

The Seshadripuram

May 2022 | Volume 2 Issue II

a SCOSA initiative

monthly



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Editorial

We're back with another issue of "The Seshadripuram Monthly". Firstly, I'd like to thank our Principal Dr. Meera H.N for giving us an opportunity to put out our fellow college student's thoughts and artworks into a magazine and for the constant support and appreciation. We also thank our former English Faculty Mr. Allan Raj for giving a kick start to a new project to help out students to show their talent and others to be updated on the news and thoughts shared by their classmates and to have a better insight on what the college and the different committees are organizing.

This issue contains some amazing works, our cover article by Bharavase Team where they donate food to the homeless and the people in need and help kids who can't afford education, they help them understand the importance and help them develop in other areas such as arts and crafts too. Ms. Deepal Kapasi on motivation and how to just go about doing things that you want to. Also, check out "The pleasure of Reading" by Madhurya Sarathy which tells the importance of reading and how to cultivate the

habit of reading. A very important topic that has been seen as a taboo in society, Ms. Bhuvaneshwari K has written about girls getting their first periods to how to normalize and encourage others to stop treating something which happens naturally as a taboo. An incredible article by Lavanya J M on feminism and how the world is from a men's perspective. Ukraine Vs Russia is a work-wide issue discussed and explained very well by Prajwal P K.

A lot of other articles to read and learn.

I'd want to express my gratitude to our entire Student Editorial Team. Mr Pranav Jagadeshan and Mr Raghavan Ravi for spearheading the design of TSM, and Mr Vaishnav Sunil and Mr Vikram Shenoy for ensuring the content's quality. Mr Amogh P. Kumar, Ms Shraddha Anil, Ms Disha Srinivas, Ms Disha Rai, and Ms Dhatri for working together on this project.

I also thank the print team at Nethra Printers Pvt. Ltd. who did a wonderful job of printing all our issues in a very short time.

Please submit your contributions to **scosa.spm@gmail.com** if you, the reader, feel prompted to contribute to the magazine in the form of articles, poetry, stories, arts, photos, and so on. If you're an alumnus, you can send us your experiences, accomplishment shots from your time at the college, articles, and photographs. Inquiries about the magazine can be sent to our email address. Please do not hesitate to contact us.

I'd want to thank our administration, teaching and non-teaching staff, students, alumni, editors, student editors, printers, and everyone else involved in the publication of the magazine, directly or indirectly. I do not doubt that you are loving reading all of our issues.

Dhatri L
II BCom H
May 2022

World

by **Yash Kapasi**, I BCom G

SRI LANKA SINKING

Sri Lanka, an island nation of 22 million, is facing an economic and political crisis, with protesters taking to the streets in defiance of curfews and government ministers stepping down in mass. Experts say the crisis has been years in the making, driven by a little bad luck and a lot of government mismanagement. Its economy has been in a crisis owing to a serious balance of payments problem.

The crisis has been said to be caused by multiple compounding factors such as tax cuts, money creation, a nationwide policy to shift to organic or biological farming as well as events such as the Easter bombings in 2019 tourism was the only vibrant and consistent contributor to Sri Lanka's economy until 2018. But in 2019, that sector too suffered a major setback due to the horrendous Easter bomb blasts in Colombo that killed more than 250 people and the impact of the COVID-19 pandemic.

The Covid-19 pandemic halted tourism and other major sectors, spurring a global economic downturn. Although Sri Lanka saw some increase in its number of foreign visitors last year, the ongoing pandemic combined with Russia's invasion of Ukraine both nations leading sources of tourism for Sri Lanka before the conflict continued to slow the industry's recovery.

Srilankans have had to contend with debilitating power cuts lasting 13 hours, inflation rates crossing 17%, and a steeply devalued currency. The country is unable to repay past debts. It is becoming increasingly difficult to import several essential consumer goods, such as food, fuel, and fertilizers.. Sri Lanka currently has about \$7 billion in total debt due this year. Sri Lanka amassed a debt of \$5 billion to China alone, making up a large portion of its overall foreign debt. Sri Lanka borrowed \$1.2 bn from China to build Hambantota Port. The island failed to run the port and pay the debt back to China. They negotiated and handed over the strategically critical and crucial port which was very close to the international maritime route to the Chinese on lease for 99 years. A loan from China, followed by the Covid outbreak and the failed port city project in sequence added to the financial fiasco in Sri Lanka. Now Lanka is living on a credit card given by India as China refused to reschedule and offered only another loan that could lead to selling more national assets.■

IS PSEUDO FEMINISM TAKING OVER FEMINISM

Opinion

by **Lavanya J M**, II BCom(Hons)

Life through the eyes of men!

First, let me provide a clear picture of both Feminism and Pseudo feminism. The only word that can be considered as a synonym of feminism is equality. Only because the word feminism is derived from Femina or feminine, it is not all about women. Feminism is a movement that seeks equality for people irrespective of their gender. Pseudo feminism is concentrating on protecting women's rights by lashing out and demeaning men. There is a thin line between feminism and pseudo-feminism like feminists suggest that all men are the same – rapists, cheaters, and assaulters. While feminism suggests that it is only a few men who indulge in such heinous activities and not all men. It is an individual action of a man.

Pseudo feminism is killing the real essence of feminism. People have developed a notion that feminism is confined to women establishing matriarchy and proving the superiority of women over men. But this is not the fact and this notion has gradually become the mentality of people.

I will start with the people's favourite statement

Men don't cry!

Hasn't this culture of men don't cry changed how men deal with their emotions and pain. Feminism suggests that it is a human tendency to cry and crying doesn't make men or anyone weaker. Being emotionally sensitive is also a masculine quality and has nothing to do with gender.

Men should not learn cooking!

In our country, cooking is a skill taught to girls from their early teens but when boys desire to learn cooking they are deprived of pursuing it. Why should men learn to cook when the women in their life can do it for them? Well, cooking is a basic necessary skill and should be learned irrespective of gender. Men out there make sure your gender

is not stopping you from doing what you love.

Men should not wear sarees!

Men should dress specifically. Men should not wear sarees, gowns and of course makeup and if you do this you are either labeled as transgender or gay. Dressing the way you like will make you no less of a man.

Men should be the breadwinner!

Men are always under immense pressure to be superior to women in terms of height, education, income, and whatnot. It is considered that it is the men's responsibility to cater to the family's financial needs. Both the partners can take the financial needs in a marriage and there's nothing shameful in earning less than your partner or female sibling.

Men are not victims of sexual harassment!

Men also get molested, get touched inappropriately, and get sexually harassed. When the #MeToo movement arose it was only a few women who spoke about what they had faced and not even a single man spoke about what they dealt with. It was not because no men experienced it but because of the fear that no one would believe or trust them.

Stop asking these questions to a boy or a man

Why do you want to learn Bharatanatyam instead learn karate?

Why do you talk so much like a girl?

Why is your hair so long it is for girls?

Why do you need paternity leave?

Why don't you have a beard? You look like a girl!

UKRAINE \

CONFLICT EXPLAINED

The attack on Ukraine by Russia is potentially the onset of war in Europe on top of Russia's behest for an end to NATO's eastward expansion. The launch of the major invasion by Russia on Ukraine started with air and missile assaults on Ukrainian military targets before sending troops and tanks across the country's northern, eastern, and southern borders. On many fronts, the Ukrainian military fought back. In a video speech delivered early Friday, February 25, President Volodymyr Zelenskyy announced that 137 people had been killed, including troops and civilians, and that hundreds more had been injured.



BACK GROUND

Since the invasion of Crimea in 2014, Ukraine has been living in fear of war with Russia for nearly eight years. Russia and Ukraine have been at odds for a long time, with Russia claiming Ukraine as a part of its country and opposing Ukraine's developing ties to the West. Russian President Vladimir Putin wants to recapture the former Soviet Union Republic.

He requested that the Ukrainian military put down their weapons. Prior to its cessation in 1991, Russia and Ukraine were both members of the Union of Soviet Socialist Republics (USSR), which consisted of 15 republics

VS RUSSIA

WHAT WAS PUTIN'S ORIGINAL GOAL?

The Russian leader's initial aim was to overrun Ukraine and depose its government, ending for good its desire to join the Western defensive alliance NATO. After a month of failures, he abandoned his bid to capture the capital Kyiv and turned his ambitions to Ukraine's east and south.

IS THERE A WAY OUT?

A few weeks into the war, Russia said it was considering a Ukrainian proposal of neutrality, but there have been no negotiations since Kyiv's offer at the end of March and for now, the Kremlin appears set on pursuing its war.

Although President Putin told the UN Secretary-General at the end of April "we are negotiating, we do not reject [talks]", he had earlier declared negotiations at a dead end. After a meeting with the Russian leader, Austrian Chancellor Karl Nehammer gave a very downbeat assessment of a man who had entered into a "logic of war".

Volodymyr Zelensky had already responded to Russia's anger over NATO by accepting Ukraine would not be admitted as a member: "It's a truth and it must be recognized."

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SECURITY GUARANTEES
AND NEUTRALITY, THE NON-
NUCLEAR STATUS OF OUR
STATE - WE ARE READY TO
GO FOR IT... IF I REMEMBER
CORRECTLY, THIS IS WHY
[RUSSIA] STARTED THE WAR



World

By **Prajwal P K**, II BCom(Hons)

BHARA

HELPING THE HELPLESS

AVASE

Cover Article

By **Sunil Gowda**, (BCom 2017)



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BHARAVASE

It is the place where you get to experience & explore what life is by helping others!

What's happening around us? what's our role here? How can we help if required? what do we do? What do we become? Why do we do it?

We get inspired by great personalities who have done much and made their mark in social services. Passion for helping others is like an addiction, once you start doing it you continue to do it in multiple ways. We as a team help each other grow in person while we step in to do many activities that help people in various forms.

Let's get back to time and see how it all started,

When a group of college friends meets over for a lunch and started conversing about society the good and bad happening appreciates many things, and at the same time

feel pity or empathize with a few things. As every young age guy/ girl feels to do their bit for society, this group of friends also felt the same but stood apart from others and started the beautiful organization named BHARAVASE which is today loved, applauded, and appreciated by many.

A team that 10 people initially started is now grown to have 40+ active core members and more than 200+ volunteers working on weekends and even on weekdays to make society a better place than it is.

Every member of the team puts all their efforts and time to make any event a huge one, even though they don't get paid nor do they get fame. It's teamwork and we all work to make an impact in society.

BHARAVASE BHUTTI

Food is symbolic of love when words are inadequate. For the homeless food is a bigger worry than their livelihood. Some waste food to show that they are rich, but BHARAVASE donate food because they are rich at heart.

Every day as we pass by the streets, we would see people who can't even afford a meal, that's where we pitch in every time possible and help the homeless and needy to fill their stomachs.

From the time we started our organization, this has been one of our main mottos and so far we have been able to deliver at our best potential. Every Sunday and sometimes even on a weekday, we would distribute food packets in multiple 100s. WALL OF HOPE is an initiative under BHARAVASE BHUTTI, a new concept in town. Few hotels have accepted to join this cause and it's working amazingly.



Whoever walks into a hotel, can just buy bills for any dish they like to donate and stick on the board, and anyone needy who walks into the hotel makes use of the bills on board to eat.

BADUKINA BHARAVASE

To get out of the dark and walk in the path of light one needs education, it's the weapon that can win any battle.

We help kids to understand the importance of education, when we speak about education it not only means the subjects they teach at school. It may be arts, crafts, public speaking, writing skills, storytelling, and the list goes on. To date, we were able to make an impact on more than 100+ kids in slums across Bangalore.

We conduct online English-speaking classes, anyone who has internet access can make use of this. Next on our road map is career guidance and helping degree students with a few industry-required pieces of training



BHARAVASE HASIRU

"To be without trees would, in the



most literal way, to be without our roots”
As we see the city grow and expand structurally and many new modern transportations coming in place, a lot of trees have been cut down. Places where people would feel heaven are now turning out to be like a hell. Bangalore being called a Garden city is no more being the same, so we as a team wish to bring back the old glory and plant as many trees as possible. The team distributes various ayurvedic plants that as many benefits and can easily be grown at home in pots, also we encourage everyone to plant trees.

It's always easy to comment and degrade, one needs a pure heart to appreciate and show gratitude.

Multiple health camps are conducted for BBMP WORKERS to show a bit of gratitude for the good work they do to keep our surroundings clean.

One should never forget the roots they have

come from, it's everyone's responsibility to uphold and save the integrity of all ancient historical places. Today lot of great historical places in India are out of books and people's memory just because it was ignored. We as a team work to preserve the historical places and conduct cleaning drives in those places.

The only thing that comes to us without effort is old age, and when this age comes many people's home changes. Few get to be with their family, and few get to make new families in old age homes. We at Bharavase visit old age homes at festivals to celebrate with them and spread love and happiness.

“Google knows everything”, they said.
“Where are my parents,” asked an orphan.

We frequently visit orphanages to interact with kids over there, play games with them, and spend ample fun-filled time away from their routine.■

R I G H T

Self Health

by **Deepal M Kapasi**, I BCom G

Do you know about the children's story "The Three Bears" in which a little girl named Goldilocks finds a house owned by three bears? After eating the porridge and sleeping in one of the bear's beds, she discovered that each bear has their own preference for food, bed, etc. After testing each of the three items, Goldilocks determines that one of them is always too much in one extreme, one is too much in the opposite extreme, and one is "just right" and hence the discovery of such behavior arose which was coined as "The Goldilocks Rule".

The Goldilocks effect is our tendency to consume information that's not too long, detailed, and complex yet not too short, simple, and watered down. In simple words, this states that humans experience peak motivation when working on tasks that are right on the edge of their current abilities. Not too hard, not too easy, Just right. The prime example of this could be put in our daily life when we are competing ourselves with others be it in our exams, tournaments, etc as the game progresses, you win a few points and you lose a few. You have a good chance of winning, but only if you really try. Your focus narrows, distraction fades away, and you find yourself fully invested in the task. This is a challenge of just manageable difficulty.

Working on challenges at an optimal level of difficulty has not only been found to motivating but also an important source of happiness. If you find yourself feeling unmotivated it is often because it has drifted into an area of boredom or been shoved into an area of great difficulty.

Sometimes you need to find a way to pull your tasks back to the border of your abilities where you feel challenged, but capable.

WEAR THE SHOES:

This refers to the pre-task preparation which is the initial investment to stay motivated which tells that whenever you feel motivated to run or go for a workout the first task is to wear a shoe.

JUST SHOW UP:

Sometimes you are just not sure about the outcome or not sure about your ability to take on a challenge, just make a simple rule that you will still show up for it. Because the luckiest person in the world is one who presents at the right time at the right place, no matter what.

The human brain needs some way to visualize our progress if we are to maintain motivation. We need to be able to see our wins. So how to apply this rule in real life? If you want to break a bad habit, don't think that tomorrow you'll be a different person with only good habits. It's impossible. You should make constant efforts toward your dreams so that you can measure your capabilities objectively.

The moral of the Goldilocks story is not just that we are not supposed to enter any stranger's house, but this story had a deeper moral that you should use in your adult life. There are enough victories to keep us motivated and just enough mistakes to keep us working hard. ■

The Pleasure of Reading

Books

by **Madhurya Sarathy**, II BCom(Hons)

“Reading is to the Mind what exercise is to the body.”

— *Joseph Addison*

In dictionary terms, Reading is a multifaceted process involving word recognition, comprehension, fluency, and motivation.

As we need food for the growth and proper functioning of our body, we need reading for the enrichment of our minds. Reading provides a legitimate enhancement for our minds. Reading makes a man wise and flawless. Developing reading habits make a man wealthy. Reading gives us both pleasure and profit to our minds. Reading helps to enrich our knowledge too. Reading makes us forget about the tensions and worries of our life and makes us feel confident and self-assured. Reading is a ritual that has to be practiced by everyone to lead a life circled with knowledge and wealth.



This article is for those who are struggling to build a reading habit!

Reading is a wonderful habit. Reading is the ultimate power. It stays with us forever. Reading is the ultimate gift for human beings. Reading helps us to find our ultimate happiness. Reading is the biggest pleasure in this world.

So how to cultivate a reading habit?



Here are the seven very simple and uncomplicated steps to elevate the activity which brings joy to you and rhythm in your life.

- Set Goals.
- Set a Reading Time.
- Start Small.
- Be Accountable.
- Be Patient.
- Say a big 'NO' to distractions.
- Choose books wisely.

Finally, enjoy the whole process of reading. Reading is an essential ingredient for our success. An investment in books fetches the best and the highest returns. Reading helps us unleash our superhero which is inherent and integrated with us.

For a beginner, it will be challenging to eventually start reading a book. However, simply by reading 10 pages a day we can read and finish 12 books in a year of an average 300 pages book. Break your big goals and dreams into smaller regular simple and easy steps. Think big and start small. Reading is a pleasure for us. It is also a necessity and an essential activity. We eat food every day. We bathe daily. We sleep for eight hours. Similarly, we have to read daily.

On a final note, Live longer, live healthier, and live wiser with reading! Keep reading. It's one of the most phenomenal experiences anyone can have. Reading is a passion. ■



After failing Mumbai, will Indians still back the Hitman?

Sports

by **Amogh P Kumar**, III BCom H





Mumbai Indians are a franchise cricket team based in Mumbai, Maharashtra, that competes in the Indian Premier League. Founded in 2008, the team is owned by India's biggest conglomerate, Reliance Industries, through its 100% subsidiary India Win Sports. Since its establishment, the team has played its home matches in the Wankhede Stadium in Mumbai. Mumbai Indians is the most successful team in IPL. The team has been crowned champions 5 times in the 15 seasons that have been played, they have won in the years 2013, 2015, 2017, 2019, and 2020. Interestingly Rohit Sharma was captain of the team in all the five championships. In 2017, the Mumbai

Indians became the first franchise to cross the \$100 million mark in brand value among the IPL franchises. Mumbai has had such an amazing run over the past few years but seems to have completely failed to deliver this year as per the expectations set by their performances over the few years. Their captain Rohit Sharma had complete faith in his team to do well in the tournament after having a good auction and buying a couple of game-changers in the auction. But one of their main players Jofra Archer had to pull out of the tournament due to an injury. The other players just did not have it in them this season to deliver on the big stage. Ishan Kishan being their most expensive buy in the auction had a terrible season with the bat and could not manage



any significant contributions. Rohit Sharma a superstar of Indian cricket seems to have had a terrific run with the Indian team on the international stage but alas could not perform nor lead his team Mumbai Indians in the right way and perform for his team. It was the first-ever time that a batsman opened in all the



matches for the team and failed to achieve a single score of 50+. Having taken over the captaincy of the Indian cricket team from Virat Kohli in all formats, questions might be raised as to if Rohit Sharma should be captain of the Indian cricket team for the upcoming T20 world cup. India has extra pressure on themselves as

they have performed in individual series and Tri-series but have failed to deliver on the big stage. Young players like Sanju Samson, KL Rahul, Shreyas Iyer, and Hardik Pandya have proved to be successful captains in this year's IPL season. So, the question stands as to who will lead India in their hunt for their second T20 world cup title?■



EMBRACE DONT EMBARASS

Health

By **Bhuvaneshwari K** II BCom(Hons)

Menstruation is a phenomenon unique to women, it is a natural part of the reproductive cycle, until the date it has always been surrounded by taboos and myths that exclude women from normal life. Such myths always impact women emotionally, mentally, and most importantly health. It's still a challenge for a girl to completely understand puberty, reproduction, and adolescence and in midst of this, they witness all kinds of myths related to menstruation where instead they need someone to tell them that periods are normal. "Periods ka hona normal hai agar ladkon ko ho toh phat jayegi, iss par hasiye mat sochiye". In India, it is considered impure if the girl gets her periods at the same time she is considered unlucky if she doesn't get her periods. Throughout history, women are shamed for menstruating. When will this be normalized?

HOW TO TALK ABOUT GETTING THE FIRST PERIOD?

Since many parents have been raised to consider menstruation “the curse” or an embarrassment, one might need to shift their attitude before they talk to their child about their first period. It’s a matter of flipping the script and explaining menstruation as something positive and important instead of a burden. A person’s feelings about their period can affect how they experience it. In other words, if you think your period is going to suck, it probably will.

NORMALIZE PERIODS!

If you are a parent or guardian of a young child who may be getting her first period soon, you’ll want to help them understand what’s coming and how to be prepared for it, and it’s nothing to fear. Plan for a series of conversations. Tell her to be open and free to approach her teacher or you to inform her about her periods. You don’t have to cover every detail, but it’s important to be straightforward about how and why menstruation happens. Don’t shy away from proper terminology. Using terms such as “Aunt Flo” or “that time of the month” and vague language can be confusing. If your child doesn’t ask questions about periods, you can bring it up. By the time they’re 6 or 7 years old, most kids can understand the basics of periods. Look for a natural moment to talk about it.

ADJUST YOUR ATTITUDE.

It’s high time we break the taboo and encourage talks on normalizing periods, overcoming the taboo is a contention among feminists. The primary argument behind this is that if periods are normal it’s not only women who should know about menstruation but society as a whole, doesn’t exclude boys and men from the conversation. Whether it’s a mom or sister explaining what pads are when her child or brother finds them in the bathroom or a wife sending her husband to buy pads or tampons from the store, and the storekeeper secretly giving the packet of pads covering it with newspaper or anything as such, as though the girl is buying something illegal, only if the change is influenced things will normalize and seem normal, it’s never too late to do something good. Make the period conversation an ongoing one. Allow women to embrace periods!■

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Art Corner



by **Disha Rai** II BCom(Hons)



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