A LAB JOURNAL OF THE DEPARTMENT OF MASS COMMUNICATION, THE OXFORD COLLEGE OF ARTS, BANGALORE

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#### **WOMAN V/S MAN**

Since childhood we have been taught to follow certain rules and regulations and once we grow up we realize that these rules are simply our culture. Every society has the same set of rules and values, yet there are differences. These values are different for each group of people, caste, creed, religion and gender too. Women have always been portrait as weaker than men and the latter has tried many a times to prove it.

There was a time when women were treated and respected and were considered powerful but with the passage of time, men has taken over. Slowly and gradually it has become a men dominated society and women are subjected to violence and are being tortured. There are numerous incidents which has been taking place in an around the world, which describes sheer violence against women. Endless number of rapes, murder and female infanticide etc. has been taking place for ages now.

India is called the land of values and this is where the crime against women is the highest. In India every two minutes a woman is being raped and the crime rate is being increasing day by day. Not every crime is being

reported by the victims neither any legal action is being taken by the police.

Every day in the newspaper there are reports of crime against women happening in different parts of the world, masses filling in the streets with candles and protesting against violence caused against women, but these protests and marches are they helping? Has the crime rates gone down? The answer is a big NO. The questions which pops up again is that why these crime take place? What make people commit these crimes? Is there any way to stop this form of discrimination?

Men and women are not equal and it is true. Men are more powerful in strength while women become mature early. But women are more thoughtful and logical. There are women running countries, ruling the world and still taking care of their household. Women are to be love and respected, not raped and discarded. Imagine a world without women, it is not even possible.

Save women before they are extinct.

-Marilyn Sultana T

# AFSPA in Full Force



The Armed Forces (Special Powers) Act, 1958, or AFSPA, as it is commonly known, has been a subject of intense discussion and debate. AFSPA has been in force in the North-East and Jammu and Kashmir, and the 'draconian' law has been the reason of wide protests.

The Armed Forces (Special Powers) Act, 1958 (AFSPA) was preceded by the Armed Forces (Assam and Manipur) Special Powers Ordinance 1958. The Ordinance gave the armed forces certain special powers in the 'disturbed areas' of Manipur and Assam. It was replaced by AFSPA on September 11, 1958. Currently, AF-SPA is applicable to the seven states of the North-East, i.e. Assam, Manipur, Mizoram, Arunachal Pradesh, Meghalaya, Nagaland, Tripura and Jammu and Kashmir. AFSPA empowers the governor of the state, or the central government to declare any part of the state as a 'disturbed area',

if in its opinion there exists a dangerous situation in the said area which makes it necessary to deploy armed forces in the region.

A few years into Indian independence, Jawaharlal Nehru, the first prime minister, faced his first insurgency in Naga districts of Assam, along the Burmese border. In 1954, the Nagas began an insurgency for independence. India responded by sending in thousands of Indian army soldiers and paramilitary men from the Assam Rifles to crush the rebellion. An intense cycle of violence followed. The longest fast Irom Sharmila is protesting the Armed Forces Special Powers Act (AFSPA), which gives Indian soldiers impunity in the insurgent northeastern states. She has been fasting and in solitary confinement for about 15 years. The discontent in the borderlands of Nehru's India wasn't limited to the Naga areas. Signs of trouble and

disillusionment with being ruled by a bureaucrat from New Delhi were growing in the former princely state of Manipur, which had merged with India in 1949. In 1964, the year of Nehru's death, a separatist militant group seeking independence from India, the United National Liberation Front, was formed in Manipur. India reacted to the centrifugal force by granting statehood to Manipur in 1972, which brought an elected local government and greater financial resources. A few years later, inspired by Maoist ideas, some Manipuri rebels traveled to Lhasa and, with Chinese support, formed an insurgent group, the People's Liberation Army, which sought Manipuri independence. Several smaller insurgent groups came into being. The number of persons killed in acts of violence went up from two in 1978 to 51 in 1981, according to the South Asian Terrorism Portal. India responded by declaring Manipur a "disturbed area" and imposed the Armed Forces Special Powers Act in late 1980. A brutal cycle of insurgency and counterinsurgency has continued ever since, claiming several thousand lives.

-Dhanabir Singh

-Janet Montaut

#### **BANGALORE UNIVERSITY NEWS**

-Dhanabir Singh



Bangalore University to hold 50th convocation

In what could be the last convocation to be held at the place where its 50-year-old history started, Bangalore University (BU) will hold its 50th annual convocation at the Central College here on Saturday. As many as 199 gold medals and 77 cash prizes will be distributed to 92 rank holders. In all, 47,202 students are eligible for degree certificates this year, of

24,332 first class, 16,399 second classand 5,784 have cleared with pass class marks, university officials said on Friday. While until 2012, students were given gold medals, this time, they will receive gold medals containing 20 grams of silver coated with 1.3 grams of gold. As for the contentious issue of trifurcation, BU Vice-Chancellor B. Thimme Gowda said he would meet Higher Education Minister R.V. Deshpande next week

# GRADUATION DAY- Celebrating Success

The Oxford College of Arts recently conducted Graduation day for the students of post graduation department (Mass Communication, Social Work and English).

The formal function was graced by Mr.TAPAL DULAH BABU and the chief guest was Dr. Sharda Ajit, principal of the college. The show began with a beautiful classical song sung by Chaitra (student of mass communication).

The Principal then emphasized, on the achievements of the students of the college. She took pride in announcing the rank holders of the university from the department of arts. She also requested the college authority to give importance on the placements of the students. She concluded by wishing luck to all the students passing out from the college. The students were also advised on how to make the perfect



career choices and lead a successful life. Joyce of the social work department cherished the moments she had while studying in this college and gave a big shout out to her fellow classmates for their achievements.

Akshay Arambam, of the mass communication department thanked the faculty members and the management of the college for making the students well trained and making them ready to face the challenges in

students were given graduation certificates and as the function came to an end, the teacher announced Renita Mendosa (Mass Communication), (Social Work) and (English) as the best outstanding students of the year 2014-15.

The formal function ended on a very happy note but the photo session of the students continued amidst laughter and happiness.

# Comic Sense

which 519 have secured distinction,



The Oxford College of Arts recently celebrated its two-day inter-collegiate cultural fest at its HSR Layout campus. 9th and 10th March 2015 saw number of colleges around Bangalore taking part in the cultural fest with full vigour and excitement.

Everyone got to experience the colours and creativity of the students on those two days of the fest. There was an active participation from students of various colleges in variety of activities, events, and competitions showcasing their talents and creativity. The first day of the fest saw the students competing in events like Mane Art (Hair Styling), Wordsworth (Poetry), Frame it (Photography), Director's Cut (Documentary), Expresso (Cartooning), Re-craft it (Best out of Waste). Desi Raaga (Folk songs) and Trendy Tunez (Western Music) were the main attraction on the first day of the fest. Renita Mendonsa, a student of Mass Communication thanked the college management for helping out in organizing this fest. She said, "It is very important to have some extra-



curricular activities apart from the regular syllabus. Srujana has helped us understand the principles of managing such a big fest." The judges who were invited specially to judge the events had a tough time selecting the winners from the sea of talents. Only stage events took place on the second day of the fest. The auditorium was full packed right from the morning. The crowd swayed to the tunes and melodious voice of



the participants of Medley Melody (Semi-Classical music). The amazing performance from the participants of Footloose (Contemporary Dance) and Nimble Toes (Bollywood Dance) kept the crowed amazed throughout. RJ Beat Raja of Red FM 93.5 was the star attraction on the 2nd day with his antics and gift of the gab. He even conducted his show from the college itself, Ningthoujam Punshiba, a B.A 2nd Semester student was all

excited and said, "Srujana has given a platform to showcase our talents, creativity and diverse culture. It has given us chance to interact with various students".

The Valedictory function of the fest was graced by Prof.Narayana Swamy as the Chief Guest. Renowned Bengali singer, Mrs.Srumona Chakraborty was the Guest of Honour. Major Muddhe Gowda and Principal of the Oxford College of Arts, Sharda Ajith also graced the dais as dignitaries of the function. Prizes were also distributed and the deserving students were acknowledged with certificates and trophies. Among all the colleges, the Oxford College of Science was adjudged the best performing college. The cultural performances by the students of the host college followed till 7 in the evening. Altogether, Srujana 2015 was a successful cultural fest and the curtains closed with the hope of even more succeSSful and exciting Srujana 2016.

-Raj Shekar

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## **Terrorism in India**

A terrorist is a person who creates fear and panic among the organization to which he belongs. Terrorism usually is of two kinds. There is political terrorism which seeks to achieve its political end by creating fear and panic on a large scale. There is also criminal terrorism which inwar, and the ultimate cause of these is dulges in kidnappings in order to exignorance and arrogance. As the betort huge amounts by way of ransom. ievers of various religions have in-Terrorism is something which creased, they have also gathered sheer misconception about their own faiths. How well people know that major re-

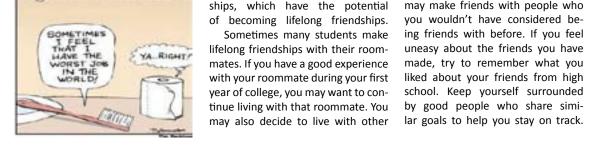
all over the world is a major problem at the moment. Its effects are very much that it can deteriorate a country's economy and can cause between the countries. Terrorists were not born but they were made in the name of religion. None of the religion preaches terrorism nor ask the followers to take the lives of other people but it was preached by wrong leaders and innocent people fall as a prey and lose their lives and kill other people as well.

Terrorists are usually young, while the brains behind them are ligion, but a branch of Judaism. But old, seasoned politicians who coonce this new faith was introduced ordinate and guide their activities. They are fanatics and extremists who act with great passion and zeal, but studies reveal that if apprehended came the enemy. Well the sole point alive, a terrorist loses his passion of the story of Jesus, is that people as guickly as he had acquired it. are all divine and eternal beings and When he has time to think, he feels not that the world has to celebrate he has been stupid or that he was misled. We have to disabuse our hood. And also Christmas has nothminds that terrorists who belong ing to do with Jesus' birth, it was stoto the political class are patriots. len from the Pagans who celebrated the return of the sun, the longer days.

For dealing with these terrorists, the government had to arm itself with greater powers. The anti-terrorist act passed by the parliament provides for deterrent punishment for terrorist acts. The act also provides punishment for "disruptive activities" which have been defined as any action taken to disrupt the sovereignty or the territorial integrity of the nation. Earlier, the parliament had passed laws amending the arms act to curb unauthorized access to arms and ammunition. The act lies down that possession of unlicensed or unauthorized arms in disturbed areas will lead to a minimum punishment of imprisonment for a period of three years. The minimum punishment earlier provided in the act was merely six months.

Terrorism affects innocent people because people in Bangalore clearly witnessed the effect in UK bombing where in a Doctor was added as a prime suspect just because he is a Muslim and finally he was relieved after he proved himself as being innocent. There are many cases like this across the globe for years together.

Terrorists don't understand that by acting in the name of terrorism, they are bringing disgrace to their own religion and at the same time ruining their own country and people and when they are no more, hardly they could realize the damage they have done and if we have another life or the so called Spirits, these people will realize and make this world a safe and a peaceful place to live. Terrorism could not, and it cannot, be curbed by the law enforcing agencies alone. The terrorists have lost the sympathy and co-operation of the people and they stand isolated. Let us hope that the country would be entirely



#### Why the world is 'sinking' in the poodle of religions? Man has a habit of landing himself animal sacrifices, gathering on Fri-

days for prayers and giving alms to in to trouble and the greatest trouble man has step foot in ,is Religion. Rethe less fortunate or the poor. These ligion has always been very fascinat- were Pagan rites practiced by Arabs ng to people yet it is also very interlong before Muhammad was born. estingly controversial. There was a The average Muslim doesn't know time when nature was believed to be that they have been worshipping a the only religion but now, there is a moon God and that the name 'ALwhole new set of religions; some still LAH' is illusionary. Even the mullahs and imams don't know much about emerging. The fear of the unknown the religion which they are teaching has always led people imagining things or can say ' imagining Gods' as and the mass is blindly following too. well as demons. Now this imagina-Hinduism was never found, as a tion has given into various beliefs and things are getting nasty. This whole concept of religion has changed from simple to complex. Families are breaking apart, societies have turned against other societies engaging in

igions in the world began as a way

to control the masses and gain power

and wealth by instilling fear. Hypoc-

risv grew in religions to disgusting

and ridiculous proportions and there

There are people who are still con-

are various examples to prove it.

fused in figuring out if Jesus is God,

or son of God, or what he is supposed

to be. Jesus was never the founder

of Christianity, he was a Jew and he

wasn't indenting in starting a new re-

his name long after he was being '

supposedly' murdered by the Ro-

mans, Jews rather than brethren be-

victimhood or any kind of martyr

One of the voungest religion that

is growing at a fast pace is Islam.

Various archeologists have found

out that Islam is a modern version

of the ancient fertility religion of the

moon God. The moon God was wor-

shipped by praying towards Mecca

a temple dedicated to the moon God.

Completing rounds around the Kabah

seven times, caressing a black stone

nearby, they're looking for other

people to study with and hang out.

College friends are somewhat dif-

ferent than friends from high school

because you bond in different ways.

You may bond during late night

study sessions, making dinner to-

gether, or during long drives home.

During college there are a variety

of ways to develop these friend-

Sometimes many students make

How to Develop Lifelong Friendships While in College

**D**eveloping lifelong friendships people as well. Sharing a house or an

may be one of the most re- apartment allows you to spend time

warding aspects of college life. with people and really get to know

Since many students who are in col- who they are. Living together also

lege may not have family or friends provides opportunities for a lot of

tinue living with that roommate. You by good people who share simi-

set in the wall of Kabah, making

religion but it was just a way of life or just a culture. people following this culture were called as Hindus and their culture. There is no doubt in the fact that Hinduism started in India but its not because of the religion that they were called Hindus but, for some other reasons, Hindu was the name given to the settlers near the river Shindhu. The early Muslim invaders and other Christian settlers mispronounced the name and thus a new name started. Also Hinduism is a mixture of many faiths and many practices has been adapted by the followers from the Neolithic age and other nature worshippers.

These religions may seem true to many and fake to some but these religions have a few things in common too Religion is just a medium to oppress the weak but religion also teaches people the meaning of love, compassion and the key to gain eternal peace. But people have taken the idea of religion to a whole new level. where it has taken an evil shape and has done enough damage. People are still experiencing religious wars but now it has taken the shape of a literal war based on religious views

Various groups have been formed terrorizing the world in the name of religion, religions which are borrowed cultural practices, which don't condemn killing or sacrifices. People are blinded by religion or they have chosen not to open their eyes and remain ignorant! If people have taken the whole concept of religion so seriously, don't they know that Adam and Eve were the parents of the entire creation and that means we area all same and equal! If religion gives comfort and enseveral times a day, making an an-

courages one to lead a peaceful nual pilgrimage to Kabah which was and prosperous life than everyone should take up this concept seriously, but the irony is that it has done more damage, than bringing peace. - Marilyn Sultana

-Dhanabir Singh

stronger bonds. You may also become

closer when one of you becomes sick,

and the parental instinct kicks in.

does take some time. Don't be

discouraged if the first couple of

people you meet don't turn out

to be the type of friends you were

hoping for. You may need to keep

on trying to meet new people. You

may make friends with people who

you wouldn't have considered be-

ing friends with before. If you feel

Developing lifelong friendships

To be honest, this was one of the best experiences of my life; I have earned a lot not only related to my career but life in general. We have become more than friends. We are a big family now. I will always cherish those moments. It was a lot of fun and also a learning experience. What's your favorite song in the movie? Whv?

An Interview with Suresh Kumar



**S**uresh Kumar born on august 26th 1982, in Bangalore is a DJ, music director, producer and a music teacher. He made him his debut as a music director in the Kannada movie 'tharle nan makklu' starring Shubha Poonja and Nagshekar. And Suresh Kumar Started his career at the age of 19, as a DJ. He has played music abroad as well. He opened a DJ school in Mangalore for people who aspire to become a DJ. Now Suresh Kumar is known as 'Suryavamshi' in the Kannada industry. Right from DJ-ing, to a music teacher, to now a music director for the Kannada movie 'tharle nan makkalu'. Suresh Kumar is a talented person and a man to look out for. How did you get into the Kannada industry from being a DJ?

It was my luck that I came across Raaki (Rakesh), the director of 'tharle nan makklu'. He was searching for a music producer for his movie and I had happened to be making music myself. I was present at the right place at the right time. I'm happy that I got this break and wish to improve and become the best I could be in my next movie. How do you think the audience will react to your music, this being your

have put my heart and soul to it. I have given my best keeping the audience and target in mind. This movie is mainly targeted on youngsters, so the music is young and bold. I feel they will love it. Everyone is young at heart (laughs) so who knows everyone might enjoy it. Just hoping for the best. How was your experience in the industry and working with the casts of

It's hard to choose but if I had to choose one it would be 'yami yami' because this song totally reminds me of my college days and I'm sure people will relate to it too. Apart from the song, the video has turned our to be great. What made you to choose 'Sury-

avamshi' as your music name?

From young my friends used to call me Vamshi, because I used to be the bravest in my group, my parents on the other hand called me Surva, they say that I'm the sun of the house (laughs) so I combined

the two words and made it 'Suryavamshi' I know I'm not great but hope someday I will reach there. Who are you inspired by in the music field? would say I like A.R Rahman.

think he's original and creative and showcases Indian music through his music. Every artist are unique and talented. But A.R Rahman takes Indian music to an international level. How do you think the overall movie has turned out? Do you think it could have been better? Did it meet your expectations? See nothing can be perfect. Life is totally unexpected. What is good for me might be had for others. We have managed to make the movie the best we can, with the budget we had. Shubha and Nagshekar have done a brilliant job with their acting. And the movie turned out to be more than expected. One thing for sure the next we do will just get better and better. What's your future plan in the industry?

We are already working on the next movie 'heda wolagina tamate' a comedy-romance movie. I wish to do better and better with each movie, my main aim is to entertain the crowed and make sure as a music producer do my best, to make the movie more interesting with my music. I'm also going to producing a movie nex year. Always hoping for the best. Would you like to tell anything to the audience before leaving?

Yes, everyone must watch the movie, it's funny and entertaining, you will laugh your guts out. The actors have given a great performance. I'm sure the movie won't disappoint you, and will come out with a smile. Please do watch the movie and support us... Thank you.

#### Ways to fight depression

Exercise

Aost of the people suffer depression due to stress and over thinking. If depressionis severe such as deep clinical depression, then its best to see a doctor where theycounsel you and prescribe you some pills that most likely will help, to a certaindegree. There is plenty of research available showing that although there may be acorrelation between chemical imbalance and depression, it doesn't show a casualrelationship. There is plenty that one can do that doesn't nvolve popping pills. - Raj Shekar

1. Talk to friends and family 2. Improve your diet

5. Work on improving your sleep 6. Stay hydrated 7. Figure out what is and what isn't

4. Allow your brain to rest and rest

8. Think positive 9. Go through all the things in your life that you're proud of, that your happyto have and so, on a daily basis 10. If all else fails, talk to a professional

DEPRESSION

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## M (DAVIDE RIBAVIDA)

## Avengers - Age OF Ultron- Janet Montaut



DIRECTOR: Joss Whedor CAST:Robert Downey Chris Hemsworth Mark Ruffalo Chris Evans James Spader Scarlett Johansson

**RATING: 3.5/5** The year 2015 seems to be an exciting fare for the Indian Hollywood movie fan base. With multiple big releases like Furious7, Avengers: age of ultron, Jurassic world, Minions. Star wars, and others slated to hit screens, the audience are quite literally spoilt for choice. With the storm created by Furious7 that released earlier in April finally calming down, the latest release AVENGERS: AGE OF ULTRON promises to kick up vet another thunder cloud. But will the second installment, by far one of the biggest superhero franchises that has been setting up the whole concept of the Marvel Cinematic Universe, live up to the audiences' expectations that have been build-

Whedon has put in a lot of effort in making the film look extravagant which will surely give the fans a thrilling visual treat. At the same time, one feels that the characters look more to he just doing their husiness on a daily basis rather than being faced with huge threat of extinction. The main antagonist Ultron, being essentially a robot/software somewhere, lacks the ability to establish a rapport with the audience, despite James Spader's marvelous job of dubbing for the part. At the same time, the film feels like it is meant essentially to set up each of the characters for their individual stories, effectively building up the Marvel Cinematic Universe. On the whole, with its stunning visuals and awe inspiring action Goa: sequences, Avengers: age of the ultron is definitely the movie to watch this weekend. With the strong fan base of the franchise, it is expected to open full house.

However, in terms of direction Joss

It's super-easy to help animals, no matter how old you are. Check out our Top 10 Ways to Save Animals to get a jump-start on making a huge difference in the lives of animal ev-

ing up for the past three years



 Going vegan means that you don't eat, wear, or use anything that came from an animal, such as meat, milk, eggs, leather ... you get the idea. Just by going vegan, you will save the lives of more than 100 animals every year!



ways to help animals and earn stick ers and comic books for doing it! so there are always new ways for you to spread the word about animal rights and get free stuff. It's a serious winwin situation.



shampoo, or lip balm we use. But in labs across the country, these things happen all the time. Take a stand against animal testing by buying only cruelty-free products





# . Animals are alive for their own reasons, not to entertain us. Animals in movies, circuses, and zoos are de-

nied everything that is natural and important to them. They will never be allowed to hang out with their families, graze, or do anything that they would do in the wild. Refuse to support this cruelty by never going to a zoo, marine park, or circus that



Keep up-to-date on all the new ssions, contests, and animals who eed your help by having an adult or older sibling like.



of more help! Whether you are helping by walking dogs, cleaning out water bowls, or hanging up signs, we bet they have a job for you. Call vour local shelter and ask whether it ieeds any help. You could make a big difference in the lives of homeless dogs, cats, and other animals!



ing any animal, ask your teacher for a humane alternative assignment, such as using a computer program to perform a virtual dissection. An aninal will be saved, and you will actually learn and remember way more!



dous suffering for an animal who was abused and killed on a fur farm or trapped and killed in the wild.

## TRAVEL

Summer is getting hotter and hot-

lakes, rivers to the incredible beach

es, the summer's heat to the win-

ter's snow we have it all right here.

Kashmir:

#### **Holiday Destinations In India to Cool off this Summer**

# From the mighty Himalayan peaks pristine North East to the tropical

ter and you might be just sitting at beaches of the Andamans and home, wondering where to go out in Lakshadweep or even the Nilgiris this heat. Here are a few places in In- inscribed by UNESCO as World dia that you could visit this summer Heritage Site, there is no dearth of and ward your mind off from the options when it comes to choosing heat of the summer. You don't have summer holiday destinations in Into leave India. Coz our country has it dia. Here is a list of destinations that all. The land of gods it is. Right from you can plan to visit this summer.... forests to deserts, hills to mountains.

#### **North East India:**

here's the list:



The home of the great Brahmapu he original "Paradise on Earth" is a summer delight - cool locales, rotra and 30+ tribes that caps India's mantic Shikara on the pictures que Northeastern horders - no other Indian region is as naturally blessed Dal, blooming Shalimar Gardens are and verdant as the seven north east all views to cherish.. states...



The tiny emerald Goa, the most popular beach destination in South East Asia just got even hotter! Goa's balmy beaches dole out fun in crazy measures. Evident colonial hangculture and cuisine will!

#### **Himachal Pradesh:**



he Abode of the Himalayas is India's favorite summer destination and home to 100+ hill stations in India. Pine forests and apple orchards further add to its appeal..

Summer is already in and the scorch-

special care during summer. Here are

few natural and easy ways to keep

1.Drink lots of water. Drinking water

on a day to day basis makes the body

2.Indulge in cold showers: Taking

bath with cold water would help

3. Always try to opt for water fruits

like water melon and avoid heat

fruits like papaya, jackfruit or pine-

4. Vegetables really helps in keeping

cool during summer and also veg-

etables keeps the body healthy. Cu-

10. Share with your friends why you

have decided to stick up for animals

and encourage them to get involved,

- Janet Montaut

yourself cool during summer.

light and cool

apple etc.

bring down the heat

**Kerala:** 

"God's Own Country" is a true revelation in summers. If the numerous beaches, backwaters and Avurveda in Kerala don't get you, the exotic

### Ladakh:





seemingly photoshopped Bud dhist ex-kingdom is home to gompas flanked by whitewashed stupas. Ladakh's cold desert is nature's boon and bane to the Himalavas..

# -Marilyn Sultana

cumber, cabbage and tomatoes work ing sun brings sticky afternoons and wonders.

humid evenings. Our body needs 5.Tea is always a better option than coffee in summer, tea keeps the body cool while coffee induces heat in the

> 6.Lemon juice naturally cools the body and also cleanses the digestive system

7.Add mint leaves and ice to drinks 8.Carrot juice is one of the best to keep cool 9. Avoid alcohol strictly during sum-

mer especially. 10. Keep your feet happy, soak your feet in cold water whenever possible

massage your head and body 12.Go swimming: It is the best exer-

cise to indulge in summer 13. Avoid thick clothing and opt for light fabrics

14.While going out in summers, always carry a face wash with you. To protect your skin from harmful rays of sun you should carry a sun tan lotion, a clean white towel and a mois-

#### RKOIPD **Dark Chocolate Mousse**

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Total Time: 1 hr 20 mir Preparation time: 20min

Inactive: 1 hr Yield: 4 to 6 servings Level: Easy Recipe

Ingredients: 400 grams bitterswee chocolate (coarsely chopped), 800 grams cold heavy cream, 3 large egg whites,1 - 200grams sugar, Sweetened whipped cream, for garnish, Scraped bittersweet chocolate for

**Directions**: Place chocolate in a large bowl, set it over a double boiler at a low simmer Stir chocolate until melted. Turn off the heat and let it stand. Beat the cream over ice until it forms soft peaks. Set aside and hold at room temperature. With a mixer, whip egg to a glossy soft texture. Gradually add the sugar and continue whipping until it becomes firm. Remove the chocolate from the double boiler and using a whisk, fold in the egg whites all at once. When the whites are almost completely incorporated, fold in the whipped cream Cover the mousse and refrigerate for approximately 1 hour or until set. Serve in goblets topped with more whipped cream and shaved chocolate, if desired.

Now your chocolate mousse is ready Easy to make and awesome to taste Worth trying out the recipe this sum

-Janet Montaut

#### A SHORT STORY .A B.ALD M.AN AND TH FLV

On a hot summer day, a Bald Man was sitting in his sweet shop. A lot of flies were buzzing around the tasty, tempting sweets to sit on them.

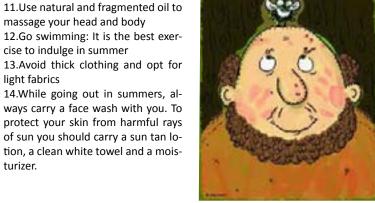
The Man thought to himself, 'I must not let any fly sit on the sweets or my sweets will get spoilt and then who would buy them?' So, he constantly moved his hands left and right and up and down to fly them away.

A Fly saw this and sat on the bald head of the Man and bit it.

The Bald Man got out and slapped his head in order to kill the Fly. The Fly at once flew from the Man's head and said mockingly, "Stupid Man! You tried to kill me for just biting you Look! You hurt yourself by slapping your own head hard."

The Man said to the Fly, "I did not hit myself intentionally, so I am not feeling bad. But you are a very bad Fly. You suck human-blood and trouble them for no reason. I am ready to suffer a bigger loss than hitting myself if I can just kill you!"





And now I rise - NIRBHAYA

Where to go? Where to shine? Is this the world mine?

Questions rising in my mind

Who am I? What am I?

was killed before i was born was raped, before I was married was abused when I was a child was burnt because I protested Against what! Because I protested for my 'birth' Now, can you guess! Who am I?

am a daughter, who is beaten I am a wife, who is abused I am a mother, who don't have enough to raise her child I am a woman, who is looked down upon always By whom? By my protectors

I am weak

I am small I cry when I am alone

Because I am a woman A woman who is weak, yet strong

A woman who is sick, yet survives

A woman who is alone, but is never gone

You can hit me Burn me Rape me Or Kill me

I will rise I will rise like a wave No matter how far you chase I will fight for my right And hold my mother tight She is a beautiful sight And if only you might Come and embrace me I would wait patiently But, once you shot me down



I will rise again Leaving behind the pain The time has come For a change...

I don't believe in names I don't believe you and your games A woman is equal, as equal as a man This is my belief And by it I will stand

You are a part of me Coz I gave you life Without me, you wouldn't have a sight A sight to see this hell, in paradise

What have you done to this mother! Mother earth and nature What have you done to the race! It has become a horrible place

For my mother and thee

A woman is equal As equal as a man I can prove it in this land

Treat her right Treat her fine Coz I will rise and I will reign

And now i rise With virtue and pride

Revenge is bleeding out of my I can feel the despair within You have mocked me Now you have evoked me And now I rise To make everything right...

Entering into a new saga This is my Maya I am NIRBHAYA

-Marilyn Sultana

# Glimpses of North East India

Culturally rich, bio-diverse and endowed with natural resources, North-East India forms a distinct region with its language and customs. Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, and Tripura and the Himalayan state of Sikkim form the Seven Sister States. Connected to mainland India by a narrow strip of land, Northeast India is the eastern-most region of the country. The Siliguri Corridor in West Bengal, with an average width of 21 km to 40 km, connects the North Eastern region with the mainland Indian sub-continent. North Eastern states share more than 4500 km of border with Bhutan to the northwest, Myanmar in the east, South Tibet in the north and Bangladesh in the southwest. Most North Eastern states have over 60 per cent of geographical area under forest cover. No wonder then



that the region supports some of the highest floral and faunal diversities. As many as 51 forest types are found which are broadly classified into six major types. It boasts of as many as 850 bird species and about 8000 species of flowering plants. The region is also known for its great ethnic and religious diversity. As many as 220 languages in three different language groups are spoken in the region. A large number of tribes - from the Nagas to the Mishmis - are found in North East. Though it attracts less number of tourists as compared to mainland India, the region is known for its natural beauty and healthy climate. The region also attracts a lot of adventure enthusiasts too.

-Dhanabir Singh

Amazing Fact: People with autism are less likely to catch yawns. The more severe their condition, the less common the behavior gets.

# Style it Up



Summer is here and it's time to style up the heat with some cool trends to make this summer breezy. Each and everything which we wear is fashion. It all depends on the way we carry out our creations in style. More than celebrity fashion, it is the street style which will dictate the kind of style that might be prevalent on the runway!

To keep up with the summer heat here are some 10 steps to go glam this summer

Go for minimal clothing; don't cover yourself up with endless number of clothes

Choose light fabrics and avoid darker shades.

Black can be teamed out any other light colored accessories

Choose your shoes carefully; canvas

and gladiators are in now.

You can always team up your whites or blacks with a bright colored bag or clutch, even shoes

Long skirts are trending, you can team up your skirt with any denim jacket

Get the retro look with round frames or glassy aviators

Go for a hair style that makes u look cool, bun it up or plait it up. Fringe is in.

Girls don't overdo your make up, keep it simple and just add color to your lips

Go floral, team up your denim or neutrals with a floral bag or acces-

sories. Beat the heat with your smile and

Address: Club House, Concorde

Manhattan Apartment, Near Wipro

Gate-16, Electronic City, Banga-

Cuisines: Fast Food, Street Food,

Cost: Rs. 200 for two people (ap-

Address: 4th Cross, OMBR Layout,

Opposite CMR Law College, Banas-

Cost: Rs. 100 for two people (ap-

Cuisines: South Indian, Fast Food.

Opening hours: 7AM to 10 PM

Opening hours:7 AM to 10:30 PM

Rating: 3.3

lore-560100.

prox.)

prox.)

Rating: 3.6

Location: Electronic

Beverages, Ice Cream.

6. Muruga Bhavan:

Location: Banaswadi

wadi, Bangalore.

glam it up with a positive attitude.

- Marilyn Sultana

#### *19 FACTS ABOUT INCREDIBLE INDIA*

- India is the world's largest and oldest, continuous civilization.
- 2. India never invaded any country in her last 1000 years of history.
- 3. India invented the number sys-Zero was invented by Aryabhatta.
- 4. When many cultures were only nomadic forest dwellers over 5000 years ago, Indians established Harappan culture in Sindhu Valley (Indus Valley Civilization).
- 5. There are 300,000 active mosques in India , more than in any other country, including the Muslim world.
- 6. Sanskrit is the mother of all the European Languages. Sanskrit is the most suitable language for computer software - a report in Forbes magazine July 1987.
- 7. Chess (Shataranja or AshtaPada) was invented in India.
- 8. India has the second largest pool of Scientist and Engineers in the World.
- 9. India is the largest English speaking nation in the world.
- 10. India is the only country other than US and Japan, to have built a super computer indigenously.
- 11. India has the largest number of Post Offices in the world.

- 12. One of the largest employers in the world is the Indian Railways, employing over a million people.
- 13. India was one of the richest countries till the time of British rule in the early 17th Century. Christopher Columbus, attracted by India's wealth, had come looking for a sea route to India when he discovered America by mistake.
- 14. The Vishnu Temple in the city of Tirupathi built in the 10th century, is the world's largest religious pilgrimage destination. Larger than either Rome or Mecca, an average of 30,000 visitors donate \$6 million (US) to the temple every day.
- 15. Varanasi, also known as Banaras, was called "the Ancient City" when Lord Buddha visited it in 500 B.C., and is the oldest, continuously inhabited city in the world today.
- 16. Martial Arts were first created in India, and later spread to Asia by Buddhist missionaries.
- 17. Yoga has its origins in India and has existed for over 5,000 years.
- 18. Indian Railways employs more than 1.3 million people. That's more than the population of many nations.
- 19. India has the largest English speaking population in the world.

- Raj Shekar

#### Fast Food Joints in Bangalore 5.Just Fresh Point:



We all love fast food. Its fast and its affordable. Here are some fast food joints in Bangalore that are budget friendly and won't leave a hole in the pocket. 100rs is the price to pay to have a full tummy and leaving your taste buds satisfied. These places also, make it a good place to hang out with your friends and have long

So here's the list of seven fast food joints in Bangalore that might interest you:

### 1.Sandwich N Chain:

Rating: 3.9/5

Location: Koramangala. Address: 199, Near Sai Baba Temple, 7th Block, Koramangala, Bangalore.

Cuisines: Cafe, Fast Food, Sandwich,

Opening hours: 8 AM to 9:30 PM Cost: Rs.100 for two people (approx.) 2.Ande Ka Funda:

Rating: 3.5

Location: Kumaraswamy Layout Address: 173, Teachers colony, 1st Stage, Near Dayanand Sagar College, Kumaraswamy Layout, Bangalore. Cuisines: North Indian, Fast Food Opening hours:7 AM to 11 PM Cost: Rs. 100 for two people

#### 3. Disney Bakery: Rating: 4.1

Location: BTM

Address: 305, Near HDFC ATM, 7th Cross, 2nd Stage, BTM, Bangalore. Cuisines: veg and non-veg Bakery stuff, Fast Food.

Opening hours: 10 AM to 10 PM Cost: Rs. 150 for two people (approx.)

#### 4.Albert Bakery:

Rating: 4.2

Location: Frazer Town Address: #93, Mosque Road, Frazer Town, Bangalore.

Cuisines: Bakery, Fast Food. Opening hours: 3 PM to 9 PM Cost: Rs. 150 for two people (approx.)

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