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Literary Play on Words: Amatora '24

Samixa Bajaj

The Department of English hosted its annual inter-college fest 'Amatora' on Jan. 19. Themed 'Kairos', the fest was dedicated to fostering creativity without boundaries. Originally called 'Apostrophe' in 2013, the fest was renamed 'Amatora' last year.

True to its identity as a literature fest, the events at Amatora revolved around the English language. Students from Dayanand Sagar, Jain University, St Joseph's University, St Claret's University and PES University were among the many participants. The events ranged from 'Voice your Verses', a slam poetry event for participants to showcase their poetic talents, and an improv event 'To Be Continued...' inviting teams of four to write a story



Participant in Slam Poetry

together to 'Words Wage War' brought forth a clash of ideas by inviting contestants to debate their stances, and 'Coffee with Carmel', hosted by the Literary Association, brought contests

like rapid fire, a literary quiz and Pictionary.

"It was really good, we enjoyed the performances. It was a fun experience to perform," said Rakshith, a 2nd-year B.Tech. student from PES University who participated in the slam poetry event. Amatora has consistently remained a fest that prioritises literary knowledge and appreciation even with events. The previous year too, the Literature Department students conducted similar events.

The rolling trophy for contingents was won by Jain Deemed-to-be-University, while the English Department's rolling trophy was won by 1st MA English. 2nd BA English Psychology and 1st BA English Psychology placed second and third respectively.

Exploring the sustainable wonders of *Academicia*

Meghna D

Academicia, a fest for eco-conscious academics, took place on Jan. 11, 2024. Academicia kickstarted the new year in the festing circle with a bang. In the heart of academic fervour and creative enthusiasm, the fest unfolded its vibrant mosaic with the theme "Mindful Horizons: Interdisciplinary Dialogues on a Sustainable Future." This also marked the first intercollegiate fest of the year 2024. The campus was bustling with activity as other college students also participated in the events.

The fest commenced with an inauguration that set the tone for the events' overarching theme. Esteemed speakers from diverse fields shared insights on the importance of interdisciplinary dialogues in shaping a sustainable future. The various events held by different associations followed through with the same. This time, events were held in collaboration with other associations rather than a single association. The Psychology and Journalism Associations hosted an event resembling Shark Tank, while the Kannada Sangha, LitSoc, French, German and Sanskrit Associations came together to test the crowd's linguistic prowess. Stalls of several varieties were set up in the amphitheatre.

As the curtains closed for Academicia, it can't be denied that the fest had provided a platform that sowed the seeds of much-needed sustainable awareness. The spirit of Mindful Horizons had ignited a flame—a beacon guiding the way towards a more conscious, interconnected and sustainable future.

Govinda Amma: A 58-year Odyssey of Loyalty and Dedication

Haiqa Bakshi

There can be only one word used to describe someone who tends to forget her age but instantly remembers every moment of the place she worked at - loyal. A six-decade allegiance to Mount Carmel College has made Govinda Amma nothing short of a fascinating, dedicated person, who continues to serve MCC for more than 58 years.

Starting her long journey as a convent assistant under the late Dr. Sister Genevieve, who was known for her generous nature, Amma has transitioned to working under the canteen (Triple C) maintenance head, Babu who works at the canteen's fifth counter. Amma's daughter works for the college as an attendant and her granddaughter formerly worked for the college too.

A native of Tamil Nadu, Amma resides in Bengaluru's Lingarajpuram area which is around 6-7 km away from the college. However, there are days when she does not go back home and instead opts to stay around the college area. She reasons that her home tends to be very far away and her poor financial situation does not allow her to travel comfortably, so she rather stay close and come back in the morning to do her work.

Unfortunately, Amma, who is lonely and feels abandoned, is viewed to be mentally 'unfit' for when she is sitting all alone. Despite her advanced age and poor health, she finds it extremely difficult to leave MCC because of her love, effort, and dedication.



Govinda Amma

Kairos Unveiled: Humanities Fest '24 Dazzles with Diversity Delight

Archita Das, Netra R

The annual humanities fest presented 'Kairos; A cabinet of Curiosities' this year, a theme celebrating the complexities and the individuality of each person. The fest was conducted across 2 shifts on Jan. 19.

The inaugural ceremony started with the college song, a rendition of 'million dreams' by the WMA, and dance performances by IDA and the Kannada Sangha. The chief guest, Vasundhara Das, sang a beautiful hindi piece from the movie 'Jaane Tu ya Jaane Na' and conveyed her gratitude to her Alma mater, fondly remembering Sr Genevieve. This was followed by a powerful speech by the keynote speaker, Dr Akkai Padmashali, a transgender activist.

The fest witnessed events

that explored talent showcasing from each of the 14 associations across different locations in the campus.

keeping up to the theme.

The Humanities Association's event 'And then there were none' in the second half featured a murder mystery, engaging participants to investigate the case and find the real criminal. 'Goblet Of Graphics' by the Artha Association and 'Illogical nights' by the History Association were some of the other afternoon events. A video recapping Manan'24



Shubhangi keeping the audience entertained

While the Political Science Association organized Democracy 4 where students took on role playing characters to solve crises, Psychology Association's Mood Mela took the students on an emotions ride. The Communication Club, and the Tourism Association dabbled in fictional world building events,

was displayed at the valedictory function encapsulating the atmosphere throughout the day. The trophies were handed over by Dr Suma N and the Dean of Humanities, Hamsa N. The overall winner was Jain University CMS who bagged several awards, while St Claret's came second.

Education Fair '23

Mount Carmel College declared its admissions open for the 2024 intake through the Education Fair on December 13. Departments from the schools of Commerce, Humanities, Managements and Science set up their stalls at the amphitheatre as they presented their courses to interested students. Students from Mount Carmel Pre-University College and other PU colleges explored myriad options.

Samixa Bajaj

Stauros '24

Stauros, hosted by the Christian Students Association, was themed "Sar Shalom" or Prince of Peace in Hebrew and featured Dr. Jerome, Principal of St. Vincent Pallotti College, as the Chief Guest. The event witnessed participation from eleven colleges, with Kristu Jayanti College securing their third consecutive victory, clinching the rolling trophy as the overall winners.

Nanditha Gururaj



Yuletide Showers

The Christmas celebration 'Yuletide Showers' was held in Mount Carmel College on December 20. Pastor Sandeep Daniel was the Chief Guest at the event. The MCC choir led the carolling, while Kannada Sangha performed some songs for the audience. The Indian Dance Association and the MCC hostelites collaborated to put on a short play.

Samixa Bajaj

A winning spree

MCC dominated the sports world as they emerged champions at the Intercollegiate Athletics meet held at the Kanteerava Stadium, Bengaluru on Dec. 20, 2023. The college hosted the BCU women's basketball trials and intercollegiate tournament in November where they came out as the winners. Seven students from the basketball team were selected to represent the south zone.

Nafeesa Shiza



The Coed Conundrum: Opening Doors or Pandora's Box?

Institutions, especially long-standing educational institutions such as Mount Carmel College, are often synonymous with words such as prestigious, esteemed and reputed centres for learning. But when laid bare as a girl's college to men with prejudiced minds, these synonyms begin to be replaced by several derogatory and stereotyped ones.

Mount Carmel College's decision on December 4 to admit male students, marking its end of 75 years as an all-female institution, follows closely on the heels of its platinum jubilee celebration, centered around the theme of empowering women and creating a unique "Herstory."

Strong voices of dissent against this decision have risen through the college walls, not because students stand directly in opposition to the decision made by the college. Rather, it is an attempt to oppose the overt sexualisation that men take the liberty of on social media platforms, encouraged by others of similar bigoted mindsets. Before students could digest this transformative change, prominent Instagram personalities seized the opportunity to criticize the decision, opening the floodgates for hundreds of students from other institutions to weigh in. What started as innocuous teenage banter soon descended into outright abuse, with comments like "Ab ladkiyon ko chedna hua aur bhi aasan" and "Don't worry about missing fests now; many girls are gonna miss their periods."

This decision and the online comments that followed have exposed several rungs of prejudice, ranging from stereotypes about the girls of the college all the way to overt sexualisation and threats of abuse in an otherwise "protected" space for the students of this college.

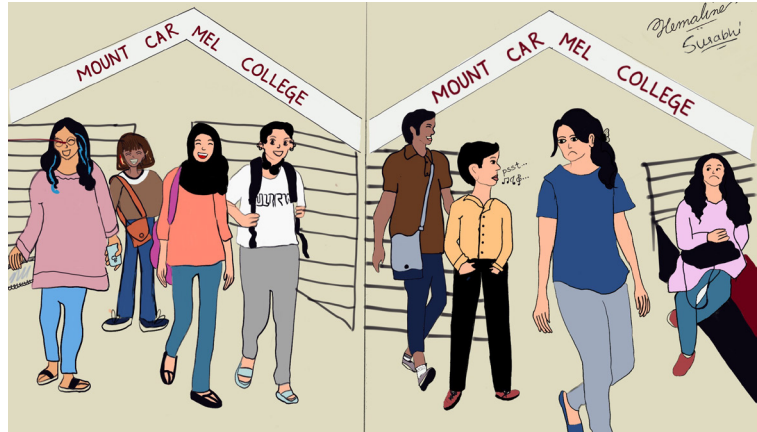
The permissiveness afforded to men and the objectification of over 8,000 women based on their choice of an educational institution epitomize the darker facets of today's social media landscape. While Instagram exposes such abusive comments to a wide audience, it curiously shields these offenders by discreetly blocking reels that would reveal their indecencies.

The misogynistic commentary that swiftly flooded social media platforms not only exposes the deeply ingrained stereotypes surrounding women's colleges but also highlights the alarming ease with which men exploit these spaces.

If the announcement of change for the college has laid bare this level of bigotry and the extremity of sexualising an entire institution simply for the sake of entertainment, then Carmelites worry over the prospect of these very individuals becoming part of the college community. Beyond the social media storm, other anxieties surface, particularly among those with strict parents who may resist allowing their daughters to study in a coed environment. This may lead to a migration to other colleges that may lack the same infrastructure, opportunities, and upward mobility as Mount Carmel. There's also trepidation about potential changes such as stricter dress codes or, worse, a uniform at the university level. Questions abound regarding space, representation in associations, and concerns over the maintenance of infrastructure and facilities.

The challenge for Mount Carmel now is not just in coexisting but also fostering an environment where diversity is celebrated rather than exploited and where education remains the central focus, free from the taint of gender-based biases.

Whether this decision has opened doors or unleashed Pandora's Box is a question that will be keenly discussed by onlookers and the college community for years to come, echoing the broader societal struggle against prejudice and underscoring the imperative to safeguard the sanctity of educational spaces.



Are 'Animal' Instincts Driving Humans to Opt for Inhuman Movies?

Avni Shetty



The Indian audience appears to be a perplexing lot. This explains the challenges faced by Bollywood directors and writers in crafting compelling movies. While they strongly oppose films that appear to insult religious sentiments, they seem to readily acclaim those that romanticize atrocious behavior. Showing a noticeable paradox in their responses.

The recent controversy surrounding 'Annapoorani: the Goddess of Food' exemplifies how religious sentiments can trigger strong reactions. The depiction of the goddess consuming meat, a departure from traditional practices, sparked a backlash from groups like the Vishwa Hindu Parishad (VHP), resulting in the removal of the film from OTT platforms and

public apologies from 'Zee Entertainment.' The swift and assertive response in this case highlights the reverence attached to religious beliefs as well as the impact of conservative forces on public debate.

On the other hand, the apparent acceptance of movies like 'Animal,' despite concerns raised, sheds light on the selective nature of societal critique. Despite potential justifications for the director's intent to illustrate the impact of a harsh upbringing, the film falls short in portraying the consequences on the protagonist and presents the lead with a seemingly happy ending. The film's portrayal of inhumane behavior and its seemingly lax treatment of the lead character's wrongdoings, including infidelity, raises ques-

tions about societal priorities in terms of what elicits collective outrage.

What is disheartening is the asymmetry in societal reactions. Even though religious practices crafted by humans are not always accurately depicted in movies, there is a group of individuals actively advocating for their accurate representation. However, when it comes to films that demean women and normalize verbal and physical abuse, a segment of the same audience is quick to dismiss concerns, asserting that women are easily offended by "just a movie."

The argument often goes that such content is for entertainment purposes, though it remains unclear who finds entertainment in witnessing the mistreatment of women.

In Hinduism, various sects, including Shaktism, describe the main ultimate God as feminine energy, linking it to the concept of a mother being the most crucial and ultimate deity, responsible for all creation. Given this reverence for the feminine, it raises the question of why doesn't society channel the same aggression and passion towards eliminating movies that diminish women, portraying them as mere objects?

From Pro-Israel to Ceasefire Support: India's Changing Dynamics in the Israel-Palestine Conflict

Dhwani Dharamshi

October 7, 2023. That was the point in time when people around the world became aware that they were witnessing a genocide taking place right under their noses. The Israel conquest over Palestine's land, which they claim as theirs, started long before just last year, and has wreaked havoc for one side unbiasedly for more than 70 years.

You would think that in this day and age due to international laws and stature, a war would not take place easily, or even if it did, it would be shut down by other countries immediately. Unfortunately, time has once again taught us that most countries worldwide would rather think about their political agendas and so-called diplomatic relationships before picking a side, be it ethical or not.

You know something is amiss when the public masses can see the right from the wrong but the government they voted to power picks a course unlike. The Indian government, which was (not

so) shockingly pro-Israel during the initial hearings, registered the whole scenario as counter-terrorism. Sure, India's views on terrorism and counterterrorism are fairly agreeable but dismissing innocent lives being taken and abstaining on voting for a ceasefire despite knowing the casualties and long-term displacement and trauma that follows, it was clear that the conflict was being looked at from a beneficial perspective. When you dig deeper to attempt to understand the reasoning behind India's decision, there is a lot to uncover. An article by The Diplomat stated the immediate cause could have been the need to latch onto a superpower to strengthen ties for defense purposes, and supporting Israel would have not stopped the flow of weapons and arms that are imported from there. The article went on to ponder the probability of right-wing ideology, western political powers, and Islamophobia as others to substantiate why the Indian Gov-

ernment could have proceeded in that direction. However, this is not to say that India did not provide aid to Palestine during this Humanitarian crisis, sending over medical supplies and disaster relief materials. The government says that it will continue to provide aid for as long as needed but the irony is self-reflective.

India's stance on this issue throughout the years has never been consistent, understandably so due to the change in governments and policies every few years. In the recent UNGA resolutions concerning Palestine and Israel, India shifted sides to vote for an immediate ceasefire, while asking for a two-state approach. While this decision aligns with the majority, is it too late with the increasing amount of death tolls and an already ruined state of Palestine? Will governments only come to lament their decision-making after history books carry stories of victims years later to no avail?

STUDENT SPEAK

The construction happening at the gate and on the front wall of the college is bringing a lot of dust and many students are falling sick.

Associations were supposed to be platforms for us to come together and make a place for ourselves in competitions that had only boys. Now that the college is bringing in boys, it feels like that significance is gone.

The January semester is always shorter and jam-packed with fests, so it's hard for us to focus on academics or events properly.



“We Don’t Plan, We Just Manifest”

Saranyaa Ramesh, Sravya Satpathy

It was nearing late afternoon and our whole team was excited. And why wouldn’t we be, we were interviewing none other than the Vixens Crew! The group of seven fierce women, who took the dance scene by storm, are truly a force to reckon with. Too busy being trendsetters and an inspiration to many, they still made time to chat with us and the energy throughout was nothing short of electric.

As they entered the room, it felt like a burst of energy, a powerful army of women ready to conquer the dance floor. The room buzzed with excitement, a mix of intimidation, awe and pure admiration. Medha, Anushka, Vibha, Megha, Bhavana, Ketaki, Renee, collectively known as The Vixens, exuded power and camaraderie.

Amidst laughter and banter, we delved into their world, discovering the essence of their journey. Recently celebrating their one-year anniversary, The

Vixens Crew is filled with anticipation for the exciting journey ahead.

“We’re saving the celebration for something big,” Megha shared, hinting at future plans and moves in the making. The passion in their voices echoed as they discussed resolutions, collaborations with bigger artists and the invaluable lessons learned in 2023.

Each member took their turn describing the person beside them, painting a distinct picture of their counterpart. From Megha, celebrated as the playful one, to Anushka labeled the “moon of the group,” the Vixens’ diversity goes beyond their dance styles, encompassing their individual personalities.

Their friendship extends beyond the dance floor, evident in the way they speak about each other. Laughter echoed as they playfully described each member, revealing

a bond that goes beyond the beats of their choreography.

Looking back at their journey, they acknowledged the unwavering support of their loved ones. “At the end of the day, we are doing something that



The Vixens Crew

we love,” Bhavana shared, emphasising that their passion, commitment, and most importantly, their self-belief is what got them through initial skepticism.

The conversation shifted to their creative process, and it became clear that Vixens are more than just a dance crew; they are trendsetters. “We create our own trends,” Vibha affirmed,

explaining how they infuse their unique style into every routine, refusing to be confined by existing norms.

When we touched upon the topic of the landscape of social media and the pressure that comes with it, the crew agreed that staying true to themselves is the key. The digital world is a space

where demands are endless and conformity is valued, but as Anushka tells us, “We focus on the positive comments. It’s good pressure, not something negative.”

The highlight of the interview was when they shared stories of unexpected encounters, including a surprise collaboration with Dulquer Salmaan, the famous Indian actor and playback singer. Their excitement was contagious and the recounting of the surreal experience left all of us in smiles. As we were nearing the end, the conversation flowed to their future aspirations with up coming plans for more collaborations, travel and performances. There was one word that encapsulated their vision: “Grateful.” We could feel it in their voices that they were grateful for the journey, the support and the opportunity to inspire through dance. There is no doubt that the Vixens will continue to weave their unique story, one that comprises of empowerment, authenticity and of breaking barriers. Their journey continues to unfold, promising more rhythm, more laughter and undoubtedly more Vixens vibes in the years to come.

Legacy In Elegance



Embracing the timeless beauty of antique family treasures

Seanna Mariann Reddy

A Boycotts to-do-list: The Unveiling Brands tied to Global Conflicts

Khushi Jaiswal

Corporations are driven by one thing: money. But what happens when we, as consumers, decide to wield that power? A company’s existence is driven by financial considerations, and boycotting it can lead to financial losses, prompting policy changes.

In the events of the ongoing conflicts concerning Palestine and Israel, recent weeks have seen a widespread consumer-driven movement that emphasizes the power of consumers in effecting change. While boycotting certain products, like those from Israel, has historical roots in movements such as BDS, the current situation reflects societal changes and crises. While the use of boycotts is important, there is a realization that a majority of products by certain companies cannot be unavowed completely. Hence, it is important to opt for a rational boycott rather than just going with the word of the masses.

Here is a list of companies that are the epicenter of the boycott - PUMA: It sponsors the Israel Football Association (IFA), which includes teams in illegal Israeli settlements on occupied Palestinian land. Although PUMA has indicated it may not renew its IFA contract in 2024, the boycott continues until it fully ends its complicity.

Nestlé: They own 53.8% of Osem, a leading Israeli food manufacturer operating in illegal settlements.

Coca-Cola: Its Israeli branch owns dairy farms in illegal settlements.

Starbucks: It opened outlets in US military bases in Afghanistan, Iraq, and the Guantanamo Bay detention center. It also sponsored fundraisers for Israel.

McDonald’s: The Israeli branch offers free meals to Israeli hospitals and defense forces.

Some other companies to boycott in India include Milo, L’oreal products, Pepsi, Burger King, Pizza Hut, Palmolive, Motorola, and Gillette. Again, this is keeping in mind that there are affordable and available alternatives to such brands in the market as well.

The emphasis is on strategic and context-sensitive boycotts and divestment campaigns to compel complicit companies to end their involvement in Israeli apartheid and war crimes against Palestinians. This sends a powerful message to other companies that they may face similar consequences if they do not disengage.

Homemaker to Graphologist: The Powermanship with Kriti Sushant Pai

Zobia Jamil

Kirti Sushant Pai, a master practitioner of graphology at Global Penmanship Academy and a member of the International Council of Graphologists, delves into analysing handwriting to understand personality traits. Her journey with graphology began with curiosity but soon grew into a profound tool for self-awareness and personal development under the mentorship of Imran Baig Sir.

Pai, an MCC alumnus, always found herself interested in

working with children, however in the end, she moved forward with pursuing sciences until graduation. Years after becoming a homemaker, she found a new passion in graphology.

She describes graphology as the study of handwriting to gain insights into someone’s personality. By analyzing handwriting elements like size, slant and pressure, one can gain valuable insights into strengths, weaknesses and behavioural patterns. For Pai, graphology isn’t just about personality assessment;

it’s about empowering individuals. She uses graphotherapy, a technique involving handwriting analysis and correction, to help clients understand their thinking patterns and improve their handwriting. This, she believes, empowers the brain and fosters overall well-being.

In an increasingly digital



Kirti Sushant Pai

world, Pai emphasises the importance of maintaining the habit of writing. Encouraging youngsters to write regularly is her way of advocating for brain health.

For those con-

sidering graphology as a career path, Pai offers enthusiastic encouragement. She highlights the diverse applications of graphology, including signature analysis, children’s programs, and graphotherapy. Kirti Sushant Pai’s journey with graphology is a testament to the power of self-discovery and personal growth. Through the analysis of handwriting, she empowers individuals, young and old, to embark on a journey of self-awareness and positive change.

The Carmel Chronicles: All About the Archives

Divya Singh, Dhvani Dharamshi



Inside the Carmel Archive

Imagine a room where you can smell a memory anytime you open a door, or every creak of the floorboard you walk on tells a tale. That sounds like a very fictitious dramatic moment but we believe you get the point. For those of you still racking your brains to figure out what the ramble is about, we are hinting towards the concept of archives.

Archiving is understood as a collection of older things, meant as a means of preserving history.

And, yes our college also has an archive where you can learn about how Mount Carmel College used to run back in the 60's and 70's. Right opposite the vending machine, follow the walls on the left and you will find a fairly hidden, subtly dark staircase leading down, and voila, you will find yourselves in a mini museum. Although, we warn you that the place is a labyrinth of sorts and that you will lose track of time when you are down there.

Curated in 2017 by English department chair Miss Mary Mathew, the Carmel Archives was where the past met the present. Unfortunately, it became like the lost city of Atlantis with no one bothered about it till the Head of the History Department decided to give it a digital makeover, complete with a social media presence because who says history can't trend? The brand-new Carmel Archives, version 2020 does not boast any ancient artifacts, rare manuscripts, or any of that kind. But it does have ample old photographs and journals of students and staff and their contributions. There are several articles and heartfelt poems from those studying here 20-30 years ago, and when we brushed through them, we felt the relatableness to surely exist today too. The old typewriters, the grand piano, the old Convent nun uniform which is strikingly similar to that from the movies, and even the random rocks in the commerce section may be items you have never seen before, other than on the internet.

The credit for this whole rebranding of the archives goes to the History Department. Their praise-worthy research and social skills allowed them to reach out to the alumni and gather the necessary information and photographs of the previous eras of the college. Their communication process and marketing were so solid that not even the alumni, but rather their friends were reaching out to give evidence of the fun times in college. If you want to guess who, it's someone from the silver screen and the hint is on the social media page for the archives!

'Kho Gaye Hum Kahan'; a Social Media Wake-up Call with Charm and Sass!

Mahi Aneja

As teens and young adults in the "Real World", our online struggles are often dismissed, but "Kho Gaye Hum Kahan" offers a refreshing getaway from the usual blockbuster fare like 'Animal' and the upcoming 'Fighter'.

The storyline is straightforward. Ahana, Imaad, and Neil, portrayed by Ananya Pandey, Siddhant Chaturvedi, and Adarsh Gourav, navigate the intricacies of life, including relationships, family dynamics, and friendships. this journey is intertwined with the tumultuous impact of social media. Ahana orchestrates an elaborate plan to make her ex-boyfriend jealous, involving a fake Instagram account, staged dates and an illusion of a perfect life. Neil, a fitness enthusiast with dreams of his own Gym, grapples with a relationship kept under wraps by his famous influencer partner. Meanwhile, Imaad uses humour to both call out his friends' actions and spotlight the hypocrisy rampant on social media, all the while masking his own underlying trauma.

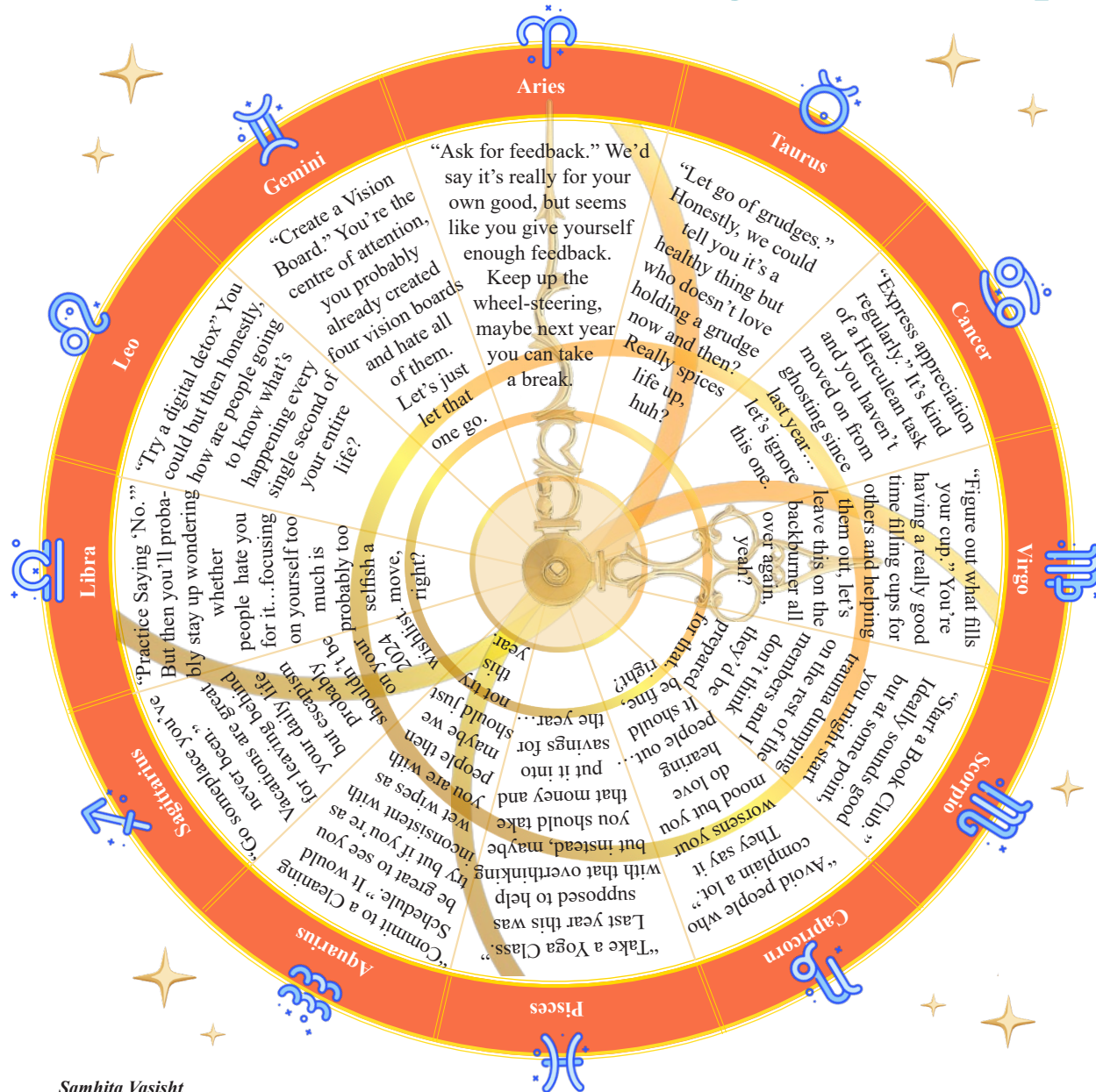
Their interactions, set against the backdrop of Instagram, mirror our own experiences. From the reflexive morning phone-check to the pursuit of followers through encounters with the

famous, we all resonate with the duality of life – the one we lead 'irl' and the one we craft online.

Produced by Zoya Akhtar and Farhan Akhtar, the film echoes the seamless camaraderie seen in their previous works like Dil Chahta Hai and Zindagi Na Milegi Dobara. With an 8/10 on IMDb, a holiday release on OTT platforms (and a timely antidote to the disappointment of 'The Archies,') "Kho Gaye Hum Kahan" proved to be a delightful experience. Its beautifully colour graded shots, seamlessly integrated music and strong bonds we all hope to have with our friends one day serve as an easy reminder to stop, take a breath and (not to sound like our parents) look beyond our phones.



"New Year's Resolutions Your Sign Should Drop"



Samhita Vasisht

TRIPLE C

Chai, Complaints, Counsel

Q-Just how far can you extend an extended deadline?

Just about as far as your nose. The dead in "deadline" is there for a reason. There is always space for some wiggle room, granted you negotiate your case for extensions way ahead of time. And if there are exceptional circumstances. I mean, if you were actively involved in saving a baby from a running train while finding a cure for cancer and that's why you missed the deadline, one can be a little flexible.

Q-I think I have a social media addiction, what do I do?

Well, if you have a social media addiction, I don't suppose you are doing anything. However, you want a solution. You could develop FOMO. When you feel strong enough FOMO, you might not want to spend your time doom scrolling on social media, instead you will be attempting to spontaneously combust while trying to achieve everything you want to do. You could schedule social media on your calendar, transforming it into a chore that needs to be done. Since no one likes to do chores or assignments that are due, you might find yourself spending very little time on it. Or you could do what this author does; put a timer on the social media apps. Of course, when the timer interrupts the cat video, the timer is turned off and one returns to vicarious cute aggression. Then two hours have passed, the soul is satisfied, the deadlines are creeping and its time for good old revenge procrastination of sleep.

Teacher Coordinator - Dr Shilpa J

Editor-in-chief - Aamina Azhar

Assistant Editor - Sravya Satpathy

Sub-editors - Avni Shetty, Samhita Vasisht, Dhvani Dharamshi

Layout & Design - Rifah Anjum, Shivani M, Jashmita Tanwar, Shruti Mukherjee, Nanditha Gururaj, Chaitra M

Website design - Safa Maryam, Zuha Mariam, Syed Sakeena

Cartoonists - Surabhi R A, Hemaline Rose

Photographers - Krisha Vora, Simran Sinha, Khushi Japee, Sneha Cherian, Smarika Maheshwari

Social Media - Ananya Goutham, Deepthi Balaji, Vrushanki Padmanabhan, Haiqa Bakshi, Dharini B, Tanisha Chakraborty



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