self-regulation is not something that young ones are used to and not something they had to do for a long period. Now they are suddenly being pushed into the mindset of a grown-up.

And that's not all when experiencing grief and loss, it can be hard for many, this might feel especially difficult at the moment. Many have been unable to be with their loved ones when they died, or unable to attend someone's funeral. What deepens the problem for these youngsters is that constant exposure to news and information has added to their anxieties and fears. A lot of them are struggling with anticipatory grief already where they are worrying that they may lose their parent or grandparent to Covid-19. This sense of heightened alertness it's as if in their minds they feel they are fighting an invisible monster, yet they worry that it can just sneak up on them anytime and hence they feel so helpless and out of control.



Disasters and crises have had many less highlighted consequences on vulnerable subgroups, including those often overlooked, such as adolescents and youth. The COVID-19 pandemic is no exception. While understandably the nation is engaged in fighting a pandemic of huge proportions, this relatively healthy and safe sub-population's needs may not appear to warrant immediate attention. Nevertheless, as we look ahead to the post-lockdown period and beyond, the ways in which the pandemic may have affected our 365 million-plus adolescents and youth, and their needs in the upcoming months and years, must be considered. After all, what happens to this generation affects not only their health and well-being in adolescence, but also their health and well-being as adults, and that of the next generation.

There is limited research on the situation and needs of adolescents in disasters and crises that can guide how we respond to concerns surrounding this group today as well. What everyone needs to do is help these young people, be it emotionally, physically, or if they are in need of medical therapies. All of the society needs to come together and be there for the upcoming generation...who else can they depend on?



# PUBLIC DISTRIBUTION SYSTEM – THE BLIND GAME

- By Dr. Himanshu Barot, Professor, UWSB

Since lockdown, I have been working from home like most others. I moved to my village along with my family during the lockdown. Surprisingly, there is problem in working online from a village and it's as smooth as working from my home in the city. And that is why I decided to share my observations of the Public Distribution System (PDS).

Public Distribution System (PDS) evolved as a system of management of scarcity through distribution of food grains at the affordable prices. This statement is available on official website of PDS. And in 2013, government has come with National Food Security Act which entitles highly subsidized food grains to 2/3rd of the populations of the nation.

Due to such pandemic condition, government has initiated to supply the food grains and distributes the essential commodities to the large number of poor people through a network of Food Corporation of India and 4 lakhs fair price shops in the country.

Why do I say this is a blind game? There is a classification of the ration cards as per annual income of the family such as APL (Above Poverty Line), BPL (Below Poverty Line), AAY (Antyodaya Anna Yojana). I do not intend to criticize the government for not distributing food grains and essential commodities as per data. But I have studied data from a select village and found that a large group of the poor people those who actual beneficiaries of this quota are not benefiting from government schemes. This is the fact that from the data of the official site, the beneficiaries under BPL and AAY rationing cards are fake. Those who have sound financial incomes they are in BPL group and because of that, I will call it a Blind Game. Local panchayat and committee members are indulging in unethical practices that are certainly not in favour of poor people.

If the government wants to reduce the inequality between low income and high income groups, then they will have to identify and eliminate such high impact elements from the economy.

# DUS SUTRA OF ARTHASASHTRA FOR HOLISTIC AND SUSTAINABLE GROWTH OF INDIAN ECONOMY

- By Dr. Tushar Panigrahi, Associate Professor, UWSB

In the war against CORONA, till now we arrived near 50,00,000 Covid19 positive cases with a casualty of 76000 plus lives. In these six months, Indian economy has witnessed a huge loss of employment, shut-down of many retail stores, fall in income of the salaried class people and fall in the GDP as a whole. Government takes different measures to restore the growth in the Indian economy but there is a lack of effective demand that does not allow the growth to happen. In this pessimistic situation, it is obvious that one will spend money very cautiously. Six months before the metropolitan cities in India were the front runner of economic growth and now they are on their back foot. It seems that we can rely on the rural economy more than the urban economy during financial crisis.

The current problem is started as a health challenge but transformed itself into a major challenge from economic front. The Self-reliance (Atmanirbhar Bharat Abhiyan) strategy, that the government is promoting, could be a saviour but its effect could be very slow. Every solution to re-establish our economy depends on the four factors of production; land, labour, capital and organizations. I would say that the migration of labour force was earlier for livelihood. But now their homecoming is a brain gain and we should take the advantage of this pandemic which taught a lesson to all of us "Be self-reliant and self-dependent". Few of my suggestions to balance the economy are presented in the following 10 points. I believe, the public administrators might be doing some activities to restore the economy. Along with those some proactive steps are needed as per my Dus Sutra of Arthasashtra.



1. Road construction, repairing of government building, roads, bridges, dams, etc, should be made at this moment using labour intensive technology. Instead of providing free meals to the labour class, we should focus on income generation through production. We all know Keynesian concept of "Dig the well and Fill it". The labour class will not lose their dignity, no feeling of begging, no unnecessary expectation from the government on free ration, free LPG, and ultimately not to inculcate a habit of parasite on government.

2. Many of the rural areas are yet to get electrification. Use this time as labour is abundantly available at their villages and home towns and as they are in the search of jobs also. Transmission of electricity with adequate supply and uninterrupted supply is necessary for infrastructure building.

3. Irrigation facilities should be provided for agriculture. So that farmers can produce more and earn more. Models of smart farming centres to be developed in the rural and semi urban localities following Israel and Dubai agriculture model. In future it will attract rural tourism too.

4. Construction of School Building, Multi-speciality Hospitals should be a priority now. But, it should be mostly in rural areas. Also, shelters and buildings for cyclone and flood control with power back-up system are the need of the day. Thus, the income generation is possible through government consumption expenditure. Vocational English medium Schools and colleges in rural areas should be initiated where both English and Hindi should be taught as two compulsory languages. So that skilled manpower can be created for future. The objective is to provide vocational education from the schooling phase with a target to employ talented people therein and to promote talent therefrom. This will encourage rural people not to migrate in search of job.

5. Pipe-water facility or project should be initiated to provide safe drinking water to the rural public. Projects should be undertaken to reserve rainwater in rural and semi-urban area, so that 365 days pipe-water can be supplied. All these projects should be designed for sustainable development of the economy.

6. Many migrated labourers are back to their native places. They mostly got the training and worked in developed cities with a different state of the art. Their skillset is definitely better and their productivity is higher too. These people should train their peer group in the rural and semi-urban area to develop their own states like Uttar Pradesh, Odisha, Bihar and make India proud of them.

7. Migrants returning from Maharashtra, Gujarat, Rajasthan have worked under many businessmen. They have learnt business and got some business idea too. The state government should provide them adequate opportunity to be the entrepreneurs and thus employers too to support mass employment.

8. Most of these homecoming migrants also know the use of mobile banking, payment banking. They can train their peer groups on these online banking transactions. So in one go we can achieve 100% literacy, financial inclusion, digital literacy and digital financial inclusion. Promoting Literacy program and value education during the lock-down phase (Many state government announce lock down for some selective areas or localities) for the identified illiterate people staying at different facility centres provided by government to the home returning migrants.

9. It is well understood that employing a huge workforce alone by government projects is a very difficult task. Those workforces having experience in food processing units in different other states can start similar businesses. Also, business-like stitching, sewing face mask, gloves, etc can be done from home and now these have become bare necessities. in the rural areas to support the farmers and rural workforce.

10. Internet network infrastructure should be made available with a minimum support speed of 20 MBPS, 24x7, at each and every corner of India irrespective of rural and urban India. This will support the economic development uninterruptedly and help the GDP to grow at a faster rate.

The central government should transfer the state GST and UTGST to the respective states and UTs at the earliest. This will bring the cash in the hand of the state government. Further, for the individual tax payers the tax returns should be returned without any delay which can improve individual's buying power during this tough time and the damage management is possible for some time.



# TEACHERS DAY: A DAY FOR REFLECTION AND SELECTION

- By Bhupinder Arora, Assistant Professor, UWSB

Every year, all educational institutions celebrate Teachers' Day on 5th September in India to mark the birthday of the nation's first President, scholar, philosopher and Bharat Ratna awardee, Dr Sarvepalli Radhakrishnan, who was born on this day in 1888. It is a day when students pay respect to their teachers by wishing them and by sending messages to them expressing their gratitude in shaping their lives. However, the passing of this day recently made me think of my role as a teacher, which requires being honest and sincere when sharing feedback with ones students. However, in my experience of interacting with students, I realised that they sometimes feel offended when such feedback is shared. Students judge teachers on the basis of how friendly they are rather than how sincere and concerned they are about their learning and success.

As a teacher, impression management in the eyes of students has become of primary importance instead of their learning. If we go back in history, if the great guru Chanakya would have indulged in such sycophancy, he would have happily stayed back in the Darbar of King Dhana Nanda of the Nanda dynasty. He would not have taken the pain to establish his protégé Chandragupta Maurya on the throne. Despite the humiliation and rejection that he had to face, he did not give up on saving the nation which he believed to be the responsibility of a teacher. Making a nation is the responsibility of a teacher and it is up to us to decide whether we want to see the small picture of our role or a larger view of a great responsibility.





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