ST. XAVIER'S COLLEGE, JAIPUR

JANMAT

Session 2022-23

EXCLUSIVE INTERVIEW

MANIPUR VIOLENCE
FEATURED ARTICLE

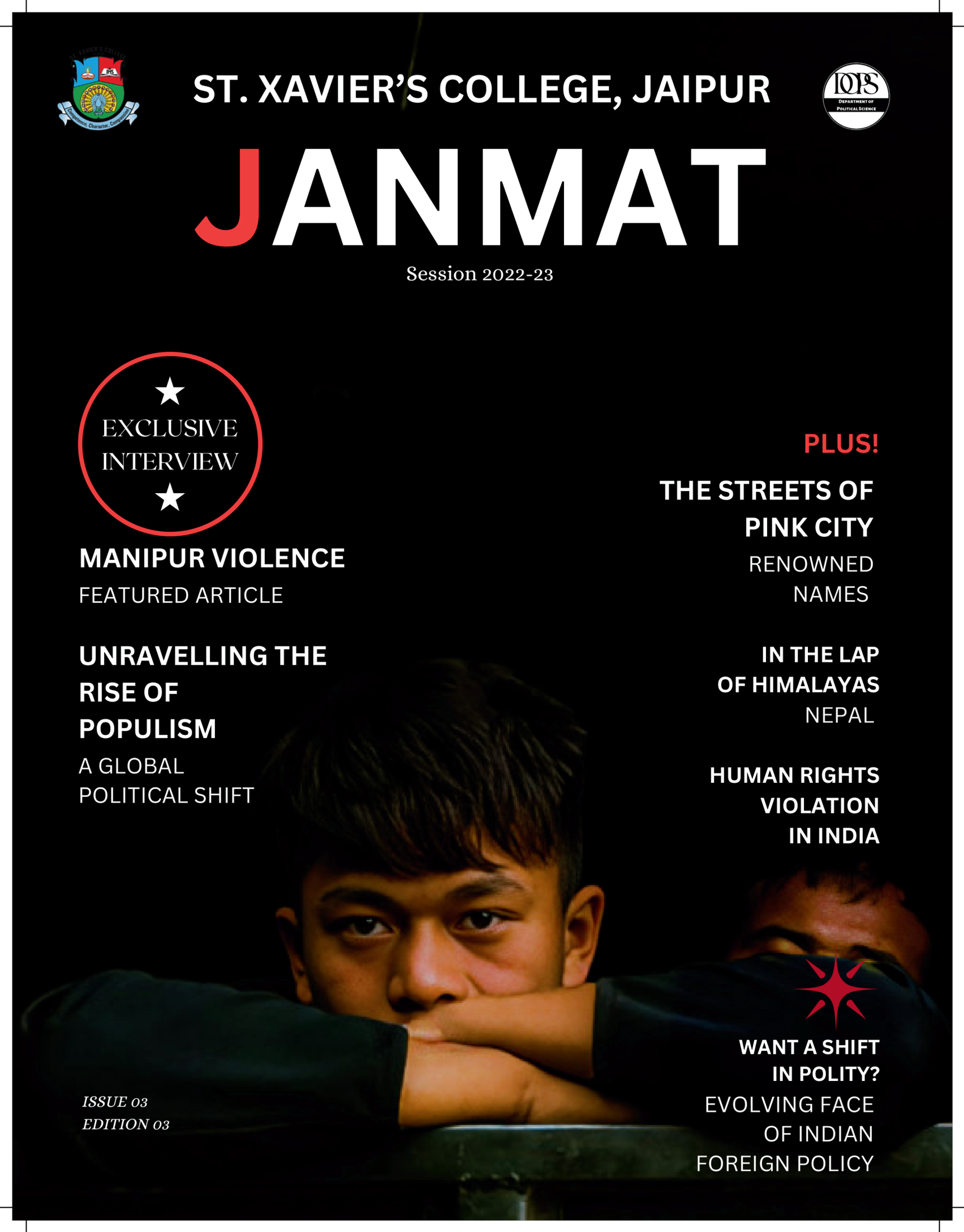
UNRAVELLING THE RISE OF POPULISM
A GLOBAL POLITICAL SHIFT

PLUS!

THE STREETS OF PINK CITY
RENOWNED NAMES

IN THE LAP OF HIMALAYAS
NEPAL

HUMAN RIGHTS VIOLATION IN INDIA



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EVOLVING FACE OF INDIAN FOREIGN POLICY

ISSUE 03
EDITION 03

DEPARTMENT OF POLITICAL SCIENCE

JANMAT

"INSIGHTS THAT IGNITE, PERSPECTIVES THAT MATTER"

VOLUME 3
2022-2023

ST. XAVIER'S COLLEGE JAIPUR

IHS

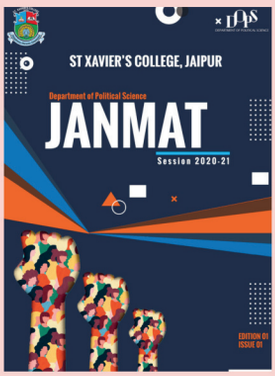
Competence, Character, Compassion

ST. XAVIER'S COLLEGE, JAIPUR

NEVTA-MAHAPURA ROAD
Near Nevta Dam
Tehsil Sanganer
Jaipur, Rajasthan - 302029

Milestone Celebration

3 years of Janmat



Janmat 2020-21

WE FALL,WE RISE



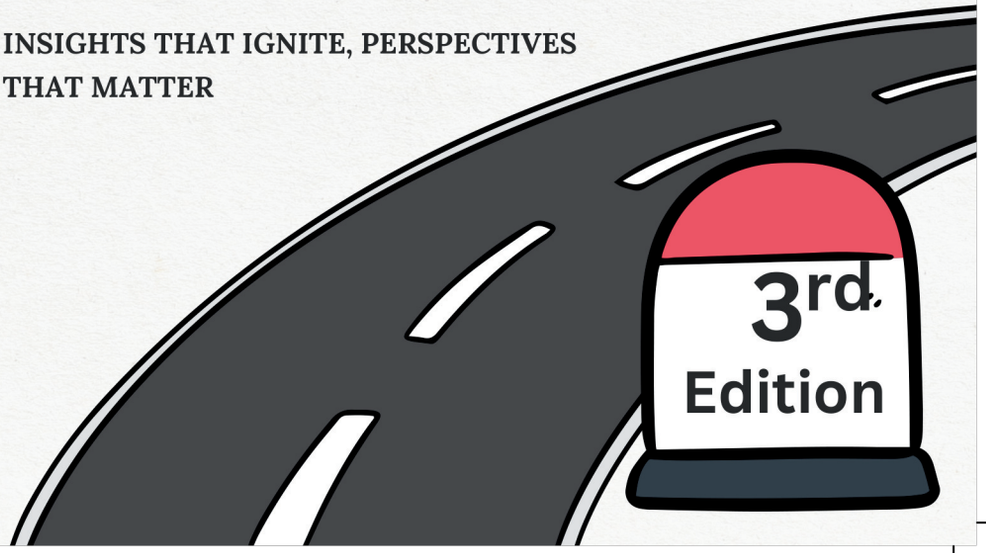
Janmat 2021-22

EVERY VOICE MATTERS



Janmat 2022-23

INSIGHTS THAT IGNITE, PERSPECTIVES THAT MATTER



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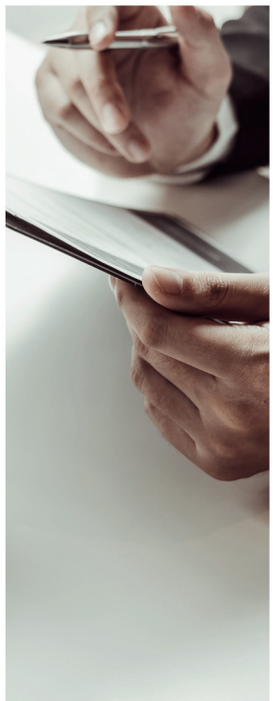

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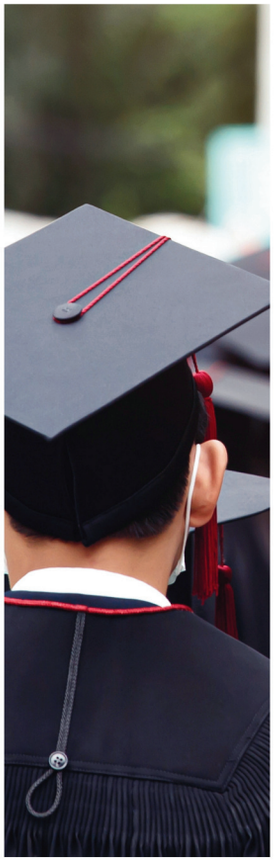

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MESSAGE FROM THE MANAGEMENT



The Department of Political Science of St. Xavier's College Jaipur has published the third edition of Janmat, its Departmental Magazine. This publication serves as a testament to the incredible talent and dedication that thrives within our college community. As we flip through these pages, we are reminded of the numerous achievements, experiences, and milestones that have shaped our journey over the past year. Janmat represents the principles of a true Xaverian, striving to establish the truth by means of a flawless display of persona, competence, and empathy. The unwavering commitment of our students to excellence in education is the cornerstone of our success. As we look ahead, let us continue to embrace challenges as opportunities for growth and learning. Let us foster a culture of kindness, respect, and inclusivity, where each student can thrive and fulfil their potential.

With best wishes,

Prof. S. Xavier SJ

The Principal

St. Xavier's College Jaipur



I extend a heartfelt congratulations to the Department of Political Science on the release of the third edition of their departmental magazine 'Janmat'. It is a matter of utter pride for the department, to be able to install in these young students a sense of responsibility and independence by making them into this endeavour. To see the students direct their efforts toward an initiative that makes for a positive environment. 'Janmat' exemplifies the determination of a group of students wanting to deliver prospects and new ideas for the coming age and a better world.

Rev. Fr. Dr. S Arokya Swami SJ

The Manager

St. Xavier's College, Jaipur



As the other times, this is indeed a very proud moment for us because the Department of Political Science, St. Xavier's College, Jaipur has released the third edition of their Departmental Magazine called 'Janmat'. With the blessings of the Almighty, the students have given their best to make this endeavour a great success. The editorial team has showcased their breathtaking abilities, thus proving that hard-work and dedication always lead to best results. I wish the team all the very best for their hard-work in putting together 'Janmat': an honest manifestation of their vision.

Rev. Fr. Dr. Raymond Cherubin SJ
The Vice Principal
St. Xavier's College, Jaipur

Congratulations to the Department of Political Science for successfully launching another edition of their departmental magazine, Janmat.
It is evident that a tremendous amount of thought, hard work, and collaboration has gone into curating such an insightful and engaging collection of articles, art pieces, and interviews. The departmental magazine is committed to fostering a culture of creativity and intellectual curiosity and sharing knowledge as is by the departmental achievements. Wishing the entire team of Janmat, all continued success and innovation.



Rev. Fr. Pradeep Indwar SJ
Campus Administrator
St. Xavier's College, Jaipur



Best wishes and heartfelt congratulations to Janmat, Department of Political Science. This year's magazine is a testament to the vibrant community we have built, where ideas are nurtured, discussions are ignited, and the pursuit of excellence is a shared journey. The department's hard work and creativity have made us proud, and I am excited to see the positive impact that Janmat will undoubtedly have on its readers. As we celebrate this year's edition, we also look forward to its future with renewed enthusiasm.

Rev. Fr. Dr. M Amaldass SJ,
Dean, Research & Development
St. Xavier's College, Jaipur

MESSAGE FROM THE EDITOR-IN-CHIEF



Janmat, a magazine of Department of Political Science is the best platform for our students to present multifaceted personalities and innovative ideas. Our magazine is a balanced collection of department activities, poems, stories, and achievements of students and department. As the Editor-In-Chief of this distinguished publication, I feel an overwhelming sense of gratification when I see the resonance that our magazine has found among its audience.

I encourage our readers to experience the depth of knowledge and inspiration offered within the pages of this magazine. Janmat serves as a platform for knowledge-sharing, collaboration, and inspiration. Through the diverse perspectives and experiences shared by our contributors, we aim to provide a wealth of resources that ignite fresh ideas, spark meaningful discussions, and offer practical insights that can inspire action.

Before concluding, I thank our esteemed readers for their continued support. Team Janmat looks forward to your insightful inputs, which help us continually improve and deliver relevant and enriching content. Our collective wisdom and action can undoubtedly shape a brighter and more equitable future for all. My special accolades goes to all those who have worked behind the screen for completing this magazine.

Happy Reading!

Dr Meeta Sharma
Head of the Department

MESSAGE FROM THE FACULTY MEMBERS



Dr. Denny Shaji
Assistant Professor

Students of department of political science has come out with a magazine Janmat, what is hidden behind these cluster of articles are the tireless effort, commitment, dedication, perseverance, team work, patience and leadership quality of the students involved.
The out come of the magazine is praiseworthy but what is more appreciative is the character building of the students involved, throughout the making of the Janmat.
With the hope that the third edition of magazine Janmat, will set a precedence to develop a responsible Journalism and it will also help to build tolerance, brotherhood and acceptance of different opinions and thoughts among the readers.
My hearty congratulations to the entire editorial team of Janmat, God bless.

It is indeed a happy moment for our Political Science Department as the students have successfully brought out the third edition of "JANMAT" for the year 2022-23. The most important aspect we could derive from this remarkable effort is that it brings out the various technical and analytical skills of the budding minds. I wish them all the very best for releasing more such magazines in future.



Dr. Mamta Pareek
Assistant Professor



Mr. Surendra Singh Chauhan
Assistant Professor

I am pleased to know that our Political Science Department students are once again successful in bringing their third issue of departmental magazine for this academic year. This is a productive material and subsidiary skill developing tool for the students. The efforts taken to bring about innovative content is appreciable. Through this message, I wish them All the very Best for their future endeavours and hope the students of the Political Science Department bring more laurels to the college on the whole.

The Editorial Team



Top (Left to right): Maanvi Bhatnagar, Vaidehi Sihag, Raj Dhyawna, Umair Haaris, Keerthi Shawal, Riya Khandelwal, Jhankar Lata, Yash Bishnoi, Krishna Patel.

Bottom (Left to right): Mr. Surendra Singh Chouhan, Dr Meeta Sharma, Rev. Fr. Pradeep Indwar SJ, Rev. Fr. Dr Aarokya Swami SJ, Rev. Fr. Dr A Rex Angelo SJ, Rev, Fr. Dr Raymond Cherubin SJ, Dr Denny Shaji, Dr Mamta Pareek.

MESSAGE FROM THE SENIOR EDITOR



Janmat is an amalgamation of meticulous thought, resilient effort, and perseverance. It is an endeavour, a passion, and an emotion in itself.

With the grace of the Almighty, my odyssey as the editor of the magazine has been an exceptional and memorable one. Working on Janmat filled me with nostalgia. All the experiences I've gained and all the things I've learned in my journey through college came flooding back. And I've used every single bit of that experience to bring you the latest issue of this magazine. I'm grateful that I got to work with some incredible people and that I received wholehearted support from the faculty members.

With utmost humility, I give you the third edition of Janmat with the fervent hope that readers will find the insights of the magazine relevant and intellectually igniting, sparking up a diverse perspective about contemporary issues that matter.

Umair Haaris
BA Political Science Hons Part III

MESSAGE FROM THE EDITOR



Your greatest weapon as a writer is the quill you hold. The might of words is rather magnificent, the power to influence others' opinions using your intellect and experiences. The opportunity to use this quill dipped in a thousand shades, and giving meaning to the words is like fulfilling your purpose as a writer. Being part of Janmat for two consecutive years has been really helpful and enlightening for me as a writer and a student. I am grateful to all my team members and the faculty members for their support and guidance throughout the process. We proudly present Janmat, literally meaning "peoples' opinion." We hope it will help you grasp the reminiscing past and pave the way towards a better future.

Keerthi Shawal
BA Political Science Hons Part III

Introducing the Editorial Team



It was a wonderful experience. Think of the countless cups of coffee drained, late-night brainstorming sessions that almost needed their own spotlight, and, I can assure you that even our digital space has stories to tell. Brace yourselves for a political adventure; it's been a rollercoaster to curate!

Krishna Patel, The Editor

Every page of this magazine brims with ideas, inspiration, and our team's undeterred hard work and dedication. Working for this year's edition was a great experience I will always cherish. And I also hope our latest issue, Janmat 2022-23 brings equal joy and enlightenment to our readers.

Vaidehi Sihag, Associate Editor





The following pages of the magazine give a stark and vibrant depiction of the ethos of Political Science Department, and I am ecstatic to be a part of it.

Riya Khandelwal, Associate Editor

With this, we have successfully completed another edition of Janmat with a lot of hardwork, dedication, cooperation and memories. It has been my pleasure to work as a part of the team.

Prerna Baid, Photography Head





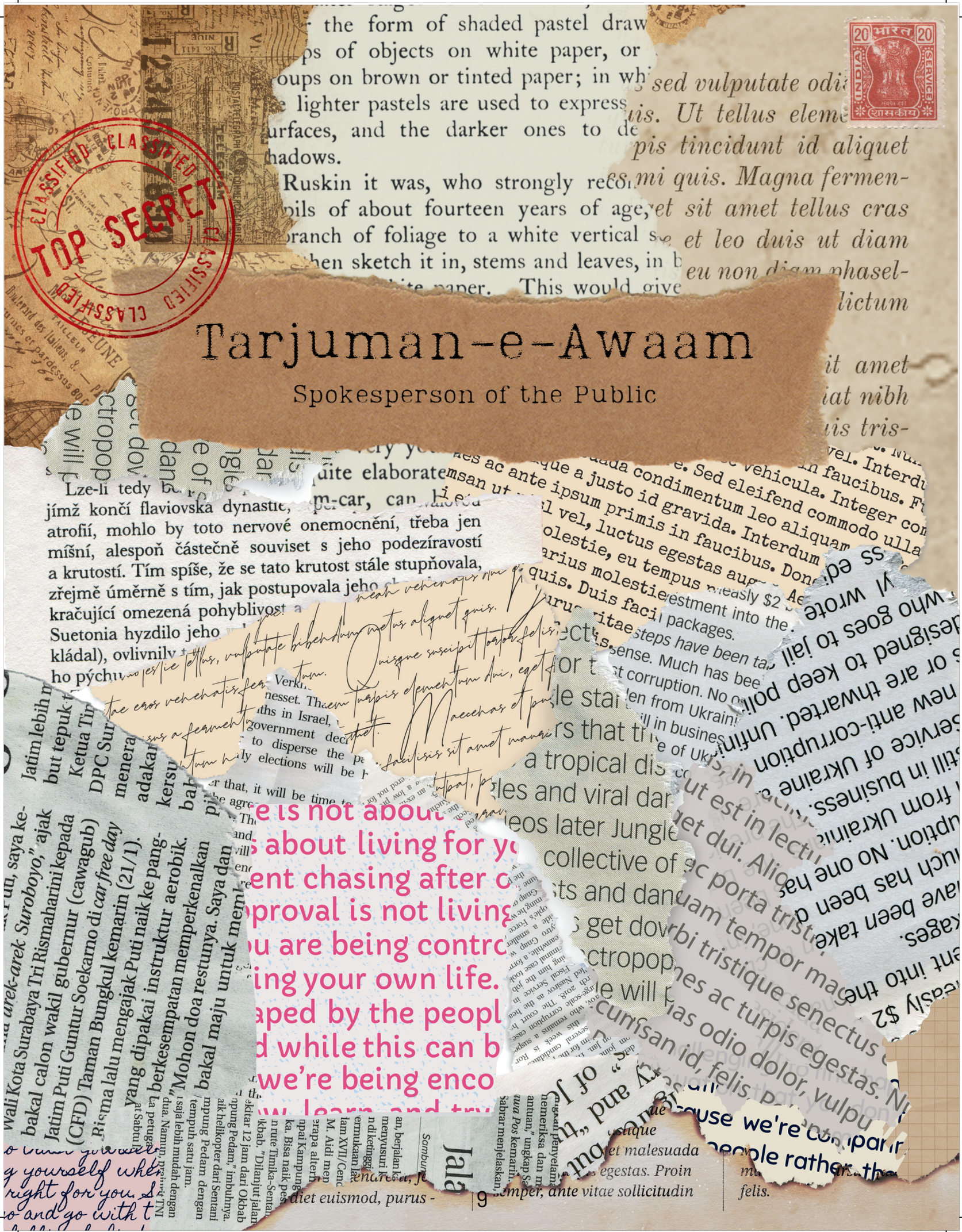
It was indeed a pleasurable experience working with such creative and enthusiastic souls. The experience gained was worth the hassle. Overall it was a very fun, fascinating and prodigious escapade.

Sanya Singh, Photography Head

I'm immensely grateful for this incredible journey, from brainstorming to print, we've surpassed every plea.To the team that worked tirelessly and with hearts full of gratitude, I'm proud to be a member of this team!

Maanvi Bhatnagar, Technical Head




Tarjuman-e-Awaam
Spokesperson of the Public
TOP SECRET
CLASSIFIED

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-Keerthi Shawal

2.The Rise of Populism
-Krishna Patel

3.Feminist perspective on International Relations
—Riya Khandelwal

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-Vaidehi Sihag

8.Crime against women- A Broad Understanding
-Nayna Bhati

Jannat

MANIPUR VIOLENCE

BY KEERTHI SHAWAL
BA POL SC HONS PART III

When we talk about North-East India, we don't know much about it. That particular region has always been aloof from the northern parts, whether it's geographically or otherwise. Most of us won't even be able to tell the names of states in Northeast India.

The hilly region of Manipur is home to estimated 3.3 million people, sitting to the east of Bangladesh and bordering Myanmar. It's been months and Manipur is under a critical condition, consumed by ethnic violence between two major communities - Meiteis and Kukis. Thousands of troops have been deployed in the state but to no solution. To understand why is it happening, we need to know the background.



The Background

The Meitei community dominates the state with around 50% population, while, the Kukis and Nagas are a minority. The capital region, Imphal Valley, is also dominated by the Meiteis. They dominate more than half of the state assembly constituencies. The Meiteis are settled in the capital region which is 10% of the area of the state, while, the Kukis reside in the remaining 90%. The Meiteis cannot buy land in this 90% area as it is reserved for the STs, while, the Kukiscan buy land in the capital region.and that is the root cause of the conflict between the two communities.

Role of courts

The situation of violence started with the Manipur High Courts' direction to the state government to consider the Meitei community's demand for the Scheduled Tribe status within four weeks. However, the Supreme Court condemned this single-judge order and termed it “absolutely wrong”.

The Meitei Perspective

The Meitei community has been demanding the ST status for decades, and finally, the High Courts' directions were in their favor. They argue that they were part of one of the tribes of Manipur before 1949, but, after the constitution was drafted in 1950, they were left out of the ST list. The Meiteis believe that their demands are genuine and they should also have the right to settle in 90% of the area reserved for the STs.

The Kuki Perspective

The Kuki, on the other hand, are in stiff opposition to this demand and the Meitei community's inclusion in the ST list. The Kukis argue that the Meiteis are already a majority, and if they get the ST status, it will defeat the purpose of protecting the tribal communities through reservations. The Kukis who have the right to reside in the 90% argue that only 10% of that area is inhabitable.



That 90% of the area is a hilly region and is not suitable for inhabitation. So, they believe that certain rights and reservations are necessary for them, and if the Meiteis are also included in STs, it will infringe on their land rights.

Role of the State Government

The Kukis have been blaming the state government and the CM for their involvement with the Meiteis. The Kukis consider themselves being targeted. The Kukis argue that, in the name of a war against drugs & poppy cultivation, they are being evicted from their homeby the Meitei-led State Government. The Kukis were indirectly targeted by the CM in his speeches as refugees from Myanmar doing Poppy cultivation.

The result of the build-up was seen in the form of protests by the Tribal communities &Kukisagainst the High Court's decision. This resulted in the start of continuing ethnic violence in the state of Manipur, starting in May. Since then there have been many cases of killings, sexual harassment against women, burning of houses, etc.

The Central Government

There have been lots of demands from the warring communities and the opposition parties for imposition of President's Rule in the state, but, the Central government is reluctant to do so. It is clear from the situations prevailing in the state of Manipur that the State Government is not capable of running the administration and controlling the law & order situation. in such situations, the Governor of the state has the discretionary power under Article 356 to recommend for President's Rule.

The Central government can also recommend the President's rule, but, it believes that's the last option.

Is this because of the inefficiency of the Central Government or just some party politics, we don't know that. But, the consequences are being paid by the people of Manipur. It's high time that the government realises that President's Rule is important in such a situation. If there was any other party in the State of Manipur, the Central Government wouldn't find any problem in doing so. So why now?

The situation has escalated so much that people thought the world are condemning the violence and asking for a solution. The opposition has even passed No-Confidence Motion against the Prime Minister for not bringing up the situation prevailing in Manipur and giving a solution.

The people of Manipur have been waiting for months now but there is no relief to their situation. The fact needs to be considered that, this overall situation is impacting the economy, education, and well-being of the people of the state and nearby areas. There is an urgent need to come up with a solution.

The Way Forward

It is clear from history that wars and conflicts are resolved at the table and not in the fields. If the state government is incapable to do so then, it needs the hour to impose the President's Rule in the state and bring the warring communities to a table with the PM or suitable authority to find a middle path. A solution that is agreeable to both sides. Deploying more troops will not solve any problem. The state has been burning in a thousand flames and now it's in the hands of the center to put out the fire.



UNRAVELING THE RISE OF POPULISM

A Global Political Shift

By Krishna Patel
BA Pol Sc Hons Part I

In recent years, the world has witnessed a significant surge in populism, a political phenomenon that has reshaped political landscapes across the globe. This article aims to delve into the origins, drivers, and consequences of populism, seeking to demystify its appeal and shed light on its implications for democratic societies.

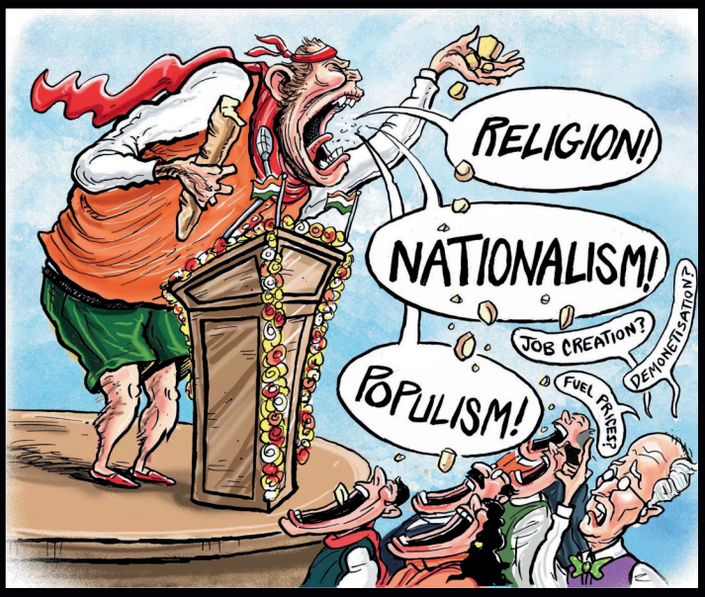
Populism arises from a combination of economic inequality, globalization, and cultural anxieties. Many individuals who feel left behind by the forces of globalization and face economic hardships find solace in populist narratives. Stagnant wages, job insecurity, and a perceived loss of national identity contribute to a sense of discontent. Populist leaders capitalize on these grievances, offering simple and often polarizing solutions that resonate with those seeking change and a restoration of their perceived glory days.

The Populist Playbook:

Populist movements employ specific strategies to connect with their target audience. They craft messages that evoke emotions and create a sense of shared identity among their followers. Populist leaders position themselves as political outsiders, challenging the established elites whom they often portray as corrupt and out of touch. Utilizing social media platforms and bypassing traditional media channels, they establish direct communication with their followers, presenting themselves as authentic and accessible leaders.

Consequences For Democracy:

The rise of populism brings both opportunities and challenges for democratic systems. On one hand, it can invigorate political engagement by mobilizing disenchanted citizens and amplifying the voices of marginalized groups. Populist movements can give a platform to individuals who feel excluded from mainstream politics. However, populism can also undermine democratic norms by concentrating power in the hands of a charismatic leader, eroding checks and balances, and exacerbating social divisions. The polarizing nature of populism can hinder constructive dialogue and compromise among different segments of society.



Global Impact

Populist movements transcend national boundaries, challenging established international institutions and questioning global cooperation. Populist leaders often express skepticism towards international organizations and agreements, advocating for a return to national sovereignty. This skepticism can disrupt established norms of global governance, potentially impacting international cooperation, trade relations, and diplomatic efforts. The rise of populism introduces new dynamics in the global order, reshaping the geopolitical landscape and potentially altering the balance of power among nations.



Navigating Populism:

Addressing the underlying causes of populism requires a comprehensive approach. Policymakers must tackle socioeconomic disparities, foster inclusive economic growth, and strengthen social cohesion. Reconnecting political institutions with citizens and promoting media literacy, critical thinking, and civic education are crucial in countering the spread of misinformation and populistnarratives.

Conclusion:

The surge of populism represents a seismic shift in global politics, challenging established political paradigms. Understanding the origins, drivers, and consequences of populism is crucial for policymakers and citizens alike. By addressing the underlying concerns while promoting inclusive politics and reinforcing democratic values, societies can navigate the complexities of populism and strive for resilient and inclusive democratic systems.

Feminist Perspective on International Relations

by Riya Khandelwal
BA Pol Sc Hons Part III

Following World War II, the global order saw several alterations that could not be described by classic conceptions of inter-state war and conflict. The emergence of violent transnational players and groups, ethnic strife and tensions, and the seemingly peaceful end of the Cold War were all indicators of a changing global field in which the state was no longer a lone player. This called for a variety of approaches to international relations (IR) that consider many players and institutions, rather than just the order of nations and their relationships. One such perspective is the feminist approach to international relations, which views the institutional arena largely through a gendered prism.

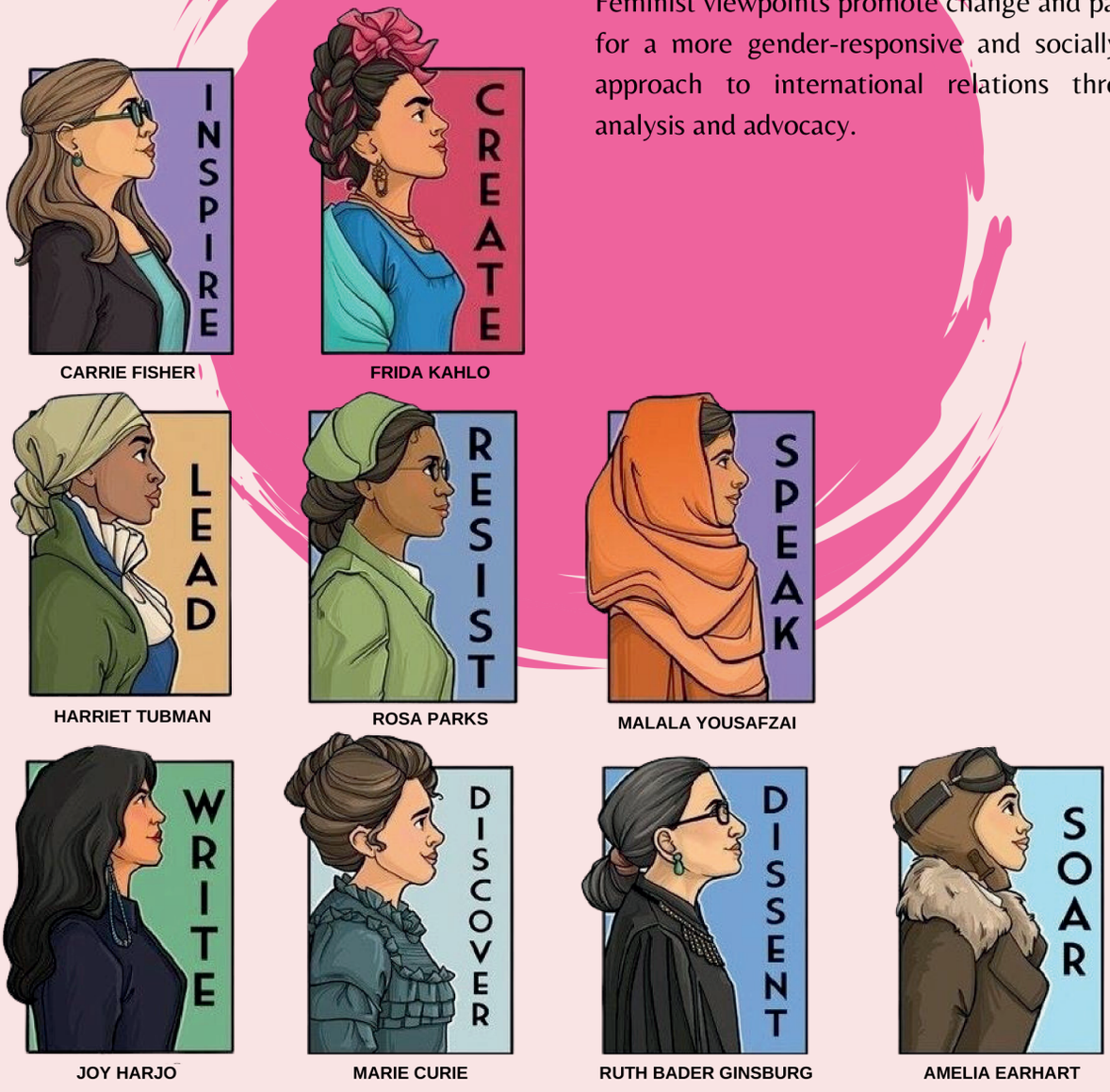
International relations have always been dominated by white, male voices. However, in order to properly comprehend global concerns and develop effective solutions, it is critical to consider the experiences and viewpoints of marginalised groups, notably women and people of colour. A feminist approach to international relations emphasises the significance of gender in recognising global challenges This viewpoint acknowledges that women's experiences and viewpoints are frequently excluded from mainstream international relations discourse and decision-making processes. By focusing on gender as a central category and recognising the intersections of gender with other forms of oppression, feminist IR scholars shed light on the gendered power dynamics that shape the international system. The realist notion that nation-state governments are selfish and always seek power first, commonly known as 'self-interest,' is criticised by feminist theorists as a masculine presumption rather than a comprehension of mankind in its entirety. For feminists, the global order is a manufactured social hierarchy that contributes to and thrives on gender subordination. Women have knowledge, views, and experiences that should be applied to the study of international relations.

Central to feminist international relations theory is the critique of patriarchal structures and norms that perpetuate gender inequalities in international relations. Patriarchy refers to a system of social, political, and economic organisation that privileges male dominance and marginalises women.



Feminist scholars argue that the patriarchal nature of global politics reinforces gendered power imbalances and restricts women's agency and participation. It also emphasises the significance of recognising and amplifying women's agency in global politics. They question the stereotype of women as passive victims and highlight the various ways in which women participate in political processes. Feminist perspectives contribute to a more sophisticated understanding of power dynamics and decision-making processes by recognising women's agency.

Women are frequently mentioned in international wars as needing protection since they are a group at risk. This idea of the necessity to protect women from foreign invaders is frequently emphasised. However, this has rendered them invisibly absent from war negotiations and parades. Feminist ideas in international relations provide a revolutionary framework for challenging standard approaches and bringing gendered power dynamics in global politics to light. Feminist scholars provide critical insights into the intricacies of the international system by recognising gender as a socially created category, embracing intersectionality, and fighting for women's agency and empowerment. They contribute to continuous efforts to make the world more inclusive, equitable, and just. Feminist viewpoints promote change and pave the way for a more gender-responsive and socially equitable approach to international relations through their analysis and advocacy.



THE STREETS OF PINK

Jaipur is the capital of the state of Rajasthan. It was founded by the Kachhwaha Rajput ruler Jai Singh II in 1727. Jaipur is also known as the Pink City due to the predominant colour scheme of its buildings and avenues.
The city was painted pink during the reign of Sawai Ram Singh I in 1876, to welcome His Royal Highness Prince Albert Edward, the Prince of Wales. Many roads are still pink in color, which gives Jaipur its distinctive appearance and the appellation the "Pink City."
Pink City is home to various avenues which have many renowned names that are being used since the *Maharaja's* times. There's a story behind each of them. When Jaipur City was set up, various families from nearby villages of the Dhundhar area were brought which specialized in various crafts and skills. They were settled in the boundary wall of the newly built city and were authorized to work in their specific métier. The names of avenues and streets where these families settled came to be known on the basis of such family, the work done at the place and the factory set up at that place. Some of them are:

Sanganeri Gate to Johari Bazar

- *Ramlalaji ka Rasta*- This road came to be known by this name because an ancient temple of the idol of Shri Ramji's childhood was built on this road.
- *Pitaliyon ka Ratsa*- The *Maharaja* of Jaipur had set up factories for making brass utensils here during his reign. Families living here used to make utensils. These utensils were very famous in the whole country.
- *Gopalji ka Rasta*- It got its name because of the ancient temple of *Gopalji* here.
- *Haldiyon ka Rasta*- The Haldiyan House was built by the *Maharaja* during the princely period, after whom the road was named *Haldiyon Ka Rasta.*
- *Moti Singh Bhowmiyaji ka Rasta*- There is an ancient temple of Bhowmiya ji built here who sacrificed his life while protecting the earth, due to which this road has been named *Moti Singh Bhowmiyaji ka Rasta.*
- *Kundigar Bhairu ka Rasta*- There is a temple of *Bhairuji* after whom this road is called *Kundigar Bhairu ka Rasta.*
- *Ghee Walo ka Rasta*- Since the time of *Raj Darbar*, *Ghee* or clarified butter was traded here and because of that this road came to be called *GheeWalo ka Rasta.*
- *Thatheron ka Rasta*- *The Raj Darbar* had settled the people of the Thathera community who were proficient in making utensils of brass and copper. They were settled here for making and selling such utensils. Utensils were made of silver, bronze, brass and copper.
- *Nataniyon ka Rasta*- Natanis are dramatists, and they had more families living on this road. There is also a mansion of the Natanis because of which it is called Nataniyon ka Rasta.

UMAIR
BA Pol Sc

CITY: RENOWNED NAMES

- *Maniharon ka Rasta*- *Manihars* are bangle makers. There are shops on this road for making bangles and the people who made bangles used to stay here. After them, it came to be called *Maniharo ka Rasta*. They used to make special bangles for the queens of the royal family.
- *Lalji Saand ka Rasta*- An ayurvedic medicine was used on the son of Madho Singh, due to which his body got deformed. It is said that this made him very strong like a *saand* or a bull. Whoever came in front of him, he used to kill them. Hearing this, Madho Singh got a jail built in this area where Lal Singh was kept prisoner. As a result, it came to be known as *Lalji Saand ka Rasta*.
- *Jadiyon ka Rasta*- People living here used to make embedded jewellery or *jadau* jewellery. They did the work of setting diamonds and pearls in the ornaments. Such artisans are known as *jadiyo*. They used to live in this area, after whom this road came to be called *Jadiyon ka Rasta*.
- *Sonthali walo ka Rasta*- In this area, Hessian ropes were made which are called *Sonthali* in Dhundhad dialect, because of which this road is called *Sonthali walo ka Rasta*. Mainly small size ropes were made here.

From *Ajmeri Gate* to *Chhoti Chaupar*

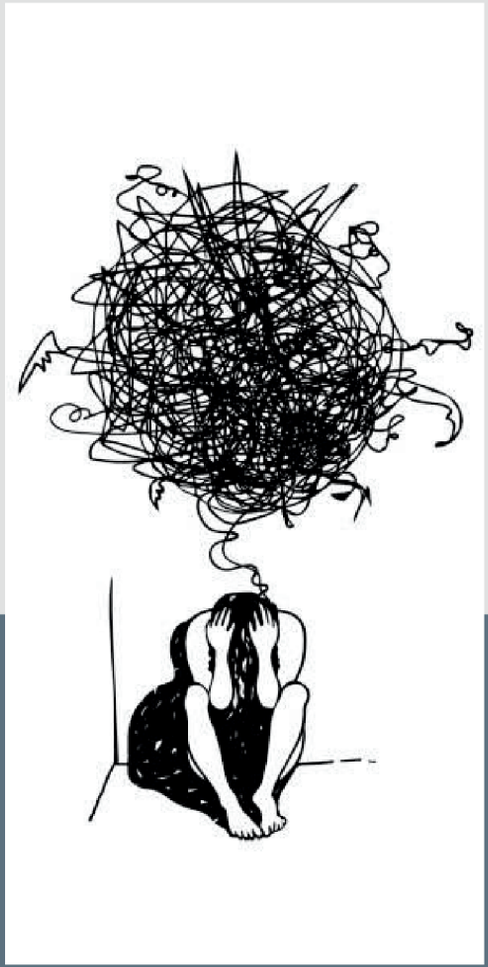
- *Tikkiwalo ka Rasta*- The *Maharaja* brought moneylenders from the villages and settled them here. These people used to give *taka* or *kaldar* on interest. As a result of these *takas*, this road came to be known as *Tikkiwalo ka Rasta*.
- *Aakdo ka Rasta*- *Aakde* are data or figures. The people of the statistics society who used to study these data were in abundance in this area, because of which it came to be called *Aakdo ka Rasta*.
- *Khunteto ka Rasta*- People of the Khandelwal community lived here since the settlement, there is also an ancient temple of the Khunteta community in this area, after which it is known as *Khunteto ka Rasta*.
- *Saukhiyo ka Rasta*- This road came to be known because of the Saukhian family that lived here.
- Tikkadmal ka Rasta- In this area a person used to make thick chapatti and sell *Tikkad* or *baati*. That's why this road got its name.

These are just some of the renowned names, there are numerous more in every street and every corner of the Pink City. It is full of hidden gems which not many people know about. The Pink City never ceases to amuse people. Everyone who visits the city is enchanted by its rich culture, heritage, traditions and picturesque scenery.

HAARIS
Hons Part III

UNVEILING THE ONGOING BATTLE: STRESS AND DEPRESSION AMONG STUDENTS

In recent years, the prevalence of stress and depression among students has become a matter of grave concern. The educational journey can be arduous, demanding, and highly competitive, leading many students to experience heightened levels of stress, which can eventually manifest as depression. This article delves into the causes, effects, and potential solutions for addressing stress and depression among students.



Causes of Stress and Depression

Academic Pressure: The pressure to excel academically, secure good grades, and meet high expectations from parents, teachers, and oneself can be overwhelming for students. The fear of failure or underperformance often leads to excessive stress.

Competitive Environments: In highly competitive academic settings, students constantly compare themselves to their peers, striving to be at the top. This intense competition can contribute significantly to stress and feelings of inadequacy.

Future Uncertainty: Students often face anxiety about their future prospects, including career choices, job opportunities, and financial stability. The fear of making the wrong decisions and the pressure to succeed can be daunting.

Balancing Multiple Responsibilities: Students often have to juggle various responsibilitiessuch as academics, extracurricular activities, part-time jobs, personal relationships etc. The struggle to maintain a healthy work-life balance can take a toll on their mental well-being.

Effects of Stress and Depression

Academic Impairment: Prolonged stress and depression can hinder students' ability to concentrate, learn, and retain information. This may lead to academic underperformance, which further exacerbates their feelings of stress and depression.

Emotional Instability: Students experiencing stress and depression may exhibit symptoms such as irritability, mood swings, feelings of sadness or hopelessness, and a general lack of interest in activities they once enjoyed. These emotional disturbances can interfere with their overall quality of life.

Physical Health Issues: Chronic stress and depression can have detrimental effects on physical health, leading to ailments such as headaches, fatigue, sleep disturbances, and weakened immune systems. Neglecting self-care due to academic pressure can contribute to these physical health issues.

Social Isolation: Students burdened with stress and depression may withdraw from social activities, isolate themselves, and experience a decline in their interpersonal relationships. The feeling of being misunderstood or judged can further perpetuate their emotional distress.

Addressing Stress and Depression among Students

Increased Mental Health Support: Educational institutions must prioritize mental health and provide access to counseling services, support groups, and workshops that focus on stress management, coping mechanisms, and building resilience.

Holistic Approach to Education: Incorporating holistic approaches to education that prioritize overall well-being can help reduce stress levels among students. This may include implementing mindfulness practices, physical exercise, and promoting a healthy work-life balance.

Destigmatizing Mental Health: Creating an open and inclusive environment that encourages dialogue about mental health is crucial. Reducing the stigma associated with seeking help for mental health issues can encourage students to come forward and seek the support they need.

Enhancing Parental Involvement: Parents play a vital role in supporting their children's mental health. Encouraging open communication, understanding their child's challenges, and providing emotional support can help alleviate stress and depression among students.

The rising levels of stress and depression among students highlight the need for immediate action. By recognizing the causes, understanding the effects, and implementing comprehensive strategies, we can foster a healthier academic environment that supports students' mental well-being. It is imperative that we prioritize the mental health of our students, enabling them to thrive academically, emotionally, and socially, as they navigate their educational journey towards a brighter future.



By Prerna Baid
BA Pol Sc Hons Part I

Crossword

Across

2. A mental health condition characterised by persistent sadness and loss of interest

4. Professional help often sought by students dealing with stress and depression

6.Strategies and methods for dealing with stress and depression

7. Intense worry and tension experienced during test

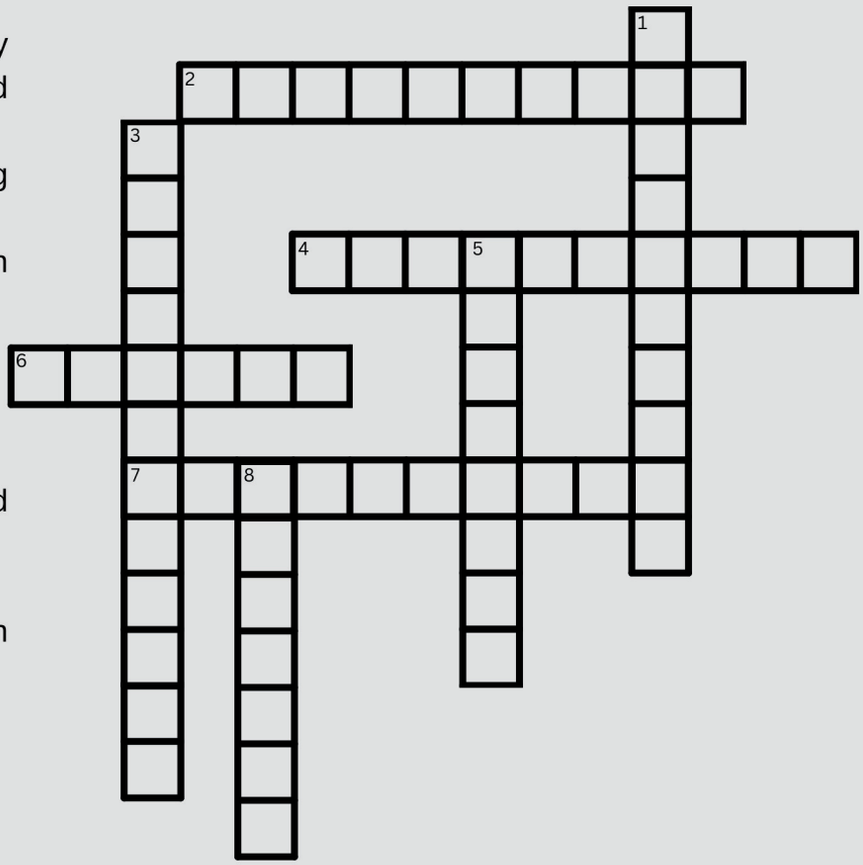
Down

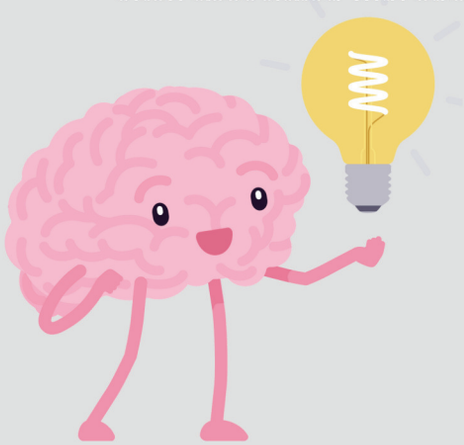
1.The feeling of being isolated

3. Pressure exerted by peers and society

5.Individual pursuing education

8.A common mental health condition often associated with stress





HUMAN RIGHTS VIOLATION IN INDIA



by Sanya Singh
BA Pol Sc Hons Part II

> **"I recognise no rights but human rights - I know nothing of men's rights and women's rights."**
> **- Angelina Grimke**

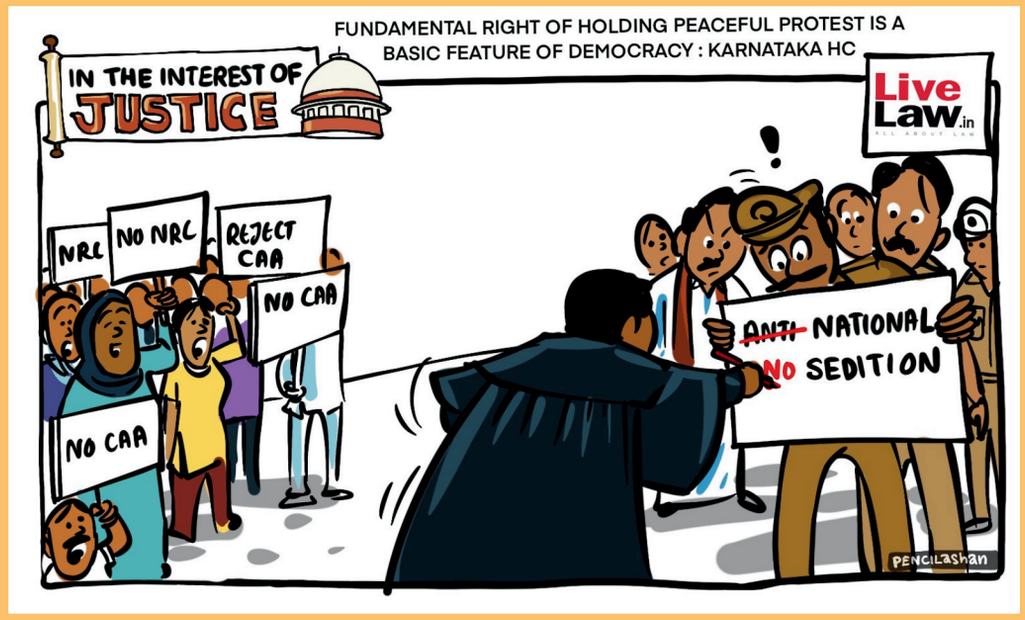
Since ancient times the core value of human existence has been dignity and morals. Taking inspiration from these values the World Human Rights Commission has listed some basic rights to ensure equality and dignity for all human beings. To ensure that these values remain intact, our constitution has made several provisions. But sometimes it becomes difficult for the less privileged to live with dignity.

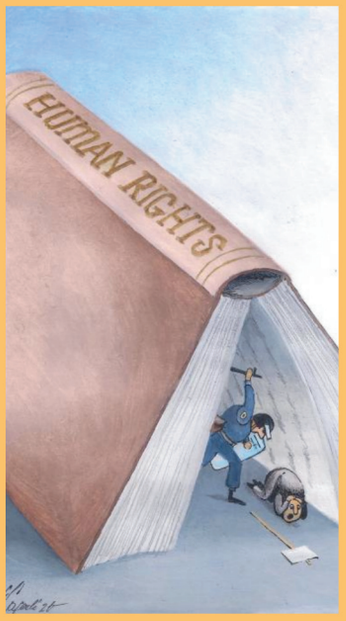
Human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status.

Human Rights ensure equality, justice and protection of humans from any form of discrimination and injustice.

They include rudimentary rights like freedom from torture, right to life, freedom from enslavement, freedom of thought, freedom from retroactive penal laws etc. But what astonishes me is the day-to-day violation of these basic rights. Violation of human rights has become so common that we ignore and normalize them with ease. What makes these violations more vicious is that people in power, to serve the interests of a specific group or an individual without any shame and guilt exercise it. Over the years India has faced multiple violations ranging from harassment by authorities to sexual violence, discrimination of people belonging to LGBTQIA+ and hostile nature of people towards them.

In 2017, Tribal Rights Activist Stan Swamy was arrested for political favoritism on charges of terrorism in the Bhima Koregaon





case, relating to caste violence in Maharashtra. Fifteen other prominent human rights defenders were charged in this case. The UN special report on human rights defenders states Stan's death as "a forever stain on India's Human Rights Record."

In another petrifying incident, a 24 year female along with a friend immolated herself in front of the Supreme Court. The woman alleged that an MP forced himself upon her and recorded the incident and later used the recording to blackmail her. She further accused at least five senior Uttar Pradesh police officials of harassing her in order to save the MP and framed her for false accusations.

There have been various incidents where people belonging to the scheduled castes have been forced to dump the carcass of animals, humiliated publicly by an individual or by a group. The occurrence of events like people prohibiting them from doing certain activities or forcing them to do something has constantly brought shame to society and has ruthlessly stripped them of their basic rights.

The latest and the most glaring example of the violation of human rights comes from Madhya Pradesh where a member of the so-called upper caste urinated on a lower caste man and the fear was so intense that the low caste man did not even protest.

> **"To deny people their human rights is to challenge their very humanity."**
> **- Nelson Mandela**

Amid all these unfortunate events the government is constantly taking steps to circumvent violation of human rights.Moving ahead in this direction. The government has passed the Rights of Transgender Persons Bill, (2014), This bill guarantees rights and entitlements, reservations in education and jobs, legal aid, pensions, unemployment allowances and skill development for transgender people, Decriminalization of Section 377 by the honorable Supreme Court. Introduction of schemes like Beti Bachao Beti Padhao, Establishment of The Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities) Amendment Act, 2015 are some other steps taken in this direction.Our goal of an equitable society is still very far away, roughly 43% of the population faces food scarcity and around 195 million children are undernourished.

73% of the Indian population lacks basic medical facilities. Though the government is constantly working hard to provide a safe and bright future to the people, we as citizens of India also have some duties towards our fellow citizens.


Stop The Press

THE TRUTH PEOPLE DESERVE TO KNOW

@anoopreet

WORLD STATISTICS
INDIA IS WORLD LEADER IN INTERNET SHUTDOWNS

INDIA SILENCING ITS FARMERS

UN SAYS INTERNET BLACKOUTS ARE A HUMAN RIGHTS VIOLATION

PHOTO BY RAVI CHOUDHARY

Police brutality sparks global outrage

PHOTO BY JASKARAN SINGH

Cutting the internet won't cut the truth

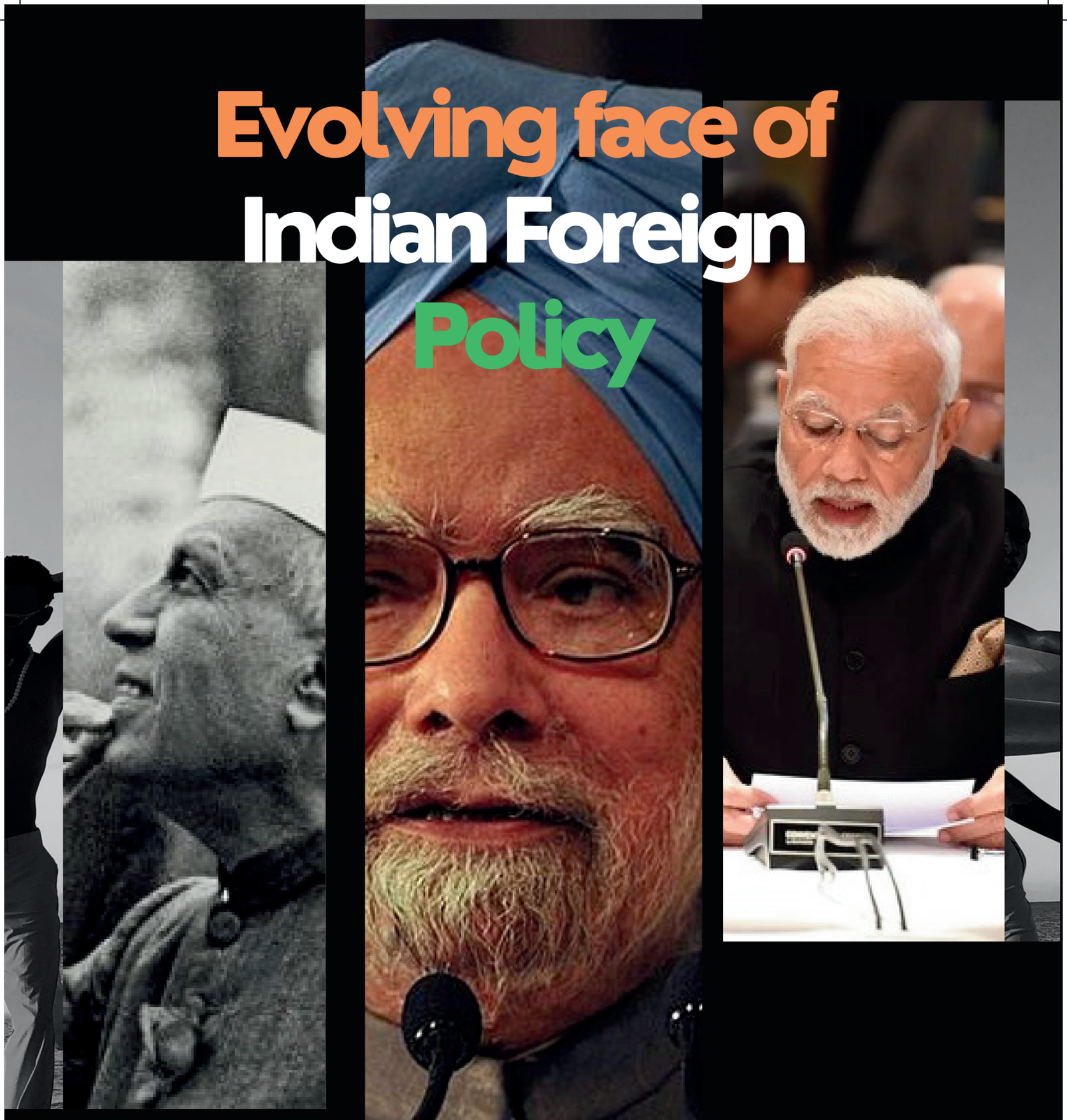
@anoopreet

#FARMERSPROTEST

The most effective and the biggest step that can ever be taken to stop violation of these basic rights and to ensure a better future for the upcoming generations, it is crucial for us not only to stand up against the wrong, but also to support the suppressed and ensure that we stay unbiased and fair. It is to be kept in mind “what we don’t stand up against today, we end up facing it tomorrow.”



Evolving face of Indian Foreign Policy



By
Vaidehi Sihag
BA Pol Sc Hons Part III

In the past few years, the Ministry of External Affairs (MEA) has gained much interest from ordinary citizens. And this is unlike the past when the ministry functions were much in the shadows. In terms of the leadership of MEA, we have come a long way, from combining the ministry portfolio with that of the PM to placing it under a former foreign secretary, and this a much-appreciated step, considering that people with expertise in global relations are now at the helm of decision making regarding the nation's foreign relations.

In the years after independence, our foreign policy lacked a strong stance and was one of submission, which was projected as cooperation and peace (for example, weak stance in dealing with the Kashmir issue; the Indo-Chinese war 1962). The only exception was the 1971, Bangladesh liberation war, when India took a stand for itself (and for the then eastPakistan), both from an ethical and strategic points of view; even when both the UK and the US (and therefore a major of the UN member nations), sided with Pakistan. Everything from meetings at international forums to agreements like Panchsheel showed a lack of power and helplessness of our country in the international community.

And now, fortunately, we are developing a completely different image in the global forum. Our interactions with other world players are based on mutual respect and equal standing and are aimed unapologetically at fulfilling our supreme national interest.

The most recent and publicly highlighted example is India's stance on the Russian-Ukraine conflict. Many have alleged that India is sitting on the fence due to its closeness with Russia but, it must be noted that India has repeatedly condemned this crisis and aims at its earliest resolution but, this by no means would result in India blindly following the sanctions imposed by Western powers on Russia. India's first responsibility is towards its own people, and if that requires purchasing Russian oil to provide affordable fuel then there is no plausible reason why India shouldn't.





Over the years we have moved away from the rosy picture of idyllic global relations to a more real and pragmatic view. In the roadmap towards making India the 'Vishav Guru,' the following developments of the last decade are of key importance:

Neighborhood First: India is taking the brotherhood of developing nations in essence, with its regional-focused policies like the act east policy and neighborhood first policy, which have provided us with greater integration with fellow third-world countries which share the same concerns and goals.

Strategic-geopolitical advantages: Entering the 21st century, India is taking better hold of its strategic location at the Indian Ocean, examples in light are the QUAD grouping, the 'necklace of diamonds' strategy, etc. which allows an edge over international adversaries. Greater international engagements and responsibility; from one of the highest contributions to UN peacekeeping forces, Panchamrita at COP26 to the latest G20 presidency, reflect the Indian role in the global arena. This engagement goes beyond the formal MEA officials and extends to the Indian diaspora in different countries, who now showcase greater pride in their origin country and are the "permanent ambassadors" of brand India. All of this has allowed India to reach the global high table.

Soft power diplomacy; and particularly cultural diplomacy has been a major component of our current foreign policy that ensures better people-to-people connections. The best examples in focus are the UN declaring 21st June as the International Day of Yoga and plans of the Indian government to renovate religious monuments connected to Indian heritage in neighboring countries like Laos, Cambodia, etc.



Spearheading important global initiatives; Not only have we been part of crucial global initiatives across various domains, but we ourselves are also leading some of these, particularly in the fields of climate change, energy, and environment via the International solar alliance, IRIS, and one sun, one world, one grid among others.

Development partnerships; these are a direct reflection of our belief in cooperation and progress for all. Major development projects, which align with the priorities of the host countries, have been carried out by India in areas like infrastructure, hydroelectricity, education, health, etc. The latest in the list of such partnerships are the projects in Afghanisation.

Lastly and most importantly, I would reiterate Mr. S Jaishankar, "India matters now". Through these steps, under our unique foreign policy, India is bracing to make it's own place as a global power, in today's chaotic world.

CRIME AGAINST WOMEN - A BROAD UNDERTSANDING

CRIME AGAINST WOMEN

BY NAYNA BHATI
BA POL SC HONS PART I

One of the most widely accepted definitions of crime or violence against women is framed by the United Nations. Article 1 of the Declaration on the Elimination of Violence against Women defines it as:

"Any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivations of liberty, whether occurring in public or private life,"

Gender-based violence and crimes lead to devastating and long-term mental and physical consequences, sometimes leading to death and disability among women and girls. In India, government and civil society organizations have gradually begun to recognize violence, especially domestic violence, as a public concern rather than merely a private family matter.

Women and girls in South Asia are born into a social and cultural system steeped in inequity and discrimination. They receive an unfair share of opportunities, attention, and resources from the moment of their conception. One of the most challenging and threatening manifestations of gender-based inequity is violence and crime against women and girls.

Women have always been considered symbols of power and femininity, yet they continue to be abused like this.

नारी गौरव है, अभिमान है
नारी ने ये रचा विधान है
हमारा नतमस्तक इसको प्रणाम



WE COME ACROSS SUCH POEMS AND ARTICLES SEVERAL TIMES, BUT DO WE RESPECT WOMEN AS THEY DESERVE TO BE RESPECTED?

Crimes against women (Glimpses of the Indian Penal Code, 1860)

Kidnapping- The term kidnapping refers to either kidnapping from India or kidnapping from lawful guardianship. Sec. 360 of the IPC states that whoever conveys any person beyond India without his consent is said to kidnap that person from India, and whoever takes away a minor (16 years in the case of a male and 18 years in the case of a female) without his consent or the guardian's consent is said to kidnap that person from lawful guardianship (Sec. 361).

Eve Teasing- Eve teasing is a euphemism used for public sexual harassment or molestation of women by men. It is a problem among the current youth. It is a form of sexual aggression that ranges in severity from sexual remarks, brushing and catcalls to groping.

Chain Snatching- Theft against women confines itself to chain-snatching and other valuables. This is a common problem in modern society. Older women are the most affected by these crimes. The offenders also disguise themselves as police officials and ask women to give their valuables away for their safety. It is subject to Sec. 378 of the IPC.

Rape- Rape is a much broader term to be defined, and its scope is from a wider perspective. It is the most common crime against women, and Indian society and system have failed to end this heinous crime.

Sexual Harassment- Sexual harassment can be defined as unwelcome sexual advances, requests for sexual favours, and other verbal or physical harassment of a sexual nature.

Domestic Violence- Domestic violence is yet another term that is common in our country, as women were and are considered to be the inferior strata of human society. The psychology was that the man earned money and worked outside, so he had the right to do anything with his wife. But with time, the trend changed, and now women work equally.

Honour Killing- A spate of murders and dishonorable crimes in the name of 'honor, whether of a family, caste, or community, are continuing to be reported. Though most of these killings and crimes are being reported from various states of India,

Cyber Crimes- In world technology, India too has advanced itself, and women are an equal part of it. But the diseased minds have not left any chance to offend women in the cyber world either. There are several cybercrimes, such as bullying, abuse, pornography, etc., that are happening each day against women. These crimes have several punishments under the Information Technology Act of 2000, which range from imprisonment up to 3 years to Life imprisonmentand a fine.

Dowry Deaths- The evil practice of taking dowry in marriage is still common in rural areas of India, and if opposed, it results in the gradual deaths of women. The number of such deaths has increased in recent years.

Acid Attacks- However, the sale of acids without proper information has been banned by the government **of** India. Acid attacks are still a trend to threaten and hurt women. Sections 326A and 326B of the IPC state that whoever voluntarily throws acid for grievous hurt or an assault shall be punished with imprisonment up to 7 years to Life imprisonment and a fine.

Stalking- Stalking is a new crime trending against women. Stalking means breaching the privacy of women by following or monitoring them on the internet or any other electronic communication. Whoever does so shall be punished with imprisonment up to 3 years or 5 years and a fine.

Assault to outrage the modesty- Whoever assaults or uses criminal force intending to outrage her modesty (1 year–5 years imprisonment) or disrobing her or compelling her to be naked (3 years–7 years imprisonment) is liable under Sec. 354 and Sec. 354B, respectively.

Women trafficking- The concept of women's trafficking started in the late 20th century in India and is still in existence. Sec 370 describes various modes of trafficking, which include the trafficking of minor girls, trafficking for exploitation, etc. Sections 372 and 373 deal with the buying and selling of minors for prostitution. The imprisonment term varies for each offence and ranges from 3 years to life imprisonment and also a fine.

CRIMES AGAINST WOMEN: INDIA VS. OTHER COUNTRIES

Gender-based discrimination, female feticide, domestic violence, and rape are some common problems faced by women, mainly in Asian and African nations. Let's check out the five most unsafe countries for women in the world:

Afghanistan: Afghanistan has an 87% illiterate female population. Girls are forced to get married at an early age of 15–19 years. There are several domestic abuse cases reported in Afghan courts. The maternal mortality ratio is 400 per 100,000 in this country.

The Democratic Republic of Congo: Gender-based discrimination and domestic violence are some of the common problems faced by women in Congo. According to the American Journal of Public Health, 1,150 women face sexual harassment every day in Congo.

India: Gang rape, child marriage, and human trafficking are some common problems faced by women in India. Research suggests that there have been 50 million cases of female infanticide reported in India over the last 30 years. The most literate state of India, Kerala, has found its place with the highest increase in rape cases from 2020 to 2021, with a 19.8% increase in such cases.

Columbia: The National Institute of Legal Medicine and Forensic Science reported the highest number of gender-based violence cases in Colombia in 2010. Fortunately, few organizations provide post-violence care to the victims of domestic violence and acid attacks in Colombia.

Somalia: Somalia is an African country devoid of law and order. 95% of the female population faces genital mutilation around the ages of 4–11. Apart from FGM, high maternal mortality, sexual abuse, and child marriage are other problems faced by women in this country.

The laws implemented to protect women from crimes in India are as follows:

Indian penal code 1860:- The Indian Penal Code (IPC) is the official criminal code of India. It is a comprehensive code intended to cover all substantive aspects of criminal law.

The Sexual Harassment of Women at Work Place (Prohibition, Prevention, and Redressal) Act 2013: It is a legislative act in India that seeks to protect women from sexual harassment at their place of work.

Protection of Women from Domestic Violence Act 2005: It is an act of the Indian Parliament enacted to protect women from domestic violence.

The Dowry Prohibition Act, 1961 The Dowry Prohibition Act (DPA), 1961 [39], applies to all people, including Hindus, Muslims, Christians, Parsis, and Jews. Giving, taking, or abetting the giving or taking of dowry is a punishable offence.

The Indecent Representation of Women (Prohibition) Act, 1986 This Act prohibits the indecent representation of women through advertisements, publications, writings, paintings, figures, or in any other manner.

The Immoral Traffic Prevention Act of 1956 penalises any person visiting a brothel for sexual exploitation of trafficked victims.

The Commission on Sati Prevention Act, 1961 This Act is for the prevention and glorification of sati.

The Nirbhaya Act, also known as the Criminal Law (Amendment) Act 2013, is Indian legislation covers various offences. The landmark Criminal Law (Amendment) Act came after a campaign led by Laxmi Agarwal, a woman from Delhi who was badly burned in an acid attack in 2005 when she was 15.

* Section 326 A recognizes acid attack as an offence and provides punishment for the same. The sentence provided is imprisonment that is not less than ten years and may extend to life imprisonment, with a fine that should be reasonable to meet the victim's medical expenses.

* Section 326B recognizes an attempt to acid attack as an offence and provides punishment not less than five years, which may extend to seven years, and also liable for a fine.

* Section 354A defines and provides punishment for sexual harassment as rigorous imprisonment for three years, a fine, or both.

* Section 354B defines assault intending to disrobe a woman and provides punishment as imprisonment, which should not be less than three years and may extend to seven years with a fine.

* Section 354C defines voyeurism and punishment as, in the case of a first conviction, imprisonment should not be less than one year, which may extend to three years with a fine. Or in the case of a second or subsequent conviction, imprisonment could be of any nature for three years, which can get extended to seven years.

* Section 354D defines stalking and provides punishment as imprisonment of not less than one year, which may extend to three years, and is also liable to a fine.

Note: Sections 326A, 326B, 354, 354A, 354B, 354C, 354D, 370, 370A, 375, 376, 376A, 376B, 376C, 376D, and 509 have been amended and inserted by the Criminal Law (Amendment) Act, 2013.

Based on the above study, we concluded that it is high time for the world to focus on women's empowerment and protection measures. There are more steps required to protect women from such heinous crimes and work to establish a better and more free world for them.

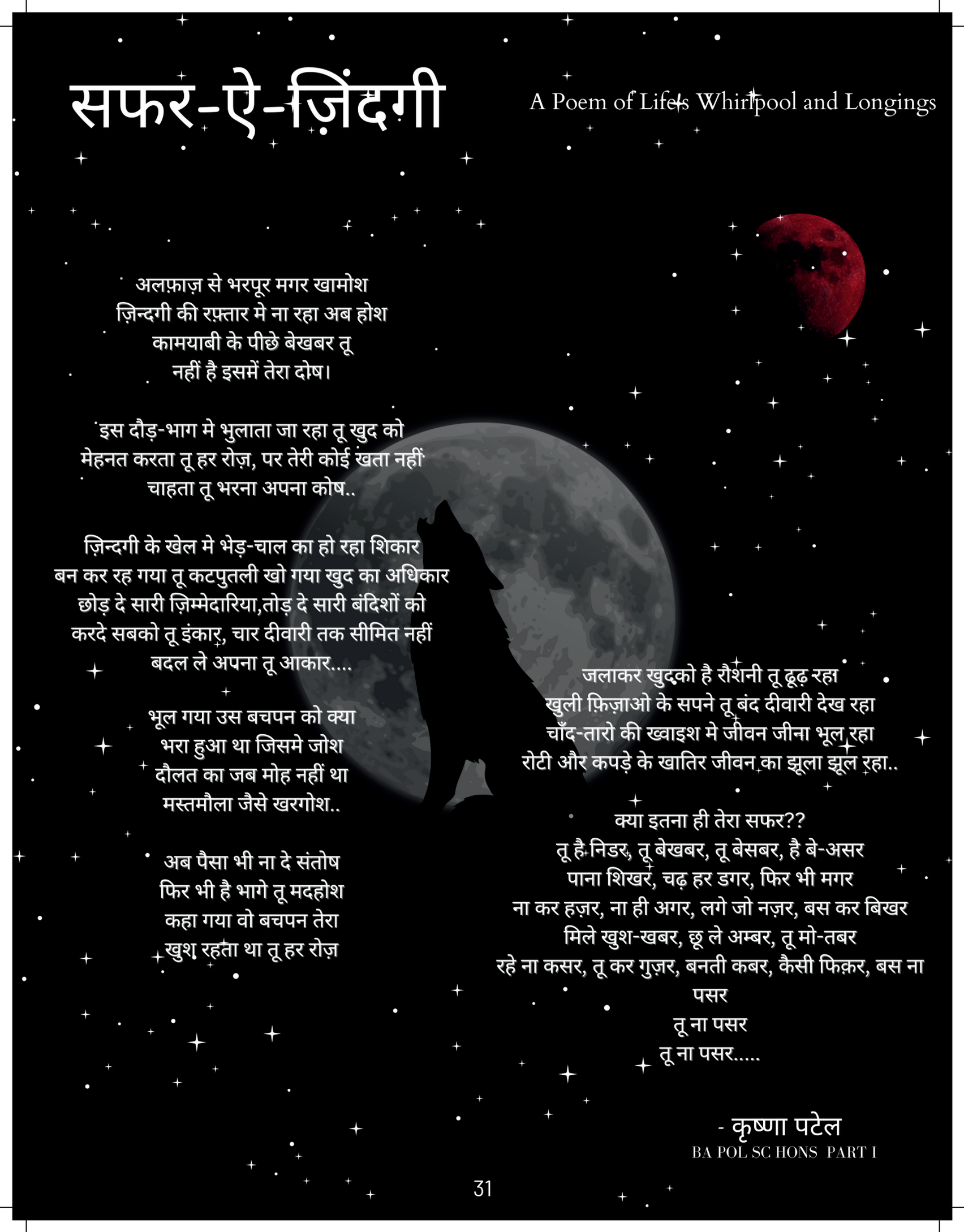


वजूद की सैर

Wajood ki Sair

सफर-ऐ-ज़िंदगी

A Poem of Life's Whirlpool and Longings



अलफ़ाज़ से भरपूर मगर खामोश
ज़िन्दगी की रफ़्तार मे ना रहा अब होश
कामयाबी के पीछे बेखबर तू
नहीं है इसमें तेरा दोष।

इस दौड़-भाग मे भुलाता जा रहा तू खुद को
मेहनत करता तू हर रोज़, पर तेरी कोई खता नहीं
चाहता तू भरना अपना कोष..

ज़िन्दगी के खेल मे भेड़-चाल का हो रहा शिकार
बन कर रह गया तू कटपुतली खो गया खुद का अधिकार
छोड़ दे सारी ज़िम्मेदारिया,तोड़ दे सारी बंदिशों को
करदे सबको तू इंकार, चार दीवारी तक सीमित नहीं
बदल ले अपना तू आकार....

भूल गया उस बचपन को क्या
भरा हुआ था जिसमे जोश
दौलत का जब मोह नहीं था
मस्तमौला जैसे खरगोश..

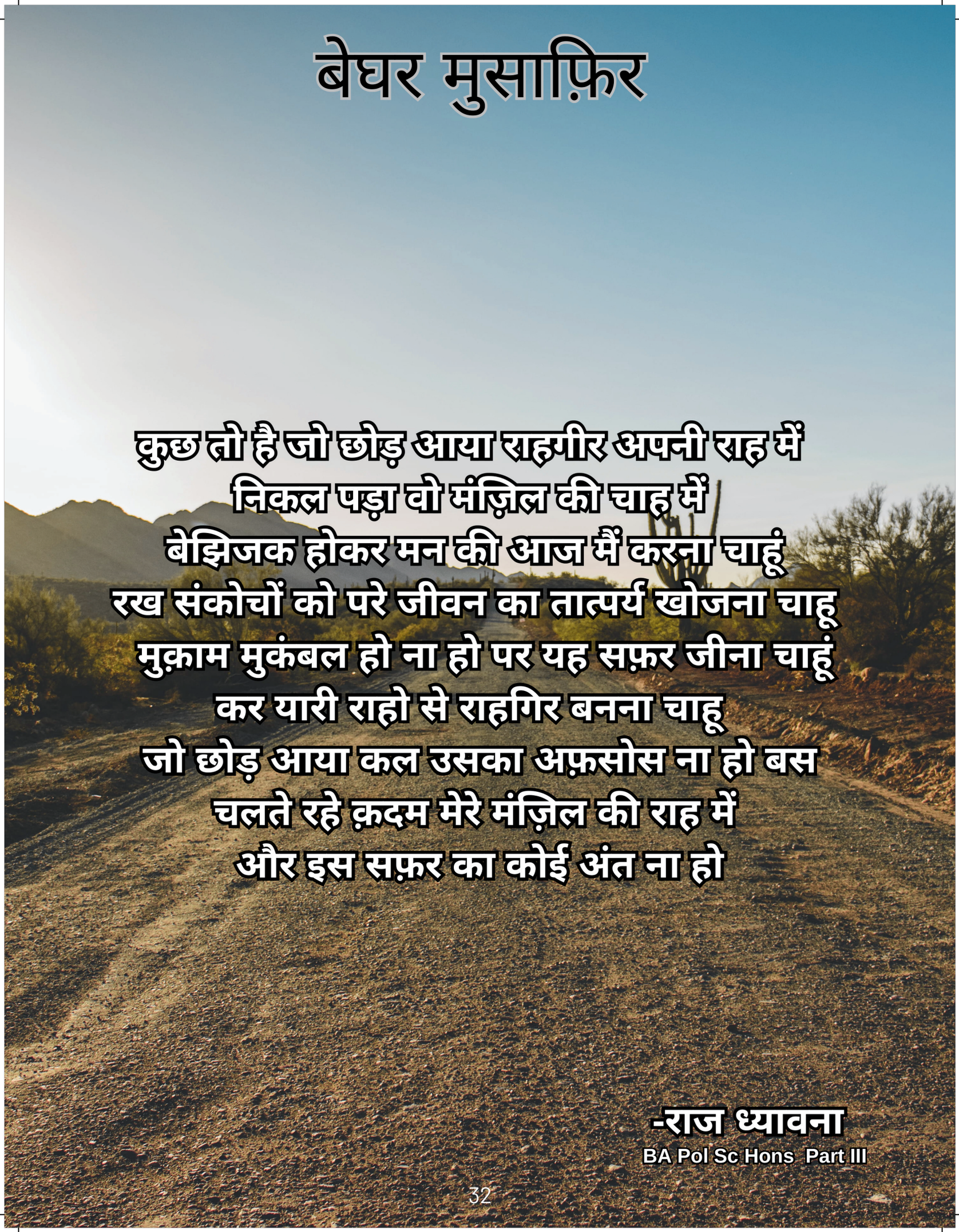
अब पैसा भी ना दे संतोष
फिर भी है भागे तू मदहोश
कहा गया वो बचपन तेरा
खुश रहता था तू हर रोज़

जलाकर खुदको है रौशनी तू ढूढ़ रहा
खुली फ़िज़ाओ के सपने तू बंद दीवारी देख रहा
चाँद-तारो की ख्वाइश मे जीवन जीना भूल रहा
रोटी और कपड़े के खातिर जीवन का झूला झूल रहा..

क्या इतना ही तेरा सफर??
तू है निडर, तू बेखबर, तू बेसबर, है बे-असर
पाना शिखर, चढ़ हर डगर, फिर भी मगर
ना कर हज़र, ना ही अगर, लगे जो नज़र, बस कर बिखर
मिले खुश-खबर, छू ले अम्बर, तू मो-तबर
रहे ना कसर, तू कर गुज़र, बनती कबर, कैसी फिक़र, बस ना पसर
तू ना पसर
तू ना पसर.....

- कृष्णा पटेल
BA POL SC HONS PART I

बेघर मुसाफ़िर



कुछ तो है जो छोड़ आया राहगीर अपनी राह में
निकल पड़ा वो मंज़िल की चाह में
बेझिजक होकर मन की आज मैं करना चाहूं
रख संकोचों को परे जीवन का तात्पर्य खोजना चाहू
मुक़ाम मुकंबल हो ना हो पर यह सफ़र जीना चाहूं
कर यारी राहो से राहगिर बनना चाहू
जो छोड़ आया कल उसका अफ़सोस ना हो बस
चलते रहे क़दम मेरे मंज़िल की राह में
और इस सफ़र का कोई अंत ना हो

-राज ध्यावना
BA Pol Sc Hons Part III

मौत को भी मार दूँगा



Dedicated to the Hero of Batalik (Kargil War)
Paramveer Chakra Awardee
Capt.Manoj Kumar Pandey

उबाल सीने में लिए सरहद पर तैनात था
दुश्मन ए हिंद के लिए जैसे खड़ा यमराज था
हाथों में बंदूक़ लिए लाया मौत का फ़रमान था
मैं मौत को भी मार दूँगा ऐसा एक अरमान था
छलनी था शरीर फिर भी अटूट ईमान था
सरहद पर हो जैसे वह बना गया शमशान था

है डटकर लड़ा वह जवान हर बार था
मानो पूरी सेना का वह एकलौता सरताज था
आख़री साँस तक ना माना वह हार था
शूरता से भरपूर स्वयं में काल विराजमान था

रात के अंधेरे में वह जैसे बना प्रकाश था
रक्त बहाकर बिन कलमों के लिखा गया इतिहास था

दर्द भरा फिर मंजर आया
मृत शरीर जब घर को लाया
लहू बहाकर देश भर की बन बैठा वो शान है
एक तरफ़ पर देखो माँ का आँगन हुआ वीरान है

उस पिता की कहनी सुनकर काँप उठा हर बाप था
जिन कंधो से बाप लगाकर बैठा हुआ एक आस था
पर उन कंधो पर बेटे का हुआ आज स्वर्गवास था

उस शहीद की शहादत पर आज भी मुझे अभिमान है
कम शब्दों में भारत माँ की वही असली संतान है
देशभक्ति में जिसने किया अपना जीवनदान है
हाथ जोड़कर भारत आज करता उसे प्रणाम है
हाथ जोड़कर भारत आज करता उसे प्रणाम है।

-कृष्णा पटेल
BA Pol Sc Hons Part I

EXCLUSIVE
INTERVIEW

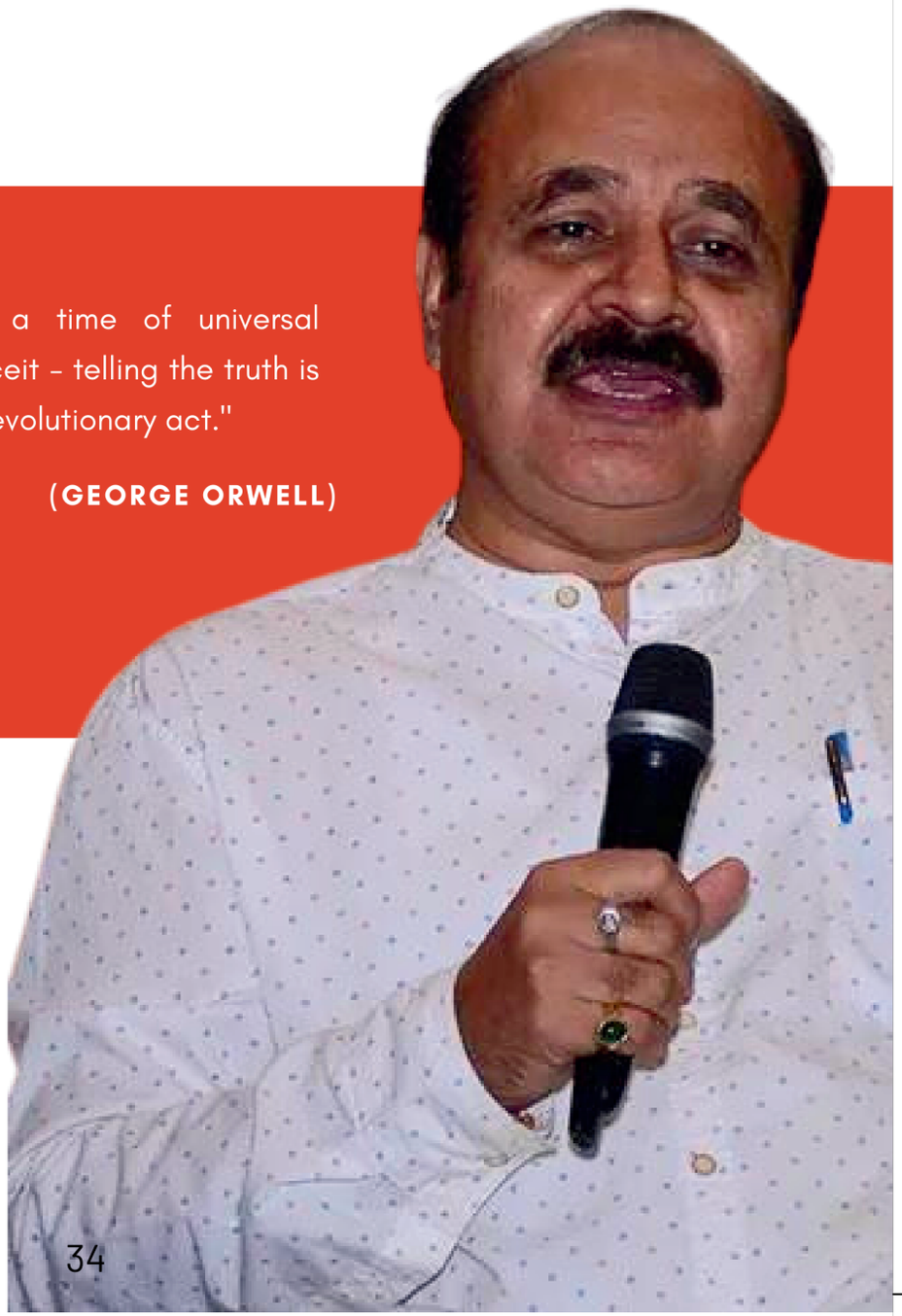
INTERVIEW

The editorial team of Janmat conducted this interview keeping in mind the needs of students with regards to pursuing journalism as a career. It was taken by Umair Haaris, senior editor and Keerthi Shawal, editor. Mr Rajan Mahan is a veteran journalist and expert on Rajasthan politics. Besides serving as a Resident Editor at NDTV, he has been a Professor of Journalism at the University of Rajasthan, Jaipur.

RAJAN MAHAN

"In a time of universal deceit - telling the truth is a revolutionary act."

(GEORGE ORWELL)



Why did you go for journalism? What motivated you for this field?

I went for journalism because I wanted to do something more with my life. I didn't just want to be a salary earner. I wanted to do something that would be socially useful. So I think teaching also was at that stage, what was going to give me that satisfaction that I could then connect with so many students, hopefully give some inputs into their life that would make their lives better, and turn them into better human beings. That was the dream that I had when I went in for teaching. And when I went in for journalism, I did feel that India was going through a churn that good people were required in this profession. It was something which I found very challenging, and I felt, let me explore myself. Can I do this job? Can, can I write every day? Can I write effectively for people to really you know, read what I'm writing? Or in my case, because I was going in for television journalism, it was a very different kind of field. It was a new emerging field in this country. In fact, even globally, it was a time when it was not common. In India, we only had Door Darshan, and it was the beginning of this private television. So it was the novelty and the challenge of doing something new, something creative and something that I felt would help me to make some contribution towards making my society a somewhat better society. So that's what sort of inspired me to go for journalism.

What are some of the things that you used to do when you were new to journalism and now that you look back, that have become essential part of your life? Like some habits or some, you know, routine, which you use, hobbies that you follow on daily basis as part of being a journalist?

I think one of the things is to be seriously involved with the whole process of current affairs or news. I remember earlier I used to straightaway focus on just the sports page because there was sports and I was very interested in it. So the whole idea was that I was reading only some sections of the paper.

Once I became a journalist, I started looking more and more into current news as a phenomenon, not just for my city and my state, but also nationally. And I think that is a learning that I have had. Also, I think earlier my impression was that we need to always have this whole global outlook and stuff like that. Now it's the reverse. I think it's the local to what they're calling "glocal". That you should have strong roots in the local and yet have a broad enough outlook and vision and mindset over so that you can connect with everything that's happening around the world, so I think those. I would say that the fact that I started reading the newspapers more seriously and started observing society a little more closely. Because when you, when you read the newspaper, if you are a sensitive, sensible kind of a human being, it will automatically connect with you, connect you with a lot of issues, which in your personal life you may not be particularly aware of. For instance, I think the whole caste dynamics of Indian society is something that I became much more acutely aware once I became a journalist. And of course, the centrality of politics and how in that political world, the world of higher education academics that I was so serious about, actually counted for so little.

According to you, what's the main job or task of a journalist towards the society? As being a journalist what's your contribution or what should be your contribution to the society?

I think I've always believed in a few definitions of journalism. One is speaking truths to power. So one is I think, uh, whether it is political power or those in economic power, possessions of power or even social power. I think if you believe that in speaking truth to power, so then you need to, as a journalist bring out the sides of all of these power structures. You need to expose them for what the reality that they are. The sad thing that's happening in the last few years in our country is that far too often journalism and PR jobs seem to have become very similar. The reality is the journalists should be not like that. We should be questioning all the time the hidden motives, the real intent behind whatever governments are doing or corporate institutions are doing, or even societal sort of organizations. So I think one is this whole idea of speaking truth to power is central, I think, to me as a journalist.

The other is to become what I call the voice of the voiceless. So if you see any kind of injustice whether it's to any woman or a girl or minorities or whatever. I mean, it could be just simple students facing a situation. If you are a journalist, you need to provide voice to them because they on their own are not in a position to really be able to articulate their standpoint very clearly. They may be in a position, but nobody's listening to them. So therefore we need to bring it out onto the public platform so that people at large society is made aware of those issues and situations. And then hopefully we build some kind of public opinion in favour of what those people are suffering so that those sufferings can be removed. So to me, these are the two things.

Indian politics is too much biased, like people are biased, they don't know the realities. So maybe that's the part of a journalist's job to bring out the truth to the common people.

Exactly, I mean, it is not my job as a journalist to go around praising either the chief minister or the prime minister. They have enough PROs, the public relations officers in all government departments, they have. So it's their job to go around doing a lot of praise and this and that. This attempt at making it seem as if when you question the government, you're questioning the country is, is a more recent phenomenon. It's a dangerous phenomenon because I think this whole equation of the government being the country has to be smashed and brought to public notice. I think one of the big disappointments with India's journalism over the past decade or so has been that they have started identifying themselves almost with power, with those in power. The other is that you're not educating society to understand the difference. Government of India is one thing, and India is another entity. So this confusion that government of India is India is deliberately being created by those in power so that anybody who questions the government is sought to be projected as an anti-national. No, I'm not an anti-national. I'm just anti whatever policy, which I think is wrong and is being pursued by the government of either Rajasthan or of India, if those are wrong policies.

As a journalist, it's my duty to tell my society.
This deliberate attempt being made is what is a bit of fascist sort of tendency where you know, you first identify India with a government, and then that government you identify with the prime minister or the chief minister, and therefore then you build these personality cults.

I went through this code of yours, on your profile on X (formerly Twitter), it said "in a time of a universal deceit, telling the truth is revolutionary act."
Exactly, it is. And by the way, that's by George Orville, one of the world's finest journalists. There is another quote of Orville which will further amplify what I'm trying to tell you. He at one place writes something about that writing, what somebody does not want you to write is journalism. So if I write something and it is something that I know Mr. Gehlot or Ms VasundhraRaje will not be very happy about, then that is journalism. I'm talking about some of their policy, some scheme that they've come up with, or some decision that they've taken, which in my assessment, and that should be logical, that should be based on facts. It shouldn't just be based on personal likings. This is a power that has been given to you. And power has always to be exercised responsibly. You can't have power and then exercise it most irresponsibly. Then then, you know, you lose that power also. And then that is being very, very unfair to people that you're writing about.

So while we are on this topic, so what do you have to say about the increased role of politics in journalism? Like what we call Godi media and, you know, increased role and manipulation of media.
This whole intrusion, this effort at getting every time just a very good press for yourself is a recent phenomenon. Earlier, leaders were encouraging our dissent. You can't have a democracy if there's no dissent. If there's no questioning of your decisions, then what you are looking at is either a dictatorship or a kind of a kingdom, where the king is always right. And, you can't question the king. If we are living in a modern democracy, then these decisions by any government of any party need to be questioned. This whole idea of *Godi* media is stemming from the fact that over the past eight, nine years the same media, which earlier was questioning earlier governments all the time, is now all the time just praising the government at the center. That is what is leading to this imbalance that we are seeing in our reporters, which is why you find that large sections of India's mainstream media all have been taken over. That, of course is the deeper, more serious reflection is of the nexus that now exists between politics and the corporate world. The corporate world, in turn, buying over or taking over large sections of India's media to push their business interests. The profit motive that has now become the first thing on the first principle of journalism that in many ways is leading to all this distortion that we see. And of course, the fact that the corporates get arm twisted by those in power, and then the corporates in turn ensure that themedia organizations that they're bought over remain "disciplined".

Then we no longer enjoy a free press, the whole idea of freedom, speech and expression becomes you know, totally redundant.
If the media's going to be turned into a tool just for praise all the time, then I'm sorry, then that's where Indian media's becoming weaker by the day, by the week, by the month. And the whole respect and credibility that was built over decades and decades of hard work of thousands and lacks of journalists who worked even with lower salaries, who worked in difficult circumstances. If today's journalists, despite all the facilities that they have, view journalism as just being seen as one more profession to chase big bucks, then I'm sorry, then it loses its moral purpose. The role of a media or journalism is to bring different facts into the public domain and help the public form a kind of opinion, build public opinion based on facts, not based on emotions and sentiments.

We all make mistakes and learn from them. As a young journalist, you must have also made some mistakes in your life. So what would you say were your best lessons that you learned from your mistakes as a young journalist
I think one of the big mistakes that I was constantly making some of the technical things. For instance, I was in television journalism, and yet I was writing more like some teacher and researcher to begin with. So television best and most effective writing comes when you write to pictures, you know, depending on what pictures you've got and your writing needs to be in tune and in sync with those pictures. So those are the technical sort of things. But I think there was one fundamental mistake that I was making in the first, few years of my career, which was that I think I went from teaching and therefore I was a very, trusting human being. So I would take people at face value and not crosscheck and I think I did make a few mistakes in the sense that, I would just listen to people and accept that what they were saying was exactly what had happened or what they were wanting. I didn't cross check with others. That's one lesson that I learned, and this is now something that I have imbibed both as a journalist and also as a human being. Not to take people entirely at face value, especially when they are talking about some serious issues. You need to be looking at different sources so that you can arrive at your own truths about any situation. This is something that I think is a long term kind of lesson that I learned because when you're a journalist and in a daily newspaper or daily news bulletins or what you're producing it is very difficult to then undo the damage that you may have done once it has gone out.

This is something that I think even in normal life, you all need to learn, uh, that instead of, and because now we are living in what are being, uh, described as the post-truth world, right? Where, um, there's so much of fake news and all kinds of manufactured stuff that is being presented in front of us, and it's being presented in a most authentic manner. So we need to be careful when we are handling with the information and facts. One needs to make one's best effort to try and verify facts. I mean, verification of facts was something which is an integral part of journalism.

There's a saying for our Xaverities, "Once a Xaverities always remains a Xaveritie", so what would you say, like once a student always a student in terms of being a journalist, or do you think there's a ceiling like stop point that like, no, after that you don't need to be like studying too much of that?

No, I think, once a student, always a student and once a journalist, trying to get relevant information, relevant facts. It's a besetting sin of a lot of journalists that they think they know all. It's not easy to really master even one aspect. So to assume that you were master, it would be foolish of anybody to even think that. So I think we all need to be keeping our minds open, a closed mind and an attitude of assuming that I now know everything that is worth knowing is I think is fatal for us as decent human beings. And for anybody who aspires to become a sensible journalist, I think it's just the wrong attitude. You need to be always open to fresh information.

Journalism and media is such a vast field with innumerable opportunities. So can you name some of the opportunities for the aspirants who want to take this as profession?

Jobs are available. You have to look within yourself. What is it thatreally excites you? So media as a media is a much bigger word than journalism. Media would cover even things like cinema and theater and all the kinds of creative fields in a broad sense can be brought under the larger rubric of media. But if you were to focus only on journalism, then I would say that if writing is what excites you and you think you have the flare for it, then you should be aiming to become reporters because that is the central thing, that's the central sort of skill that is required. If the camera excites you and taking visuals and pictures then you should try and become a camera person, for instance. If you find that yourskills are of a technical variety, there are many technical jobs that most people are not aware of. For instance, those who have an artistic flare, who draw in paint, et cetera, they can also go in and have, say, a reasonable skill at mathematics and graphs and pie charts and stuff like that, so you could become a graphic designer. Almost all news organizations and media organizations look for those kinds of people. So I would say the range is pretty vast. From writing skills to technical skills to any kind of creative aspect, you have to look within yourself and then train yourself accordingly. The media's always got jobs available for those who train hard. And of course now for your generation, YouTube, etc. become your own masters.

Do you see many journalists using YouTube and making their own channels?

Yeah, some of it is because they're being forced out of mainstream media, which is, if you're been in mainstream media, you're supposed to be doing bhakti and not journalism. So if you're not inclined towards doing bhakti, then you are asked to sort of step aside and you have to step aside because you're not wanting to be a part of the bhakti brigade.

For young people who are aspiring to become journalists, like you said, that you have to first identify what you are good at or what is that excites you. So, if someone has identified what excites them, what is the course of action that they need to adhere after completing this school studies for pursuing journalism?

If you are very clear that you want to become a journalist or a media person, I would strongly suggest that a broad BA degree can be done, where you should ideally be taking subjects which will then help your journalistic pursuit. So therefore, political science, sociology, history, economics, these, I would say are the disciplines. You can do literature also if you want to improve your writing skills. These are the kinds of core subjects that you can look at because they will then help you to understand your society or your world a little better. So you do that at the graduation level. And then at the master's level, I would strongly suggest that people should go for a proper journalism or mass communication degree. You could do it if you want to do in Xavier's organization, go to XIC Mumbai.

There are a lot of courses, but basically the Masters in journalism and mass communication kind of courses and while they're doing that is, since you asked that, if you've already identified that, okay, the camera is what excites me, I would then suggest that even as you're doing your masters, you should link yourself up with at least maybe three or four good professionals in your own city and start having an equation with them, learning from their learning experiences, so that by the time you're doing your master's, got two years degree, you are also getting a lot of practical sort of insights into how you will be able to handle this job or not. The one who wants to become a writer should befriend or get close to, uh, three or four good journalists in town. So if you do this, you will keep getting insights on how to hone your writing scripts. Similarly, if it's camera work that excites you and you become friendly with say, the three best camera persons in Jaipur's newspapers, then you would have already all Jaipur's television channels. Then you would know how they go about doing things. What are the things that you should be taking care of? How do you prepare yourself for being out in the field, etc.

You would also get to know the technicalities of the job. Then from day one, you would be well prepared to handle all the unexpected challenges that come from being out in the field. For instance, I, as a television journalist can tell you that there are days where you will go into some remote area, some remote village and you will find that you will, you are hoping that you will finish the shoot in two hours. You may end up shooting for six or eight hours. So as a veteran television journalist, I can tell you, give you one tip, please carry n number of packets of biscuits, namkeens, some cold drinks, lots of bisleri water, etc. because that's what I did all through my career. In the first few shoots, it didn't happen, then I realized, oh my God, I'm starving, or I'm feeling thirsty. So then we started carrying all that.

These are the things that are practical things. Yes. The other, for instance, is that you've got to check out all your cameras, mics, everything. Your entire equipment needs to be, even tripod, for instance. Now, of course, you don't need tripods, everyone is kind of doing everything just from what we are calling mojo, mobile journalism. So everything is being done just by a mobile, now mojo is the future. Even as you're wanting to become just a writer, but because your office maysay, you're going to Udaipur to cover this wheel, or you're going Jodhpur, please click a few pictures also from your mobile only. We all need to become multi skilled and become multi-talented so that we are really useful to the new organization that we are working for.

Was there any phase in your life when you were like depressed and wanted to quit journalism? If there was, how did you deal with it?

No, I don't think I was ever depressed cause of journalism. There were phases where I started feeling a sense of fatigue, a sense of being tired, because television journalism, the time when I was doing it, it was a very demanding profession. We were required to be out in the field. And I was getting older because I'd already done eight, nine years of teaching before I went in. So I was already in my thirties by the time I went into journalism. After I put in about 15, 17 years and I was closing in on 50, I started feeling a bit tired at times. Those are the days when sometimes you had a long day, like you were out from seven in the morning, you were working till eight or nine or 10. And sometimes that fatigue would catch me. Those were the moments where I thought should I do something a little less stressful? Also, I wouldn't say depression, but yeah, I mean, what disturbed me at times was the fact that television journalism, requires you tobe on this sport all the time. Wherever the action is, you've got to be there. If you aren't there, then you're missing. So what happened is that I often would also miss out on my off days because some big news would break on the day.

I can give you a specific example immediately comes to my mind, the day Jaipur blast happened in 2008 was my off day, I was comfortably sitting at my home and we were going for a party in the evening for a birthday party of a friend. And here comes the the first phone call to me "sir aapko pata chala blast ho gaya hai?" There went the whole plan for the evening for having fun time enjoying, just having a great time with friends and family, suddenly it went off. So as a journalist its very very tiring job.

Can you say like, after some point it also becomes natural, like you're gonna miss out on some things?

No, you, you do. But you know, once you've done it for *n* number of years, at times you do get disturbed at times. It leaves you a little wondering whether this is the right course of life, whether you should be doing something less strenuous and something which can be a little more organized.

What advice would you like to give to a young minds who are aspiring to become journalists?

Lots of genome, lots of idea of justice and it's not just justice for myself, but justice for so everyone who deserves to get that justice. So if those kinds of things excite you, you should. If just making money and becoming famous is the only thing that you have in mind in coming towards journalism, then don't come.

If your society and its issues excite you, if it's something that you know, you are charged up or you're driven, then I want to do something to try and make India a better place and my society a better society, and to ensure that everyone has dignity and there is a sense of equality and justice in society that I would like to strengthen those forces, then I think you should try and become a journalist. And no matter whether you join some big news organization or whether you become an independent journalist right from the very beginning, just have your own YouTube channel or just become a freelancer and contribute. It's a very exciting career. It can be a very fulfilling career also because you can earn a bit of name and fame at the same time. You can also help lots of people. I still get calls from those, uh, who got help because of my stories. And, uh, so, you know, it gives you a sense of deeper satisfaction.



In the picture (left to right): Keerthi Shawal, Mr. Rajan Mahan, Umair Haaris.



Exordium X Lucis annual fest of Department of Political Science and Department of Arts St. Xavier's College, Jaipur was organised on 14th November, 2022 with the main theme of the "League de Liberte". Congratulating the students for organizing the event, Principal Reverend Father Dr A Rex Angelo SJ encouraged the youth to fulfill their responsibility towards democracy. The celebration started with a panel discussion on the theme Democratic Liberalism: A Gospel or Fallacy in which Democracy fundamentals were discussed and the status of democracy in the country and development was explored. It was highlighted by the panelists that Democratic liberalism aims to reach a synthesis of democracy which is the participation of the people in the power and liberalism, it aims at a political and/or social system advocating the freedom of the individual.

EXORDIUM X LUCIS





The panelists of the Panel Discussion were Mr Anto Jacob, Principal , Prince Academy, Sikar and Advocate Simran Kotwal, legal officer Jaipur Municipal Corporation expressed their views in the Panel Discussion and resolved the queries of the students. After the panel discussion, several important events were organized under the Exordium X Lucis, whose nature reflects the various concepts of political science and active political systems, including the main Views in Parley, Shipwreck, Draw Your Design, Janpaksh, Mismatched treaty, Game of Thrones, No Lose End, etc.

In the valedictory function Mr Jagdeesh Chandra CMD-First India News and CEO & Editor-in- Chief of First India congratulated the departments for successfully organising events on various political themes, he emphasised on giving right direction to the energies of youth.

Nearly 300 students from various colleges actively participated in various events of the fest. Finally prizes were distributed to winners and vote of thanks was given by Dr Meeta Sharma and Dr Mrinalini Faujdar department heads of Political science and Arts respectively.



DEPARTMENT OF POLITICAL SCIENCE

EXORDIUM X LUCIS

THE DEPARTMENT DOA OF ARTS





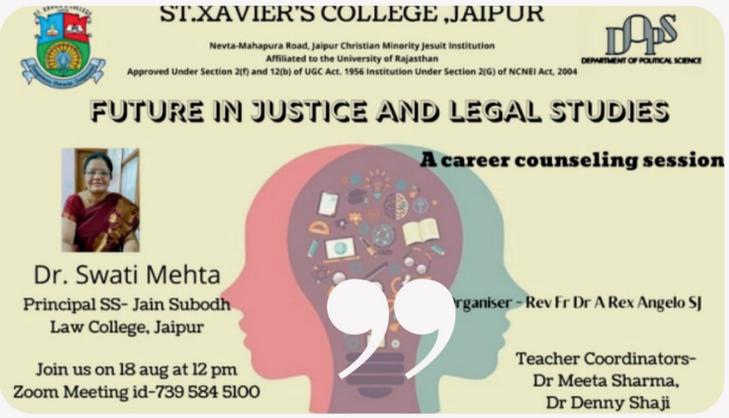






DEPARTMENT ACTIVITIES

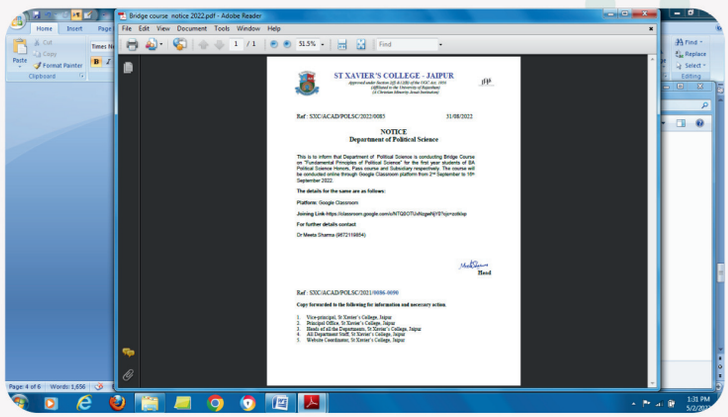
The Department of Political Science, St. Xavier's College, Jaipur organized a concourse on 18th Aug 2022, 12 pm for those who want to explore Legal studies. In this Career Counselling Session on "Future in Justice and Legal Studies" the esteemed Guest speaker, Dr Swati Mehta, Principal of SS Jain Subodh Law College provided precarious guidance on the ins and outs of Paralegal Studies.





Department of Political Science, St Xavier's College, Jaipur in collaboration with Department of Arts organised Youth Parliament on 27th August, 2022 under National Youth Parliament Scheme Tarun Sabha, Ministry of Parliamentary Affairs, Government of India with the objective of enabling students to understand the working of our parliamentary institutions and procedures. Mr Shivendra Kumar Sharma, Superintendent District Jail, Jaipur was invited as the chief guest. Around 50-55 students participated in this event and tried to create the look of real parliament.

Bridge Course on "Fundamental Principles of Political Science" was conducted by the Department of Political Science online through Google Classroom from 2nd September to 16th September 2022. Duration of the course was 15 days. The faculty coordinator of the course was Dr Meeta Sharma. The course was open for the students newly admitted students who have opted for Political Science as their subsidiary subject or BA Political Science Honors.





Department of Political Science, St. Xavier's College, Jaipur in collaboration with Alphonsa College, Pala is organized a Certificate Course on Paralegal Studies via Zoom. The key objective of this certificate course is to deepen student's understanding of Paralegal studies and help them to acquire knowledge of legal concepts. The course was open to all UG students. The course commenced from 27th September. Course Duration was 35.5 Hours. Course was successfully completed by 65 students.

DEPARTMENT ACTIVITIES

The Department of Political Science conducted a two-day workshop on “Ethos of Gandhi in Education for Peace” on 13th and 14th October 2022. On this occasion the annual magazine of department, Janmat, was also unveiled. The workshop commenced with a panel discussion in which Prof Naresh Dhadich Former Vice Chancellor VMOU, Prof Rajan Mahan Television Journalist Star News & NDTV and Sunny Sebastian Founder Vice Chancellor of HJUJMC were the panelists.
On the second day of workshop, Dr Anurag Tripathi pointed out that education must be based on ethics and morality. Around 80 students participated in the workshop for both the days.





Department of Political Science, St Xavier’s College Jaipur conducted a guest lecture on “United nations and the changing global order” on 28th October, 2022. Senior Assistant Professor Dr Amit Singh Department of Political Science, Atma Ram Sanatan Dharma College, University of Delhi was the Guest speaker for the session. The speaker emphasized on the importance of knowing world relations and how important it is to know what's happening around in the world.

The Department of Political Science organised an extension activity Under Unnat Bharat Abhiyan (UBA) on Constitution Day 26 November at village Chatarpura, Lalya Ka Bas at Maa Sharda Public Sr. Sec. School. The objective of this activity was to spread awareness about the Indian Constitution and children’s rights. Prizes for winners motivated the students to actively participate in the quiz. Sh. Mukeshji principal and staff of the school joined this activity. The teacher coordinators for the event were Dr. Meeta Sharma & Dr. Mamta Pareek, with student volunteers Riya, Kanistha, Nayna, Pankaj, Bhavika, Keerthi, Faizan and Prerna.





PRIDE OF THE DEPARTMENT

Batch 2020-2023





Umair Haaris, BA Political Science Honours III, was awarded the Pride of the Department of Political Science for the batch 2020-2023. He was also bestowed with the award for Academic Excellence.

He has been an active member of the department since his first year. From organizing webinars, and anchoring in events, to organizing the departmental fest, Exordium, he has always shown enthusiasm in all the activities of the department. He has been the class representative for his class for three consecutive years. Umair also designed the logos of Exordium and the department.

In his third year, he was chosen as the General Secretary of the Constitution Club of the department.

Apart from the department activities, he has also contributed to numerous college events in various ways like being the Master of Ceremony for Teacher's Day and different events of Zest, to ultimately organizing Zest 2023 as the General Secretary of the Students' Council, St. Xavier's College, Jaipur.







SAFARNAMA





IN TH LAP OF HIMALAYAS- NEPAL

WRITTEN BY LAKSHAY RAJ RATHORE (BA POL SC HONS PART I)

Nepal, also known as the land of the Himalayas, it's not just like any other place. Its atmosphere, vibes, and energy are nothing less than a fairy tale. The background of the trip was to visit a location that would give us a lifetime experience. After much discussion and ted talks, we finally came down to Kathmandu and Pokhara.

I was tasked with planning the whole trip with an allocated budget.

I had the independence to decide our itinerary. It took me around 4 weeks to complete my research and finalize stays, transportation, documents requirements, and sightseeing. The purpose of the trip was to celebrate my parent's 25th anniversary.

Bags were packed, tickets were booked, and overjoyed with enthusiasm, we started our journey to the land of mountains. From Jaipur, we traveled to Delhi and then to Kathmandu.

After an hour of flight, I saw the Himalayas for the first time, and it was the moment I saw no population below but only the beauty of existing nature.
Kathmandu is the capital city of Nepal. According to many myths and legends, Kathmandu was in the early days a lake, which was cut off with a magic sword by Manjushri, a Buddhist saint, towards the south near Chobhar, and the valley became habitable.
After airport documentation, we reached our hotel and left for the world-famous Pashupatinathtemple on the banks of the Bagmati River. As I took one step on the territory, I realized that I was not the only one enchanted in this wonderland as people from all over the world traveled to visit the sacred temple. The day ended with a late-night walk in the famous capital, the traditional Thamel market. Gender inequality in Nepal did not look like a significant issue as most of the businesses were taken care of by women of the family, whether it be restaurants, cafes, grocery, or retail. It was amazing to see women participating in the daily commercial business on such a large scale.



Pashupatinath Temple,Nepal

The next day Nepal was entirely closed due to the general election, so yes, unexpectedly, we had to stay in our rooms. In the afternoon, we went to the streets, and I could see the election process closely in a different country. Indeed, it was a unique experience. Schools and government offices were centers of the election, and people actively participated in the voting.

After Kathmandu, our next stop was Pokhara, also known as Nepal's tourist capital. We took a short flight, 25 mins but the most beautiful one as you can see Mt. Everest through the window seat. The world's highest peak shines heavenly; to see it by the naked eye was once a lifetime experience. Pokhara is the best place I have ever visited by date.
With its fresh air, tree-lined streets, wide-open views of Lake Phewa, and snow-capped Annapurna peaks, Pokhara certainly has a soothing effect on your mind. The cold weather spreads over the valley and makes it as tranquil as a flower hidden under the Himalayan Mountains.



Traditional Thamel Market ,Nepal





After hotel check-in, we decided to go for a short 6km trek to Pumdikot statue, the highest point in Pokhara. A Nepal trip without trekking is incomplete, so excitingly, we took the challenge but soon after, we reached a point where two ways diverged; one looked crowded, and one was less taken. After minutes of discussion, I finally convinced everyone that, being a Robert frost fan, I have to take the road less traveled. Although later, we found the route was a long way, adding 4km to our trip, making it 10 km now. Yes, now I was scolded for every step we took but trust me, it was an absolute mountain nature trail with only us trekking there and the Himalayas on the side of us and Pokhara city below. The moment became preciously memorable.

Our long trek ended with a feeling of accomplishment, and we returned to our hill hotel to celebrate my parent's anniversary. At night I was astonished to see fireflies, constellations, and Milkyway itself, making the night a complete living fairy-tale.

We were told that Pokhara valley was famous for its mesmerizing sunrises. I was very excited about this view, so we woke up at 6am and went to the roof. The morning was blissful, with clouds covering the city and Anapurna ranges glowing beautifully by the first rays of the sun. Word couldn't define it neither could my photography skills. Undoubtedly it was the most spectacular sunrise I ever saw! On that day we explored the city and Phewa Lake. Lakeside has a pleasant traveling atmosphere and is a great place to walk by. The streets were charged up for the world cup match; people from all over the world wore football jerseys and showed their support. Talking about delicious Nepalese cuisine, although there are similarities with Indian food, Nepalese cuisine is quite distinct, with its own dishes and flavors using local spices. The most common cuisine in Nepal is Thakali, which includes lentils with rice served together with green veggies and curd.

Returning to Kathmandu on the final day, we visited the UNESCO world heritage site "The Darbar Square."



Pokhara,Nepal

They were palaces of the kings who ruled over the city. Along with these palaces, the square surrounds quadrangles, revealing courtyards and temples. The architecture was similar to Chinese and Bhutanese culture.

Nepal made a special room in our hearts with its culture, food, and natural beauty. Every moment spent there bought us joy, and the food we relished still makes us drool. But like every good thing has to end, the trip also reached its last lap, and we landed back in Delhi, and soon we were back in Jaipur. The place was exact, and so was the wind, but our energy was completely different. These five days filled us with spark and overwhelming vigor, which made us realizethat life is too short to be spent within four walls. Sometimes family trips can teach lessons that texts can't, and so did The Mountains taught us to live like we're going to die tomorrow and learn as if we're going to live forever!

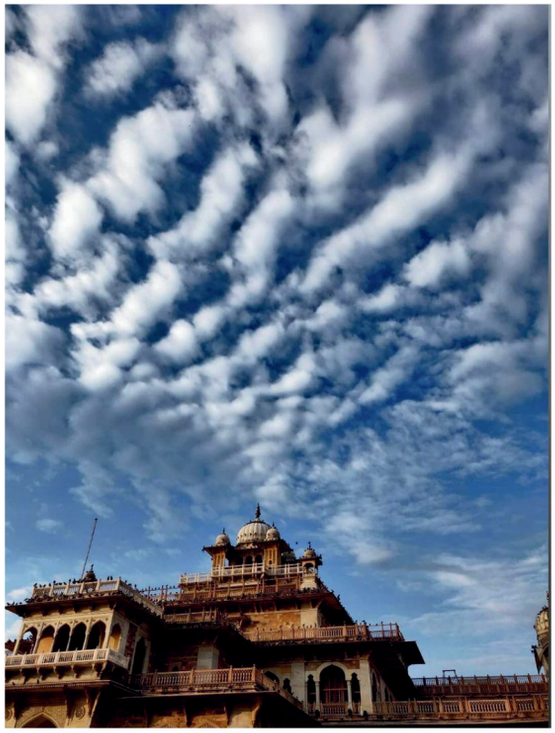
Tasveer ki Taqdeer



तस्वीर की तकदीर



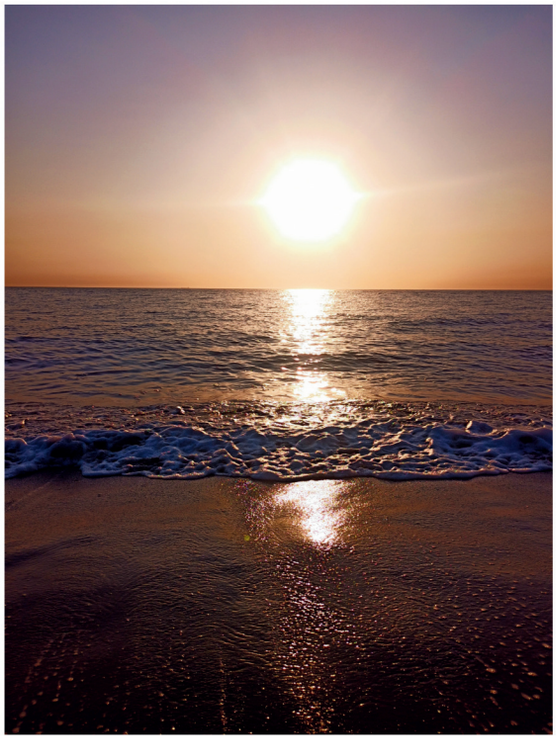
Taken by Raj Dhyawna



Taken by Umair Haaris



Taken by Umair Haaris



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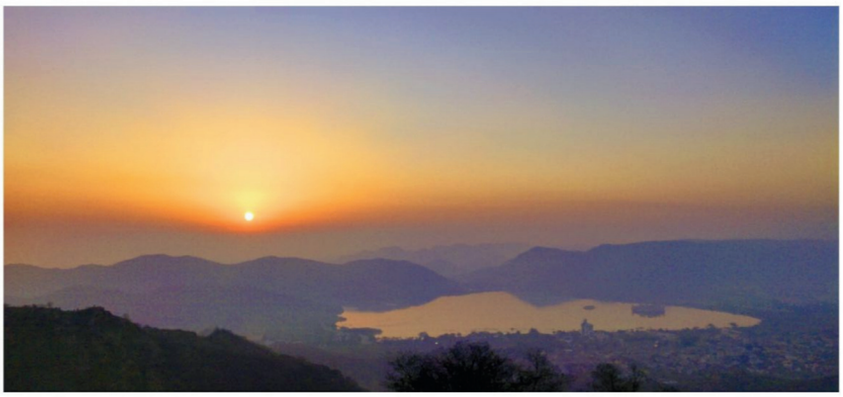

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Taken by Krishna Patel



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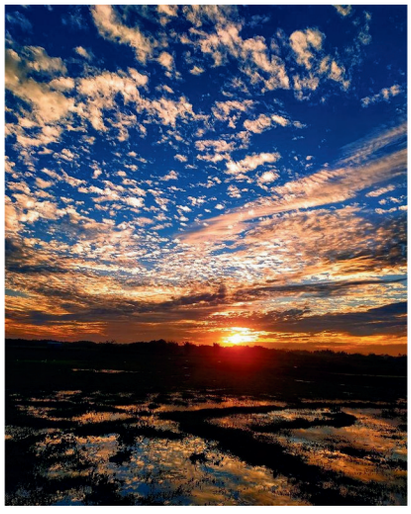


Taken by Prerna Baid



Taken by Umair Haaris

CLASS PHOTOGRAPHS



BA POLITICAL SCIENCE HONS PART I



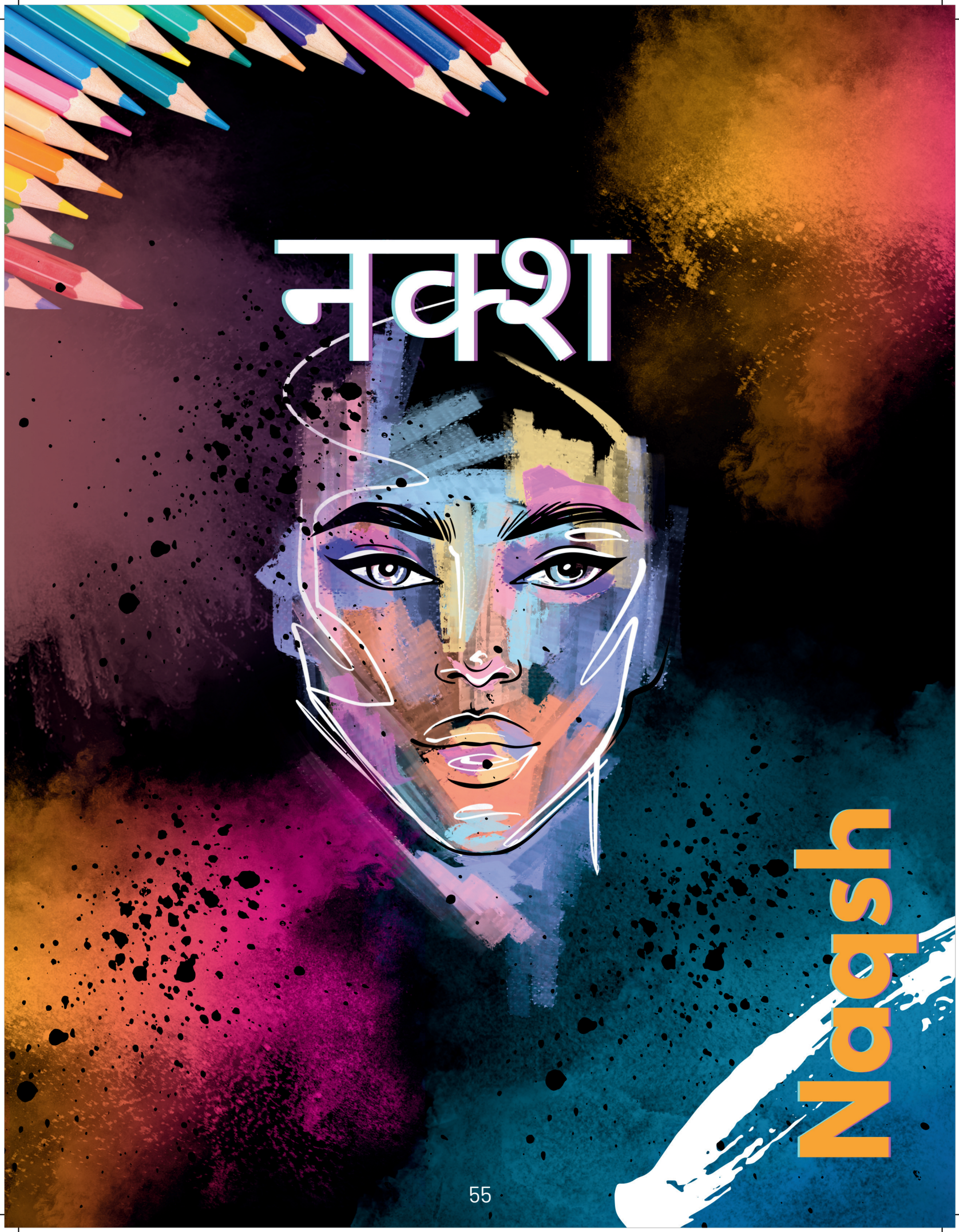
BA POLITICAL SCIENCE HONS PART II



BA POLITICAL SCIENCE HONS PART III



THE DEPARTMENT OF POLITICAL SCIENCE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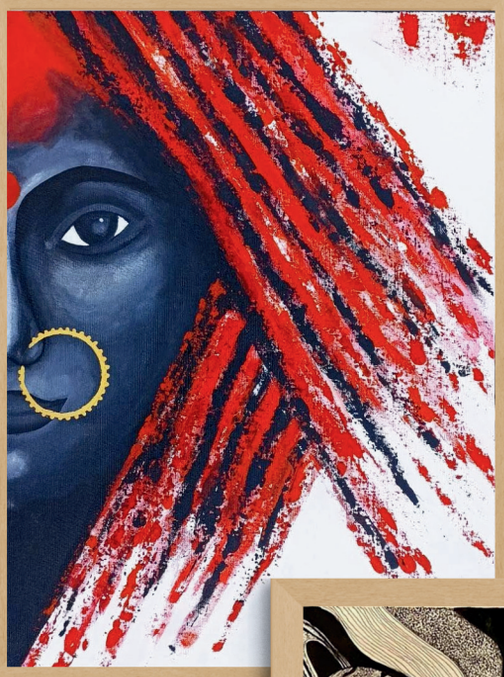

Maanvi Bhatnagar
BA Pol Sc Hons II



Nayna Bhati
BA Pol Sc Hons I



Maanvi
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Hons II



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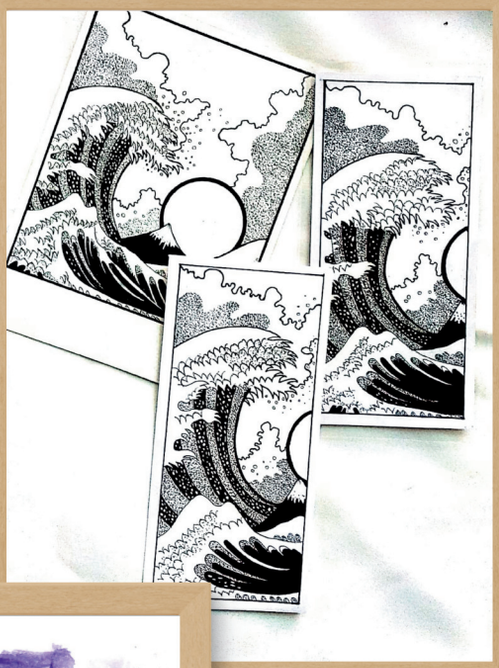
Maanvi Bhatnagar
BA Pol Sc Hons II



Navya Gupta
BA Pol Sc Hons II



Maanvi Bhatnagar
BA Pol Sc Hons II



Umair Haaris
BA Pol Sc
Hons III



Maanvi Bhatnagar
BA Pol Sc Hons II



Maanvi Bhatnagar
BA Pol Sc Hons II

The original hand written copies of the constitution are kept in helium filled cases in library of the parliyament

Manik Sarkar
Chief minister of Tripura

is the only Chief Minister who doesn't own a home, a car or a hefty bank balance.

The budget of 1973-74 is known as the 'Black Budget' because budget deficit that year amounted upto Rs 550 Crore

Arrests do happen as shown in Movies and Sitcoms

M N Roy was the first to propose the idea of forming a Constituent Assembly in 1934 which eventually became an official demand of National Congress in 1935.

Under section 309 of the IPC, suicide is illegal and an unsuccessful attempt is punishable by imprisonment, fine or both.

The Constitution came to force with a total expenditure of Rs 6.4 million.

The Parliament has a sanctioned strength of 543 in the Lok Sabha and 245 in the Rajya Sabha including 12 nominees from the expertise of different fields of literature, art, science, and social service.

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