



Progressive Education Society's
MODERN COLLEGE OF ARTS, SCIENCE AND COMMERCE (Autonomous)
Ganeshkhind, Pune -16 (NAAC A+)

Department of Psychology

KALEIDOSCOPE

Volume XV



life is struggle
जीवन हाच संघर्ष!

2022 -2023



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DEPARTMENT OF PSYCHOLOGY

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I would like to thank my colleague Nashome Crasto who has helped in coordinating the process, following through with students and active participation in all the tasks connected with making Kaleidoscope Volume 15. Thanks to my colleague Swati Jagtap for taking care of the section in Marathi. Thanks to Aayushi Bhayani for help in alignment and basic proofreading. Prajakta Jori and Niraja Ingle have also contributed to the Magazine and I thank them. I wish to congratulate all the students who have written for the journal. Student members of Disha, who have written articles and thematic pieces, have contributed in making this issue of Kaleidoscope. Tanaya Jadhav from SYBA has designed the Cover page suitable to the theme. Thanks Tanaya!

Several students have contributed artwork as colorful additions to the Magazine, a big thank you to all of them.

This Volume too, like the previous one is an E magazine.

This fledgling effort which started a decade and a half before has taken roots! I am really contented to place the Fifteenth Volume of **KALEIDOSCOPE** before all of you, our readers.

Dr. Sadhana Natu

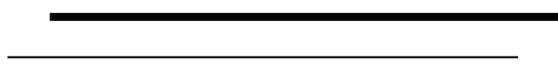
Associate Professor and Head

Department of Psychology.

P. E. Society's Modern College of Arts, Science and Commerce (Autonomous),

Ganeshkhind, Pune 16

March 2022



From the Principal's Desk...

Welcome to the 15th edition of Kaleidoscope, a magazine produced by the Department of Psychology at our esteemed institution. This year's theme, "Life is Struggle," is particularly relevant given the unprecedented challenges that we have faced in recent times. As we navigate through life, we encounter various obstacles that can sometimes seem insurmountable. However, it is in these moments of struggle that we discover our true strength and resilience.

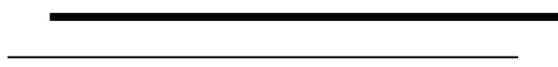
I am proud to say that like every year, this year too, the magazine features contributions from our very own students, who have shared their personal experiences and insights on the theme. Their essays, poems, and artwork offer a unique and honest perspective on the struggles that we all face in our daily lives. These young minds have shown exceptional maturity and introspection, and I have no doubt that their work will inspire and resonate with our readers.

I would like to extend my heartfelt appreciation to all the students who have contributed to this magazine, as well as the faculty members who have supported them along the way. Many congratulations to Dr Sadhana Natu who has led the entire team and for her tireless efforts in bringing this publication to fruition.

I hope that this edition of Kaleidoscope serves as a reminder that we are all on this journey together, and that there is strength in our collective struggles.

Dr. Sanjay Kharat,
Principal.
P. E. Society's Modern College of Arts, Science and Commerce,
Ganeshkhind, Pune 16.





Vice Principal Speaks...

It gives me immense pleasure to write this foreword for Kaleidoscope Magazine as it completes its 15th Volume. It is a remarkable achievement for any publication to have sustained its momentum and relevance for such a long time.

Kaleidoscope Magazine has always been a platform for diverse voices and perspectives, and I am proud to say that it has continued to uphold its legacy. The theme of this edition, "Life is Struggle," is a poignant reminder of the challenges that we all face in our lives, and how we can overcome them with resilience and determination.

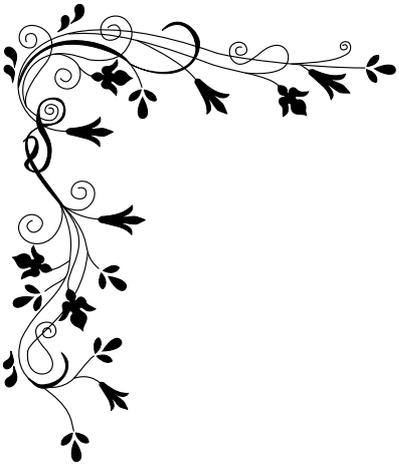
I congratulate the entire team behind Kaleidoscope Magazine and especially Dr Sadhana Natu for their hard work and dedication in bringing out such a remarkable publication every year.

As we turn the pages of this edition, let us be reminded of the struggles that we have faced and overcome, and those that we are still grappling with.

Once again, congratulations to Kaleidoscope Magazine on its 15th Volume publication. May it continue to shine a light on the diverse struggles of life and inspire us all to strive for a better tomorrow.

Dr. Jyoti Gagangras,
Vice Principal, Arts
P. E. Society's Modern College of Arts, Science and Commerce,
Ganeshkhind, Pune 16





EDITORIAL

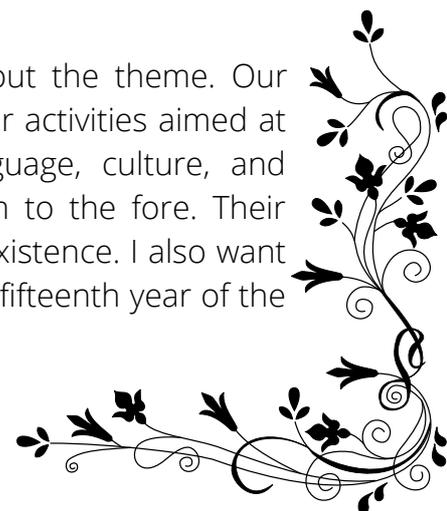


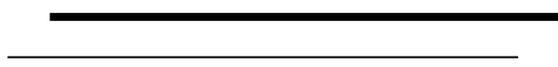
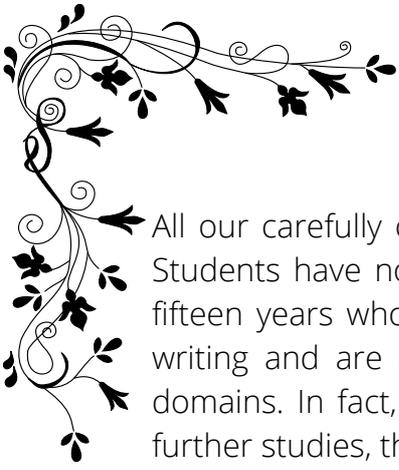
You plant a seed, in this case a 'thought seed' and it blossoms and grows! This is how it has been for the last 15 years with KALEIDOSCOPE, our thematic journal. The name of the journal refers to the 'myriad aspects of the human mind' which remains an 'enigma, unfathomed'! Like a Kaleidoscope, the human mind is multi-hued, as the direction changes, so does the perspective'. It is a fitting title/name for a journal of Psychology: A kaleidoscope of the mind.

Over the years many forms of writing and expression have been added: academic, thematic writing, art work, poems, calligraphy and more; all related to psychological themes. My colleagues and I are justifiably proud of both our 'first time' writers who are taking baby steps as well those who have now honed their skills and are getting better each year. Getting students to write, hand holding so that they write well, is a task that needs empathy, dialogue, direction, discussion, and follow up! This time too, the entire process lasted for 2/3 months. We have managed to do that for a long time with a small group of faculty members. I am happy that we have sustained the momentum, without a break for fifteen years, with goals set higher each year, in terms of achieving perfection.

This year's theme is 'Life is struggle'. This theme was selected after brainstorming with the students and faculty members. All of us were inspired after watching Dr Sharad Baviskar's YouTube video on the same title. He gave a philosophical and epistemic understanding of life's struggle. The sub themes and topics evolved from this understanding. Students from FY, SY, TY, MA part 1 and 2 have written in English and Marathi. Hence they span the age group 18-23 from diverse backgrounds and how they view struggle. Hence, they have included personal struggles in life, women's struggles, making choices as a form of struggle etc. They have also written about the struggles that excluded communities, vulnerable individuals go through as well psychological interventions that help in overcoming and surmounting these hurdles.

The poems and artwork reflect the inner thoughts and images about the theme. Our Annual Report will give the readers an idea about the vision behind our activities aimed at cognitive, affective, and behavioral progress of our students. Language, culture, and location bring the lived reality of our students from Marathi medium to the fore. Their articles and poems are a representation of the precarity of their very existence. I also want to thank our alumni for sending their good wishes and feedback in this fifteenth year of the journal.





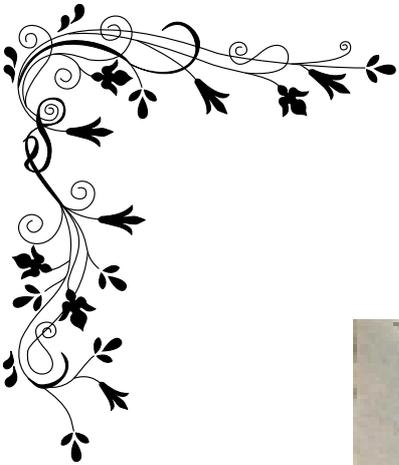
All our carefully curated cocurricular activities tie up with the 'catch them young' mantra. Students have not let me down in this endeavor. Our students and alumni from the last fifteen years who have contributed to Kaleidoscope, have enriched their CV through this writing and are admired when they move on to further education and later into work domains. In fact, thanks to students who moved elsewhere in the country or abroad for further studies, the journal has really gone places!

In appreciation of this consistent and high-quality writing for the last ten years, our Respected Principal, has given the journal an ISBN, since Volume 10 and we are thankful to him.

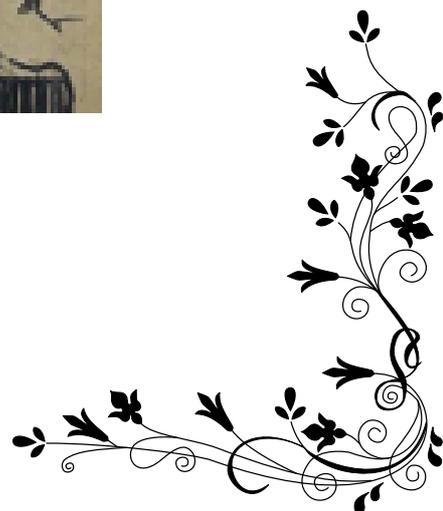
Kaleidoscope is creative and cognitive. The act of writing gives 'Voice' to unexpressed thoughts both choate and inchoate. In Critical and Feminist Psychology this has a deep meaning and it is with this epistemic understanding that we publish Kaleidoscope.

Dr. Sadhana Natu
Associate Professor and Head
Department of Psychology,
P. E. Society's Modern College of Arts, Science and Commerce, Ganeshkhind, Pune 16





Art work by Sanika Renuke
SYBA



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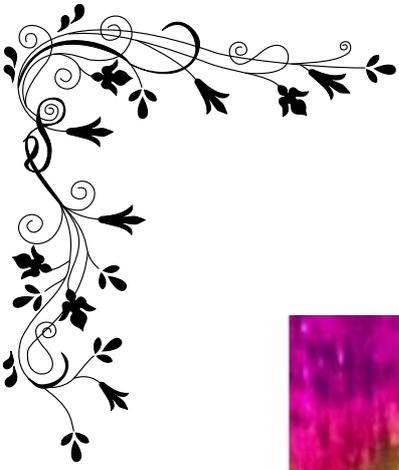
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Art work by Tanaya Jadhav
SYBA



'S' FOR STUTTER, OR STRUGGLE?

By Aarohi Tengshe
TYBA

When we talk about life, the immediate thoughts that come to our minds are either- 'Life is beautiful' or something at the extreme end of this - 'Life is a struggle.' Don't we all agree? Every living being struggles in some or the other way to get the beautiful life they want. Each has a unique struggle and we cannot and should not rank the struggles as if someone's going to give us a certificate for having the best and hardest struggle, or punish them for having a very basic struggle. No struggle can be compared.

Every struggle speaks for itself, but what about those who struggle to speak? Talking to others about your needs and wants, expressing how you feel or even introducing yourself and telling people about who you are is an important and unavoidable part of any and every person's life. This does not seem like a struggle to you, does it? But there are people who struggle to talk fluently. Assume, just for one day, out of magic, you are unable to speak fluently and at the regular pace at which you usually do. Imagine all those around you are very easily communicating verbally what they feel and you are just stuck at one word and are struggling to pronounce it clearly by repeating the sound of the first letter. But somehow you can't get that one simple word out. And after all the struggle, when you finally manage to utter that single word, you realize that in the meantime other people spoke almost one whole sentence very fluidly and what you wanted to convey simply vanished in the air because they just ignored you or laughed at you when you got stuck and couldn't keep up with the pace. Imagine yourself experiencing this every time you talk to someone, just for one day. Scary, isn't it? There are people who face this every single day of their life and in every situation that requires talking. This condition is called stammering or stuttering.

What exactly is stammering / stuttering?

Stammering / stuttering is characterized by disruptions in verbal fluency, typified by frequent, non-controllable audible or silent repetitions or prolongations of speech. In simple words, stammering is when someone repeats, prolongs, or gets stuck when trying to say sounds or words. One may also pause during speech and make no sound at some points. People who stutter know what they want to say, but have difficulty saying it. Stuttering is common among young children as a developmental part of learning, but sometimes it can persist in adulthood as well. This can affect one's self esteem and interactions with others. It can also have a significant impact on one's mental and emotional well-being, as well as self-worth. It can lead to the development of negative emotions about oneself and the world around, resulting in self-doubt. People who stutter spend a significant amount of their energy and time trying to hide their stutter. This leads them to evade certain situations or avoid conversations altogether.

A survey stated that most of the people feel very bad when they are addressed as 'stutterers.' Instead, they prefer a person-first language (a person comes before one's disability) and hence, they should be preferably addressed as 'People who Stutter' (PWS) or 'Children who Stutter' (CWS). Along with speech disruptions, people who stutter may also show struggling behaviors such as rapid eye blinks, tremors of the lips, facial tics, tension in the face and upper body, jaw jerking and head or other involuntary movements.

What causes stuttering?

One of the major causes of stuttering is developmental, beginning in childhood. By developmental, it implies that the stuttering occurs while the child is still learning speech and language skills. It is the most common form of stuttering. The cause of stuttering can also be neurological, meaning there are differences in the way the brain produces speech. Abnormalities in speech motor control can also cause stuttering which hampers the timing, and sensory and motor coordination.

Heredity and genetics are also an important cause where stuttering tends to run in families and is inherited through genes. All these causes are developmental. Other causes of stuttering can be a stroke, traumatic brain injury or other brain disorders that cause speech that is slow or has pauses or repeated sounds (neurogenic stuttering). Stuttering can also be caused due to emotional distress and trauma or any other psychological dysfunction. To clear misconceptions, anxiety, fear, stress, or embarrassment is never the cause of stuttering, rather it makes already existing stuttering worse in people who stutter.

All children stutter when they are in their initial stage of learning to speak. But there are some children who continue to stutter even past that stage and suddenly realize that there is something different about their speech. And that 'different' is not 'good different', that 'different' is unacceptable, abnormal, something to make fun of. They may try to bridge the gap between their peers and themselves by consciously taking efforts to speak normally and fluently without unnecessary pauses and repetition of sounds. But those efforts are 'differently' rewarded with laughter, ignorance, mockery and anything and everything that may bring their morale down. As a result, they strive to belong to the classroom, to the school and to society as a whole. They struggle with the most basic and unavoidable yet simple (for us) tasks like introducing themselves. They may fear to speak and get embarrassed because of stuttering. How would you feel when you are not even able to introduce yourself in one go and the minute you pause, everybody laughs? Due to this fear and embarrassment, it becomes difficult for them to make friends and to be a free being. They may miss out on social events and annual gatherings in school. They might not participate in any of the classroom discussions or sit at the back of the classroom to avoid being noticed. Stuttering may interfere with their academics as well when they get anxious about oral examinations. In fear of being labeled as 'stutterers', they prefer to stay silent and not speak even if they know all the answers. They may be especially sensitive to evaluation by teachers and peers and hence avoid speaking at all. For these children, simple classroom tasks like reading aloud, presenting news, or asking the teacher for any

permission (even going to the loo or drinking water) can be a source of anxiety and embarrassment. As a result, they may become shy and try to hide their stuttering, because if anyone notices them, they may have to undergo the process of bullying every time and anytime they speak, which is painful and distressing especially at a young age. Bullying in childhood may give rise to anxiety. Most of the children who stutter develop social anxiety later in life.

Teenagers and young adults always fight with their own cultural and societal norms to belong to a certain community or belong to their peers. But what about those who stutter? They already know they are not accepted by their peers. So, they don't even try to socialize and prefer to stay aloof. Some of their peers may not even know they stutter and the reason behind their social awkwardness and anxiety. There may be some hopeful, positive and confident people who think society may accept them and try to talk to people to belong in a group. But often, people tend to concentrate on the stutter and forget to know the person behind it. This is when they may begin to question their identity and limit it to their stutter. Some may start to believe this and not put forward themselves even though they may be more talented than their peers. Some may combat this issue and move forward putting themselves openly in society and grab opportunities to highlight their true identities to the world. But at every step, people tend to make them aware of their stuttering and hence, on every step they struggle to be free from others' judgment.

Being an adult and having a companion in the form of stuttering takes a toll on one's intimate relationships and career opportunities. In today's fast-paced world, no one has the patience to wait for someone who stutters. So, they may not value themselves and doubt their capability in their profession. In the workplace, people who stutter may have to deal with perceived lack of confidence and anxiety along with preconceived notions like, 'those who stutter get easily nervous.' Due to this, they may lose many opportunities and may not get promoted. Many times, the hiring panel deems someone who stutters unfit for the position. Speaking at meetings and presentations is a challenge for them each time.

They may not be fully trusted by their bosses because of their stutter and be misunderstood as someone with a low caliber. When it comes to dating and intimate relationships, it is indeed difficult to expect and accept love from others when a person is unable to accept and love oneself! While expressing their feelings, many people who stutter are afraid of being judged by the way they speak rather than what they have to say. And hence it hinders their interpersonal relationships as well as the professional ones.

Before writing this article, I interviewed one of my friends who stutter, to know about his struggles and experiences. With his permission and promising him confidentiality about his personal information, I would like to quote his struggles in brief. He said -

"The cause of my stuttering is psychological. In school days when I realized that I stuttered and others didn't, I started being quiet due to embarrassment. It feels really bad when others complete 4 to 5 sentences in one breath but I struggle to complete just one sentence at the same time. I was always interested in theater and once participated in a drama in 8th standard. I then realized that I don't stutter on stage and people listen to me when on stage. Otherwise, no one bothered to listen to what I said. As I was always passionate about theater, it was challenging for me to get there because of my stutter. After a lot of effort, it is now that I have started getting roles in theater (drama) through my college's art circle. Although, deep down I know that people think of me as incapable of playing the protagonist even if I don't stutter on stage and thus, I am given only side roles.

When in an argument, people take advantage of my stutter. Anger and irritation increase the stutter and hence I cannot put forward what I want to say. I practice meditation to stay calm in such situations so that it does not increase my stutter. But now people are aware about what stuttering is and I do not need to hide it from them. But many times, I feel that people just focus on the stutter and forget to look at the person behind it."

Clubbing it all together, stuttering is more than speech disfluency. It includes the tension and negative emotions one feels when they are about to talk.

This includes being teased and bullied at school, excluded from activities, having to listen to the countless thoughtless comments and reactions in daily encounters - shopping, buying a ticket, socializing, at workplace, someone hanging up the phone, walking away mid conversation, giggle and mimic them, or people assuming that they are always nervous or slow.

However, the question arises - Is their identity; their stutter? The way the talk (stutter) is indeed a part of who they are but it should not limit them. They are often stereotyped as nervous, guarded, introverted/withdrawn, sensitive, insecure, hesitant, and self-conscious. As mentioned earlier, people who stutter are much more than their speech dis fluency. They strive to become successful individuals despite their stuttering. People who stutter can be motivational speakers, teachers, actors, comedians, medical professionals, speech therapists, and much more.

Stammering continues to be portrayed in the media as a 'disease' which needs to be 'cured.' It is put under the label 'unacceptable' and 'wrong.' Stuttering is also used in the entertainment industry to give a comic effect to a character (Movie - Golmaal). It is just a condition. Why do we encourage them to hide it? People who stutter fight with themselves and struggle to be treated as normal human beings. We only see the tip of their struggle, that is, their speech. But what about the internal struggle? Are we, in some way, responsible for it? Think of it! And the next time you meet a person who stutters, shift your focus off their stutter and look beyond it at the person waiting to get recognized and accepted as they are!

"If there is no struggle, there is no progress."

Frederick Douglass

STRUGGLE

By Aditi Sanjay Patil

FYBA

Struggle is the thing no one can avoid it in our life without face the struggle, problem we can't reach our goals, God gives us a life he make every one capable to reach their goals. Everyone has a story of struggle in his life each person has his different perspectives to look the struggle some people look at the struggle as opportunity to reach the goal and someone look as one and only option.

You should be scared about your life if you can't independent in life what about that will be useless follow your passion work hard for your goal and reach to your goals. Everyone has a aim in his life it's about everything it should be about anything it might be about housewife aim will be to managed the home, to handle the situation, the children aim should be to study hard make the parents proud being independent. If you want success in your life forgot the pain, the thing that getting you hurt don't give up let your determination show even if your progress is low that lowness will teach you what wrong work on that across that a precious life is waiting for you just work hard face the struggle and you will reach to your goals.

"Strength and growth come only through continuous effort and struggle."

Napoleon Hill

THE ART OF NOT STRUGGLING

By Ankita Lonkar

TYBA

'Bollywood is struggling at the box office', 'Many countries are still struggling from global COVID crises', 'Many Startups are struggling to make profits'. Why is everyone struggling in life? At an individual level we struggle at the workplace, at home, health issues [Mental health issues as well], friendship issues etc.

Life is like a trip, sometimes the roads are straight and sometimes with a lot of potholes. There are ups and downs along the way, the adventure where we don't always know the destination, but the thrill to the destination is exciting. Have you been on a trek? Waking up early in the morning, climbing up the steep towards the point by passing large stones, small channels of rivers, jumping over the fallen tree branches with lots of listening to 'We will reach in just 10mins', your knees are almost giving up but your mind isn't and finally you reach the top of the mountain cliff and then what nature gives you as a gift of appreciation; peace and the beauty of the mother nature, Life is exactly like this.

'Yesterday I dared to struggle, today I dare to win.' Yesterday's failed chances will make you stronger for a better tomorrow. I believe that your life is a combination of happiness and sadness, as people say that the sad part stays longer than the happier times.' Life is an unfair race', everyone's starting point may be different. Now what? Are we giving up that easily? Hell, NO. We can play hard by using different rules. We hear underdog stories from these people like we celebrate them and their stories like A.P.J Abdul Kalam, Ritesh Agarwal of OYO Rooms, Prafulla Billore of MBA Chaiwala, Steve Jobs, Oprah Winfrey and many more.

We usually don't support or celebrate the success of the star-kids in their life because we assume that their life is smooth as butter, but of course they have their own share of struggles too. Remember, Ananya Pandey getting trolled after the Newcomers RoundTable show hosted by Rajeev Masand where she said " Mene bhot struggle kiya hai " and the big word of 'Nepotism' comes into daily use. She may have got a fair easier chance to enter Bollywood compared to others, but if the film will get hit or flop is still based on her acting skills and of course we have jobless people's hash tag AntiNepo squads on Twitter. Everyone does face the struggle in life, it's about when and for how long and how you deal and rise from those struggles. Try to be kind with the people offline and online as well; we probably don't know their story.

TIPS TO OVERCOME YOUR STRUGGLES

- 1] Spending time with your 'loved ones'- In times of struggles, we forget about going towards your loved ones like your parents, family members, partner etc. They may have solutions to your problems because they know you well.
- 2] Make a plan- Everyone is uncertain of their future, you can always take a pen and paper and write your future goals and work towards it. Small steps everyday takes you ahead in life.
- 3] Prioritizing 'Me' time- If you have hundreds of people telling you what's next and you are felling confused, sit alone somewhere and ask the same question to yourself, what's next? And you will find answers.
- 4] Giving importance to your hobbies- What did you like doing as a child? to paint, to dance, to sing, to travel. Go back to it and feel relaxed and just a few hours away from the hectic schedule.
- 5] Positive Mindset- You can get towards positive results with 'Ohh, this is too hard' and 'I can't win' attitude. A Negative mindset towards your goals will make your main goal hard to achieve.

LIFE IS LIKE A RIDING ROLLER COASTER

**By Anu Yesudoss
MA PART II**

Life is like riding a Roller coaster, sometimes it takes us up and sometimes down. My father started a business in the year 2000 which was running well but after a few years the business went into loss. We faced many financial problems due to this loss. It was getting difficult to manage home, so my dad took up a job in a private company. My dad's job was in Maharashtra, so our family shifted to Maharashtra in 2006. When we came to Maharashtra we faced many difficulties. My father's salary was very low at that time and language was the biggest barrier for us. When I and my sister started our school in Maharashtra, I could still remember the first day of my school. We completed all the admission procedures and the teacher came and took me to the class. I went and sat on the last bench. I was very afraid and nervous. The whole day I didn't speak a word in school. I kept my head down. During lunch break some of the students came and spoke to me but I didn't speak to them because I didn't understand their language. But as the time went, I learnt to speak in Hindi. I made new friends and our life was becoming good. Since childhood I have had difficulty in writing and remembering the spellings because of which I was always scolded and punished. In 2013 my father got transferred and we came to Pune. When I went to school there, I didn't have many friends. In 8th and 9th standard I was struggling with math and because of my poor writing skills, I scored very few marks which affected my confidence a lot.

An Incident that influenced my life a lot was when I was in 10th standard. In a PTA meeting my School Principal called me and my mother to her office and said that "your daughter has not scored well and we don't think that she can clear the 10th board exams. We don't want to ruin our school's reputation, so she has to write her exams externally". After hearing this, my mom and I were shattered, I kept crying. But my class teacher Mrs. Sujata Patil called us and spoke to my mother.

She said that she will talk to the principal and help me in my studies. She used to give me extra assignments and taught me how to write. I still remember I used to sit in the staff room and Sujata ma'am would clear all my doubts. Because of her support and encouragement I studied hard and cleared my board exams. Life was great; I completed my 12th std and went to college. Everything was going good until one day my father had to resign from the job where he had been working for more than 15 years. And then Covid hit, my entire family was affected by Covid-19. It was a very difficult time of our life. We lost Sujata ma'am to Covid. The news of her death devastated me.

After completing my graduation I applied for post-graduation and gave entrance exams but I was not selected in any of the colleges. My other friends got selected and went to college. I thought, it is all over now. I was thinking of dropping the idea of pursuing post-graduation and started to look for jobs. But I think God had other plans for me. I got the opportunity to do my post-graduation. Dr.Sadhana Natu helped me a lot in my studies, I even got an opportunity to do Research with her.

From all these events of my life I have learnt that in life we have many struggles but with Love and Support we can overcome it. We just have to believe in ourselves and keep on moving.

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of those depths."

Elisabeth Kubler-Ross

LIFE STRUGGLES AND COGNITIVE DISSONANCE

By Asmita Bele and Rushabh Shah
SYBA

We Homo sapiens popularly referred to as human beings, have existed on the planet Earth for thousands of years now. We are believed to have evolved from other species in quite steady, progressive ways. We substantially developed and adapted the structures, functions and behaviours, which were necessary for our survival on all levels – biological, psychological and social. Throughout history, from hunting and gathering to agriculture to residing in permanent settlements and so on until present day, we have witnessed massive changes and continuities. What we are today, resemble what used to be and also starkly differ in various aspects. We are the sum of everything that's been passed down to us through generations and also more than that. Some of those include evolution, change and co-existence of various values, belief systems, morals, cultures, family systems, religions, castes, gender roles and more. It's only natural we as individuals tend to differ among ourselves and even our own present, past and future selves. And the dilemmas and conflicts that arise with the simultaneous existence of these various realities of ours in our minds lead to Cognitive Dissonance. We've all had days with endless to-do lists but where we end up wasting our time, binge-watching our favourite TV shows instead or just lazing around. But then when it comes to telling a teacher or parent or even introspecting ourselves about how we spent the day, we tend to make it seem like we did something useful or spent the time well or sometimes avoid addressing or recognizing the issue altogether.

Take Seema, she is a student who aspires to be a teacher one day. She belongs to a relatively poor household. When she takes up a job as a teacher in a night school, her parents and relatives refuse to let her continue saying it's just not right for girls to be out at night but poverty requires her to earn money as she can. She also wants to do her higher education. She's left with very conflicting choices and decisions to make.

Or let's take a look at an aspect of Rita's life. Rita was born in a family that had strong religious beliefs and behaviours. However, she decided to believe in atheism instead. When her father found out about Rita's beliefs, he refused to talk to her until she agreed to his terms of being religious. Rita felt guilty for not obeying her father but was also reluctant and sad to follow something against her will. She eventually decided to make it seem as if she had agreed to and understood what her father wanted her to do/be and obeyed him but still considered herself an atheist, especially in situations beyond her family's influence.

This is what cognitive dissonance basically looks like – a mental conflict or an unpleasant state that occurs or arises when our beliefs don't line up, generally with our actions and the examples here also illustrate the mental gymnastics we do to make our lives seemingly sync better.

Cognitive dissonance is a theory in Social Psychology first proposed by Leon Festinger. According to this theory, cognitive dissonance describes the discomfort experienced when two cognitions are incompatible with each other.

A cognition is a piece of knowledge, such as: thought, attitude, personal value, behaviour, etc.

Cognitive dissonance can bring about or feel like:

- Anxiety
- Confusion
- Discomfort
- Embarrassment
- Feeling Conflicted over a subject matter
- People saying you are being a Hypocrite
- Regret
- Sadness
- Shame
- Stress

It may arise out of logical inconsistencies, cultural aspects (some views may be dissonant in one culture and not in the other), past experiences, new information, etc.

There may not be a clear or obvious source known to us at times. Which is also why it's not an automatic feeling we get when we have contradictory beliefs—we experience it only when we're aware enough that there's an inconsistency. And the degree of these effects often depends on how much disparity there is between the conflicting beliefs, how much the beliefs mean to that person, as well as with how well the person copes with self-contradiction.

Most, if not all, of us have been aware of such discrepancies in our lives, which show up in our habits, lifestyles, life choices, decisions, social behaviours, and the list goes on. It can be a bother to be in such states and struggle with them. What Festinger's theory showed was that we need consistency between our attitudes and behaviors—even though attempts to achieve that balance aren't always accomplished in rational ways. The aim of this article, which we talk about partway through it, is to basically make us better aware of what we experience in our struggles and how we deal with it and thus hopefully help us deal with it better.

Let's take Santosh, for example. He is going through a lot of distress at his workplace. His boss keeps getting him overworked. When he found it difficult to manage, he took up smoking. He knows it is quite harmful for his health and experiences dissonance because he continues to puff away. But he struggles to give up smoking because he feels helpless in his work life. So he tries to reduce the dissonance to adjust his thoughts to correspond his actions by believing, feeling or saying things such as

- Smoking calms me down when I am stressed or upset.
- Smoking helps me concentrate better.
- Smoking makes it easier for me to socialize with my colleagues because they smoke too and it helps me feel included.
- The medical evidence that smoking is harmful is exaggerated and it does not always lead to lung cancer.
- One has to die of something, so why not enjoy yourself and smoke?
- Perhaps even if I stopped smoking I would put on weight which is equally bad for my health.
- Smoking is no more risky than many other things people do such as reckless driving which I don't do and it's not possible to avoid every possible dangerous contingency.

What he is trying to do here is look at the positive effects of smoking or reduces the importance he gives to its negative effects.

He seeks out and avidly reads any material critical of the research which tries to show that smoking is bad for one's health. At the same time he avoids reading material that praises this research.

What makes it so hard to deal with may be because

- Change may be painful or involves loss.
- Present behaviour may be otherwise satisfying.
- Making the change might not be possible.

The other ways he could deal with this dissonance include

- Critically researching by trying to keep his own biases aside on the effects on smoking and then coming to a conclusion or decision.
- Setting work boundaries and discussing his needs and thoughts assertively with his boss so that he reduces the occurrence of situations where he'd like to smoke.
- Changing his workplace environment in ways that he can such as asking his co-workers to not smoke when they're with him or not hanging out with them when they smoke and taking up another 'harmless' activity he enjoys.
- Getting support from the designated workplace department or a mental health professional/service and asking for help to deal with the stress and also his dissonance and ways of coping.

Here we can see how we can be aware of our conflicting attitudes and behaviors but simply not know what to do with them. We can also notice, thanks to the discomfort cognitive dissonance causes, we may rationalize our decisions—even if they go against our beliefs—steer clear of conversations about certain subjects, hide our beliefs or actions from others, or even ignore a doctor's advice. In the end, all of these tactics just help us repeat the behaviors, which we don't really agree with anyway. Like in the fable of "The Fox and the Grapes", by Aesop, on failing to reach the desired bunch of grapes, the fox then decides he does not truly want the fruit because it is sour. The fox's act of justification reduced his anxiety over the cognitive dissonance from the desire he cannot realize.

“When cognitive dissonance goes unaddressed, it can not only cause angst, but it can lead to impaired decision-making,” Dr. Brenner says. The involvement of cognitive inconsistency has long been suggested for behaviors related to for instance curiosity, and aggression and fear, while it has also been suggested that the inability to satisfactorily reduce cognitive inconsistency may - dependent on the type and size of the inconsistency - result in stress. On the flip side, however, “When cognitive dissonance is properly addressed, it can lead to better decision-making and greater self-awareness,” he says.

Not many of us like to challenge our beliefs or may find it very difficult to do so. We usually like to stick to our existing beliefs, which explains how we mostly consume media that aligns with our own political views and may not be that open to others’ perspectives or views—which are bound to differ in various ways, as a matter of fact. This also applies to music, movies and the rest. We tend to choose what to watch, view, read or consume that fits our current state of mind, mood or beliefs.

But it becomes important to address the dissonance if it happens to hamper or cause disruption in our lives in any way. “It can be helpful when you can identify it and ask yourself, ‘Why? How did I get to this place? How can I fix it? What behaviours can I do to challenge this?’” Gallagher says.

With Rita's example that we discussed, she had to identify which values were hers and which values were someone else’s, that is those of her family. And that if she was taking on their values, she asked herself why. The next time you find yourself in a moment of cognitive dissonance, take a moment to ask yourself a few questions:

- What are the two cognitions that aren’t fitting together?
- What actions would I need to take to eliminate that dissonance?
- Do I need to change any specific behaviours? Or do I need to change a mindset or belief?
- How important is it for me to resolve the dissonance?

Cognitive dissonance is very much evident in our daily lives as we can see by now.

For example, the 'just world bias' is rooted in a desire to create a predictable world, where "good people get rewarded and bad people get punished". And this, in turn, is used to victim blame the survivors of disasters, justify societal evils such as the caste system, the status quo attitudes of people who don't want to lose their privileges and more.

It is also used to promote positive social behaviours, such as increased condom use; other studies indicate that cognitive dissonance can be used to encourage people to act prosocially, such as campaigns against public littering. The theory can also be used to explain reasons for donating to charity.

Cognitive dissonance, in itself, can't be looked at in a good versus bad binary. It's a part of human lives and it's up to us what we make out of these struggles. And on a more personal level, mismatches between our beliefs and actions can lead to feelings of discomfort and, sometimes, coping choices that have negative impacts, but such feelings can also sometimes lead to change and growth.

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"We must accept finite disappointment, but we must never lose infinite hope."

– Martin Luther King

PRIDE IS FOR EVERYONE

**By Diya Shah
FYBA**

We are taught that "God created all human beings equally". The way I see it, this statement is filled with hypocrisy that feeds the false hopes of acceptance of our fellow masses of the LGBTQIA+ community as they face words of disrespect and discrimination on the basis of foolish reasons.

Bigotry starts from the home itself as a closeted child watches their parents laugh heartily at a derogatory joke targeted towards gay or transgender individuals. It is not unlikely to come across opinions like, "being gay is a disease" or "being gay just doesn't comply with the social as well as scientific norms of this world". You could find a man being repulsed by the idea of even resting his hand on the shoulders of his friend, afraid of being mistaken as a homosexual or a woman in a public restroom looking at a Trans woman with terror and calling upon the security to kick her out. It is also not uncommon to invade the privacy of the people of the queer community and constantly question their sexuality while a cisgender/ "straight" person would never be told "are you completely sure that you are straight? You should wait to form a definite opinion for a few more years since you are still young and immature and shouldn't jump to conclusions so easily".

The hypocrisy starts when the individuals who are part of the LGBTQIA+ community are bashed and violated under the name of religion in so many countries and communities when that same religion states that "God treats everyone equally". They reason it by saying, "God didn't expect you to turn out this way, and you're defying his will." Recently, since most of the population is becoming atheist, they are finding new creative scientific excuses as to disregard the others' individual identity. But the funny thing is their argument is not even valid as science itself admits that being gay or transgender is "a natural part of our diversity as species."

It's been almost 60 years since the first protest for LGBTQ+ rights took place in the United States and still there are so many countries in the world who consider being part of the queer community a punishable offense. India was late to join the party when it legalized same sex relationships back in 2018 which provided the community with legal security. But their struggles don't seem to be easing down in the near future. As India is a family oriented society, until and unless we collectively embrace the people of LGBTQIA+ community open mindedly in an unbiased and unprejudiced way; until and unless we treat them humanely and give them the respect that they deserve, it can be said that their struggles have, in fact, just begun.

"Love" is a broad term that cannot be explained through mere words or actions or even scientific research. Despite this some individuals get exasperated by the orientation of a certain section of the community who just exist innocently without posing any harm to others. People talk about not succumbing to public scrutiny and staying true to themselves and yet side-eye those who openly admit that they're queer.

In a time when heterogeneous society should be protected and celebrated, where tolerance is a virtue that is preached by many and people claim to be living in a free and liberal society; why is it that they have to struggle to stay true to their self-identity because they have to hide who they are in fear of being bullied and ostracized by their peers or even executed in extreme circumstances?

I'm still left with so many questions unanswered as to why we can't treat people with kindness and why we hold detrimental beliefs towards behavior that is deemed "abnormal" when in reality it is far from the truth. This has left me with an unsettling feeling as I am about to sign off this prose with a somewhat inconclusive end, making me hope that my words can leave a positive impact on the reader which ultimately might help make this world a less threatening place for humans of all kinds to live in.

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JUST TURN THE PAGE

By Kanishka Arolkar

FYBA

Beautiful sculptures suffer the most painful agony. Yes sculptures that are stones being carved into beautiful and unique structures. Even stones have their own fate, some lie over the road just idle while some get carved into beautiful sculptures. That means to get sculpted into something beautiful you need to go through some pain.

Beautiful things take time and the best one takes a lot of struggle with a lot of pain too. Life goes on with its pace with twists and turns as we know the road to any destination is never straight. You need to take some turns which lead you to your destination. Sometimes the road is difficult to travel on but you know that this is the right way to reach your destination and this road in our life is a struggle.

Struggle is at each and everyone's door. Some face it publicly while some face it privately or in other words just in person. It is often said that if a person doesn't show that he is in pain the world feels that they don't have one. Each one has his own struggle to make a living.

In fact science says that there is a struggle even for the existence of human beings. It needs to be believed that even survival needs struggle. Can you even believe that you need to struggle and prove yourself even to survive in nature? Yes, Charles Darwin the great scientist has given his theory over the same saying that the fittest can survive, process known to be natural selection. Which indeed means you need to struggle to prove that you are the fittest to survive in this environment. Even nature has its rules to survive; life further has many more to deal with. Each stage of life is filled with struggle, the only thing is when we are struggling at that age we feel it as life's biggest thing, but gradually as we grow up we find it really ordinary. This is only to tell that each one's struggle at that specific time to make it happen matters and holds importance at their own level.

Now at this point of your age how do you look up at picking up a spoon, or drinking water from the glass that's kept over the dining table, or just to walk few steps, yes you got that right when you were a toddler you found these things really difficult and struggled to get through it but now it's a joke to you just thinking of struggling to do it makes us laugh right? Just imagine the difference between the meaning of these words to struggle to stand on your own feet, just think what this meant to you when you were a toddler then and now you are a grown up. Now smile because you know now it's just to build a career and stand on your own feet.

Motivation to fight is being provided by the entertainment sector and more specifically the film industry. There have been many movies released till date exhibiting many real life incidents, real life heroes which would eventually inspire the new blood to achieve their goals with more passion and enthusiasm.

With a similar concept of provocation they launched a Bollywood movie named Jersey in the year 2022. The movie was an Indian Hindi Language sports drama film, written and directed by Gowtam Tinnanuri. Shahid Kapoor in the lead role as a former cricketer who returns to the game for his son's wish of buying a Jersey t-shirt. The movie stars Arjun Talwar, this extraordinary cricketer from Chandigarh with the highest batting average in all of India and 106 half centuries, fifty two centuries, nine double centuries and two triple centuries to his name. Arjun feels dejected from all sides in life after quitting cricket and also being suspended from a job over some fake charges. Arjun now lives with his wife Vidya and son Kittu in a decrepit house with Vidya alone struggling to make ends meet as a hotel receptionist. Kittu being a cricket lover so as his father, Kittu wishes to get a jersey of the Indian National team for his upcoming birthday. Arjun tries getting it through many ways but finds it to be useless as it is an expensive one.

Here is when his former coach Baali sir comes up only to inform him of a charity match between Punjab and New Zealand with players fee included. Arjun later found out of a friend lying that he would play and later agrees to do so just to get the jersey for his son.

But later after his incredible performance he is furious only to know that the player's fees are going to charity as well is where he decides to get back up playing cricket. Although everyone is skeptical about Arjun's decision along with his wife he leaves no stone unturned in his efforts only to keep himself alive as hero in his son's eyes. In spite of all these difficulties his efforts get him selected for the finals. However, being advised by the doctor to take rest due to some medical issues that arose after being run under some tests. Arjun nevertheless appears for the match where he had to deal with a bigger challenge that is the bowler who had effortlessly taken wickets of batsmen. But in spite of all of these Arjun proves himself with all his cricket skills, the sad part not have won the match but have proved himself. Later only after a journalist Jasleen Shergil who supported Arjun during his comeback writes a biography about him entitled Jersey, the story continues with a grown-up Ketan(Kittu) called upon stage to receive a Jersey with Arjun's name on it, thus making his childhood dream come true. And then comes the most interesting part where Ketan reveals of his father's condition soon after the match where he had to be admitted to the hospital, succumbing to heart failure caused by arrhythmia, which Arjun knew he had but chose to keep a secret this quitting cricket for the same reason. Thus creating an emotional scenario for everyone especially his wife, Ketan then ends his speech by saying where people were busy talking that his father could not make it up in life he never lost his chance but even during hardships kept trying with all his might.

With what intensity did Arjun struggle to get the Indian Jersey for his son? This movie clearly depicts the characters struggle even for life and for the child's wish to be fulfilled, incredibly a very good movie thus to get motivated for our own achievements in life.

There are lot many movies like MS Dhoni, Dangal, Chhichhore and many more thus motivating us on different aspects. May it be a real life inspiration or a reel life one the point is to get motivation and a good lesson to tackle all the obstacles coming on the way to achieve our goals.

May it be a real life inspiration or a reel life one the point is to get motivation and a good lesson to tackle all the obstacles coming on the way to achieve our goals. There are many people around us like the marginalized communities, LGBTIQ and such many who struggle because of them being considered different from the others being humiliated by the other public. Life is not similar to everyone but not as easy as everyone thinks of for others. Each one is struggling with something or the other and that's okay that's life and we need to develop the confidence to handle with all our might. We just need to remember that making our weakness as our strength is the biggest victory in this life of struggle.

Life is a struggle, yes it is but it is a beautiful journey so it needs to be enjoyed with a little pain too.

Trust me life will give you a lot more just keep the confidence high enough to turn the next page of the constant going journey and that is LIFE.

*"We must accept finite disappointment, but we must never lose infinite hope."
– Martin Luther King*

SUBSTANCE USE: DUTCH COURAGE OR A DICEY TRAP?

**By Loukik Satoskar & Sakshi Jadhav
TYBA**

'मधशाला' के बहत सेपाठक और तेा एक समय समझा करतेथ, कुछ शायद अब भी समझतेह, कि इसका लखके दिन-रात मिदरा के नशेमचरू

रहता हौवातिवकता यह हिक मिदरा' नामधारी व सेमरो परचय अरशः बरायनाम हौनशेसेइनकार नह कँ गा। ज़िदगी ही एक नशा हौकिवता भी एक नशा हौऔर भी बहत-सेनशेह।

-हरवंश राय बचन

A drink, a drug or a smoke seems best for a variety of situations from celebrations to boredom; be it a break up, a stressful day at work, a promotion or any good news..... *'Ek peg yaa sutta toh banta hai!!!'*

A person crosses the broad line which may seem thin between abuse and addiction when they are no longer trying to use a substance for fun, arousal or just for the sake of getting high, but has come to depend on it and their entire life revolves around the need for the substance.

Addiction involves craving for something intensely, loss of control over its use, and continuing involvement with it despite adverse consequences. It changes the brain, first by subverting the way it registers pleasure and then by corrupting other normal drives such as learning, motivation, judgment, reward and memory.

The Maze of Wines

'Ek baar toh try karna hai yaar!' is a common line in conversations amongst the youngsters in colleges and universities. Moderate consumption of alcohol is beneficial for health or Red wine in particular is helpful in maintaining youthfulness and increasing longevity... are a few justifications for this behavior given by addicts. Actors, sports persons, singers and celebrities from various fields claim Liquor brands as 'The secret of their successes' or 'the spirit of their leadership'.

All these claims and suggested properties of liquor makes it sound like some sort of Ambrosia, doesn't it?

A maze of vines appears to be a beautiful and intriguing garden from outside. Everyone wants to see its depth and appreciate its maker's efforts. But little does one know how hard it is to get out of this maze once you are inside and lost! Similar is the maze of wines, it sounds engrossing and boastful from outside. However the one who is lost inside knows how deleterious and hard it is to get out of.

Being Cool or a Fool?

Saying 'No' to a drink offered at a party may lead to isolation and even subject one to teasing and bullying. Substance use is associated with coolness and pride and this makes the addiction pool larger day by day. It has always been a struggle for individuals, especially youngsters to choose no sip over just one sip and resist the urge to 'try out' any substance for the first time.

Social drinking has become quite common these days, where previously three out of ten individuals chose to drink; now the incidence has risen to eight out of ten drinking regularly and the other two finding it hard to resist. With frequent use of these substances, the abuse is normalized and further glorified. Tolerance to alcohol or cigarette smoking is encouraged and celebrated. The fascination with these poisons is created amongst friend circles and associates and many fall for it, becoming a victim to this never ending cycle.

The intricate designs of the maze of wines seems so attractive and charming for an outsider but very little does one know about how deleterious it is once you are trapped inside. Addictive substances come in glossy attractive bottles, wrappers or are even advertised as core of friendships and a fake hope of giving peace, tranquility, confidence booster and even act as problem-solvers. Addiction never makes life problems simpler but acts as a catalyst of complexity and even bigger problems. Escapism is another reason why we turn to substance use, but there is no real escape from the lifelong impairment we get into once we enter the pool of addiction.

Here are some stories from people who manage to stay away from substance use and yet are able to enjoy their lives rather than make their lives more impactful....

Mukta Gundi, a public health professional recalls her days from her Masters when she was studying in the USA. She says, initially she faced tough times being an abstinent in a group of social drinkers, especially as she also had to adjust herself to the new culture. A few times she was teased for not drinking. She initially felt isolated among her American peers. But eventually she found a mechanism to cope with this and still built a cordial relationship with her fellow classmates. She realized that discussing the reason for not drinking helped break the barriers in friendships. Even when hanging out with her social drinkers-friends, she has not given up on her choice. In one instance, for a birthday celebration, the group decided to give a bottle of wine. However she politely refused to participate in the monetary contribution which was eventually accepted by her friends. Instead, she found other ways to celebrate and give presents to her friends. She has completed her education and has always enjoyed being with friends while still staying away from alcohol.

Dr. Abhijeet Safai, a researcher and an associate clinical analyst at Actureal says that he never fell prey to any of these addictive substances and says that he was extremely firm on his principles from the very beginning. He refused every invitation politely where he was invited to drink .As an abstinent himself and a vehement oppose of substance abuse, he proactively appeals his colleagues, medical professionals and other friends and acquaintances to not fall for the first sip and is ready for a scientific argument on how these substances are ruining individuals and households. Sir gives credit to his father for his abstinence as his father never smoked nor consumed alcohol and that makes it easy for him to stay away from this loop. He believes and works for conscious raising, building a healthy culture for a better society.

Not falling for this trap is difficult, but not impossible. Many individuals decide to stay firm on their principles and not succumb to this pressure rather try and build a stronger peer group where they act as change-makers and thermostats. So let's make the wise decision, stop for a while,

ponder and contemplate on where the real coolness lies and choose whether we want to make ourselves really cool or end up being a fool!

Trapped in the Bottle

“That's the problem with drinking, I thought, as I poured myself a drink. If something bad happens you drink in an attempt to forget, if something good happens you drink in order to celebrate and if nothing happens you drink to make something happen.”

— Charles Bukowski.

In today's time substance use is normalized even in previously abstaining cultures. To a large extent mass media and pop culture is appropriating, appreciating and encouraging it, in spite of the downward ladder of regression in life it leads to. Addicts justify their substance use by claiming them as life savers and pleasure givers. We fail to understand the other side of this.... the lives and livelihoods it destroys, the love and happy moments it snatches, mental and emotional turmoil, homelessness, disability and lifetime impairment, disturbed social relationships and financial burdens it leads to, violence and crimes and further shattering families and ending up lives of individuals. According to WHO, in 2016, the harmful use of alcohol resulted in some 3 million deaths (5.3% of all deaths) worldwide and 132.6 million disability-adjusted life years (DALYs) – i.e. 5.1% of all DALYs in that year.

According to the United Nations World Drug Report, in the year 2020, in the age group 15–64, approximately 1 in every 18 people in that age group used drugs in the last 12 months. More than 42 million years of healthy life loss (DALY) were attributable to drug use in 2017; that is about 1.3% of the global burden of disease.

Addiction is a dangerous trap, for many it turns out to be a never ending, tormenting one affecting an individual's physical body and then ruining every aspect of their life. The addicts life is a tumultuous one and it's never just one life in danger rather it has a ripple effect leading to constant disturbances in the family, domestic violence, poor child rearing, loss of attention from work, sleepless nights for the family and loved ones, loss of happy family moments, financial crisis, emotional distress and a constant turmoil.

The Downward ladder

Worldwide, alcohol was responsible for 7.2% of all premature (among persons 69 years of age and younger) mortality in 2016. Alcohol caused an estimated 0.4 million of the 11 million deaths globally in 2016 which resulted from communicable, maternal, perinatal and nutritional conditions, representing 3.5% of these deaths. Mortality resulting from alcohol consumption is higher than that caused by diseases such as tuberculosis, HIV/AIDS and diabetes.

- Around 1 in every 2 (5.5 million) people who inject drugs are living with hepatitis C, 1 in every 8 (1.4 million) are living with HIV and 1 in every 10 (1.2 million) are living with both.
- Opioid use disorders cost an estimated 12.9 million years of “healthy” life lost due to Disability and premature death in 2019 equivalent to 71% of years of “healthy” life lost due to drug use disorders. Opioid users may experience other somatic risks, for example: opioid induced bowel syndrome, opioid-induced hyperalgesia, opioid-associated liver brosis, opioid-related leukoencephalopathy and opioid amnestic syndrome.

As per WHO, 78% of deaths caused by tobacco are caused by lung cancers, 16% by heart attack, 10% by brain strokes, 9% by Tuberculosis, 49% due to COPDs (chronic obstructive pulmonary diseases). Along with the physical effects of substance use, it leads to constant emotional turmoil, financial problems and disturbance in families.

Mahesh Kumbhar, a recovered alcohol addict shared his experience of alcoholism. Mahesh was a promising bright child excelling in academics and sports. After the death of his mother 7 year old Mahesh was left alone and over the time he tried to seek the love and affection from his new friends. Around the age of 12, his addiction started when he started selling scrap with his friends to get money for alcohol. Influenced by a few elder alcoholics they had their first alcohol mixture with water. They had alcohol in the morning at 11.30am and were intoxicated till 6pm. The cravings increased day by day and he was caught up in the wrong company. At the age of 22 he was married but still continued drinking. When his wife found out about his drinking, she made him promise to not to touch alcohol ever again but he did anyway.

From fighting with his father to get his drink, waking up early in the morning to drink secretly and then even selling his wife's jewelry, his alcoholism had gone beyond his control. Over the time, he had grown weak and his body weakened due to excessive alcohol intake. He realized it when he tried to lift a barrel along with three other men but lost his fingers due to the pressure. He quit alcohol since then and has completed four years of abstinence. He resents for the precious 16 years he lost in alcoholism and hopes for a better life ahead.

Indeed the first time for substance use is an invitation to an avalanche of problems that come uninvited and unexpected. Like mold on a fruit these problems manifest in one aspect and eventually spread over, until they consume the entire lives of people who indulge in it. The Pursuit of coolness and thrill does not seem worthy when we look at the stress and trauma that it leads to.

A Ray of Hope

"People who remain silent don't get counted. If you agree that taking this neurotoxin is not a smart way to enjoy it, then I encourage you to take a stand on this issue. Collectively we can build a positive peer pressure in our society."

-Dr. Dharav Shah (Psychiatrist), www.poisonswelove.org

On one side the incidence of addiction increases globally , while on the other hand many individuals and groups are heading to create an impact and are rigorously working for creating awareness among youngsters to stay away from substance use in the first stance and also helping those struck in the trap by running deaddiction programmes and rehabs .

On a global level WHO publishes scientific information about the magnitude of harm caused by alcohol and drug use. In India WHO did an interesting online campaign called 'Meri Pyaari Zindagi' and also took other awareness initiatives.

Iceland implemented Youth Iceland Model which has been successfully run to prevent underage substance use. They have implemented various initiatives with parent involvement.

Kids get a voucher for \$500 a year for afterschool activities such as playing, swimming, performing an art where they engage themselves in constructive activities. The government of Reykjavik (capital of Iceland) spends over \$100 million a year on youth activities. This model has helped them transform from the worst in terms of substance use to best in Europe with a drop from 42% in the age group 15-16 years in 1998 to just 5% in terms of alcohol use.

In India, the Ministry of Social Justice and Empowerment launched Nasha Mukti Bharat Abhiyaan to reach out to the masses and spread awareness about substance abuse through various activities such as awareness generation programmes focusing on higher educational institutions, universities and schools and focusing on counseling and capacity building programmes.

Dr. Abhay Bang and Dr. Rani Bang started deaddiction programmes for tribals in Gadchiroli district and by building awareness got alcohol sales banned in the district.

Dr. Dharav Shah has been passionately working for creating awareness among youngsters so that they don't fall for this addiction. He has given more than 500 awareness talks by now and is actively working with various mediums such as YouTube (channel: Powerful Gyaan) so that youth can make an informed decision.

In Marottichal, a small village in Thissur district of Kerala Mr. Unnikrishnana used an innovative method to free his village from alcoholism. He used chess as a medium to end alcohol consumption. Inspired by grandmaster Bobby Fischer, he learnt chess himself and taught the villagers. Eventually every bottle was replaced by a Chess board in every nook and corner of Marottichal and today there is no alcohol but chess.

Institutions like Parivartan and Mukangan are working for de addiction by running rehabs and de addiction programs. Many of us are trying to stand against this at an individual level by saying no to alcohol and making informed decisions. Together they are our rays of hope for tomorrow's bright future.

Our Collective Responsibility for shaping a healthy culture

Very often we read reports of growing incidence of addiction and sometimes we even hear of stories in our nearby surroundings of youngsters succumbing to addiction and their families wrecked and shattered . As individuals we do care for our loved ones and never wish for such an agonizing life for them.

As youngsters dealing with peer pressure can be difficult but facing it is important. Starting with ourselves, we can and need to create a healthy peer pressure where enjoyment, pride, thrill, coping and comfort are no longer dependent on any substance. Partying without drinks or drugs, having a healthy 'Me time' in gardening, exercising, learning new skills and learning healthy coping mechanisms are few of the things we can do to avoid substance use.

A simple appeal in your friend circle as 'I don't and I appeal you not to' can also save many lives from that very first time. Social media platforms engaging with positive notes connoting the harmful effects of substance use via memes, articles, messages and images can also serve a long way. Let's come together and show these small acts of care and care in a real sense, build healthy communities and societies at large.

Conclusion: Thermometer or a Thermostat

In a laboratory when the temperature increases the thermometer reflects the variation. Conversely, a thermostat exerts control. When the environment isn't quite right, perhaps it's too hot or too cold, the thermostat pro-actively adjusts to obtain the desired conditions. It regulates the temperature of the room and actively works to maintain it. The thermometer in this sense does not have any utility as it remains passive and simply reacts to the undesirable change happening around. We can remain a thermometer, and succumb to peer pressure, or choose to be a thermostat and actively work to bring a positive change.

None of us want our loved ones to die or go through such an agonizing struggle of being a victim of addiction! Do we?

Making an informed choice goes a long way and yes, if all of us do our small part it would no longer be a struggle to stay away from addiction rather we believe that would transform

To healthy lives and enhance communities and at large our enrich societies. Be wise at your first sip or your first drug... resist for a good cause and a better life and we see a better tomorrow and healthy flourishing societies more approachable and achievable.

Resources:

1. Global Status Report on Alcohol and Health (2018)
2. World Drug Report 2022
3. Youth Iceland Model
4. Meri Pyaari Zindagi
5. www.poionswelove.org

"Struggle teaches you a lot of things, and I am happy that I witnessed a roller coaster ride. The journey has improved me as a person and made me more matured."

Manoj Bajpayee

RISING THROUGH THE ODDS

**By Mahek Kulkarni, Shubham Pendse, Varada Purohit
SYBA**

What is life? Life as a word in itself has no such meaning but they say that it is from B to D i.e. Birth to Death and what lies between these two is C i.e. Choice. The choice to live it to the fullest, the choice to choose your struggles, to fight for them, to achieve what you desire, the choice to fight your own battles and be the hero of your own story. The life of every person is like a mystery which he tries to unleash with the good and bad learning's from his life experiences. In a way, life shapes us in every aspect to face the good, the dull and the hardships too. But we humans tend to focus more on the positive aspects of life and also crave more for those by ignoring the failures, hard times and by forgetting that they also are a part and parcel of this roller coaster ride called "Life". Yes it is a roller coaster ride because when you reach the peak through all the struggles, it takes you down to hit you back to reality and to give you time to build yourself back up again as a strong yet sensible human being. We all face many struggles to sustain through this ride. Struggle in life is necessary but ordinarily it is always portrayed as something having a negative shade when it is actually not. Those hardships in life always help in building a way to achieve success. This is what can be seen very aptly in the life of a person named "Sumit Antil".

Sumit Antil is an Indian Paralympic Javelin thrower. Born in a middle-class family in Haryana, India, Sumit is the son of a Junior Warrant Officer of the Indian Air Force. He was into sports since childhood and loved wrestling. He always dreamt of becoming a professional wrestler. But, 5th January 2015, a dreadful incident shook his life completely. That day, while he was returning home on his bike, a tractor hit him from behind. The tractor driver failed to apply the brakes on time, and the tractor ran over his left leg. He was immediately taken to the hospital, where the doctors had no other option than to cut off his leg below the knee. His dream of becoming a wrestler was crushed into pieces at that very moment.

53 days later, he got a prosthetic leg, which was like a ray of hope and helped him get back on his feet. Even after facing such a terrifying, near to death incident, he was firm on his decision of not giving up on his passion, sports. Soon after, he got to know about Javelin throw and Paralympics and thus shifted his focus from wrestling to Javelin throw. He started training for the same in Delhi under his coach Nitin Jaiswal. He began competing at Javelin on the national circuit and GoSports inducted him into the Para Championship Programme in 2019. In the same year, he broke the world record in the F64 category at the World Para Athletics Grand Prix in Italy. He then won a gold medal with a World record throw of 68.55m in Javelin throw at the 2020 Summer Paralympics. Competing in the Indian Open National Para Athletics Championships, he rewrote the world record for the fourth time in a year with a throw of 68.62m breaking his own mark.

Life indeed is a mixture full of all the positive and negative aspects and the constant efforts to maintain the balance between them. While struggle being the significant process for those like Sumit, it is what makes them feel lively and puts them on a bit higher level than the ordinary. He may have got his prosthetic leg but, struggle is something that taught him to stand up firmly and gave him the ultimate confidence to accomplish his goal that we people lack even after having almost everything in life. We almost forget the fact that experiencing the dull and dark is

Also important, as it is the only place from where we can see the source of light and hope to dive out from. Each and every person in this very world faces ups and downs but manages to reach his goal by finding his own way out through all the hardships and tough situations. And that is what matters the most!

SELF-WORK - A WAY OF COPING WITH LIFE'S STRUGGLES

**By Manasi Deshpande
MA Part I**

"I am alive to learn and unlearn, to re-learn and unlearn and learn again. I am here to unpack and develop and understand the value in struggle. I am here to hold my grief the way it deserves to be held for as long as that takes.

I am here to learn that there is no judgment where there is love.

I am here to understand that I am not small.

I am here, and I am learning that this is a big thing."

Life, in its true nature is truthful. It is unpredictable, and it is wholesome. It is chaotic and it is beautiful at the same time. The ones, who learn, grow; the ones who don't often think life is difficult, life is struggle. Life is raw, and it is honest. Life does not pick and choose- people, or events or tragedies or happiness. It happens, and it is us who have to experience life.

These experiences can vary, in the effect that they have on people. The intensity, the frequency, the duration of its effect, all of this may vary. How does one try to understand these different aspects? As many classical theories and psychologists suggest, one's childhood plays a pivotal role in shaping their personality, the different dimensions, perceptions and their worldview itself. When it comes to worldview and parenting, one of the most basic ideas is fear versus faith. For someone with a history of failures (and thus the fear of it), a tragic event may induce more fear and self-doubt. For someone who has been shown faith, even in times of adversity, has a better chance at tackling life's challenges and emerging successful in the face of that adversity.

Furthermore, this leaves them with more confidence in their abilities, more motivation to hone skills and work on other aspects where they might be able to improve. It leaves them with hope in their heart and purpose in their mind. These two might just be the answers to all of life's questions.

Struggle begins where faith fails, where love fails; Faith in our own abilities, faith in our capacity to love and trust and faith to give and receive. The moment we are born, we are born somebody's son and brother and grandson and nephew and the list goes on. A one-day old baby has their identity pre-decided for them. As we grow up, we start identifying with our surroundings, and sometimes losing ourselves to them. And we trust, we trust and we love. Children have so much love to give, and such pure hearts. As long as they are dependents, until adulthood, they are told what to do, what not to do, what's better for them and what is going to ruin their lives. What happens then? Where exactly do things start going wrong?

It's when this idea of us is implanted into us, without letting us decide for ourselves: who we are and what defines us, when our lens of experiencing life itself is tinted by society and by parenting and by trauma, that's where the struggle begins. We begin looking at ourselves through the same lens. Will we recognize ourselves in our true spirit and our unique idiosyncrasies? How do we hold on, to our true nature and discover deeper aspects of our own beings, without the interference of the baggage we have grown up with?

Developing self-awareness can be the first step towards getting in touch with ourselves. Introspecting and interrogating, looking at ourselves from a third-eye view and answering questions like:

What are my likes and dislikes?

What makes me unique, different from every other person on this planet?

What is unique to my intelligence that I process to my best capacity?

What are the different aspects of my being that I have accepted to be my own, but don't feel right to me?

What are my fears and where do they come from? Am I equipped to work on them?

What are my strengths and weaknesses?

Are there events from my childhood that have left a deep impact on me and yet haven't been processed with my full love and attention?

Do I play a role in my own suffering?

Do I hold resentment in my heart that stops me from experiencing life fully?

What are the different roles I play in my life and in other people's life? Do I regularly evaluate and reason with these roles and change them according to how I grow and change in my own life?

What is my purpose in this life? Am I living in alignment with fulfilling it?

Some of these questions might bring about thoughts that are difficult to admit, even to ourselves, but this is where we start. As these aspects come to our awareness, we begin experiencing life in a better capacity and we also begin healing old wounds. Healing is a very important aspect as, when we begin to heal, we let go. We start acting from the present and best interest rather than the past. Imagine a tree, the emotional wound that remains unhealed is like the trunk of the tree, it grows into a whole network of branches that spreads across all parts of our life. Some of these parts we don't even recognize and we have clarity about where this behavior could be originating or where this resentment is coming from. As we heal these wounds, the tree gets slashed at the trunk itself. The branches die out and we adapt healthier patterns, in our thoughts and behavior. It starts to feel like there is more space in our head, to be present. As we let go and we forgive, we are more ready to connect with people and share trusting bonds with those around us. Self-awareness is a one way door, once you start walking on that path, there is no turning back. Once you see it, you can't un-see it. When we take an honest appointment with our feelings, we can begin to see the part we play in our own suffering. It is difficult to admit and definitely changes the way we look at ourselves, for the better. We are more in control, more empowered to carve out the life we want and handle difficulties.

As difficult as it may be in the beginning, it is liberating. It brings you closer to your true self. This also reflects in your actions in the way that you do what resonates with you, more than what doesn't. You learn to say NO more easily and experience lesser regrets. What you lose, are only the parts of yourself that didn't belong with you in the first place.

Every individual is born complete and intelligent. Everything we do in life, every micro-detail comes from our own unique intelligence and learning as a result of our experiences. Self-work is the process of defining and re-defining who we are, according to what we learn and unlearn. It is a continuous process of getting closer to our true purpose.

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It asks for a commitment to your own growth, and healing, and the catharsis that comes with it. As the churning begins, the most unnecessary parts, holding us back are thrown out, while a few other parts heal. Humans are innately pleasure seeking beings. We seldom like to be uncomfortable, let alone suffer. To go against this biological tendency and choose catharsis might sound counter-intuitive. It's the self-love and commitment that makes us stronger in the face of life's struggles. When you know yourself, depths in and out, there is nothing that you cannot face and overcome and even master using your intelligence. Self-work brings us closer to this untapped reservoir of potential and human energy that we sometimes lose touch with. All of us recognize and remember vividly those few, specific moments in life when we have felt truly happy, when our soul has danced to the tune of the experience. That's the feel that self-work maximizes, and in all parts of our life. It is accepting ourselves, for who we are and who we are not. As we begin to do that, our worldview begins to shift too. We look at the world as it is, and not for what we want it to be. Life doesn't drive us anymore; we shift from the passenger seat and take control. Experiences don't swing us from side to side. Instead they become companions as we are centered and grounded in our own subjective realities. We begin to have faith in our versions of the experience and take what we need most. More than anything, Self-work gives us hope. It keeps our frequencies tuned into our best interest towards growth and well-being. We grow newer skins, while the essence remains the same. We feel safe to be able to do that, without judgment and with love. We learn to control the controllable and draw boundaries assertively. There is growth, and it feels safe.

We become patient and more open to what life has to offer. We become more confident and self-assured; not because we are perfect, but because we are not. There will never be a time in life that there are no difficulties, but through self-work we learn to enhance our own internal systems and working in a way that our perspective towards these difficulties will help us keep what's best for us and let go of everything else.

"Every person, in every situation in the past, if all aspects of the circumstances are taken into account, have always done their level best and therefore, deserve no blame or reproach for anything whatsoever. This, in particular, is true of YOU."

"When life knocks you down, try to land on your back. Because if you can look up, you can get up."

– Les Brown

"Our greatest glory is not in never falling, but in rising every time we fall."

– Confucius

THE STRUGGLE OF BEGINNING

By Natasha Deshpande
FYBA

The most awaited step of a baby is the first one. That first leap into the cold swimming pool water is the only one before which we hesitate. Most of us need to muster up a lot of courage before initiating a conversation, but the rest of it flows easily. The struggles of life begin at the beginning. The start takes just as much energy as the process. I think the first steps of life are the most difficult ones. Things grow to be more and more complicated as we go forward; yet we always think more before starting a new journey than we do about continuing it. I think this is because before we start something new, it is to us a vast field of unknown. We do not know what the future holds and that makes us anxious. Once we are put into motion however, the familiarity makes it just a little bit easier to go through the trouble. When we know the problems a particular task can pose, we try to fight them instead of worry about them. Like writing the first line of this article took me a lot longer than writing the rest of it. This struggle of beginning is actually quite ironic. Things tend to get more and more difficult with time yet we drive ourselves crazier at the start than we do towards the end. This struggle is one that we bring upon ourselves, as it is only in our minds. All the fears and limitations we have at the beginning stem from our thinking and they do not have the base of experience. It is quite silly if you ask me. And yet very few of us can confidently say that they start new things with zero hesitation. These few people however, are role models to me because they overcome one of the strongest struggles without even thinking about it.

*"Problems are not stop signs, they are guidelines."
– Robert Schuller*

DIVERSITY OF THE MIND

**By Neha Shingne and Anusha Bhanap
TYBA**

- Understanding the meaning of 'Neurodiversity'

Judy Singer, an Australian sociologist, coined the word "neurodiversity" in 1998 to recognize that everyone's brain develops in a unique way.

"Neurodiversity" is a non medical umbrella term, used to explain the unique ways people's brains work. While everyone's brain develops similarly, no two brains function just alike.

For the average individual, brain functions, behaviors and processing are expected to meet the milestones set by society for developmental growth. For those who veer either slightly, or significantly, outside of these parameters, their brain functions could be classified as neurodivergent.

This may be differences in social preferences, ways of learning, ways of communicating and/or ways of perceiving the environment. That means they have different strengths and challenges from people whose brains don't have those differences. The possible strengths include better memory, being able to mentally picture three-dimensional (3D) objects easily, the ability to solve complex mathematical calculations in their head, and many more. The possible differences include medical disorders, learning disabilities and other conditions.

People who are neurodivergent can benefit from education and programs that help them develop their strengths using them to their benefit to live happy, healthy lives

Neurodiversity Terms to Know

Neurodiversity

Neurodiversity refers to the natural diversity of human minds. It is a biological fact that we are diverse in our minds just like we are diverse in our ethnicity, gender, sexuality, etc.

Neurodiversity acknowledges the whole spectrum of neurodiversity from neurodivergent individuals to neurotypical individuals.

created by Judy Singer

Neurodivergent

Neurodivergent is an umbrella term for individuals who have a mind or brain that diverges from what is typical. It can be acquired or genetic, an innate part of you or not.

Neurodivergence just means having a mind that functions differently to what is considered the norm including learning, processing, interpreting, feeling, etc.

created by Kassiane Aasumazu

Neurotypical

Neurotypical refers to having a mind or functioning that falls within the society standards of what is deemed "typical", "common" or "normal".

Neurotypical is the opposite of neurodivergent, someone who diverges, and it is not a negative word at all but a neutral word.

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Neurodiverse

Neurodiverse is a term to describe a group of individuals who represent the spectrum of neurodiversity which includes neurotypical and neurodivergent individuals.

Remember, an individual cannot be neurodiverse. Individuals who aren't neurotypical would be neurodivergent.

@livedexperienceeducator

An example of this is someone who has dyslexia. People with that condition struggle to read because their brain doesn't process written language like the brain of someone without dyslexia. However, people with dyslexia usually have brains that are better at processing or mentally picturing 3D objects. That makes them much faster at identifying optical illusions, and they have a natural talent for jobs like graphic design and arts, engineering and more.

The word for people who aren't neurodivergent is "neurotypical." That means their strengths and challenges aren't affected by any kind of difference that changes how their brains work.

- What conditions can a neurodivergent person have?

People who identify themselves as neurodivergent typically have one or more of the conditions or disorders listed below. People with these conditions may also choose not to identify themselves as neurodivergent.

Some of the conditions that are most common among those who describe themselves as neurodivergent include:

- Autism spectrum disorder (this includes what was once known as Asperger's syndrome).
- Attention-deficit hyperactivity disorder (ADHD).

- Down syndrome.
- Dyscalculia (difficulty with math).
- Dysgraphia (difficulty with writing).
- Dyslexia (difficulty with reading).
- Dyspraxia (difficulty with coordination).
- Intellectual disabilities.
- Mental health conditions like bipolar disorder, obsessive-compulsive disorder and more.
- Prader-Willi syndrome.
- Sensory processing disorders.
- Social anxiety (a specific type of anxiety disorder).
- Tourette syndrome.
- Williams syndrome.

Famous Neurodiverse Individuals-

- Charles Darwin - Naturalist, Geologist, and Biologist - Autism
- Cher - Singer, Actor - Dyscalculia and Dyslexia
- Bobby Fischer - Chess Grandmaster - Asperger's syndrome
- Ingvar Kamprad - Founder of IKEA - ADHD and Dyslexia
- Cara Delevigne - Actress, Musician, Model - ADHD and Dyspraxia

Clearing Misconceptions:

- Autism and other neurological variations (learning disabilities, ADHD, etc.) may be disabilities, but they are not flaws. People with neurological differences are not broken or incomplete versions of normal people.
- Disability, no matter how profound, does not diminish personhood. People with atypical brains are fully human, with inalienable human rights, just like everyone else.
- People with disabilities can live rich, meaningful lives.
- Neurological variations are a vital part of humanity, as much as variations in size, shape, skin color and personality. Every person is valuable.

Disability is a complicated thing. Often, it's defined more by society's expectations than by individual conditions.

• Frequently asked questions-

1. How can I find out if I'm neurodivergent or if my child is neurodivergent?

The first step to finding out if you, or someone you care for, are neurodivergent is to talk to your healthcare provider. They can refer you to a specialist or other providers who can determine if you have a medical disorder, condition or other brain-related difference that might explain why your brain works differently.

1. Is it possible to prevent, treat or cure being neurodivergent?

Conditions which people consider neurodivergent are not mental health conditions; they are neurological differences in the way individuals think and process information.

That means it's not preventable, treatable or curable.

If a specialist or other healthcare provider diagnoses a condition like those mentioned above, they can also talk about resources for people with that condition. There's a wide range of possible management options, therapy programs and more.

For some people, behavioral therapy and medication can positively affect their quality of life. Therapy programs can help show how to make the most out of abilities. They can also show how to adapt to your challenges, minimizing their interference in your life.

1. How to support people identifying as neurodivergent?

There are many things people can do to be supportive of neurodivergent individuals.

1. Listen. Be willing to listen to them. Let them know you hear them and respect them and their choices.

2. Communicate in ways that help them. Give them the time and tools they need to communicate.

3. Avoid value-based labels. Experts recommend against using the terms "high-functioning" and "low-functioning" to describe conditions like autism. They often assume a person's level of function based on how much they behave like someone who's neurotypical.

1. No two neurodivergent people are the same. The personalities and preferences of neurodivergent people can be widely different, even when they have the same underlying condition.
2. Don't assume that anyone is incapable or unintelligent. People who are neurodivergent often have conditions or preferences that make them stand out or appear different.
3. Treat everyone with respect. You can provide with accommodations in a way that honors their human dignity

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LIFE IS STRUGGLE – A BOUNCE BACK!!!

By Sakshi Pujari
MA PART I

Life is beautiful but not always easy- it has problems too, and challenges lie in facing them with courage. There is no doubt that there can be no pain, no gain. It is only when one toils and sweats it out that success is nourished and sustained. Thus, life should not be just a bed of roses; thorns are also a part of it and should be accepted by us just as we accept the beautiful side of life. Adversity and hardship make a person strong and ready to face the challenges of life with equanimity.

There is always so much to learn from people who have gone through different phases of life- the good, the bad, and the ugly. One of the well-known people, who bounced back and tried again to become successful, 'The Amitabh Bachchan'. The initial struggle to make a place for him in the Indian film industry took 4 years. He made sure that he remained a part of the industry no matter how small that part was. Eventually he did get his break in Bollywood with Anand. However, sometimes life throws challenges for when one is not prepared. A similar thing happened with Amitabh Bachchan on the set of coolie. He was shooting an action scene and during the fight sequence, he fell hard and was accidentally injured by the corner of the table which caused grievous internal damage.

He went through surgery. He is almost in a comatose state. It took him several months to recover but as soon as he was back on his feet, he resumed work. He bounced back into action after a close shave with death.

'Success is not final, failure is not fatal; it is the courage to continue that counts.'

Like Amitabh Bachchan, in the field of performing arts we are known by one name 'Sudha Chandran'. She is an Indian Bharatanatyam dancer and actress who appears in Indian television and films. In 1981, Sudha Chandran's life had taken a tragic turn, when she had met with a major bus accident.

Due to unforgivable medical negligence her right leg was amputated after gangrene formation. And for dancers, legs have importance. However, Sudha Chandran regained her mobility with the help of prosthetic foot. You require courage and internal strength to fight the physical challenges of illness. As someone said, 'Hai andheri raat par diya Jalana kab mana hai' (yes, it is a dark night, but when has anyone stopped you from lighting a lamp?).

So, pain cannot be avoided but prolonged suffering due to the pain is often not required. Bear it and live with it but never let it overcome you. Once the great psychologist Elbert Ellis discovers that, "I get upset because of 'my thoughts' and also feel calm and settled only because of 'my thoughts'. And it is only 'I' who decides my thoughts.

To sum up, life is beautiful just as roses, but it has challenges which are like thorns and have to be faced and overcome by all. Those who accept these challenges and succeed are the ones who know how to live life in its true sense. Thus, enjoy life but also be prepared to bear pricks of pain.

"We must embrace pain and burn it as fuel for our journey."

– Kenji Miyazawa

"I am not afraid of storms, for I am learning how to sail my ship."

– Louisa May Alcott

LET'S BREAK THE ICE...

**By Sanskruti Sonar and Sakshi Udeg
SYBA**

Today, we all know that a lot of people suffer through mental health disorders but have we ever thought about why this happens? The roots of most mental health problems in adulthood are immersed in childhood which most of the time goes unnoticed. And such repressed experiences or events or emotions or traumas show their effects in the adult life of an individual. Every individual goes through the struggle in childhood. Happy smiley face has lots of inner screams which are silenced. There is a lot of awareness going on about mental health. It is being discussed in society openly but we feel that childhood trauma is something which is most avoided to talk about because of various reasons.

First of all, let us know what childhood trauma is, it is often described as serious adverse childhood experiences which includes abandonment, abuse, neglect, violence, financial crisis, disasters and so on. These things affect the individual emotionally, mentally which disturbs the overall development of the individual. Most of the times when small children throw tantrums if parents neglect them or silence them without knowing the cause behind it and if this continues to go on there can be a serious cause which is going unnoticed and child be traumatized. Strong Beliefs of every individual are based upon the experiences they gain from people around them. We have seen that children behave the same as parents most of the time, so if there is violence in the house or some other issues like financial crisis, loss of family members, societal issues etc. behavioral and emotional changes are seen. Other serious causes can be loss of one of the parents, having toxic parents or family, constant comparison with other kids, parents having issues between them, divorce or separation of parents; these affects may shake up the beliefs of the child coming up with trauma.

This gives rise to insecurities, lack of trust, emotional damage, increase in aggressiveness or impulsiveness, conservative nature, suppression of innocence, attention seeking, low self-esteem, self-doubt, poor academics etc.

One of the severe causes of trauma is bullying. It occurs when some toxic individuals in a community intentionally harm others. Most of the bullying happens during school or college life or in peers. Its tresses can be seen in adulthood. Child may develop stress, social anxiety, depression, and suicidal tendency, fear of social interaction and avoidance of the particular place or community.

Abuse in the environment around the individual is also a serious cause of trauma. This may include physical abuse, emotional abuse and sexual abuse. Abuse of one parents by other damages the child emotionally. Children getting abused by either family members or in other communities may develop trauma. Sexual abuse by family member may develop long term psychological trauma. The effects of child sexual abuse can include depression, post-traumatic stress disorder, and propensity to further victimization in adulthood.

As this is less addressed, health issues in adults will become less and that will lead to a positive life. Parents should build trust with children by spending time with them. Discussing the serious issues, expressing care and affection to their children. Understanding the mentality of the children and providing emotional support whenever needed this helps children to express their concerns and resolve them. If all of us understand and try to speculate about these issues it will be easy for future generations to know and to prevent major mental disorders. Childhood is the most wonderful part of every individual's life; everyone deserves a happy childhood so let us try to provide a healthy environment to lead a healthy life for every individual.

PREJUDICES AGAINST 'B'

By Sejal Pataskar
FYBA

The great conquests of famous personalities like Alexander the Great, Achilles, the greatest warrior of Greece, and the sweet words written by the eminent American poet Walt Whitman are not unheard of. These people have changed history significantly, one way or another. But they have one thing in common. All of these famous identities were openly bisexual (attracted to more than one gender).

As many people are aware of, there exists a LGBTQ+ community, including all types of sexualities and genders. There is a lot of backlash (familial and/or societal) regarding this all-inclusive community. There exists an awful amount of prejudices surrounding every aspect of the LGBTQ+, or affectionately known as the 'Pride', community. This article mainly focuses on the issues faced by the bisexual component of society. Bisexuality is a romantic or sexual attraction to more than one gender.

'B' was added to LG in the later 1980s ... In any event the B has rarely (if ever) been taken seriously in my experience. (Ken Plummer, personal communication January 10, 2016)

Even in today's society, the literature that is written from the perspective of bisexual people is comparatively less than that of literature written from the point of view of gay (men that are attracted to same gender) and lesbian (women attracted to the same gender) people. Bisexuality is often overlooked, misinterpreted and marginalized against, even in the LGBTQ+ community. They are considered non-existent.

This prejudice also bleeds into casual speech because of the use of underhanded comments. For example, bisexual individuals despise the use of the phrase "half-straight". This comment solidifies the belief that society has about bisexuals not being "truly queer" or the fact that they are just "experimenting".

This discrimination can directly affect the mental health of bisexual people. It can contribute to the bisexuals experiencing depression, stress and triggered anxiety (including panic attacks and post-traumatic stress disorder).

Being bisexual is considered to be a “phase”. Society expects hetero-normative (straight) behavior from female bisexuals. Whereas, people don't believe that a man can be bisexual and expect them to only be attracted to men, or in other words, they are expected to be gay.

If a person is bisexual and, in a relationship, or with a crush on a person of the opposite gender, their sexuality is dismissed. They are thought to be done with their “phase”. People, including counselors, can automatically assume that that person is straight. This increases their fear of coming out (telling other people about one's personality).

It is important that this distinction and ignorance be addressed. We should make an effort to help a bisexual person to feel comfortable in their own skin. To do this, there are some steps that every person should take.

1. **Make sure that they know that bisexuality is okay.** Have a positive attitude towards bisexuality. Read about them and comfort them enough for them to be confident in their identity.
2. **Discuss their identity and situation.** Try to turn the conversation towards LGBTQ topics so that your question doesn't come from out of the blue. Then, you can either slip it quietly into conversation or ask outright. Watch how they react. Don't push them into expressing their feelings. Be calm and understanding without giving unwanted advice or opinions.
3. **Be supportive.** Their coming out to you is most likely a sign of trust, so don't betray that trust. Make sure that your language and movements are calm and friendly. Remind them that their identity is valid. Say you'll be there for them and back up your words with action. You can say something like, “Thank you for trusting me enough to come out to. I want to support you in any way that I can. What do you think I could do as a friend?”

4. **Research on it.** If your first thought is that they can't be bisexual, that he or she might either be gay/lesbian or straight, consider doing some research into bisexuality. Just because they might like donuts, doesn't mean that they can't like pancakes or other desserts.

5. **Don't make fun of them.** If they knew and chose to keep it from people for a while, there was probably dread involved in coming out to you, but the bravery shone through and they did it anyway. If your friend hasn't known for long and is still figuring things out, it's a confusing time.

6. **Ask whether they want to keep it under wraps or not.** It takes a great amount of confidence to know that a person knows that they are bisexual. It is harder to bear if more people know, that too without them consenting. Respect their wishes, even if they want it to stay secret. Let them come out on their own accord.

It may seem crazy finding out someone you've known this whole time is bi, but it shouldn't change anything between you and your friend. So, I hope that this helps you maintain an even closer relationship with your friends who do come out. Keep supporting them and remember, they have always been bisexual, the only thing different is that now they want people to know.

"Life is like riding a bicycle. To keep your balance, you must keep moving."

– Albert Einstein

PERSONALITY

By Shalmali Gokhale

SYBA

'Personality', we often hear and pass this word ourselves easily in our everyday conversations, right? But have you ever pondered upon its meaning or if the meaning you know is actually whole? If the context you are using it in is right or appropriate? Maybe or maybe not.

We are so used to being subjected to such substantial words that we do not hesitate using them ourselves, even when they end up exaggerating or sometimes misinforming the situation or thing. 'Personality', is one of such concepts/words which are used in our daily conversations without much effort to understand its whole meaning, thus misleading many.

So, let's try understanding what 'Personality' is for us a bit!

In daily life, when people use the word 'Personality', they often mean the appearance of an individual. If one has a certain kind of physical features, facial features, and follows a certain kind of lifestyle, then the individual is said to have a "Good Personality". Thus, if one does not fit into these physical standards of "Good Personality", they are looked down on. When such a thing happens individuals are expected to work hard in order to fit into these so-called "standards". They are pressurized not only by the society but also sometimes by their close ones to the point it starts making them insecure of their own self-appearance.

In a society, which judges one's personality through their appearance; every one of us has been judged at some point of our lives. And for many people this one moment, one conversation leads them to take extreme decisions about themselves; which can leave either a positive or negative impact on their lives. Also today the judging is not limited to people we are acquainted; due to the inclusion of social media in our lives, where it has become a part of our day-to-day life people across the available platforms, be an acquaintance to us or not, judge, comment about an individual's appearance, personality,

life without thinking twice; without thinking what impact could their words have on the person. At such times, efforts to achieve a "Good Appearance" have overwhelmed people's lives instead of understanding what their 'Personality' is. There are many definitions given by many psychologists that various professionals use to describe 'Personality'. And yes these definitions do include physical aspects of an individual as one of the factors; but, it is "One of the Many Factors" rather than being "The Factor".

When professionals talk about 'Personality', it actually refers to one's not only physical aspects but also Psychological, Social aspects.

"Personality" is an inclusive phenomenon with psychological, physical and also social aspects as its factors. And these are not based on other people's perception of us rather 'Personality' is an individual's own perception of its psychological, sociological, physical selves.

The psychological factor comprises the individual's thinking, feeling, expression, action, behavior, habits, attitudes, interests, capacities, abilities, aptitudes, intelligence, etc.

The social factor is one's perception of their own status, role in a group as its member. Personality is also regarded as how one responds, reacts to a certain situation posed in front of them; one's conflict solving. Thus due to one's psychological factors their role, status in a group is determined or is also subjected to change according to their participation in group life. The same way, one's psychological factors are subjected to change/development due to one's participation as a member in group life; the individual learns certain behaviors, systems and symbolic skills which determine their ideas, attitudes and social values. When talking about factors in this context, the biological (genetic) innate dispositions and the physical appearance are taken into consideration. Of course, biological disposition contributes to various psychological traits as well as one's physical appearance and features. One's psychological traits are found to have biological (genetic) background too. But not all the traits are expressed by an individual. Expression of these traits too does not happen unless an individual is faced with appropriate or concerned situations during the development of his/her personality.

As for our physical appearance, certain traits that are expressed cannot be changed as they are innate. This one's comfortability, confidence in their appearance and physical features is an important factor of their Personality.

Personality is not actually static; it is a Dynamic phenomenon. The core traits of one's personality remain almost the same during their lifetime, still some changes/development could be observed overtime based on their experiences. While the secondary traits of one's personality are more subjected to changes/development over the course than the core traits. These core and secondary traits are expressed or observed, learned and adopted by an individual during their early life.

During one's early years i.e. infancy, childhood, they get influenced by their environment. The culture, community one grows up in leaves an impression on a child's mind and continues to influence it. As it continues to observe and understand its surroundings and environment, it starts learning and forming its own values, thoughts on things and experiences. As the child experiences or sees people around experience various things, face different situations, it perceives them and forms its own individual thoughts, opinions, values on them. As their core values are formed during their childhood, they take a more refined shape through their teenage because they get more exposed and their world is broadened than their childhood when it is more with their families and initial acquaintances; hence leading to various situations and experiences that challenge their old values or require them to explore new if not previously introduced resulting in changes/development in their values, thoughts.

This way, the core of an individual's personality is formed during their early life and then is challenged in the later years, with a little change, development as time passes with new experiences in all the aspects i.e. psychological, social and physical.

These rigid social standards of "Personality", "Appearance" contribute to limit our horizon instead of broadening it. In the case of following and molding ourselves according to these standards we are judged if we are not able to and pressured with more expectations if succeeded in achieving them.

So, either you are looked down for your failure or looked up to so much that the expectations become too demanding for one to fulfill. And if one fails to meet these high expectations, then again they are thrown into the spiral of bad "attitude" or "character". This just means regardless of meeting these standards and expectations you are always a subject for judgment for people.

Therefore focusing on physical appearance as many do even now to judge one's 'Personality' and categorizing people over it is something that we, as a society need to work on. And as an individual, we need to understand and learn that our Personalities are much more than just our physical appearance, features and appealment. "Self-concept" is our own perception, understanding and expression of our "Self". The more one would believe in themselves as an individual and have a good, supporting and motivating self-concept, the more confidence they would have in themselves ; thus self-confidence, self-esteem, self-regulation, self-efficacy will increase. Having confidence in our own skills, having self-esteem for ourselves as an individual as well as a member of a group based on our contribution, performance and role in it is very important for our personal, professional and social lives.

So instead of involving ourselves in trying to fit ourselves in these rigid "good personality" standards and getting all tangled up in it; let's focus more on trying to understand about our 'Self', learn about ourselves with respect to all aspects of us as individuals and developing and expressing them to their full potential without any barriers put on by ourselves or others!

"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is."

- Anne Frank

UNCERTAIN JOURNEY OF LIFE

By Shravani Khade
SYBA

I hope majority will agree with me on the line that life is CCC; Complex, Complicated, Confusing. I mean sometimes life just throws weird and dark situations and we find ourselves clouded by infinite emptiness and the dam we constructed to store our emotions, suddenly breaks and just like that we scatter into unimaginable pieces. Then we begin our journey with an agenda "to fix ourselves". But let me break this to you, if you keep trying harder you will end up in a more miserable place. So sometimes it's ok to feel broken and flood your eyes with tears. Because in this circle of life, we think we have to fight and win but sometimes it's not about fighting and struggling but just sitting calmly until you see a silver lining.

"It is funny how, when things seem the darkest, moments of beauty present themselves in the most unexpected places."

– Karen Marie Moning

WHAT IS A STRUGGLE...LIFE OR US?

By Shravani Sakalkale
MA Part I

Do we really understand life or are we the ones making a struggle out of it?

We are often conditioned to think that our life is going to be a struggle. Academics, interpersonal relationships, changing the world and what not. Pursuit of happiness is itself a struggle. We put our egos to the side and construct the tower in order to preserve our interpersonal ties. We make an effort to embrace what we dislike or find undesirable; we comprehend the irrational and we move on. Some people discover tranquility via struggle. Every night they collapse into bed tired. We, at times, forge ourselves through adversity.

Speaking of me, over time we had to move places because my father used to get transferred every three years. New cities, new schools and new friends! The hardest part for me had to say goodbye to everyone and everything I loved. My parents always pushed me to seek happiness everywhere we went during these transfers. They aided me in accepting and getting past the memories. They helped me realize that I am responsible for my own happiness. Over the time, I understood everything does really happen for a reason. I have made strong bonds with people I left behind and with the new ones too! These transfers taught me to accept every situation and without making a mess out of everything, we can just focus on things that really matter.

What matters to us right now is essential. There will always be four possible answers to any situation, but we should concentrate on the right solution. Life cannot be made of happiness and there are going to be struggles. The setting and surroundings can be jarring. And while it might seem difficult to stop, doing so would just prevent the healing. At times, we are the ones blaming ourselves, putting ourselves in a difficult situation; hence the solution too dies within us.

The process of healing emotionally could be challenging yet beautiful. We might experience the rollercoaster of emotions; having the opportunity to meet all the emotions! We attempt to find you, freeing through the burden and finding growth. If we understand that healing takes time, regardless of how much time it takes and more importantly, accept it, we have made progress.

Even half way there, the grays begin to transform into lovely hues and we begin to perceive life chromatically, like a kaleidoscope! Yes, there is a probability that this might fail but we have to remember that it's in our hands to be happy or miserable. We have to decide to live a life where we are truly happy and not just reasonably happy. There are going to be struggles in life. However, it is we who get to decide how we are going to look at these struggles in life. They aren't burdens, but opportunities for growth and maturity.

When people successfully weather a storm and witness their own rainbows, that is when happiness can be found. There is always winter after the fall, when the trees begin to bloom once more! And sometimes you just go with the flow, trust your instincts and love yourself. Let's perceive life like a *Kaleidoscope!*

Finally, I choose to be happy because I can.

What are you doing with your life?

Making it a struggle or living to the fullest?

AN ARTICLE ON WOMEN'S STRUGGLE – TRADITIONAL THROUGH MODERN TIMES

**By Shreya Badve
TYBA**

Women have been subjected to a minority or a secondary position since olden times women were seen as docile, emotional, weak, nurturing with an emphasis on being and looking beautiful and fitting into societal norms they had to present themselves in the best way to attract a suitable man of high honor and wealth. They were primarily in charge of taking care of the home and children; women were not educated at the time so they assumed an inferior position.

The final decision in the household or any official matter of the kingdom, court was taken by men; it was assumed that women won't have any valuable input to provide as the society had a patriarchal dominance.

Having a male child was celebrated as he would carry the families' lineage forward and upon the birth of a female child there was a small celebration but with a hint of burden as to getting her married and the money needed for dowry especially in the poorer households.

The practice of dowry is an old one which assumes the bride's family is indebted to the groom's family at the time of marriage and has to provide in the form of cash kind jewelry and other prestigious items in an offering of thanks. This becomes burdensome on the bride's family and causes many psychological issues like stress and depression if the needs of the groom's family are not met, dowry practice was abolished on May 1, 1961 this prevented the giving and receiving of dowry and anyone who was caught during this act would be punished by law.

Another old and now abandoned practice from India was Sati this practice is done when a married woman's husband dies due to natural or manmade causes, now it is seen that the women cannot protect herself in the absence of her husband and in this state of helplessness she is burned alive, this act is seen as the ultimate act of devotion towards the husband which would lead to their union in another lifetime.

Some Hindu women willingly practiced sati and some unwillingly. Overall sati undermined the freedom of women and did not value them as individuals. On the other hand if a married man's wife dies due to natural causes like childbirth or disease, the man is not subjected to any sacrifice of himself rather he is free to get remarried and continue his lineage.

In this era widow remarriage wasn't allowed, the widow remarriage act came into existence on 16 July 1856, legalized the remarriage of widows in all jurisdictions of India under East India Company rule. The act was enacted on 26 July 1856. Even After the enactment of the widow remarriage act widows who remarried were frowned upon in society, it would be difficult for women to find a suitable husband and would have to settle and marry a man who is old in age, has extreme bad habits like smoking, drinking, beating women or anger issues.

Women have been in a struggle position from years and till date this struggle continues in the current time women have reinvented themselves they are given top quality education and they have the freedom to make their own decisions now we do see females becoming pilots, engineers, doctors but still they are faced the issue of unequal pay in the workplace, preference is given to males over females even though females are more qualified in some cases.

Women are also subjected to harassment may it be at home in the workplace or out in the society, women struggle daily even when walking on the street in the morning or night for their safety, there is always this thought in the back of their mind to not stand out so much that a random man on the street will catcall them, grab their hand or just grope them in public, as women we are taught to cover ourselves up, not wear bright lipstick as it calls for undue attention, don't wear tight clothes men will stare the "main issue is not for women to cover up"! Is it actually the men who are there to objectify women?

Why can't they seem to control their urges when they see a woman wearing a mini skirt if men's mentality would change and then they won't see women as derogatory. Women don't go about objectifying men on the streets or catcall generally speaking so why is it assumed that men are in the position to do so?

As the environment is adapting to many new changes with itself the equality and the empowerment of women are also growing rapidly which is the greatest achievement for all the women of this entire world. Education brings about a change in attitudes of males and the promotion of an egalitarian society, For the society to progress men and women are both required to work together co-create and live in harmony this maintains the balance of life and humanity.

“Life has taught me that you can’t control someone’s loyalty. No matter how good you are to them, it doesn't mean that they will treat you the same. No matter how much they mean to you, it doesn't mean that they will value you the same. Sometimes the people you love the most, turn out to be the people you can trust the least.”

– Trent Shelton

GENDER ROLES AND IT'S HOUSEHOLD IMPACT

**By Shreya Deshpande, Lakshita Pagedar and Kimaya Aslekar
SYBA**

Gender roles in society define how we're expected to act, speak, dress, groom, and conduct ourselves based upon our assigned sex. Generally, girls and women are expected to dress in a conventionally feminine way and be polite, accommodating, and nurturing. Men on the other hand are expected to be strong, aggressive, and bold.

Rather than boys, girls are expected to learn to carry out household chores. Girls account for two-thirds of all children who perform household chores for at least 21 hours per week, which can negatively impact a child's schooling.

Similarly, women spend 2-10 times more on unpaid caregiving and domestic work than men.

History of Women's Struggles in India:

In the pre-independence era, the status of women in the country was in a deprived state. The major cause of this was the prevalence of male dominance. The major responsibilities of women were limited towards household chores and they were not allowed to participate in other tasks and activities, nor were they allowed to express their ideas and viewpoints.

Post-independence Indian leaders discouraged female revolutionaries from mobilizing, instilling a 'Ghar/Bahri' divide and reinforcing strict gender roles for women as the caregivers of the home. The traditional gender roles defined culturally accepted behaviors that men and women should adopt according to their sex. Biological differences are often quoted as the reason we have traditional gender roles.

Traditional husband and wife roles involved the women caring for the children while the men hunted for food. The husband-and-wife roles were usually split between the male as the breadwinner and the female as a homemaker. This originally came from agricultural influences where muscle and strength were needed to work the tools. Thus, in this era, men provide money from their jobs.

The idea behind today's homemaker is very similar to the hunter-gatherer approach from when we lived in caves.

Gender roles in marriage usually mean that women do the cooking, cleaning and food shopping. It is assumed that they are naturally drawn towards cooking and are better suited for this responsibility and are more proficient at most matters related to taking care of the household. Although, interestingly, men still dominate the chef profession in the food industry.

Gender roles in relationships mean that women stay at home and look after the house. The word househusband isn't in everyday use although the proportion of men who take on this role is perhaps increasing.

Women's Economic Empowerment Statistics in India:

Over the past few decades, working women professionals have worked with great care and perseverance, with their talent, dedication, and enthusiasm. They have contributed extensively towards India's economic growth and prosperity. Currently, there are 432 million women of working age in India, out of which 343 million comes under the employed segment in the unorganized sector.

Research indicates, the present contribution of women to the GDP remains at 18%, however; simply by offering equal opportunities to women, India could add US\$ 770 billion to its GDP by 2025.

India is the 3rd largest ecosystem in terms of start-ups in the world. Yet only 10% of them have women founders.

Indian women work more than men of India, but their work is hardly recognized as they mainly do unskilled work. Their household chores are never counted as work; if a woman is working in a field to help her husband it will also not be counted as work. A study conducted by Maria Mies in 1986 states that in Andhra Pradesh a woman works around 15 hours a day during the agricultural season whereas a male on an average works for around 7-8 hours. In India a large percentage of women do not have power. They cannot take decisions independently, not even related to their own life. They must take permission of male members for each issue. They don't have any say in important household matters and not in matters of their own marriage.

Many women work twice as many hours as men because they carry out most of the household responsibilities as well as working outside their homes. Their household work is unpaid and unrecognized. Equal sharing of responsibilities for the family by men and women will help improve the status of women in India.

However, due to the challenges posed by the pandemic, India's gender gap has expanded by 4.3%, owing to the dipping economic opportunities for Indian women, further indicating a decline in their participation in the formal workforce. The main reason for the drop in the woman employment rate during and after the pandemic was because they had to take care of their household as they are the primary careers of their homes.

Socio-Cultural and Psychological Struggles

The roots of gender roles are fixed too firmly in the minds of people in society and are not ready to be uprooted. The modern woman is working and is as efficient as men in the work field. But she is still expected to be the only one to look after the well-being of her family as well as complete household chores. Very few men take up the responsibility of the housework and most often that is not enough as their contribution is negligible.

If women have to get some work done outside of the domestic chores, they have to find time before the family wakes up or after they have gone to bed. Whereas, in the case of men, they happen to have the privilege of working throughout the day without worrying about getting anything else done. In houses where there is only an old couple residing, the woman is expected to do all the domestic duties despite being just as old and tired, and having the same health ailments as that of the husband, while he won't even take efforts to make tea for himself. Men, when asked about why they won't bear the equal responsibility of domestic chores make excuses such as "Men have never done domestic work in my family", "I do not like household work", "It is not my responsibility to take care of household duties" or "Domestic chores are a woman's job, not a man's", etc.

The responsibility of the household work lies with the entire family. But even when there is distribution of chores among everybody, the act of distribution is carried out by the woman most of the time. Nobody volunteers to do the same and the chores get done only after being nagged. It is important for men to consider domestic tasks to be their responsibility as well.

In most families, a regular day for a woman starts by waking up before everyone else in her family. She must take care of sweeping, mopping and preparing meals for family members. If she is a working woman, she also needs to get ready for her own job and if they are homemakers, they need to prepare their children for school and their lunchboxes as well. The unpaid labor of women exposes them to a greater risk of poor mental health than men. Researchers found in 11 of the 14 studies that women self-reported increased depressive or psychological distress symptoms with increasing unpaid labor demands. However, only 3 out of 12 studies reported any negative association with men.

The "Invisible Labor" of women is so often not recognized because it is taken for granted. It is the labor which refers to unpaid work that goes unnoticed, unacknowledged, and thus, unregulated. Examples of invisible labor include dishwashing, laundry, childcare, caregiving for elderly parents, organizing appointments and schedules, grocery shopping, and cooking dinner. Thus, household management tasks that help run any home run smoothly fall under the category of invisible labor.

Many women accept these roles as their fate, or that it is supposed to work this way and they do not question the system. These situations are observed even in the upper-middle class of the society. It is important to shift the paradigm and get out of the mentality of domestic work solely being a woman's arena. It is essential to divide the tasks equally among the family members along with children, so that are brought up to think housework as an equal distribution of duty and not gender-specific.

Gender equality begins at home, and there could not have been a better time than the pandemic to put it into practice. With lockdown being the new normal ever since the pandemic struck in 2020, most men have been performing their professional duties from home. This shift has given them a first-hand experience of how women at their home juggle between their professional and domestic duties. From breaking down gender stereotypes to becoming caregivers, and enlightening children about gender equality and women's rights, here are a few ways in which gender equality can begin at home.

Engage children in gender specific discussions at home

Making children aware about women's rights and gender equality, and what efforts are to be put in to bring about a gender-equal world. They must be made to understand that human beings are equally vulnerable irrespective of gender and the dichotomy of a tough father and a soft mother isn't necessarily true across the board. Empower your children, especially girls, to voice their opinions on gender equality.

Assign the role of caregivers to boys from an early age

Women globally perform more than twice the unpaid care work at home than men. This deprives young girls and women not just of equal opportunities for education and formal paid work but also enough time to rest and rejuvenate themselves. Instead, equally dividing the house chores and care work between males and females must be the first step towards achieving gender equality. Delegate the housework and caregiving role to boys from a very early age, along with girls.

Breaking Stereotypes, including your own

Social conditioning has a major role to play in stereotyping gender constructs and indoctrinating the minds of children in the name of 'acceptable behavior' from a very young age. Researchers, in fact, state that children tend to adapt to gender stereotypes by the age of 3, limiting their world to shrink for girls and expand for boys by age of 10. So, it is important to initiate conversations on gender roles from early on and challenge the stereotypes attached to gender at home and society outside.

Put an end to Body Shaming

Body shaming is an established behavior in society that expects you to match up to a certain beauty standard or physical appearance. Thus, parents must lead by example and be cautious to be not critical of body image, and reject any obnoxious, sexist stereotypes of unrealistic body standards. Children must be taught that looks don't matter but actions do and encourage them to embrace diversity by introducing them to role models irrespective of gender, color, and ethnicity.

*"You're going to go through tough times – that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events."
– Joel Osteen*

THE WAY WE THINK

**By Sneha Sanjay Kalokhe and Chinmay Jitendra Nagarkar
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Existence of a struggle in our life is that it makes us a better version every day.

David Budbill an American poet said "Struggle is what it means to be alive and free". Struggle in our life is the one which gives the direction to follow and reach at one particular phase or point in our life. It has a unique perspective and it cannot be explained unless one lives and experiences it. An individual doesn't take birth in this world with a predetermined goal to achieve in the future but the individual itself is the one who finds the true essence of life by constant struggling and philosophizing the question of life and struggle.

The question we ask our self-daily is whether the life is struggle or it's just the perception we keep in our mind towards it .But, this perception allows us to be in state of constant urge to achieve our goal, dreams. Life is like a plane which has always has co-pilot of struggle .One may find the meaning in life and they struggle in life to achieve it where as some are stuck between what are they doing and why are they doing it. It creates an inner conflict about the life they are living, it has no meaning, and this can be termed as existential crisis. As a solution to it existentialism was discovered. Existentialism means we are the one to find the essence of life. The theory mainly describes the freedom of choice one has, the anxiety we feel, the authenticity of decision, how we are the rational beings and the unique tendency of making a decision. Absurdity means the view of rationality in this irrational world, nothingness or void of not knowing the essence of life, the external factors such as society, religion etc., and death as something which mostly happens unknowingly, suddenly without consent. But this existentialism theory teaches us many valuable lessons to how we can see the struggle in life in a positive way. The struggle in life in nothing but the consequent of the choices we have taken, we must always have a good faith in the choices we make.

We always have the freedom for doing what we do with the freedom we have and this always comes with the responsibility towards the actions we take, this action defines who we are. We must take the responsibility of action we take in our life, as it expresses our values whether it be good or bad. The freedom we have has always accompanied by fear, the fear of choices, ability being wrong we shouldn't start doubting yourself but we must trust our self. We must make the choices which are more authentic to us. We must recognize where we lack rather than knowing what are we better at, this helps us to go outside our boundaries by first starting to think and changing our mindset. Everything lies within us it's us who give the meaning to the world and words we use in it to express it, the struggle in life is just a subjective term. Struggle is always present only when we want to achieve a thing and our abilities lack to achieve it but as being a rational conscious being when we start developing our abilities to meet the goal we challenge our self and the external world it then creates a struggle, we are always capable to overcome these struggles. This struggle gives us the strength to live our life. It's the hard work and the effort, the ups and downs we go through in our life which is known as struggle to external world. We don't need to always achieve something in life but the failures give us the boost to be more motivated towards life.

The struggle in life starts the moment we take birth, the first struggle start by crying to satisfy our needs then to seek attention. As we grow up we start understanding the world, the existence of things, people who, what and why are they with us in this life. We start to learn new things and it develops a sense of belongingness towards whom we are and why we exist in this world. We go through chain of events which teaches us slowly the emotional side of our self, towards the life we are living. As we grow up we start developing an urge to achieve things we want in our life, that's when we start realizing what struggle means it's the act towards intense urge in overcoming different events in our life to satisfy the future expectations and our present aspiration which we need to make our life as happy and positive as possible. There is always the struggle with the external world but the internal struggle keeps us more preoccupied with thoughts or we start over things about everything.

This struggle is between the decision between our heart and mind. What should we do whether we listen to our heart or mind? Mostly we think practically with our mind and emotionally with our heart. Here we need accept the situation and do what our future self will do by knowing the outcomes of that thing. We must simply stop over thinking about it and follow our gut feeling and make our self-stress free.

It's the moments we spend and the people we are with which makes the life a happy journey and showing the struggle seem tiny before us. The more the struggle the better we enjoy living a happy life.

Life's struggle is the most debatable question, do you agree or not.

"It's not that I'm so smart, it's just that I stay with problems longer."

- Albert Einstein

"Life keeps throwing me stones. And I keep finding the diamonds..."

- Ana Claudia Antunes

BRAIN vs. BRAIN

By Surabhi Joshi
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The first idea that comes to our minds when we hear the word "struggle" is the struggle that we are aware and mindful of. This struggle, though, is so generalized that we fail to see the core of it. For instance, if we search photos for the phrase 'life is a struggle' on Google, the first ones that come up are these pretentious websites that glorify struggle by stating things like 'Life is a beautiful struggle', 'If you stop struggling, you stop living,' and so on. Life comes with a cost; the cost of struggle. And it could be exhausting to deal with it at times. However, we often ignore its brutality.

Several centuries have passed, and the definitions and intensity of struggle have changed. Whether it's the 'Big Bang Theory' or the first living cell, which originated 3.8 million years ago, we've learned that survival requires struggle. While this struggle is ongoing, another is taking place, whether we are aware of it or not. The only ones who must cope with it are us. There is only one fight we must win in a world of 8 billion people: the battle with our own 'SELF.'

The 'Chemical locha'

Let's get to the basics of the human body. The *Brain* is one of the most important organs in our body, and without it, we cannot possibly survive. When we are trapped in a situation, our brain provides us with the necessary information to help us escape. The brain is indeed our best mate. But what if our best mate turns out to be our worst enemy? Our brain, sometimes, struggles to encode information that it wants to convey to us, leaving us unable to express it at all. The struggle begins within the brain itself. Brain vs. brain; what a fascinating battle. The brain struggles to produce all the required chemicals or neurotransmitters as we refer to them, to keep its normal function. This '*chemical locha*' in our brains results in poor mental health.

Neurotransmitters are also called chemical messengers. These are chemical substances that are secreted at the end of nerve fibers and passed on to other nerve fibers through the gap between them or the *synapse*. There are various types of neurotransmitters, but the ones responsible for our mood are dopamine, norepinephrine, serotonin, and GABA (gamma-amino-butyric acid) which is the major inhibitory neurotransmitter of the nervous system that acts to dampen neuronal activity. Abnormalities in the release and activity of these neurotransmitters have been linked to a variety of diseases and disorders, particularly neuropsychiatric and neurodegenerative disorders.

In normal words, our brain produces these chemicals to survive. Sometimes, the brain lacks control over the secretion of these chemicals and that affects our daily activities. We don't feel like getting up in the morning, we feel low or, in some cases, super energetic. The brain is the size of our fist and this small organ has to deal with everything. Whether it is crying ugly while watching Rose let go of Jack in Titanic, feeling happy for Raj and Simran while watching the climax of DDLJ, shaking with fear when Annabelle comes to greet us, bursting out in laughter when Baburao shows off his style to Raju, or dancing our hearts out to Zingaat. So much drama for the brain, which is the very reason we exist, literally. Everything is roses and rainbows until one day everything turns grey.

Roses are grey, violets are black

One day everything is good and the next day everything seems complicated. We wonder what's changed. We start blaming everything around us, the weather, the people, and the Universe.

Then what exactly has gone wrong? Our brain is the one playing games here. It is fighting against itself to simply function normally. And the solution to this problem is the brain itself. Fascinating, isn't it? Well, not so much. All of this is happening internally, and this is the reason why they can't see people struggling. This is the very reason why mental health doesn't cross our minds when hearing the word 'Struggle', at least to most people.

Fortunately, things are getting better now; mental health has become our priority but not the first and there is still a long way to go. There are dark sides to many mental illnesses and we seem to misunderstand the reality of the situation. Depression and anxiety have become 'hot topics' in today's world. We still don't know whether raising awareness about it is a boon or a curse to society. There is still a section of people that are eager to learn more about mental health and actively participate in making a difference. However, some people believe that mental illness is only an excuse or that it does not exist at all and are a made-up concept. Sadly, the latter is in majority. They are unable to understand the feeling one goes through battling with mental health and they come up with preposterous ideas to justify their beliefs.

It's all in the mind

"It's all in your mind; don't bother wasting time thinking about it." This has been told to every one of us at some point in our lives. It is correct; it IS all in our minds, and we can't just sleep it off. No amount of shopping or ice cream can make the problem go away. What people need to understand is the basic science behind mental illnesses; it is no magic.

When one is depressed, one generally feels hopeless and pessimistic about everything. They always seem to be unhappy and fatigued for whatever reason, and they lack the motivation to even do their daily tasks. They can burst into anger one minute and then cry like a baby the next. Mood swings become a regular part of their lives, and they are constantly juggling between what is real and what is not. They feel lost and might even question their own existence. Their minds are filled with a feeling of uncertainty. Regardless of who stands by their side to comfort them, they feel lonely and alone in this mental battle. People they care about seem to be slipping away. Even the hormones that once worked in a union no longer do so.

When dealing with anxiety, there is a constant worry about something. The same thought keeps running through their heads, and it feels impossible to stop it.

They are constantly on the edge and thus are highly alert to what is going on around them. They tend to overthink things or situations when they are unable to think clearly at all. They even sometimes push their loved ones away while still longing for them. Everything feels like a maze where they are trying to find their way out but keep running into the same walls.

There are many other mental illnesses, and the severity varies from person to person, thus no one should be considered the sole representative of it. Everyone has different experiences, and we have no idea how they are feeling. It is clearly in our minds, and whether medically diagnosed or not, people are always struggling with it, all while remaining silent. For us, societal expectations have always existed, but no one knows how to deal with our daily expectations of ourselves. It would be so much easier if we could express our emotions. Some appear to be able to break free from this emotional cage, whereas others lack the will to try.

It ends with us, or does it?

Anyone can experience depression or anxiety, regardless of a strong reason. Stress is at its peak when dealing with mental illnesses. One tries hard to deal with it until one day decides to leave it all behind. People find it easier to give up than to patiently wait for things to improve. In most cases, the person is given medications to help maintain a balance of the brain's chemicals. However, these aren't enough because the individual also requires counseling to improve. The overall process requires a lot of patience. There are times when one feels good, but it only takes seconds for one to feel the opposite. One begins to lose hope through the process. It doesn't matter if someone is 'strong' or 'weak-hearted,' the feeling of hopelessness overtakes them and leaves them with no choice but to end everything. The pain is so severe that they would do anything to avoid it. It becomes difficult for them to survive. The logic is simple: either the problem ends with us or we end with the problem. It is the harsh reality of life. When the person is no more, this struggle in the brain comes to an end.

And no one knows what went wrong. There is probably nothing that could have saved the person from committing suicide. They are labeled as just a 'weak individual' by society after all that they have been through.

When coming to people who have been open about their struggles, Deepika Padukone, a well-known Indian actress, is a perfect example. Her efforts have helped in reducing the stigma around mental health in India and inspiring others to look for help. Prioritizing mental health and getting help when necessary is important. Likewise, it's important that we look after our mental health because doing so can improve our overall well-being and life quality.

Life will inevitably include struggle. However, in today's world, the struggle has been over hyped. I might as well put star emojis around the term in our Gen-Z lingo. There is no life without struggle, and no amount of struggle is sufficient to sustain life. It's as if you buy life and get struggle for free.

I believe we can all agree that trying to be funny is a whole other struggle. Let's leave that for another time!

"Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill

A TALE OF RESILIENCE

**By Swarali Kelkar, Pranjal Khiste and Sayoni Walujkar
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Surekha, a BSc Home Science graduate was always an all-rounder student and was the favorite among all her siblings. From a young age, Surekha had always taken up all the responsibilities instinctively. At the tender age of 22 when Surekha decided to get married, she did not have many expectations from her future life partner, but she was excited for all that life had to offer her. Soon after she was married, she unexpectedly started dealing with many things she had not seen coming. Life after marriage was not easy. Moving to Pune was a big deal and adjusting to the big city was difficult for her, as she came from a simple background and a small town of Bilaspur in Madhya Pradesh.

Living in a big city meant adjusting in a congested 2-room house. Surekha was used to living in a big house back in her hometown, so here it was uneasy for her. Leaving her in-laws was also out of the question. Surekha noted that occasionally her husband would drink but it didn't alert her at the moment. Although, after the birth of their daughter, her husband started acting strange. He came home late and his drinking problems got worse. Surekha confirms that it was an alcohol addiction. 'Alcohol addiction' is termed as craving, or a strong desire or urge to use alcohol. It can also be stated as continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.

She vividly remembered the darkest periods from the year 1984-94 where she struggled a lot. This is the period where her husband's drinking problems got out of hand and gambling came into the picture. He also started having extra-marital affairs. Amidst all this chaos, Surekha unexpectedly lost her younger brother who was just 20 years old. Her husband's addiction and the unexpected death of her brother did take a toll on her mental health. But as there was no actual source of income coming through her husband, Surekha had to leave her grief behind and take on the financial responsibilities of the house.

She faced a lot of backlash from her in-laws but she had to do everything for her daughter's education and well-being.

Surekha's husband's aggression was also getting out of control. He would come home drunk and when confronted, he would abuse her and hit her with whatever met his sight. He wouldn't listen to anyone and would create a mess. When situations got out of control they would lock him up in their house. Surekha felt hopeless and helpless, and yes, going back to her parents had crossed her mind, but having the luck to carry out an educational journey in Pune is a privilege and she didn't have the heart to steal that away from her daughter. Surekha knew that her daughter had every right to get proper education, so she stayed. During this, her neighbors played a vital role in supporting her emotionally, and till date their house is like home away from home for her.

Surekha's husband had a behavioral pattern that she had noticed. Deep down she knew this was a psychological abnormality rather than her husband just being a bad human being. After contacting one of her relatives, who was a psychiatrist, she learned that this "abnormality" was termed as 'Bipolar Mood Disorder.'

Here we need to understand what exactly 'Bipolar Mood Disorder' means. Bipolar disorder is a brain disorder that causes changes in a person's mood, energy, and ability to function. People with bipolar disorder experience intense emotional states that typically occur during distinct periods of days to weeks, called mood episodes. These mood episodes are categorized as manic/hypomanic (abnormally happy or irritable mood) or depressive (sad mood). People with bipolar disorder generally have periods of neutral mood as well.

Usually, when treated people with bipolar disorder can lead full and productive lives. Even after getting the appropriate treatment, Surekha's husband could not fully recover as dealing with Bipolar and Addiction at the same time was not an easy task. Bipolar was never in control because of the worsened addiction and he could never get a hold of his addiction because of his Bipolar tendencies.

Life felt like being on and off track at the same time. Surekha's health degraded due to all the things happening in her life.

Also, her maternal side had a history of cancer that she knew could make its way into her. Taking into consideration how a person can alter the lives and experiences of others around, Surekha underwent Hysterectomy to prevent any future possibilities of her developing uterine cancer. The main part, she did it all herself - going to the hospital, getting the surgery done, returning back and recovering from it. She lost so much of her essentials in the process, even her house, but she had to do it. She thought of the bigger picture and couldn't imagine her daughter being either left all alone or with someone who could not be trusted enough. Only a determined woman with a heart filled with love and strength can do this, and she did it! She wanted to stay for her child.

Their daughter always wondered why her father was not like the rest of the fathers. Despite all this, she was really good at studies and had good scores which supported her well academically! She did become a quiet person though. Surekha made sure none of the toxicity ever reached her daughter and hampered her personal and professional life. She always tried to give her daughter a normal life. She participated in her school programs, invited her daughter's friends home when possible, celebrating birthdays and much more. The brittle relationship with her father did not make her bitter towards him. She was taught how to respect him and understand him as much as she could.

Dr. John, of the Command hospital, gave Surekha an advice that has stayed with her till date. It was - To not waste her energy in dealing with her husband as he would never fully recover and to focus more on her daughter and herself. Running the house was getting difficult in the middle of all this. Surekha's husband suddenly quit his job and started spending his entire day at home, making it more and more difficult to live there. This was when Surekha decided to take a loan and send her husband to a de-addiction center. A while later, he even got a job, but the problems did not stop. They got worse! Heavy drinking, visiting red-light areas, dance clubs, and landing in police stations became frequent. Surekha somehow tried pushing each day forward. They even visited mental hospitals a few times during that period.

A few years have passed now and owing to frequent help received in overcoming mental health issues, her husband is doing fine now.

He is still mostly just lying around in his bed without a job, but that's better than what the past carried.

When she thinks of it now, she can't tell how she managed to come so far, what strength carried her. Surekha's daughter was aware of the situation at home from a very young age. She worked hard and scored well in her school and college. Currently, she works a decent job with a decent annual package. Surekha had understood that even after going through so many hardships herself, she had to fight against her husband's addiction and mental health issues and sustain in this society. The bigger picture was all that she had in her mind the entire time.

This was Surekha's story. She claims to have gotten a life different from others. A life which led her to serve some purpose and to add meaning to her existence. She moulded her life with the tools she could bear. The pressing question the youth has today, according to Surekha, is why not to leave everything behind instead of suffering to this level?

Surekha says that this was not an option she wanted to choose. She believed in doing her best in understanding and helping her husband rather than leaving him. She knew that he needed help in becoming a better version of himself. Surekha steered her life in this way but she thinks that everyone has different opinions and need not have similar ways in dealing with situations.

To conclude, we can never deny the existence of struggle in one's life. The message we can carry is of going ahead in life, holding each other's hands and helping them stand up again even if they tumble. Life is not about searching for the easy way, but about being strong and steady through its difficult paths.

LIFE IS AN ART

By Tanaya Jadhav
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कुछ तो लोग कहेंगे लोगों का काम हैकेहना
छोडो बेकार की बातों मेंकहींबीत ना जाए रैना |

ज़िन्दगी कैसी हैपहेली, हाय
कभी तो हँसाए, कभी येरुलाये |

आज मैंऊपर आसमाँ नीचे
आज मैंआगे ज़माना है पीछे |

Every one of us hears songs every day. Whether it is of any genre - happy, sad, rock, pop, classical, blues, soul music etc. according to our taste and preferences of that particular moment. For example, when one feels happy, he/she would listen to rock music/ Bollywood music to dance along. Interestingly, every emotion has its own song to be expressed. Or we can say that every song is born with an emotion to be expressed. Thus, they act as a medium to express one's emotions like a give and take between the composer and the listener who can relate his/her state of mind with the song.

But as Paulo Coelho said in his book 'Veronica Decides To Die' - ' Each human being is unique, each with their own qualities, instincts, forms of pleasure and desire for adventure ', everybody will have their own way to express. It can be through various forms of art like - gardening, cooking, dancing, singing, painting, theater or the very art of living. All of those arts work as a therapy which eventually leads to peace of mind. The Art (kala) works hand in hand with 'the mind' and 'the body'. For example, for a dancer who portrays his/her thoughts, feelings, imagination through her dancical movements will affect her physical as well as mental health.

Physically, her body will release hormones like the dopamine and endorphins which will eventually make her feel happy. And furthermore, mentally, as she is venting out her negativity through her movements she will feel calm and relaxed. According to Sigmund Freud, suppressing emotions, thoughts and feelings during childhood into the unconscious level of mind can lead to harmful effects in the later period of life. Thus, these emotions need to be vented out through various means of expression which will help the person be at peace.

As Gautam Buddha said that life won't exist without any pain. One will always face struggle at every point of his/her life but there will always be ways to find a way out , in order to practice the art of living.

“Attitude-flexibility is the mentality that helps us to smoothly persevere through turbulent times.”

– Dr. Jacinta Mpalyenkana

“When hardships keep coming back, do not take it personal. It’s just life.”

– Naide P Obiang

YOU'RE NOT RUNNING OUT OF TIME!

Tanaya Mahamuni
TYBA

The first time I felt the feeling of being way behind my peers was back in school. By 9th grade, it felt like everyone had decided what they want to become in life and were already working towards that goal. Meanwhile, I had just given up on the dream I had had for many years and was back to square one. All my life I've heard that there's an "ideal" time for all things and consequently as a result I've beaten myself up if I didn't feel ready for anything that I'm supposed to do. As I'm writing this article, I'm faced with an important decision about my future that I must take. My experiences in life have given me a sense of what it is that I want to do or achieve in life. But those same experiences have also rendered me anxious, sensitive, and vulnerable. Therefore, I do not feel mentally ready to take the next step. At the point I'm at in life right now, it is expected of me to either study further or start earning. Neither I feel ready for. It's overwhelming and it scares me. What it also brings up is a lot of guilt and shame for not having it all figured out.

Social age expresses how mature a person is in terms of interpersonal skills and ability to fulfill the norms and expectations associated with particular social roles. But is the social age so strictly enforceable that we put restrictions or compulsions on people? The world is not going to end if someone doesn't complete their education by 22 or doesn't have a certain amount of money by 30. Why are all of us expected to follow the same timeline? No two persons are ever the same and all of us are unique in our different experiences, thoughts, interests, and opportunities. The fact that we are expected to squeeze ourselves into a one-size-fits-all box limits our potential and can be very harmful to our self-esteem and well-being.

Role of education

After families, schools are our next source of socialization. The primary functions of schools are to help develop students' personalities, help them explore their interests, and equip them with the knowledge and skills needed in the future. That is what a school or the education system needs to do ideally. But what it does is instill competitiveness in the minds of the students. If the competition is not healthy, it can lead to stress and anxiety in students and pressure to always perform well. An unhealthy competition makes the students see each other as competitors rather than peers and core values such as teamwork, resilience, empathy, and generosity are lost. Instead of self-improvement, the goal becomes to beat your peers and be better than them. This gives rise to feelings of inadequacy or being left behind among some.

Gender lens

I also wonder if this timeline was set according to patriarchal standards as comments about "running out of time" are often made about women being unmarried and childless as soon as they come closer to the age of 30. What needs to be understood is that marriage, children or a domestic life might not be something everyone wishes for. So then women shouldn't be made to feel incomplete or worthless without these things in their life. Even if they do have these aspirations, being pressured into it when they're not ready can have many repercussions. So there's no need to rush. Especially now, when medical sciences have been advancing at an impressionable rate and people have many other options even if their biological clock is ticking. Society needs to look beyond the stereotyped gender roles and accept that women have dreams and goals that go beyond the four walls of the house.

How the idea is reinforced

The very famous Forbes 30 under 30 list recognizes and shines a spotlight on the success and achievements of people under the age of 30 and no doubt, those people deserve to be celebrated.

But beyond that spotlight are the vast majority of people who are left feeling overlooked, unworthy, and dejected. What has timeframe or age got to do with success? Isn't it time for us to let go of the notion that people become incapable of attaining something after a certain age or that their achievements matter any less? I'd like to speak to the person who came up with the idea that beyond 30 is considered 'old'. When people see lists like these, what comes up in their minds is "We're the same age but I'm so far behind", "I've run out of time, what's the point of starting now". It demotivates them.

Not to generalize but behind these lists lie privileges (whether financial, racial, gender, etc.) that have allowed young people to take risks and become successful. What proves my point is the fact that Kylie Jenner was featured in the 30 under 30 for being a "self-made" woman. Where are all the lists that recognize single mothers working hard but also pursuing their dreams on the side? Or the people who have battled depression and other mental or physical illnesses in their youth and are still trying their best to achieve their goals? People are coming out of poverty with numerous responsibilities, marginalized folks who have had to struggle to get the platform/space they deserve, and women who are constantly subjected to the prying eyes of society. I want to be a part of a society that honors all these people, regardless of their age.

Some inspiring tales

Harriette Thompson was a two-time cancer survivor. Not only does she hold the record for the oldest woman to complete a marathon at the age of 92, but 2 years later she broke a new record by becoming the oldest woman to complete a half-marathon! She ran to raise awareness and money for charity.

One of the most popular series of all time was not published until the author was 62. J.R.R. Tolkien received his degree in Anglo-Saxon and Germanic languages and classic literature from the University of Oxford, and he continued studying linguistics throughout his career as a professor. At the age of 45, he published *The Hobbit*, which became an instant success and his publicist asked him to write more. J.R.R. spent the next 20 years working on the sequel series,

The Lord of the Rings. In 1954, five years before he would retire, J.R.R. released the first of the trilogy series that became global bestsellers and were eventually adapted into award-winning movies.

Laxmi was 15 when she got married. When she lost her husband, she felt alone and scared. She was dependent on her kids to provide for her. But in 2021, at the age of 89, Laxmi and her daughter (71) decided to start a farm stay as they loved hosting people and cooking. People loved their farm stay and they quickly became known to many more people. They earned their own money for the first time in their life and felt empowered. They realized it is never too late to start over.

Kavita Saraf was always interested in acting and dancing. Her father and her husband didn't allow her to pursue her dreams. So for 30 years, she spent her time raising her kids and taking care of the household. But there was always an emptiness that she felt. At the age of 62, she decided to take matters into her own hands and joined an acting class. After 3 years of hard work, countless auditions, and unpaid gigs; Kavita is living her dream of working with some of her favorite artists. She believes this is only the start and she has a lot more to do!

Conclusion

All of us are on different journeys. There's no specific road and thus there isn't any race. The competition that society creates between all of us becomes pointless when we realize that all of us are at different points in our journeys and our destination might not be the same. Comparing ourselves not only belittles our own experiences and obstacles but also undermines others' journeys. Truly our only competition is our past self. It reminds me of something my professor once said in class - "You doing better than you did yesterday. That's the goal."

I would like to end with words that many of us might need to hear. You are worthy beyond measure at any age. Focus on doing what makes you happy. You still have time. You don't need to have it all figured out. You define success in your own terms and so if you don't feel ready to do something, you don't have to give in to societal pressure.

And if you ever think it's too late to start anything, my favorite advice is- you're going to reach a certain age anyway so might as well reach it while doing something you want and love. You don't need validation from others and society. You cannot be left behind if you're not on the same path as others. It's never too late to try something new and learn different things. All of us deserve to be recognized and celebrated not only regardless of the age we achieve our goals but also along every step of our journeys.

"You're just in time, make your tea and your toast"
- *Matilda, Harry Styles*

A SMILE

By Sumitra Khilare
MA PART I

Moreover, I reached the dancing smiles, met random ones. These have their own world where I faced them with one of their ongoing emotions. Standards were unknown along with a thin cloth between us where one can see and can't touch, chasing up destiny for sure. Further was a smile of a female, sometimes it cost me to work hard, sometimes it was just a joke cracked. Sometimes it was a moment staring at that black fur sleeping on a couch, stretched out the whole body to acquire the entire space for her, which readily was not available to respond to you but you really got attracted to it like a north pole that made you smile for yourself.

This life is beautiful for many, mystery for many and also history for many who see it by turning behind after taking a few steps ahead. We are living...sensing...feeling and moving through time, evolving along with the technology. The time came, when people told me "you're really changed", and I agreed. But what's constant was the 'smile'...

We all have our own imaginative, inventive fantasy worlds revolving around the very time of silence in real time. Things came up and vanished away, where I have seen a smile of instant blush which physically lasted for a few seconds initially, but left the boy with the feeling forever where he kept struggling and never got the same again. People are falling for it, they are in a hurry to know the 'million dollar smile', restive to comment the beauty of it. It questions me that, are they really behind it or are they restlessly curious to know who's next? Never mind, as few know the essence of a healthy living, the old ones; the old smiles have come very far, standing still with knowledge through experiences, where they love shaking hands with new born smiles which are pure and spotless, since like these both extremes are familiar to each other, they too suffered to match with their interests, where while reaching the terminus I experienced peace, satisfaction when surrounded by such pleasing smiles.

Smiles are worthy, where each of them are priceless, they too are struggling and transforming themselves like - a smile after a resolved fight, a smile with tears, a smile of satisfaction, a smile of kindness, a smile of support, a smile of sound sleep, a smile of sunrise, a smile after joke, a smile with a blush, a smile of an unknown wanted touch, a smile for asking help, a smile of failure, a smile of opportunity, a smile confirming 'I am here for you'.

One day my mirror was not reflecting me...the oh moments in reality were neutral directing divinity and purity engraved onto glowing pink tint cheeks with a better blood flow on her face. It went hard for me to summarize what I meant to be. This subsequently reached to the ears of the floating thoughts traveling one after another that synced for exploration.

Unsolved questions then smiled at me and convinced me not to worry for all of us, escape from the boxing thoughts, and cherish the way you really are, smiling...!

"The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself."

- Friedrich Nietzsche

TWICE THE LIFE

By Yamini Sujit Desai

TYBA

There are two types of people in this world (at least that's what they say); Good and Bad or Right and Wrong or Winners and Losers or Introverts and Extroverts or so on and so forth. May there be people of two types or three or hundreds, one thing every human cannot escape is bits and pieces of wonderful life that audaciously intervenes between the gigantic clusters of struggles. Now, every voice with a microphone on an uplifted stage will venerate their "struggles" from dubious ditches to notorious niches, but the so-called struggles don't stop there; well, the so-called struggles do stop there, the normal struggles don't. Struggle views every one of us at the same plane. Who better to demonstrate that than the intricately complicated and struggled life of criminals?

Welded by circumstances and need of the hour, a criminal gets crafted with absolutely no sense of right and wrong or good and bad, at times the difference between potential harm to others and flake of a benefit for themselves is a blur line. Criminals, from mere robbers and thieves to heavy serial killers are modeled by the misfortunes during their birth and the even disappointing times leading thereafter; unsuccessful to imbibe emotions like empathy, sympathy, and love. The ones that do have sympathetic instincts with time unlearn them replacing with survival instincts. Such conditions build up to the scene of crime and leave the criminal and the victim both at psychological and material loss. As for the criminal the crime itself plays as a highlight of their life where they rid themselves of the past struggles and shoulder a newfound baggage. Where one chapter ends, another must begin; so, for those sentenced to their piece of imprisonment face the tussles of helplessness and for those roaming free without embracing their share of punishment have to live trapped in their self-made prison.

God's gift (Life before bars)

Researches have been conducted to define a criminal's motives through incidents right from the time they develop sensory organs. Hugo Münsterberg in his book 'On the Witness Stand' talks about how a felon's psychological and psychophysical traces are the bold giveaway of their crime. For years, criminal psychologists have tried to answer the question of whether the criminal behavior is genetic or environmental. Jim Clemente, a retired FBI Behavioral Analyst and Criminal Profiler says that, 'When it comes to nature vs. nurture, genetics loads the gun, personality and psychology aim for it, and your experiences pull the trigger.' Former FBI profilers like Roy Hazelwood, John Douglas, Robert Ressler, and Pete Semerak in an attempt to 'enter into the criminal's mind' conducted research by going into the prison and interviewing the convicts. The interviews were subjected to the motives that drove the criminals there, their modus operandi, how they felt while and after committing the crime. From those researches, they concluded that a criminal's mind is tarred by a trauma or a series of incidents that transpired in their yesteryears. Reportedly, Ed Kemper, characterized by Necrophilia, Cannibalism, Dismemberment, murdered 10 victims, had a troubled relationship with his mother growing up, he confessed that he killed surrogates in place of his mother, then eventually killing her as well.

Derivative of various other studies and researches, a person's interpersonal relationships, lack of standards of general human behavior, sexual abuse, underdevelopment of emotions and other specific components, molds a person into a criminal. It's a struggle with no way out, one which ends in glory and peril to a harmonious environment.

In India however, the number of serial killers and/or murderers is considerably lower than United States and United Kingdom. Where United States of America officially accounts for 3,204 serial killers, India officially accounts for 80. Here the crime is committed mostly in the areas of kidnapping and robbery, rapes and sexual assault, illegal arms seizures, drug trafficking and region-specific crimes.

The major share of felons represent poor financial backgrounds, misguided characterization by a responsible adult, absence of educational awareness, resulting into the increased rates of juvenile crime. The criminal psychologists that work with local police, state that detaining an underage offender is particularly a tough job, as it affects their entire life, some of them show confidence of leading a different life in future, whereas others are just good actors. For instance, say a 15-year-old boy regularly robs jewelry, money, any other valuable assets from rich neighborhoods, is detained and held in custody. On further investigation, it is found that the boy's father is an alcoholic inflicting domestic violence, mother works as a house cleaner, and he has a younger brother. His father spends her salary to purchase excessive alcohol and he only steals so he, his brother and his mother could eat. The boy also confesses that he is saving the part of money he acquires from all the robberies so he could flee somewhere else with his mother and brother, and start a new life. However, he does not possess any other skills to secure a stable job and he already shows the repetition in his behavior of robbery and suggests the signs of circumstantial murder. In this case, the crime itself is not as colossal as serial murders anyhow, according to the law the number of times he is robbed calls for detention in a government facility, but from psychological perspective reflecting upon his motive says that he was irked by survival instincts and want of a better daily life situation.

Just like this 15-year-old boy several other people struggle with hard circumstances where they are forced to commit a crime in order to survive and provide for family. These young, helpless children later grow up to be dreadful criminals in future; some of them do not commit crime till the later stages of their life, yet grow up in the same environment. About 15% of criminals per year come from a financially stable background, in cases like these childhood neglect, sudden or abrupt death of a family member, absent social life, extreme and unaddressed anxiety and unusual social awkwardness are the highlighted causes. Such people are 2 out of 3 times arrested for illegal consumption and possession of drugs. For them the emotionlessness caused by drugs is better to sustain than to bear the pain. Opting for a legally aided life is practically impossible after that point and the guilt on one side of the hanging scales keeps piling up.

Redemption (or the beginning of it)

David Wilson an expert criminal profiler, says that a criminal's mind works in a way that they desperately wish to be seen as a respectable and superior or equal entity but at the same time they wish to stay mysterious and hidden. Just like air, water, and shelter, they have a pathological need that they must fend for by engaging in an illegal act. It varies from crime to crime; but once that need, that thirst is quenched, the felons find it misbalancing to walk on any other path. A number of outlaws report that they feel exhilarated and alive whilst in the act and further require a period of time to recover from that high until they decide to do it all over again. Some of the outlaws, state that for them committing the crime is similar to a 9 to 5 job, where they go out, fulfill their needs and desires, come back home, and start the day again. Over the years a few of them do build a guilty conscious however most just view it as a normal, daily day activity.

Since we don't live in Matrix, a person must be held accountable for their actions as the law abides. There, from that moment onwards as the generic or rather the innate struggle tappers, it passes the baton onto the newly set struggle. A struggle of adjusting to the title of an inmate or a prisoner. At least for those who do get arrested or surrender, however for those still out there unbothered, have to live a life of a mental purgatory, with no hope for redemption or a do-over.

After life

The life in prison is an absolute no joke, quality of life pinches its nose and dives in the deep, deep ocean. The out of place needs, desires, feelings amplify and harshly affect the workings of an individual. They are stuck in a place filled with people with different stories but similar origins and same outcomes.

Remember that 15-year-old boy, if he goes to a Borstal School (A detention center for under aged children in India), his mother loses her job at few of the houses, his father continues his violent crimes even after the police warnings. Now that he is away from his family and unable to help, his brother feels the need to step up and follow his footsteps. One crime creates a ripple effect on everybody surrounding it.

Families, friends and the people in close circle suffer the consequences of the crime as well.

Imprisonment, for some helps to reenter themselves, but most of the convicts live with hope of stepping out of the jail, and living like a free bird. If you think life in prison is bad, life after prison is worse. Unacceptance, rare to no job opportunities, relationships with family members weakens to the last straw and the free bird is caged to struggle with flooding suppressed emotions.

A criminal lives two lives one before the crime and one after it, and as reality would have it both are spattered with gut-wrenching struggles, which is just as illegal as their crimes. To live and breathe a life where you are unaware of the human emotions of empathy, sympathy, love, affection, trust in other people, innate happiness, positively driven satisfaction; is a struggle parallel to the one that people like you and I live and breathe. Is life even complete in the absence of these emotions and if not, whom do we punish for the struggle that it gives birth to? This type of struggle drags the entire structure of society through various phases of fear and downfall. This type of struggle entails untimely invitations of certain loss and destruction, which spreads like a wildfire and inspires other humans both negatively and positively. This type of struggle is not only experienced by the person at the center of it but it has to be suffered through by everyone in its close vicinity. This type of struggle demands us to question the system of divine and devil, of why an individual is forced to survive through lack of good fortunes where the other nourishes through the riches of life only to be robbed by the former. Indeed, life is a struggle.

*Note: This article does not make any comments on terrorism.

BREAK THE GAP

By Yashvi Gala
TYBA

STRUGGLE- to try very hard to do, achieve, or deal with something that is difficult or that causes problems, says the Collins English Dictionary. How has this made a significant conjecture with 'Generation' is perhaps worth pondering.

We often hear the word "generation gap," but most of the time, we fail to understand the actual meaning of it. A generation gap is really a topic of concern in today's era. Almost every family suffers from this problem. In today's world, the generation gap can be seen even in the difference of ten years of the age gap.

The generation gap is a severe problem observed in youth and their older generations due to various factors. It is observed that it is more between children and parents; the gap, however, is expected to be broader in the case of grandparents and grandchildren: this conflict, when it gets severe, is associated with serious adolescent problematic behavior. Baby Boomers, Gen Xers and Millennials working closely together sometimes have difficulty getting along. Their conflicts can lower engagement and productivity.

When it comes to the 20th or 21st century, then we can see that there has been a rapid change in the mindset of people as well as in the technologies. In today's era, people's lives have changed in ten years. Every next day we are introduced to some new technological developments. And this leads to a conflict between parents and students because parents are hardly aware of the latest technologies, whereas their child becomes very smart. Children often get irritated in explaining to their parents about newly arrived technologies, and this causes conflict between both generations.

One of the most common causes of the generation gap is the "communication gap." Generally, what happens is children always remain busy with their digital gadgets, and thus they are not able to give time to their parents. And this gives rise to the communication gap between parents and children, and because of this generation gap occurs.

Common Example of Generation Gap:

One of the widespread examples of the generation gap is between parents and their children. They share psychological and emotional gaps, which gives rise to a lot of highs and lows between them. There is also a lack of understanding between them; sometimes, children prefer to talk in different languages, which are not so common for their parents, and it becomes difficult for them to understand.

A generation gap also occurs between teachers and students, sometimes what happens is, some old aged teachers do not readily agree with the schools given by students, and this weakens the bond between them.

We often see people comparing two different generations by saying that our generation was better or our generation is far better than the previous generation. So these are a few examples that easily show the generation gap.

a. If our parents are not so aware of the online studies that we often prefer to attend, then they might think that their ward is wasting his time over the internet. And here, if the ward is not able to make his parents understand the exact fact, then he may suffer from the generation gap.

b. We often see our grandparents believe in the tradition of getting their grandchildren married approximately

Social Expectation

Both generations expect other generations to behave like them. The elders progressively have a great collection of complaints hostile to the youngsters and the youngsters are usually prone to shrug off the protestation of the senior age group. The difference among the expectations of the two produces age bias

during the age of 18-25. But today there are many youngsters who don't believe in getting married so early. So here, too, they suffer from the generation gap.

Economic development

Realizing the need to mitigate the problem of unemployment, the young generation has to depart far away. In that situation, they neglect their responsibility towards their elders. The modern generation must focus on their development, and it can be economical or social.

Still, at the same time, they should have a positive attitude and give due regard to their elders.

Communication gap

Usually, the parents have not sympathized with the transforming moral principles and way of thinking of contemporary society.

Education

The most crucial difference is Education which leads to jobs, money, living style and reputation. In the modern generation, we have all the facilities and opportunities to get an education and learn more and more. The teaching style is activity base, play-way method, children oriented. There are so many schools, colleges and universities that help us to achieve our educational goals. And which ultimately leads us to have a brightening and prosperous future.

But the traditional generation had direct access to education. The teaching style was more authoritative. They had more theoretical studies. They didn't have much access to technology.

Technology

Today, there is a revolution in technology in every field. It may be computers, other electronic gadgets, science or any other area. These days our lives have become more dependent on machines, and we all have become lethargic as compared to our parents, who used to do most of their regular tasks themselves and stay active. Kids are in the habit of spending the maximum of their time on electronic gadgets and social media, and they do not explore their issues with their parents. The internet delivers a way out to the majority of global issues.

Mistakes Are Rarely Tolerated

Parents often do not tolerate mistakes and tend to tell their children off. Children need to make mistakes to learn and grow in life, but if they only get punished for it, it widens the gap and creates a lack of proper communication.

Children Are Expected To Be Replicas

Parents often have dreams for their kids, and a lot of the time, they tend to force them in that direction without taking into consideration what their child wants.

Too Many Comparisons

Comparing children to each other or even to how you were as a child is another reason the gap becomes wide. This often causes them to lose confidence in themselves and can destroy any enthusiasm they may have previously had.

How to Reduce the Generation Gap?

As the generation gap is a serious issue, it is essential to reduce this gap. There are many ways to reduce the generation gap. Such as:

- *Give and take respect*

The current as well as the previous generation should respect the thoughts, views, and beliefs of one another. Respecting one another's views strengthens the relationship between both generations.

- *Removing the communication gap*

Both generations should try to remove the generation gap between them. If there is no communication among people, then there will be no exchange of thoughts and views, and it may create problems among people.

- *Establish a friendly rapport*

Both generations should try to establish a friendly rapport among themselves so that it will be easier to discuss each other's points of view.

Conclusion

Today's generation is born into a competitive world and struggles to get everything. Many a time, their true potential gets overshadowed in the rat race. The issue of the generation gap generates obstructive consequences, and both generations already start to depart from each other cognitively. Due to psychologically conflicting discussions, arguments about stupid phenomena began to develop constantly. It has been found that parents become too engaged with their obligations that they can't spend their precious time with their family, and this causes them to be left unfamiliar regarding the growth and developed thinking of their children. Parents' burdens and expectations of society force specific careers upon their children. As a result, they are left lost and suffering. This ultimately creates a gap between them. In a nutshell, we find that the Gap between two generations tremendously develops, and both parties find it crucial to grapple with this transformation.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

– Martin Luther King, Jr.

"In the middle of every difficulty lies opportunity."

– Albert Einstein

Life is Conflict

by Vaibhavi Hallisagar
FYBA

Life..... a question arises, what life is ? everyone has its own opinion but in my opinion , life is just a span of time it begins when you start a breathing i.e. birth and comes to an end when you stop breathing i.e. death" It approximately takes sin million years since our ancestors time who evolved and that's the time when life began of every human being . every human being is blessed with a single life to live and everyone wants to live it at the fullest an in a game we have levels, the same way in life we do have more deeply about life as level increases, life leads its own step. VIBHA ,a nineteen year old girl who how is away from family and has gone to Mysore for her studies. She is an extrovert person .but situation have changed her even though being a extrovert now she lives in solitary she feels if she speaks out she will fumble up, mess-up so she keeps mum . She has struggled a lot till now. It could be even said she is leading Life a question arises, what life is? everyone has its own opinion but in my opinion , life is just a span of time it begins when you start a breathing i.e. birth and comes to an end when you stop breathing i.e. death" It approximately takes sin million years since our ancestors' time who evolved and that's the time when life began of every human being . every human being is blessed with single life to live and everyone wants to live it at the fullest an in a game we have levels, the same way in life we do have more deeply about life as level increases, life leads its own step. VIBHA, a nineteen year old girl who how is away from family and has gone to Mysore for her studies. She is an introvert person .but situation have changed her even though being a introvert now she lives in solitary she feels if she speaks out she will fumble up, mess-up so she keeps mum. She has struggled a lot till now . It could be even said she is leading a struggled life; At an age of two she being molested by a person who was of ten years of age .not one nor twice she was not only physically but mentally tortured . she was threated not to tell it to anyone or else would be tortured more.

After all these she all alone suffered the pain not telling it to anyone and again began journey of life. As she grew younger she started panicking, yelling and the reason was her childhood trauma . even then she had to face another situation and that was her friends, the peer group. As everyone knows peer pressure during childhood is worst. Many of thing said by friends can torture you make you feel ashamed of yourself she was teased for being in dark completion +for her appearance , for her behaviors for particularly the way she is. Vibha had a conflict in her mind of already being molested and now of her own self she. Continuously thought as to why the victim? What made them do such to her ?ow to face it ? whom should she speak to about all these? Thing that have happened in childhood are unforgettable . she than tried to make things go well by herself even thought not being actually happy but just pretending it was the path she accepted to face situations pretending... pretending and pretending was all she did. It is said that one shouldn't pretend that much , that you forget actually what you are. This what happened, she forget her original smile, she forget what she was she liked .wo one around her was aware what was happening with her because it was not external it was internal breakdown and its true we cannot see what's going insides person's mind One thing that she knew about herself was ' you are strong enough to face situations ' she use to affirm it daily , telling herself about it because no one was there to hold her and tell her she can do it. And even she cannot ask out help from everyone because she felt Again she would be proved wrong and no one would actually help her.

As so for many years even after that dreadful situation of her childhood she never trusted anyone , not even her father . she never went to him , nor gave him a hug nor ate form his to come near her use to weep all night and the next morning . use to get up like nothing has happened to her.

She followed the same routine for many years. Every a thing was piled up and was kept at the corner of the heart because it was painful. Many a times she went into stage of depression but by herself came back. the had anxiety attacks ,panic attacks , low BP low sugar due to all this things but even now she is facing it all alone.

After all these she all alone suffered the pain not telling it to anyone and again began journey of life. As she grew younger she started panicking, yelling and the reason was her childhood trauma . even then she had to face another situation and that was her friends, the peer group. As everyone knows peer pressure during childhood is worst. Many of thing said by friends can torture you make you feel ashamed of yourself she was teased for being in dark completion +for her appearance , for her behaviors for particularly the way she is. Vibha had a conflict in her mind of already being molested and now of her own self she. Continuously thought as to why the victim? What made them do such to her ?ow to face it ? whom should she speak to about all these? Thing that have happened in childhood are unforgettable . she than tried to make things go well by herself even thought not being actually happy but just pretending it was the path she accepted to face situations pretending... pretending and pretending was all she did. It is said that one shouldn't pretend that much , that you forget actually what you are. This what happened, she forget her original smile, she forget what she was she liked .wo one around her was aware what was happening with her because it was not external it was internal breakdown and its true we cannot see what's going insides person's mind One thing that she knew about herself was ' you are strong enough to face situations ' she use to affirm it daily , telling herself about it because no one was there to hold her and tell her she can do it. And even she cannot ask out help from everyone because she felt Again she would be proved wrong and no one would actually help her.

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It is truly said life has lot of struggle only a thing is it depends how you look at it. Now even though lot of things going on , she is struggling A lot and is doing her best but haven't given up . GIVING UP" is not the option. To FACE it is the best decision. Now, Vibha is trying to forget things and has stepped ahead to live her life again. Everyone has struggle in their lives and everyone feels they have more as compared to other ,but that not true. Struggle' is like a test of life just like exam which you have to pass and go ahead with good grades. Don't try to run away from facing things and try to talk about what troubles you, for sure you'll get help.

LIFE IS LIKE A ROSE,ACHIVING IT IS STRUGGLE BUT WHEN ACHIEVED, IT IS THE BIGGEST REWARD."

THE JOURNEY OF LIFE

By Ayushi Bhayani

Assistant Professor, Department of Psychology

Life is a journey full of ups and downs, victories and defeats, successes and failures. It is a journey that often requires hard work, dedication, and perseverance in the face of challenges. No matter who you are, where you come from, or what your circumstances may be, you will inevitably face challenges and obstacles in your journey through life. Life is not a smooth ride, and we often encounter various struggles that test our limits.

These struggles can take many different forms. Some of the most common struggles people face in life include:

1. Financial struggles - Many people face financial struggles, including poverty, unemployment, and debt.
2. Relationship struggles - People may struggle with maintaining healthy relationships with family, friends, romantic partners, and co-workers.
3. Health struggles - Illness, disability, and chronic pain are just a few examples of the health struggles people may face.
4. Emotional struggles - People may struggle with mental health issues such as anxiety, depression, and trauma.
5. Career struggles - People may struggle to find meaningful work, or may face challenges in their current jobs, such as workplace bullying, discrimination, or burnout.
6. Personal growth struggles - People may struggle with personal growth and self-improvement, such as breaking bad habits or overcoming fear.
7. Social struggles - People may face social struggles, such as discrimination, prejudice, or isolation.
8. Existential struggles - People may struggle with questions about the meaning of life, purpose, and mortality.

Regardless of the type of struggle we face, it is important to remember that these challenges do not define us. Rather, it is how we respond to them that truly shapes our character and determines the trajectory of our lives.

One of the most fundamental aspects of the human experience is our ability to overcome adversity. From the earliest moments of our lives, we learn to persevere through difficulties and setbacks, whether it be learning to walk or overcoming childhood fears. As we grow older, we continue to encounter new challenges, both big and small, that test our resolve and our ability to adapt.

While the struggles we face may be difficult and often painful, they also have the potential to bring us great growth and personal development. Through the process of overcoming obstacles, we learn valuable lessons about ourselves and our place in the world. We discover our strengths, our weaknesses, and our passions. We gain a greater sense of empathy and understanding for others who may be struggling, and we become more resilient in the face of future challenges.

Moreover, the struggles we face also help to shape our worldview and our values. When we confront difficulties, we are forced to re-examine our beliefs and priorities and consider what truly matters to us. We may find that our previous assumptions and attitudes no longer serve us, and we must be willing to adapt and evolve in order to move forward.

For example, individuals who have overcome significant personal struggles and adversity are often the ones who possess a unique perspective on life and are better able to empathise with others who face similar challenges. Moreover, they often have a greater sense of gratitude and appreciation for the good things in life.

They have also developed coping mechanisms and problem-solving skills that enable them to face future challenges with greater resilience and confidence. This is not to say that struggling is easy or enjoyable, but rather it is a necessary part of the human experience that can ultimately lead to personal growth and development.

In fact, research has shown that individuals who have faced and overcome significant struggles in their lives often report a greater sense of purpose and meaning in life, as well as increased levels of resilience and psychological well-being.

Therefore, it is important to embrace the struggles of life as opportunities for growth and development rather than viewing them solely as obstacles to be overcome.

Of course, this is not to say that struggle is always easy or desirable. There are times when life's challenges can feel overwhelming, and it is natural to want to give up or retreat from the world. However, it is precisely in these moments that we must dig deep and find the courage to keep going. We must remind ourselves that struggle is a natural part of the human experience and that we are not alone in our struggles.

In conclusion, the struggles of life are an inevitable part of the human experience. Through these struggles, we can gain valuable experiences and lessons that help us grow and become more resilient individuals. By reframing our perspective on struggles, we can develop a greater sense of gratitude and appreciation for the good things in life and approach future challenges with greater confidence and resilience. Ultimately, it is our response to struggles that defines us and shapes the course of our lives. It is important to seek support and resources when facing significant struggles, as this can help us navigate these challenges more effectively and with greater success. By embracing our struggles and using them as opportunities for growth, we can lead more fulfilling lives and inspire others to overcome their own challenges with resilience and optimism. We should also strive to create a culture that acknowledges and celebrates the struggles of individuals, rather than stigmatizing them or dismissing them as weaknesses. By creating a culture that values and supports individuals facing struggles, we can promote greater empathy and understanding among people.

POV: GENERATIONS AND STRUGGLES

By Prajakta Jori

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On a beautiful Sunday morning, it was their ritual to go on a walk together every Sunday morning. She was still getting ready, her father had woken up an hour ago, and he was ready and all set. Her father asked her how much more he will have to wait? In his mind he was already anticipating certain Sunday chores. Suddenly she yelled at her father in distress “Baba, can you please be patient, 10 minutes?” That made him wonder what was taking so long. Therefore he decided to take a look. When he saw her, she was wearing her fancy and expensive shoes. Looking at the scenario, his thoughts started spinning like a cyclone. Not that he was shocked at the sight of neither her shoes nor her pace of things, but just the fact that if he would have been there in her place, that might have not taken him so long. With these assumptions in his mind, they went on for their walk.

It was their father-daughter bonding time. He was a great listener to his daughter’s tales. Sometimes he used to find himself full of pride, sometimes he used to keep on ruminating with concern for her future. Not that he did not trust her, but was deeply worried for her. That used to make him think, whether his parents ever worried for him the same way he is worried for her. But then he thought to himself that the times were different.

While these thoughts were passing through his mind, she called her father and asked if anything was bothering him?

She was a good child and a very caring one too. She would understand her father’s struggle. He had come to this city for studies at the mere age of 15. The amount of adaptation he had to make to settle down in the city with a decent paying job and the responsibility of family to bear upon. Today whatever that he had been because of the time and effort he had put into things. Her father’s struggle made her proud to be his daughter. She never really expressed this to him, but she definitely used to learn from it.

However, not everyday roses are red, right? Even with this beautiful bond, they used to fight with each other a lot.

Most of the time the reason would either be miscommunication or misunderstanding. There were situations where he felt clueless about how to react. Understanding each other, putting on each other's shoes and looking at the situation from one another's lenses is not an easy task! Life is a struggle, or maybe we decide which lens to put on, or maybe it is just a phase of life. Can we not say 'Life is Life'? If life is a struggle, can we really quantify and measure and compare struggle? NO, definitely NOT! Why would we want to do that? If every individual is different, then every individual's experiences are going to be different. Can we not just live life as it comes to us, just go with the flow. Definitely it is not going to be a smooth flow and also not everyone's stream is going to flow the same way. To appreciate the light, we must experience darkness. Acknowledging this information, we can try to be a humble spectator and/ or facilitator for someone, obviously one who asks for it, right?

misunderstanding. There were situations where he felt clueless about how to react. Understanding each other, putting on each other's shoes and looking at the situation from one another's lenses is not an easy task! Life is a struggle, or maybe we decide which lens to put on, or maybe it is just a phase of life. Can we not say 'Life is Life'? If life is a struggle, can we really quantify and measure and compare struggle? NO, definitely NOT! Why would we want to do that? If every individual is different, then every individual's experiences are going to be different. Can we not just live life as it comes to us, just go with the flow. Definitely it is not going to be a smooth flow and also not everyone's stream is going to flow the same way. To appreciate the light, we must experience darkness. Acknowledging this information, we can try to be a humble spectator and/ or facilitator for someone, obviously one who asks for it, right?

Along with the phrase that 'Life is a Struggle' I would like to attach another phrase 'Everyone is fighting their own battles.' In my opinion both are supplementary to each other to understand a broader perspective on life.

A small story that I narrated in the beginning was to accelerate the topic of how life has been a struggle and that it has been represented very differently across generations. Without making any generalizations, with majority people in my agreement, we must have heard from our parents too many times about how their life has been a struggle.

They had to go through so many struggles to provide us with all the things that we possess right now. That it was not an easy journey. With all the respect in my heart, definitely it was not an easy journey, but we have our own journey of life.

Change is the only constant, if we accept this then why is it so difficult to accept the fact that our generation has come into this world with a different baseline? Maybe food, shelter, basic education and survival might have come to most of us by default; however that doesn't mean we don't have any of our demons to fight. I cannot enlist the struggles of our generation, but for starters, just convincing that even though we might have some real struggles, is a struggle in itself. I accept for my side, we might glorify the struggle sometimes that is how we receive attention. Just because you have prepared the vegetables and kept them on the stove to cook, you cannot expect them to be flavorful on their own. One should be seasoning the vegetables, stirring them, making sure they are cooked and also making sure that they don't get burned. Paying attention and readiness to understand is the key, instead of constant judgment.

The Generation Gap is real. There are definitely two sides to the same coin. This is my side! I am ready to listen to yours! Are you ready to understand mine?

"Life is available only in the present moment."

— *Thich Nhat Hanh*

विज्ञानातील परी: मेरी क्युरी

दीनानाथ कोळेकर (FYBA)

मेरीचं आयुष्य म्हणजे समोर यशाचं उंच शिखर तर कधी मागच्या बाजूला दुःखाची खोल दरी , तरी ती त्यातून शेवटपर्यंत मार्ग काढत राहिली .

आजपासून बरोबर ८६ वर्षांपूर्वी म्हणजेच ४ जुलै १९३४ ला हे जग सोडून गेलेली , दोन वेळा विज्ञानातील नोबेल पारितोषिक मिळवणारी , आपल्या वैयक्तिक जीवनात अनेक संघर्षाला , अपमानाला तोंड देऊन प्रत्येक ठिकाणी पहिलं असण्याचा मान मिळवणारी , निराशेला आशेची किनार देणारी , दोन मूलद्रव्यांचा शोध लावणारी विज्ञाननिष्ठ , वैज्ञानिक " मेरी क्युरी " .

मेरी क्युरीचा जन्म १८६७ ला वर्साव ,पोलंड येथे झाला.लहानपणीचे तिचे नाव 'मारिया स्व्लाडोव्हस्का' .पाच भावंडांपैकी ती एक . तिचे वडील गणित आणि भौतिक शास्त्राचे प्राध्यापक तर आई एका खाजगी मुलींच्या शाळेत मुख्याध्यापिका . लहान वयात मारिया जरी शाळेत हुशार असली तरी काहीशी भित्री ,शांत पण आपल्या ती भावंडाची काळजी घेणारी होती.

वयाच्या अवघ्या सोळाव्या वर्षी तिने शाळेत 'गोल्ड मेडल ' ही जिंकलं होतं. त्यावेळेस पोलंडमधील वातावरण फार काही चांगलं नव्हतं कारण पोलंड रशियन साम्राज्याच्या अधिपत्याखाली होता . लहान वयातच मारियाला आई वडिलांकडून दया , कामातील तत्परता , आत्मनिरीक्षण , तंतोतंतपणा या गोष्टी अवगत झाल्या होत्या . असं जरी असलं तरी तिचं एकंदरीत आयुष्य काहीसं नाट्यमय शोकांतिक घटनेने भरलेलं होतं , त्याचं कारण ती फक्त नऊ वर्षांची असताना तिची मोठी बहीण मरण पावली. तर तिच्यावर उत्तम संस्कार , प्रेम करणारी तिची आई तिला कधीही मायेनं जवळ करीत नसत याची तिला खंत असे पण नंतर तिची आई मेल्यानंतर तिला ते कारण समजलं की आईला क्षय रोग होता त्यामुळे ती मुलांना काळजीपोटी जवळ करत नसे.

त्यातून मारिया स्वतःला सावरते तोच तिचे वडील रशियन झारच्या अन्यायाच्या विरोधात बोलल्यामुळे आणि गुंतवणुकीत फसगत झाल्याने आर्थिकदृष्ट्या फारच दुर्बल झाले. त्यातूनही सावरून तिने शिकवणी चालू केली आणि कुटूंबासाठी पैसे कमावू लागली . त्याच दरम्यान तिने कोणालाही न सांगता पोलिरामध्ये वनस्पतीशास्त्र , समाजशास्त्र या विषयांना प्रवेश घेतला.त्याचबरोबर तिच्या एका नातेवाईकाची केमिकल लॅबोरेटरी होती , तिथेही तिने केमिस्टचे प्रशिक्षण घेतलं . तिथेच तिला संशोधनाची आवड निर्माण झाली. आता ती पहिल्यापेक्षा अधिक प्रमाणात शिक्षणाकडे ओढली गेली त्यामुळे तिला आणि तिच्या दुसऱ्या मोठ्या बहिणीला म्हणजेच ब्रॉनीला उच्चशिक्षण घ्यायचं होतं पण तिथल्या युनिव्हर्सिटीमध्ये मुलींना उच्च शिक्षण घ्यायचं पण पुन्हा समोर आर्थिक प्रश्न होताच.

त्यातूनच दोघींनी एक मार्ग काढला. दोघींनी आपापसात एक सामंजस्याने करार केला तो असा की पहिल्यांदा मोठ्या बहिणीने परदेशी जाऊन शिक्षण घ्यायचं आणि मारियाने इथे मायदेशात राहून गव्हर्नेस म्हणून काम करायचं आणि ते पैसे बहिणीला पाठवायचे.

ठरल्याप्रमाणे मारिया आपल्या बहिणीला पॅरिसला पैसे पाठवत .त्याच दरम्यान गव्हर्नेस चे काम करताना मारिया तिथल्या मालकाच्या मुलाच्या प्रेमात पडली आणि जे व्हायचं तेच झालं. त्यांचं प्रेम तेथील व्यवस्थेला मान्य नव्हतं त्यातून तिला कामावरून काढून टाकण्यात आलं आणि पुन्हा एकदा तिच्या हाती निराशा आली .त्यात ती खूप खचली.तोपर्यंत ब्रॉनीचे पॅरिसमधील शिक्षण पूर्ण झाले होते.तिने तिकडे लग्नही केलं, आता त्या दोघींच्या करारानुसार पुढील शिक्षण मारियाचे होते . १८९१ ला मारिया सोरबोन, पॅरिसला गेली , तिथे तिला पॉल लिपमन आणि बाऊंटी यांची व्याख्याने ऐकता आली , काही नवीन गोष्टी शिकता आल्या . तिथे तिची काही भौतिकशास्त्रज्ञांशीही ओळख झाली . त्या विद्यापीठात गेल्यावर मारियाने आपलं नाव मेरी असं रजिस्टर केलं आणि मरियाची मेरी क्युरी झाली . सुरुवातीला काही काळ तिच्या बहिणीकडे राहिली नंतर मुलींच्या वसतिगृहात काम करणाऱ्या स्त्रियांबरोबर वसतिगृहाच्या व्हरांड्यात राहू लागली त्या ठिकाणी ती स्वतःची उपजीविका ब्रेड बटर खाऊन करत. हे सगळं असं असलं तरी त्याचा तिच्या कामावर काहीही फरक पडत नव्हता . १८९३ साली सोरबोन मधून ती ग्रॅज्युएट होऊन पुन्हा वर्सवला नोकरी शोधू लागली पण त्यावेळेस युरोप मध्ये यशस्वी असूनही स्त्रियांना क्वचितच नोकरी मिळे . पुन्हा एकदा तिच्या पदरी निराशा आली. त्याच दरम्यान तिला एक ALEKSANDROWIZ नावाची शिष्यवृत्ती मिळाली . ती शिष्यवृत्ती परदेशी गुणवंत विध्यार्थ्यांना देण्यात येत असे . ती फेलोशिप घेऊन पुन्हा ती पॅरिसला गेली . तिथे ती मॅग्नेटिझम प्रॉपर्टीज अँड केमिकल कंपोजिशन या विषयावर प्रोफेसर लिपमन बरोबर काम करू लागली पण काही प्रयोग करण्यासाठी तिला प्रयोग शाळेची गरज होती मग लिपमन यांनी तिची भेट फ्रेंच भौतिक शास्त्रज्ञ पेर क्युरी (Pierre Curie)यांच्या बरोबर करून दिली . तो पेर खूपच हुशार आणि श्रीमंत होता . पेर CRYSTALLOGRAPHY वर काम करत होता त्याने Piezoelectric Effect चा शोधही लावला होता.

मेरी आणि पेर दोघे एकमेकांबरोबर बोलण्यात खूप वेळ घालवत असत आणि त्यातूनच त्यांच्यात काहीतरी वैचारिक साम्य आहे असं त्यांना जाणवलं , दोघे एकमेकांच्या प्रेमात पडले आणि नंतर त्यांनी १८९५ साली लग्न केले. ते दोघे आपल्या दिवसभाराच्या कामानंतर संध्याकाळी लग्नात भेट म्हणून मिळालेल्या सायकलवरून निसर्ग , प्राणी पाहत . त्याचवर्षी जर्मन शास्त्रज्ञ रॉटेज्ज याने एक्स -रे चा शोध लावला होता.त्याच्या कामामध्ये इलेक्ट्रोमॅग्नेटिक रेडिएशन काही रसायनामधून विशिष्ट पद्धतीला बाहेर पडत होते हे त्याच्या लक्षात आलं . त्या कामाचा मेरीवर खूपच प्रभाव पडला . दरम्यान हेनरी बेक्वरेलने युरेनियम मधून काही रेडिएशन्स कसे बाहेर पडतात हे पाहिलं होतं. त्यात मेरीची अजून उत्सुकता वाढली मग तिने काही टेस्ट करायचं ठरवलं त्यासाठी तिने पीचब्लेंड नावाचं मिनरल घेतलं. शास्त्रज्ञांना तिथपर्यंत माहित होतं की पीचब्लेंडमध्ये युरेनियम आणि ऑक्सिजन हे दोनच घटक आहेत म्हणजेच UO₂. पण मेरीनं सांगितलं की पीचब्लेंडमधून जेवढे रेडिएशन्स बाहेर पडतात किंवा एनर्जी बाहेर पडते तेवढे एका मूलद्रव्यातून बाहेर पडत नाहीत. नंतर तिच्या लक्षात आलं की त्याच्यामध्ये नवीन न शोधलेले मूलद्रव्य असू शकतात.

ते काम करण्यासाठी पेरने आपलं हातातलं काम सोडून तिला खूपच मदत केली तिने प्रयोग करायचं ठरवलं आणि सुरुवात केली . एका मोठ्या भांड्यामध्ये पीचब्लेंड घेऊन ते उकळवलं आणि त्याची

बारीक पावडर केली त्यामध्ये काही रसायनही घातली नंतर त्यातून काही मूलद्रव्य वेगळी होतात का याचा अभ्यास करू लागली . प्रत्येक दिवशी सकाळी ती प्रयोगशाळेत त्या भांड्यामध्ये मोठ्या लोखंडी रॉडच्या साहाय्याने काही रसायन टाकत आणि मिसळत. खूप अथक परिश्रमानंतर तिला एक मूलद्रव्य सापडलं ते मूलद्रव्य इतर मूलद्रव्यांपेक्षा चारशे पटीने अधिक रेडिओएक्टिव्ह होतं आता या मूलद्रव्याला नाव काय द्यायचं हा प्रश्न तिच्या समोर आला पण विज्ञाननिष्ठ आणि देशभक्त असलेल्या मेरीने त्या मूलद्रव्याला स्वतःच नाव न देता आपल्या देशाच्या नावावरून , पोलंडवरून 'पोलोनियम 'असं नाव दिलं. रेडियम पोलोनियम पेक्षा नऊशे पर जास्त रेडिओएक्टिव्ह होता. नंतर मग " रेडिओएक्टिव्हिटी" ही संज्ञा मेरी मुळेच जास्त प्रचलित झाली. खरतर रेडियम शोधण्यासाठी तिला खूप वेळ खर्च करावा लागला होता . त्याच्यात पण एक गम्मत झाली होती. एके दिवशी ती रात्रीच्या वेळेस प्रयोगशाळेत गेली असता काचेच्या भांड्याच रूप तिला तेजस्वी पाहायला मिळालं आणि ती चमकलीच , कारण ती जी चकाकी होती ती रेडियम पोलोनियम खूप ऊर्जा देत होते . इतर शास्त्रज्ञांपेक्षा मेरीचं मत काहीसं वेगळं होतं . ती सांगत होती ऊर्जा ही कोणत्याही पदार्थाच्या पृष्ठभागावरून बाहेर न पडता ती अणूच्या आतून तयार होते . हा तिचा शोध पुढे जाऊन अणूच्या अभ्यासासाठी खूप उपयुक्त ठरणार होता.

तिच्या या सर्व कामांमधून १९०३ मध्ये तिला डॉक्टरेट इ पदवी मिळाली . तिथेही तिला पहिला असण्याचा मान मिळाला कारण सायन्स मध्ये डॉक्टरेट मिळवणारीही ती पहिली महिला वैज्ञानिक ठरली. त्याच वर्षी मेरीला पेर आणि बेक्वेरेल यांच्याबरोबर रेडिओएक्टिव्हिटीसाठी नोबेल पारितोषिक जाहीर करण्यात आलं . पण पुन्हा तेच गुणवत्ता असूनही वाट्याला नाकारलेपण . ती महिला शास्त्रज्ञ असल्याची अडचण. इतर शास्त्रज्ञांनाही तोपर्यंत महिला शास्त्रज्ञ असलेलं रुचत नव्हतं. नोबेल समितीने पेर आणि बेक्वेरेल या दोघांचीच नावे पुढे केली पण मग पेरने नोबेल समितीला समजावून सांगितले की हे मूळ काम मेरीचंच आहे . आजारपणामुळे मेरी आणि पेर पुरस्कार घ्यायला गेले नाहीत .नोबेलची मिळालेली रक्कम तिने पोलंडमधील गरीब लोकांना दान केली. पहिल्या महायुद्धात तिने मोबाईल रेडिओग्राफी किट बनवले आणि जखमी सैनिकांवर उपचारही केले. त्यासाठी तिने काही लोकांना , डॉक्टरांना त्या कामात प्रशिक्षण दिले . १९१८ साली जेव्हा पोलंड देशाला स्वातंत्र्य मिळालं तेव्हा मेरी वर्साव मधील रेडिओ इन्स्टिट्यूटची सक्रिय सभासद झाली . त्या इन्स्टिट्यूटचं ध्येय कॅन्सर पेशंटवर उपचार करणं होतं.

खरंतर ज्यावेळेस मेरी रेडिओएक्टिव्हिटीवर काम करत होती त्यावेळेस त्याचे दुष्परिणाम कोणालाच माहित नव्हते. मेरी तर मूलद्रव्यांच्या टेस्ट ट्यूब खिशात घेऊन फिरत , रात्री झोपताना बाजूला कपाटाच्या ड्रॉवरमध्येही ठेवत. शेवटी व्हायचं तेच झालं मेरीला रेडिओएक्टिव्हिटीच्या अतिवापरामुळे 'ल्युकेमिया कॅन्सर' झाला , त्यात ती मरण पावली . एवढंच काय मेरी आणि पेरने लिहून ठेवलेल्या नोंदवहीवर सुद्धा रेडिओएक्टिव्हिटीचा परिणाम झाला , म्हणूनच ती वही लीड बॉक्स मध्ये जतन करून ठेवली आहे. ६ जुलै १९३४ ला मेरीला तिच्या नवऱ्याच्या पेरच्या बाजूला पुरण्यात आले.

प्रश्न असा येतो की मेरीने जगाला काय दिलं?

तिच्या कामाचा उपयोग आज न्यूक्लिअर एनर्जी तसेच अनेक कॅन्सर च्या उपचारासाठी करण्यात येतो . तिने ४८३ शोध निबंध प्रसिद्ध केले तर ३४ विद्यार्थ्यांना डॉक्टरेट दिली. मेरी युरोपमधील पहिली महिला होती जिने सायन्स मध्ये डॉक्टरेट मिळवली होती .

तिच्या विज्ञानरूपी कर्तृत्वामुळे ती मृत्यूनंतरही तिच्या कामाने जिवंत राहिली. रेडियम इन्स्टिट्यूट पॅरिसचं नाव क्युरी इन्स्टिट्यूट करण्यात आलं. तिच्या रसायनशास्त्राच्या नोबेल पुरस्काराला १०० वर्षे झाली म्हणून २०११ हे वर्ष ' इंटरनॅशनल इयर ऑफ केमिस्ट्री ' म्हणून साजरे केलं गेलं .

नंतरच्या काळात आइस्टाईनचे मत तिच्याबद्दल काहीसं वेगळं झालं होतं आणि तो असं म्हणाला मेरी अशी एक व्यक्ती आहे जी कधीही प्रसिद्धीमुळे भ्रष्टचारी झाली नाही , तिच्यामुळे विज्ञानाचीही प्रतिमा बदलेल . मेरीचं योगदान , कर्तृत्व रेडियम सारखं चमकत राहिल यात शंकाच नाही.

"संघर्ष केल्याशिवाय जीवनात कोणीही यशस्वी होत नाही जोपर्यंत छणीचा घाव घेत नाही दगडसुद्धा देव होत नाही."

रंग तिचा वेगळा
And
The Story Of Black

शिवानी अनिल कांबळे (TYBA)

ती पहिल्यांदाच आपली कहाणी सांगत होती . चारशे विद्यार्थ्यांसमोर बोलणाऱ्या तिला मध्येच रडू फुटलं . पुढे तिला बोलताच येईना . आपल्या जखमा पहिल्यांदाच ती इतक्या जणांना सांगत होती , तेव्हा मन भरून येणं साहजिकच होते . जाड शब्दांनी आणि भरलेल्या डोळ्यांनी तिने आपल्या शब्दांना पूर्णविराम देत आपली कहाणी पूर्ण केली . ह्या कहाणीची नायिका अर्थात "झुली सांगिनो " . कोलंबियातील ' टेट्रा अमेनेलिया 'या दुर्मिळ आजारामुळे जन्मतःच हात पाय गमावलेली पण तोंडात ब्रश धरत कॅनव्हासवर आपल्या आयुष्याचे सगळे रंग मांडत दुसऱ्याच्या आयुष्यातही नवे रंग भरणारी आपला वेगळा रंग रेखाटणारी झुली....तर

चित्रपटाच्या शेवटी चर्चकडे मेणबत्त्या घेऊन लोक जात आहेत . जणू अंधारात प्रकाशाचा किरण . याठिकाणी एक इंग्लिश वाक्य आठवल्याशिवाय राहत नाही " It is better to light a candle than to curse darkness".

हा चित्रपट अर्थात दिग्दर्शक संजय लीला भन्साळी निर्मित तसेच अमिताभ बच्चन आणि राणी मुखर्जी यांच्या मुख्य भूमिका असणारा , २००५ सालचा 'ब्लॅक ' हा चित्रपट . जो मिशेलच्या पात्रातून माणसाच्या मनात आशावाद आणि सकारात्मक ऊर्जा निर्माण करतो . तीनही ज्ञानेंद्रिय निकामी असणारी दुर्दम्य इच्छा शक्ती जीवनाकडे असणारा सकारात्मक कौल. ..! या दोन्ही कहाण्या मग ती रंग तिचा वेगळा मधली झुली असो किंवा ब्लॅक चित्रपटाची कथा वा त्यामधील मिशेल असो व तिचं मिशकीलसं आयुष्य असो . साक्षीदार ठरतात ते म्हणजे Kaleidoscope च्या अंकासाठी या वर्षाची थिम असणाऱ्या ' जीवन हाच संघर्ष ' या विषयासाठी म्हणून ह्या दोन्ही स्वतंत्र कहाण्यांची एकत्र सांगड घालण्याचा माझा हा प्रयत्न.

जेव्हा झुली सहा वर्षांची झाली आणि शाळेत जायला लागली तेव्हा तिला जाणवले , की आपण इतरांपेक्षा वेगळे आहोत . शाळेतील मुले झुलीला एलियन म्हणून चिडवत. शिक्षकही फारसे प्रेमळ भेटले नाहीत . पण घरी मात्र आई आणि झुलीचे भाऊ बहीण तिला प्रोत्साहन द्यायचे . झुली १५ वर्षाची असताना तिला एका अतिशय मोठ्या आणि वाईट प्रसंगाला तोंड द्यायची वेळ आली , तिच्यावर बलात्कार झाला . झुली पूर्णतः कोसळून पडली . हा शारीरिक अत्याचार सहन करणं तिच्या वयाच्या व कुवतीच्या बाहेरचं होतं तिने ठरवलं आपण आता जगायचं नाही. आपल्या इमारतीच्या दहाव्या मजल्यावर ती कशीबशी पोहचली तिथून उडी मारणार तितक्यात झुलीची आई आली आणि तिने तिला वाचवले . आपल्या मिठीत घेत जगण्याचा अर्थ सांगितला , आणि झुलीने वेगळ्या आत्मविश्वासाने जगायला आरंभ केला . तिने रंग , ब्रश , कॅनव्हास ला आपलं जग बनवलं . झुलीच्या जीवनात एक काळाकुट्ट काळ होता , जो आता संपला आहे.

दिव्यांग मुले , तुरुंगातील कैदी , नैराश्याने घेतलेली माणसे सारेच जण झुलीच्या शब्दांनी प्रभावित होतात . तिला सगळ्याचे सार्थक झाल्यासारखे वाटते . झुली एक प्रेरणा स्रोत बनली आहे . तिला सर्वाना आनंद वाटण्याचा नवा मार्ग सापडला आहे. ' ब्लॉक ' हा चित्रपट हेलन केलरच्या आयुष्यापासून प्रेरणा घेऊन काढलेला चित्रपट . चित्रपटाची कथा हेलन ऐवजी मिशेल आपल्याला सांगते आणि तिचे आयुष्य आपल्यापुढे फ्लॅशबॅक ने येते . बालपणाचा काळ सुखाचा मनाला जातो ; पण मिशेलच्या नशिबात फक्त हेटाळणी , निंदा नालस्ती याच गोष्टी लिहिल्या होत्या . कारण ती लहान असताना तिच्या आईच्या लक्षात येते की, ती आंधळी . मुकी आणि बहिरीसुद्धा आहे, त्या कुटुंबाच्या दुःखद आयुष्याची ही सुरुवात असते . एका प्रसंगात टीचर आणि मिशेल बोलणे खेळात असतात . मिशेल गम्मत म्हणून टीचरला मारल्यासारखे करते . टीचर दचकतो आणि मिशेल बॉल मागे असणाऱ्या प्रकाशाच्या दिशेने टाकते . सर्व कटू आठवणी तिने मागे टाकल्या आणि त्या प्रकाशाच्या दिशेने टीचर आणि मिशेल यांच्यात हळूहळू एक नाते तयार होते किंवा मिशेल लहान असताना नेहमी काहीतरी शोधात असल्यासारखे वाटते . जणू सातत्याने अंधारात असणारी मिशेल प्रकाशाचा शोध घेत आहे . त्याचप्रमाणे मिशेल जेवत नसते तेव्हा टीचर तिला सांगतो , Yours alphabets starts from – B.L.A.C.K . आणि असे बोलताना ती त्याच्या कपाळावरील काळ्या टोपीकडे निर्देश करतो . जणू तिचे हे कर्म आहे . तिचे हेच कर्म ती तिच्या आत्मविश्वासाने , सकारात्मकतेने आणखी गडद उजळून नेते . एक झुली जी कॅनव्हास प्रमाणेच खऱ्या आयुष्यातही रंग भरते. तिचा रंग वेगळा हे दाखवून देते , तर दुसरी मिशेल जी तिच्या आयुष्यातील असणाऱ्या काळ्याकुट्ट रंगामधूनही आयुष्यात रंगीबेरंगी रंग भरते . दोघींच्याही रंगाची छटा मात्र एकच अर्थात संघर्ष!

The greatest glory in living lies not in never failing, but in rising every time we fail."

– Nelson Mandela

“ माझ्या जाणतेपणातला स्त्री संघर्ष ” हर्षवर्धन कसबे (SYBA)

स्त्रियांचं जीवन म्हणजे केवळ फुलांच्या पाकळ्यांवर चालण्याइतकं सोपं नसत , मझ्या अनुभवावरून सांगायचं झालं तर त्यांची आयुष्ये ही अग्नी इतकी दाहक , अभेद्य हिमालयाइतकी खडतर , गंगेइतकी पवित्र आणि वनवासासारखी कठीण असतात , अशा परिस्थितीतही जगत असताना समाज त्यांना धिक्कारतो , तुच्छ लेखतो . हीनतेची वागणूक देतो. कमी समजतो हे खूपच वाईट आहे . प्रत्येकाला स्वतःची मन असतात , भावना असतात , प्रत्येकाला मनमुराद जगावंसं वाटतं , प्रत्येकाला आनंदी जीवन जगावंसं वाटतं . पण अजूनही स्त्रियांसाठी स्वछंदी म्हणवल्या जाणाऱ्या समाजात जीवन प्रतिबंधीत असतं कारण अजूनही मराठवाड्यासारख्या भागात पुराणमतवादी वृत्तीचा स्वीकार आहे .

संस्कृतीची धर्म प्रथांची झालर आणखी सुद्धा समाजाच्या डोळ्यावरून उतरलेली नाही .

अजूनही ग्रामीण भागात स्त्रियांना चूल आणि मुलंच बघावं लागतं. काम उद्योग सोडून दुसऱ्या गोष्टीकडे मन वळवलं तर तेथील समाज नाही तशा काड्या करतो , शिवाय चारित्र्यावर शिंतोडे देखील उडवतो .

स्त्रियांचं जीवन म्हणजे केवळ फुलांच्या पाकळ्यांवर चालण्याइतकं सोपं नसत , मझ्या अनुभवावरून सांगायचं झालं तर त्यांची आयुष्ये ही अग्नी इतकी दाहक , अभेद्य हिमालयाइतकी खडतर , गंगेइतकी पवित्र आणि वनवासासारखी कठीण असतात , अशा परिस्थितीतही जगत असताना समाज त्यांना धिक्कारतो , तुच्छ लेखतो . हीनतेची वागणूक देतो. कमी समजतो हे खूपच वाईट आहे . प्रत्येकाला स्वतःची मन असतात , भावना असतात , प्रत्येकाला मनमुराद जगावंसं वाटतं , प्रत्येकाला आनंदी जीवन जगावंसं वाटतं . पण अजूनही स्त्रियांसाठी स्वछंदी म्हणवल्या जाणाऱ्या समाजात जीवन प्रतिबंधीत असतं कारण अजूनही मराठवाड्यासारख्या भागात पुराणमतवादी वृत्तीचा स्वीकार आहे.

संस्कृतीची धर्म प्रथांची झालर आणखी सुद्धा समाजाच्या डोळ्यावरून उतरलेली नाही .

अजूनही ग्रामीण भागात स्त्रियांना चूल आणि मुलंच बघावं लागतं. काम उद्योग सोडून दुसऱ्या गोष्टीकडे मन वळवलं तर तेथील समाज नाही तशा काड्या करतो , शिवाय चारित्र्यावर शिंतोडे देखील उडवतो . संविधानाने जरी अधिकार दिले असले तरी इथल्या व्यवस्थेने ते अधिकार स्वीकारलेले नाहीत हे कटू सत्य आहे.

शहरात जरी परिस्थिती बदललेली असली तरी एखाद्या स्त्री वर अन्याय होत असेल तर कोणीही त्यामध्ये हस्तक्षेप करीत नाही तिला अभय देत नाही ही शोकांतिका बनत चालली आहे . तिची छेडछाड काढली जात असली तरी तिच्यावर हसणारे असतात पण तिचे रक्षण करणारे खूपच कमी लोक असतात . हीच परिस्थिती आपल्याला बदलायची आहे . याच परिस्थितीशी आपला संघर्ष वर्षानुवर्षे चालू आहे . म्हणून महात्मा ज्योतीबांनी समाज शहाणा करायचा असेल तर आधी त्यांची आई शहाणी झाली पाहिजे या आशयाने मुलींची पहिली शाळा सुरु केली होती , तरीदेखील अद्याप स्त्रियांची आहे तीच दशा कायम आहे.

अजूनही हुंडा पद्धती कायम आहे . अजून सुद्धा काही भागात बाळ विवाह कायम आहेत . अजूनसुद्धा गर्भात मुलगी आहे हे कळल्यानंतर गर्भपात करणारी मान्यताप्राप्त दवाखाने - इस्पितळे कार्य करत आहेत, अजूनसुद्धा काही समाजात मुलींना शिकवले जात नाही हे सत्य ! हा स्त्रियांचा संघर्ष आहे त्यांनी तो बदलायचा आहे . त्यांनी जागरूक होणे गरजेचे आहे , समाजातील रूढी परंपराविरोधात आवाज उठवणे आवश्यक आहे . ज्या वेळी समाजात कोपर्डी सारख्या घटना घडतात त्यावेळी गप्प बसून घरात बसून पाहण्यापेक्षा तमाम महिलांनी एकत्र येऊन त्यावर परिवर्तन घडवण्याचा प्रयत्न करायला पाहिजे , ज्यावेळी कमी समजून तुम्हाला नाकारले जाते त्यावेळी आपले अधिकार , कर्तव्ये काय आहेत हे तुम्ही जगाला दाखवून द्यायला हवेत . देशाच्या , समाजाच्या , कुटुंबाच्या स्वतःच्या प्रगतीसाठी कटिबद्ध राहा. त्यासाठी प्रयत्न करत चला . एक दिवस पूर्णत्वाला जाईल आणि अपेक्षित यश अखंड स्त्री जातीला मिळेल.

"I'll tell you something about tough times. They just about kill you, but if you decide to keep working at them, you'll find your way through."

- Joan Bauer

संघर्ष करून मिळवलेले यश ज्ञानेश्वरी माळवदे (FYBA)

मानसशास्त्राच्या भाषेत सांगायचे झाल्यास एखाद्या व्यक्तीस प्रेरणा निर्माण झाली की संघर्ष हा करावाच लागतो त्याच बरोबर त्याग सुद्धा . अशीच एक संघर्ष यात्रा आहे एका गरीब कुटुंबातील रिक्षा चालकाच्या मुलाची आज हेच एका मोठ्या पदावर कार्यरत आहेत.

त्यांचा जन्म जालना जिल्ह्यातील बदनापूर तालुक्यातील शेलगाव या ५ ते ६ हजार लोकसंख्या असलेल्या गावात झाला . गावाबाहेरील झोपडपट्टीमध्ये ते राहायचे. त्यांच्या आधी त्यांच्या आई वडिलांना दोन मुली झाल्या . हे भावंडं लहान असतानाच त्यांच्या वडिलांना दारू चे व्यसन होते. त्यामुळे त्यांचे बालपण हलाखीत गेले . त्यांचे वडील दारूच्या नशेत बऱ्याच वेळा त्यांच्या आईला अक्षरशः लोखंडी रॉड ने मारायचे , हे त्यांना बघवलं जात नव्हतं . घरात किराणा नसल्यामुळे अनेक रात्री त्यांना जेवण न करता झोपावे लागत असे.

ते एका गाव बाहेरच्या शाळेत जात होते . ती गावातली जिल्हा परिषदेची शाळा होती. ते मुस्लिम असूनसुद्धा त्यांना मराठी उत्तम बोलता येत होती. त्यांना शिक्षणाची आवड असल्याने जिल्हा परिषदेची शाळा त्यांना फार आवडायची .

इयत्ता १०वी मध्ये त्यांना ७६% मार्क्स होते . परिस्थिती एवढी हलाखीची होती तरीही ते एकाग्रतेने अभ्यास करत . दहावी नंतर त्यांनी कला शाखेत प्रवेश घेतला . त्यांनी खूप अभ्यास करून १२ वी मध्ये ९१ % गुण मिळवले . खडतर व बिकट परिस्थितीत त्यांनी हे यश मिळवले होते. बारावी नंतर त्यांच्या एका शिक्षकाने त्यांना पुण्यात जाण्याचे सूचित केले व त्यांनी पपुण्यात जाण्याचे ठरवले . त्यांनी पुण्यात फर्ग्युसन महाविद्यालयात प्रवेश घेतला UPSC ची तयारी करणाऱ्या ग्रामीण भागातील मुलांशी त्यांची मैत्री झाली . अन्सार यांनी ठरवले होते की, २१ व्या वर्षी IAS व्हायचं . पण हे सगळं बोलून शक्य होत नाही . त्यासाठी कष्ट हे घ्यावेच लागतात .अनेक गोष्टींचा त्याग हा करावाच लागतो .पण यात त्यांची परिस्थिती आड येत होती . त्यांनी UNIQUE Academy मध्ये विनवण्या करून दररोज फेऱ्या मारून कमी पैशात ऍडमिशन मिळवले . पण हे ऍडमिशनचे पैसे सुद्धा त्यांनी एका साडीच्या दुकानात काम करून मिळवले होते. ते पदवीच्या पहिल्या वर्षापासून साडीच्या दुकानात पार्ट तिने जॉब करत होते. त्यामध्ये त्यांना मिळालेला पगार ते आपल्याला हव्या असणाऱ्या पुस्तकांवर उडवून टाकत असत . म्हणजे पुस्तके खरेदी करत असत.

अन्सार यांच्या मध्ये अशा कोणत्या क्षमता व गुणवैशिष्ट्ये होती ज्यामुळे ते पहिल्याच प्रयत्नात आणि २१ व्य वर्षात .. पास झाले या दृष्टीने त्यांच्या एकंदर प्रवासाचा विचार करता ठळकपणे लक्षत येणारी पहिली बाब म्हणजेप्रतिकूल परिस्थितीवर मत करण्याची त्यांची जिद्द. खरे पाहता आपल्या समाजातील अनेकांना या परिस्थितीचा सामना करावा लागतो . मात्र बहुतांश मुलांना विपरीत परिस्थितीमुळे अर्थपूर्ण पर्यायच उपलब्ध होत नाहीत . अन्सारने मात्र घुसमटून टाकणाऱ्या परिस्थितीवर शिश्क्षणाचा उतारा शोधला . वाचनाची आवड , शिक्षकांशी मैत्री ,विविध स्पर्धांतील सहभाग व मिळणारी पारितोषिके या माध्यमातून शिक्षणाला आधार बनविले.

अन्सार यांनी ध्येयाप्रती राखलेली निष्ठा आणि सचोटी हे त्याच्या यशामागील आणखी एक महत्वाचे कारण होय. आपण पुढे काय करावे ? कोणत्या टप्प्यावर त्यासंबंधी निर्णय घ्यावा ? निर्णयानंतर उद्दिष्ट गाठण्यासाठी नेमकी काय व कशी तयारी करायची ? या आणि अशा अनेक प्रश्नांचा सामना अनेक विद्यार्थ्यांना करावा लागतो . अन्सारने या बाबतीत टप्पाटप्प्याने विचार करून ध्येय निश्चित केले आणि लक्ष विचलित होऊ न देता आपली सर्व ऊर्जा निर्धारित ध्येय गाठण्यावर केंद्रित केली . त्यांना पावलापावलावर नकारात्मक प्रसंग येत गेले त्यामुळे आयुष्यात येणारे कटू अनुभव , परिणामी झालेली कोंडी इ. मूळे कोणत्याही व्यक्तीच्या मनात एक प्रकारची नकारात्मकता आणि कडवटपणा निर्माण होणे स्वाभाविक असते . तथापि अन्सार यांनी असे होऊ न देता नेहमी सकारात्मक दृष्टीकोन ठेवूनच अभ्यास केला.

प्रयत्नांतील सजगता आणि सातत्य ह्या त्यांच्या गुणवैशिष्ट्यांतील दोन मध्यवर्ती बाबी होत. या सजगतेबरोबरच त्यांनी अंगी बाणवलेली आणखी एक बाब म्हणजे तीन वर्षे चाललेल्या अभ्यास प्रक्रियेत राखलेले सातत्य होय , कोणत्याही कारणामुळे त्यांनी अभ्यासात कोणत्याही प्रकारचा खंड पडू दिला नाही व स्वतःच्या ध्येयावर विश्वास ठेवला .यासाठी मला असे लिहावेसे वाटते.

“ठोस मजबूत भरोसा

अपने सपनों पे करना

जितनी मुह उतनी बातें

गौर कितनो पे करना

आज लोगोंकी बारी जो कहे कहने देते ,

तेरा भी दिन आयेगा उसी दिन

हिसाब चूकाते रहना “

चित्रपटांच्या माध्यमातून संघर्षासाठी प्रोत्साहन श्रेयश झपाटे (TYBA)

ज्या जिवाने जन्म घेतलेला आहे त्याला जीवन जगण्यासाठी काही ना काही संघर्ष करावाच लागतो . आजच्या जगात जीवनात येणाऱ्या संघर्षांमुळे काही लोक खचतात , काही जण टोकाचे पाऊल उचलतात

पण संघर्ष केल्याशिवाय मनासारखे आयुष्यही जगता येणार नाही . त्यासाठीच ह्या संघर्षाकरता प्रोत्साहन मिळण्यासाठी मी काही चित्रपटांबद्दल लिहू इच्छितो जे मी पाहिले आहेत . असे अनेक चित्रपट आहेत ज्यात संघर्ष पाहायला मिळतो.आणि ते चित्रपट पाहून आपल्याला उम्मेद मिळते .

'पावनखिंड ' हा मराठी चित्रपट खूप संघर्षमय वाटतो . हा चित्रपट छत्रपती शिवाजी महाराजांच्या काळातील असून घोड खिंड ,मधील अविश्वसनीय शौर्य पाहायला मिळते . खेळाडूंच्या आयुष्यात खूप संघर्ष असतो . खेळाडूंच्या आयुष्यातील संघर्ष दाखवणारा चित्रपट म्हणजे 'भाग मिल्खा भाग 'हा चित्रपट . ह्या चित्रपटात त्यांना जगण्याच्या संघर्षापासून ते आंतरराष्ट्रीय खेळाडू बने पर्यंतच्या प्रवासाचा संघर्ष आहे . तसेच '८३' हा हा छत्रपती भारताने सर्वप्रथम क्रिकेट विश्वचषक जिंकला तेव्हाच आहे . जो संघ कधी जिंकू शकणार नाही असं जागल्या जगाला वाटत असताना विश्वचषक जिंकलेली संघर्षमय कथा पाहण्यास मिळते . त्याचप्रमाणे " गोल्ड" नावाचा चित्रपट स्वातंत्र्यानंतर भारताचे प्रथम ऑलिम्पिक सुवर्ण पदक जिंकलेल्या हॉकय संघावर पाहण्यास मिळतो . त्यावेळची परिस्थिती सुंदररित्या दाखवण्यात आलेली आहे . भारतात महिलांना बऱ्याच ठिकाणी विरोधाचा सामना करावा लागतो , तर महिलांचा संघर्ष दाखवणारा " दंगल " हा चित्रपट आहे ह्यामध्ये आंतरराष्ट्रीय महिला कुस्तीपटू गीता व बबिता फोगट व त्यांच्या वडिलांची संघर्षाची कथा दाखवण्यात आली आहे . त्याचप्रमाणे महिलांना खूप स्फूर्ती देणारा एक चित्रपट म्हणजे " गुंजन सक्सेना " प्रथम महिला भारतीय हवाई चालक यांच्यावर हा सिनेमा आहे . स्वतःचे स्वप्न पूर्ण करण्यासाठी विविध अडचणींवर मत करत केलेला संघर्ष ह्यात पाहण्यास मिळतो . तसेच घरच्या बंधनामुळे बऱ्याचदा मुलांना त्यांची स्वप्न पूर्णत्वास नेता येत नाहीत , त्या बाबतीतील संघर्ष " सिक्रेट सुपरस्टार " ह्या चित्रपटात पाहावयास मिळतो , हा सिनेमा पाहून स्वप्न पूर्ण करण्यासाठी आशेचा किरण मिळतो आणि असं वाटतं आयुष्याच्या कोणत्यातरी टप्प्यावर आपणही आपले स्वप्न पूर्ण करू.

जीवन हाच संघर्ष यशोपाल दाभाडे (TYBA)

'संघर्ष' या शब्दाचा अर्थ समजून घेणं महत्त्वाचे आहे. ध्येय प्राप्तीसाठी केलेला प्रयत्न म्हणजेच ध्येय गाठण्यासाठी त्या वाटेवर येणाऱ्या प्रत्येक समस्या अडचणी, आव्हानांचा सामना करण्यासाठी आपण त्रास सहन करून केलेली कृती, केलेला प्रयत्न म्हणजेच संघर्ष होय. माझ्या मताप्रमाणे 'स' म्हणजे सकारात्मक आणि 'घर्ष' म्हणजे घर्षण करणे, संकटाला सामोरे जाणे लढणे, प्रत्येक परिस्थितीशी दोन हात करणे, झुंज देणे याचाच अर्थ जीवनतील कोणतेही गोष्ट जसे सुख, आनंद, यश प्रसिद्धी, पैसा सामाजिक प्रतिष्ठा इ. मिळवण्यासाठी प्रत्येक व्यक्तीला संघर्षाचा सामना करावाच लागतो.या पृथ्वीवरील प्रत्येक जीवांना आपले अस्तित्व टिकवून ठेवण्यासाठी संघर्ष हा करावाच लागतो. जर त्यांच्या पुढे संघर्ष करण्यासारखी परिस्थिती निर्माण नसेल तर ते लुप्त होण्याच्या मार्गावर असेल, अशाच प्रकारे मानवाच्या जीवनात सुद्धा संघर्ष हा महत्त्वाचा आहे.

संघर्ष हा आपल्या दैनंदिन जीवनाचा एक भाग आहे या जगात प्रत्येक व्यक्तीला संघर्ष हा करावाच लागतो.कोणाला दोन वेळेचे अन्न मिळत नाही म्हणून रस्त्यावरील केर-कचरा उचलावा लागतो.कोणाला पॅलिस्टिक च्या बॉटल जमा कराव्या लागतात, कोणाला लोकांपुढे हात पसरकुन अन्नासाठी पैसे मागावे लागतात, सायकल घेण्यासाठी काही मुलांना काम करावे लागते ज्यांना प्राईवेट क्षेत्रात नोकरी आहे त्यांना स्वतःचे घर घ्यायचे म्हणून रात्र-दिवस काम करत आहे कोणाला दुचाकी, चारचाकी, आलिशान बंगला पाहिजे, कोणाला महागडे कपडे,कोणाला दागदागिने, इ. गोष्टी साठी प्रत्येकजण संघर्ष करीत आहे.मध्यम वर्गीय लोकांना गाडी, फ्रिज, TV, चैनीच्या वस्तू घ्यायच्या आहेत ,त्यासाठी ते सर्व 12-12 तास कंपनीत काम करतात किंवा स्वतः चा प्लॉट किंवा घर असावे म्हणून चाललेला संघर्ष आणि जर मध्यम वर्गीय लोकांचे स्वप्न पूर्ण न झाल्यास त्यांचे स्वप्न ते आपल्या मुला-मुलींवर लादतात व त्यानंतर ते मुलं- मुली सरकारी नोकरी मिळावी म्हणून स्पर्धा परीक्षेत उतरतात आणि त्यांचा जीवना सोबतचा संघर्ष सुरु होते. शेतकऱ्यांचा संघर्ष हा तर नेमका निसर्गाशीच असतो. कधी ओला दुष्काळ, कधी कोरडा दुष्काळ, महापुर, भूकंप आणि या वरील सर्व परिस्थिती चांगली असली तरीसुद्धा मालाला योग्य भाव मिळत नाही परिणामी उत्पन्न कमी आणि खर्च जास्त त्यामुळे शेतकऱ्यांना कर्ज घ्यावे लागते आणि मग जीवना सोबतचा संघर्ष सुरूच. जवळपास सर्वच शेतकऱ्यांची हीच दशा.

जीवनातील संघर्ष हा व्यक्तीला यश आणि अपयश या दोन्ही पैलूंचा विचार करण्यास प्रवृत्त करते. खडतर संघर्ष करीत असताना अनेकदा आपल्याला अपयश लाभते परंतु ते अपयश आपल्याला काही महत्त्वाच्या गोष्टी शिकवून जाते . जसे कोणत्या चुकीमुळे आपल्याला अपयश आले, कोणत्या महत्त्वाच्या बाबींवर भर दिला पाहिजे , वेळेचा सदुपयोग कसा करावा , माणसे कश्या पद्धतीने टिकवून ठेवणे आवश्यक आहे हे सर्व अपयश आल्यावरच कळते.

आणि त्यानंतर आपण ज्या चुका अगोदर केल्या आहेत, त्या पुन्हा करत नाही आणि त्यानंतर आपल्याला यश प्राप्त होते. जीवनात संघर्षाचा वाटा खुप अनमोल आहे संघर्ष असेल तरच आपण प्रेरित होऊ शकतो आणि आपले कार्य आणखी कार्यक्षमपणे पार पाडू शकतो.जसे म्हणतात ना की झाड लावताना हे झाड मला फळ केव्हा देईल याचा विचार करावयाचा नसतो त्याचप्रमाणे संघर्ष करत असताना फळाची अपेक्षा करायची नसते सतत मेहनत करणे, प्रयत्न करत राहणे, अपयशातून अनुभवातून शिकत राहणे एखाद्या वेळेस अचानकपणे चमत्कार होणार तुमच्या पदरात फळ येऊन पडेल, मी तर म्हणेन की एकच फळ नाही खुप मोठ्या प्रमाणात फळांची संख्या येऊन पडेल. आपल्यापुढे अनेक महान व्यक्तींची चरित्र आहे आणि त्यातून आपल्याला कळून येईल की संघर्ष हा किती बिकट परिस्थिती निर्माण करू शकतो. उदा. डॉ. बाबासाहेब आंबेडकर यांनी शिक्षणाची दारे खुले नसताना देखील वर्गाच्या बाहेर बसून ज्ञान ग्रहण केले सार्वजनिक पाणी पिण्याच्या ठिकाणी त्यांना भांड्यांना हात लावु न देणे, मंदिरात प्रवेश बंदी करणे, त्यातून उगाच पाळली जाणारी अस्पृश्यता , परदेशी शिक्षणासाठी जाण्यासाठी लागणारा खर्च त्यांनी छजपती शाहू महाराज व सयाजीराव गायकवाड यांच्या कडून मिळवला परदेशी गेल्यावर सुद्धा जेवणासाठी पैसे नसायचे तेव्हा ते एका पावाच्या तुकड्यावर संपूर्ण दिवस काढायचे आणि त्यातही पुस्तक वाचणे सुरुच असायचे इ. अनेक प्रकारचे अनुभव आल्यावर सुद्धा त्यांनी या परिस्थितीला सामोरे जाऊन शिक्षण घेतलेच. दुसरे उदा. महात्मा जोतीराव फुले आणि माता सावित्रीबाई फुले यांनी समाजातील मुलींना शिक्षणाची दारे उघडे करण्यासाठी घेतलेली मेहनत, प्रयत्न, कष्ट, अथक परिश्रम संपूर्ण समाज विरोधात असतांना मुलींना शिकविण्यासाठी जात असतांना माईच्या अंगावर चिखल, शेण, दगड-धोंडे फेकले जायचे तरीसुद्धा त्या माय माऊलीने माघार घेतली नाही आणि पतीबरोबर सार्थ उभ्या राहिल्या महात्मा फुले यांनी प्लेगची साथ पसरली तेव्हा आपल्या घरातील पाण्याचा हौद सर्व समाजासाठी खुला केला. ह्या वरील सर्व महान व्यक्तींना कधीच फळाची अपेक्षा ठेवली नाही परंतु आधुनिक काळात देशातील प्रत्येक व्यक्तीला या संघर्षातून निर्माण झालेल्या फळाचा उपभोग घेता येतो आहे.

डॉ. बाबासाहेब आंबेडकर यांनी भारताचे संविधान लिहून न्याय, स्वातंत्र्य,समता, बंधुता , मूलभूत अधिकार ही तत्वे देशाला बहाल केली. तसेच लोकशाही पद्धत रुजविण्याचा प्रयत्न केला. आदिवासी , वंचित, भटक्या विमुक्त जाती व समाजाच्या प्रवाहातून जे मुलं-मुली शिक्षणापासुन वंचित आहे त्यांना संविधानामुळे शिक्षणाचा मुलभूत अधिकार प्राप्त झाला आहे. त्याचप्रमाणे माता सावित्रीमाईच्या कष्टांचे फळ आपल्याला दिसत आहे. वेगवेगळ्या क्षेत्रात स्त्रीयांचे प्रमाण वाढले आहे. उदा. मुख्याध्यापिका, शिक्षिका, वैमानिक, CA, डॉक्टर, इंजिनियर , व्यावसायिक, नायिका, आंतरराष्ट्रीय ऑलिंपिक खेळामध्ये वाढणारे स्त्रीयांचे वर्चस्व जसे सायना नेहवाल, सानिया मिर्झा, हिमा दास, मेरी कॉम, सुधा मुर्ती, राष्ट्रपती प्रतिभाताई पाटील इ. जगातील बहुतांश लोक हे या जीवनातील संघर्षाचे गणित किंवा त्यांच्या दोन्ही बाजू समजून घेण्यास असमर्थ आहे बहुतांश लोकांना हा संघर्ष जणुकाही आपल्याच वाट्याला आला आहे अशी त्यांची धारणा असते.

आणि ते त्या संघर्षाच्या परिस्थिती दुःखी, हतबल, निराश होऊन जाते मनोबल खचून जाते. आणि ते त्यांचा संघर्ष कमी किंवा त्यांची इच्छा पूर्ण व्हावी म्हणून देवावर अवलंबून असतात परंतु त्यांना हे समजणे खुप गरजेचे आहे की देव हा तुम्हाला या संघर्षाच्या परिस्थिती निर्माण करीत आहे. तुम्हाला हवी असलेली गोष्ट सहजासहजी मिळाली तर तुम्हाला त्या गोष्टीची किंमत वा मूल्य राहणार नाही त्यामुळे तुम्हाला प्रत्येक गोष्टीसाठी जीवनात संघर्ष हा करावाच लागणार आहे. जीवनातील कलहाकडे बघण्याचा सकारात्मक दृष्टिकोन विकसित करणे अंत्यत महत्त्वाचे आहे. त्यासाठी शिक्षक, आई- वडील, पती -पत्नी , प्रियकर -प्रेयसी किंवा मित्र, इत्यादींनी अपयशाच्या वेळी व्यक्तीला पाठिंबा देणे गरजेचे आहे त्यांच्या अडचणी काय आहेत हे जाणून घेणे महत्त्वाचे आहे 'अपयश येणे ' हा संघर्षाचाच एक भाग आहे. त्याकडे सकारात्मक दृष्टिकोनातून बघितले पाहिजे जेव्हा-जेव्हा आपल्या जीवनात संघर्ष निर्माण होईल तेव्हा तेव्हा आपण समजून घ्यायचे की स्वतःला सिद्ध करण्याची हीच योग्य वेळ आहे, स्वतःचे अस्तित्व निर्माण करण्यासाठी ही परिस्थिती माझ्यासमोर उभी आहे आणि या सुर्वण संधीचा फायदा मला घ्यायचा आहे. यातून मला समाजाला व देशाला दाखवून द्यायचे आहे की मी संघर्षातून मार्ग काढू शकतो माझे अस्तित्व निर्माण केलेले आहे. दुसऱ्यापुढे तुम्ही एक आदर्श म्हणुन उभे राहाल अश्या दृष्टिकोनामुळे तुम्हाला संघर्ष करत असताना आत्मप्रेरणा मिळेल व तुम्हाला संघर्षातून मार्ग काढून यश नक्कीच प्राप्त होईल.

"Don't struggle about the struggle. In other words, life's full of ups and downs. So if you're struggling, don't worry, everyone else has or will at some point."

— Sean Covey "

विद्यार्थी जीवन : एक संघर्षमय प्रवास शिवम राठोड (FYBA)

शालेय जीवनामध्ये यश मिळविण्याकरिता विद्यार्थ्यांना संघर्ष व समस्यांचा ताळमेळ साधावा लागतो . विद्यार्थी जीवन हे अनेक समस्या आणि संघर्षाने भरलेले आहे . विद्यार्थी त्यांच्या खडतर जीवनात अनेक समस्यांना तोंड देत आपला शिक्षणाचा प्रवास करतात हे जीवन जणूकाही कष्टच असतं . अगदी प्राथमिक शिक्षणापासून या खडतर जीवनाची , या संघर्षमय जीवनाची सुरुवात होते. ज्या बालवयात आपल्या मातृभाषेचं अर्धवट देखील ज्ञान नसते त्या वयात चार ते पाच वर्षांच्या मुलांना आई वडील खासगी इंग्रजी माध्यमाच्या शाळेत मुलांचा प्रवेश निश्चित करतात . ज्या मुलाला मातृभाषेचे पुरेसे पण ज्ञान नसते त्याला सर्व विषय इंग्रजीतून शिकावे लागते . त्यामुळे त्याच्या मनावर दडपण येते. त्याची आकलन शक्ती कमजोर होते . विद्यार्थ्यांमध्ये मानसिक तणाव येतो अधून मधून कोचिंग क्लासमध्ये पण विविध अडचणींचा सामना करावा लागतो .

अशा रीतीने एक विद्यार्थी शिक्षणाच्या प्रवासात पाऊल ठेवतो . पुढे हा प्रवास चालतच राहतो . या प्रवासाच्या मृगजळात विद्यार्थी खेळापासून दुरावत जातो . त्याच्या मनाचा कोंडमारा होतो . नंतर आई वडिलांच्या भांडणामुळे विद्यार्थ्यांच्या कोवळ्या मनाला भावनिक त्रासाला सामोरे जावे लागते. ते त्यांच्या पालकांना काही कारण नसताना ओरडताना पाहून घाबरून जातात याचा परिणाम त्यांच्या मानसिक आरोग्यावर होतो . आजच्या काळात काहीही विचार न करता लहान मुलांसमोर केली जाणारी घरगुती हिंसा ही एक सामान्य घटना आहे . विद्यार्थ्यांचं संपूर्ण जीवनच संघर्ष व समस्यांनी भरलेलं असतं. या जीवनात विद्यार्थी अनेक समस्यांशी संघर्ष करत शिक्षणाचा प्रवास करतात. प्राथमिक शिक्षण झाल्यावर जेव्हा दहाव्या वर्गात प्रवेश झालेला असतो त्यावेळी तर घराच्या अगदी वरून अभ्यासाचा प्रेशर असतो त्यामुळे फक्त अभ्यास आणि अभ्यासच एवढेच त्याला करावे लागते . त्यावेळी त्याला खेळ , समारंभ , सहली इत्यादींचा त्याग करावा लागतो, आपल्या समाजातील निरक्षर लोकांच्या चुकीच्या परंपरेमुळे विद्यार्थ्यांना अनेक समस्यांचा सामना करावा लागतो . परिणामी या कारणांमुळे त्यांच्यावर अभ्यासाचा ताण येत राहतो आणि हे विद्यार्थी आपण चुकलो किंवा आपल्याला परीक्षेत कमी गुण मिळाले तर परिणामी समाज , कुटुंब यांची मनधरणी कशी करायची याबद्दल विचार करत राहतो दहावी झाल्यानंतर विद्यार्थ्यांना कला , वाणिज्य आणि विज्ञान या शाखेमधून आपल्या आवडत्या शैक्षणिक शाखेत प्रवेश घ्यायचा असतो . जर एखाद्या विद्यार्थ्याला कला शाखा आवडत असेल परंतु , आई वडिलांच्या प्रतिष्ठेसाठी त्याला विज्ञान शाखेत प्रवेश घ्यावा लागतो , येथे आवड एका बाजूला व आई वडिलांची प्रतिष्ठा एका बाजूला असल्यामुळे त्याला आई - वडिलांच्या प्रतिष्ठेसाठी विज्ञान शाखेत प्रवेश निश्चित करावा लागतो . जो विद्यार्थी विज्ञान शाखेत शिक्षण घेतो त्याची प्रतिष्ठा आजही समाजात खूप खूप उच्च दर्जाची समजली जाते, आणि आजही कला शाखेला आपला समाज कमी लेखाताना दिसून येतो . जर एखादा विद्यार्थी कमी बुद्धीचा असेल आणि त्याने विज्ञान शाखेत प्रवेश घेतला असेल तर त्याची प्रतिष्ठा समाजात उंचावेल , याउलट जो विद्यार्थी हुशार व बुद्धिमान असेल परंतु

त्याने कला शाखेत प्रवेश घेतला असेल त्या विद्यार्थ्यांना आपला समाज कमी लेखतो . येथे फक्त शाखेचे महत्त्व असते इच्छा आणि आवडीला महत्त्व दिले जात नाही . ग्रामीण भागात आजही कितीतरी घुसमट बघायला मिळते घरच्यांच्या प्रतिष्ठेपायी विद्यार्थ्यांना स्वतःच मन मारून इच्छेवर पाणी सोडावं लागतं. खरं तर शिक्षण म्हणजे जणूकाही स्पर्धाचं . दुसऱ्या विद्यार्थ्यांपेक्षा तुला जास्तीचे गुण मिळालेच पाहिजेत हा पालकांचा अट्टाहास . मार्क्स कमी मिळाले तरी चालेल पण विचाराने , ज्ञानाने मोठा हो असे सांगणारे फार थोडे पालक दिसून येतात बारावी झाल्यानंतर पदवीच्या शिक्षणासाठी मोठमोठ्या शहरांकडे प्रवास वळवावा लागतो तेथे राहण्यासाठी करावा लागणारा संघर्ष अर्थातच वेगळा . त्यातही अजून दारिद्र्य रेषेखालील विद्यार्थी जेव्हा शहराकडे येतात तेव्हा पैशांपासून ते खाणं , राहणं ...सगळीच जुळवाजुळव करताना करावा लागणारा संघर्ष . हा संघर्षमय प्रवास इथेच थांबत नाही तर तो नेहमीच चालणारा असतो , अर्थातच चालू आहे. संघर्षमय शिक्षणाचा प्रवास इथपर्यंत मर्यादित नसतो , हा तर शिक्षणाच्या प्रवासाचा पायाच असतो अजूनही आपल्या समाजात शिक्षणासाठी अनेक विद्यार्थ्यांचा लढा सुरु आहे.

*"A problem is a chance for you to do your best."
- Duke Ellington*

संघर्ष ! श्रेया मोरे (FYBA)

पृथ्वीवर अस्तित्वात असलेल्या प्रत्येक सजीव निर्जीव वस्तु, व्यक्ती याच्या जिजवनाचा अविभाज्य भाग सजीवाच्या बाबतीत हा संघर्ष टोकाला पोहचलेला दिसुन येतो. प्रत्येक दिवस एक नवीन आव्हान घेऊन येतो आणि सजीव ते पेलण्यासाठी तयारीत असतात. एक लहान मुंगी तीच्या जन्मानंतर तिच्याच वजनाच्या दृप्पट उचलून आणते पावसाळा येण्याआधी अन्नाची सोय करून घेते. मात्र तिच्या या अगदी मर्यादीत जीवनकालात देखिल पावसाळ्यातील अन्नासाठी होणाऱ्या गैरसोयीची जाण या किटकवर्गाला अधिच आलेला दिसतो.

म्हणुन संकट येण्याआधीच ती पेलण्याची तयारी त्यांनी केलेली दिसते. मुंग्याचे आणखी एक वैशिष्ट्य म्हणजे त्यांचे वारूळ आणि कार्य करताना शिस्त अस्ताव्यस्त न जाता एक सरळ रेषेत जातात .स्वतःच्या राहण्याची सोय स्वतः करतात, मात्र जर आपण सापाचा विचार केला तर त्याला आधीच कोणीतरी तयार करुण ठेवलेले (घर) म्हणजे वारूळ लागते.

प्रत्येकाचा संघर्ष सुरुच असतो. बेडुक हा जगण्यासाठी किटकाचे भक्षण करतो, तर बेडकाचे साप आणि सापाचे गरुड व शेवटी गरुडाचे किटक भक्षण करताना दिसुन येतात म्हणजेच पर्यावरणाचे समतोल राखणारी अन्नसाखळी देखिल संघर्षाची छोटीशी कथा सांगताना दिसुन येते. पृथ्वीवरील प्रत्येक जीवनात स्व जिजवनासाठी संघर्ष सुरुच असतो. एक मधमाशी फुलातून चोरलेला मकरंद त्याचे स्पादन ती मधात करते एक मधमाश्याच पोळ म्हणजे तिचा आयुष्यभर संघर्ष असतो, जो तीने स्वतः साठी केलेला असतो.

मानवाचा विचार केला तर मानवी संघर्ष गर्भावस्थेपासुनच सुरु होतो. जन्माला येण्यापुर्वी गर्भसंस्कार मान्य करण्यापासून अत्यसंकारपर्यंत मानव संघर्ष करीत असतो ,किंवा संघर्ष खुप मोठा किंवा छोटा असा काही नसतो . त्याला छोटा मोठा उपमा देण्याचे काम मात्र मानवाने उत्तमरित्या केलेले असते संघर्ष मानवाला विचार करण्यास भाग पाडतात. जगण्यासाठी उर्मी देतात. संघर्ष दोन प्रकारचे असतात . स्वनिर्मित किंवा कृत्रिम आणि दुसरा म्हणजे अनपेक्षित किंवा नैसर्गिक. बहुतेक वेळा मानवाच्या स्वभावामुळे व्यक्ती व्यक्ती मध्ये दिसण्यावरून बोलण्यावरून , खाण पानावरून, रंग वेष जात पात यामुळे ही संघर्ष निर्माण होताना दिसुन येतात .हा संघर्ष कधी वैयक्तिक पातळीवर असतो तर कधी सामाजिक पातळीवर.

स्वनिर्मित संघर्षाबद्दल विचार केला तर सकाळी लवकर उठावे की नाही , व्यायाम करावा का नाही आज काय घालायचे, काय खायचे ? किती वेळ वायफळ गोष्टीवर खर्च करायचा हे ठरवण्यासाठी सध्याच्या युवा वर्गाचा संघर्ष दिसुन येतो. युवा वर्गाला लागलेले मोबाईलचे व्यसन त्याच्या जीवनात संघर्ष निर्माण करण्यास भाग पाडताना दिसुन येते.

मानवी जीवन संघर्षमयी आहे बाळ जन्माला आल्यापासून त्याचे नाव, शाळा, महाविद्यात ठरवे पर्यंत पालकांचे संघर्ष सुरुच असतात नाव ठेवायचे असेल तर नावाचा अर्थ, अनार्थ पहिला जातो. जन्म झाल्यावर प्रत्येक व्यक्तीला कोणत्या ना कोणत्या संघर्षाला सामोरे जावे लागते.

संघर्ष जितका चांगला असतो. तेवढाच काही बाबतीत वाईट देखील असतो. कधी कधी संघर्ष दुरावा निर्माण करतो तर कधी स्पर्धा निर्माण करतो. मात्र बहुतांश लोकांना संघर्षातून शिकवण भेटलेली दिसून येते, जीवन संघर्ष मानवाला यशस्वी होण्यास कारणीभूत असतात. आपण गोष्टींना ज्या मनस्थितीने बघतो त्या आपल्याला तश्या दिसतात. यावर 'पुल देशपांडे' यांनी असे म्हटले आहे की

दृष्टीकोनाचा फरक आहे

आणखिण काय ?

म्हणजेच जीवन हे संघर्ष आहे. जर तुम्ही सकारात्मकरित्या पाहिले तर हाच संघर्ष जीवन आहे.

"I have no regrets in my life. I think that everything happens to you for a reason. The hard times that you go through build character, making you a much stronger person."

– Rita Mero

"Difficult times will come. It's a fact of life, isn't it? There are good times and bad times in everybody's life."

– Raj Kosaraju

तुफानातला दिवा श्रेया मोरे(FYBA)

“ जरी संकटाची काळ रात होती
तरी भीमराया तुझी साथ होती
तुझी तेवण्याची सुरुवात होती
प्रकाशात माझी पिढी न्हात होती ”

कवितेच्या या ओळीप्रमाणे दलित समाजाला वर्णव्यवस्थेच्या आणि जातीभेदाच्या अंधकारातून बाहेर काढून त्यांचे जीवन प्रकाशमय करण्याचे काम “भारतरत्न डॉ. बाबासाहेब आंबेडकर” यांनी केले. लहानपणीच्या खेळकर, खोडकर भीवापासून त्यांचा बाबासाहेब होण्यापर्यंतचा प्रवास, त्यांचा दलित समाजाला त्यांचे हक्क मिळवून देण्याचा संघर्ष आपण आज बघणार आहोत.

भारतातील दलित समाज जातीव्यवस्थेच्या शृंखलेत कोंडला गेला दलित समाजातील लोक रस्त्यावरून जाताना त्यांच्या पावलांच्या खुणांमुळे इतर जातीतील लोकांना त्यावर पाय ठेवून ते अपवित्र होऊ नये म्हणून त्यांच्या पाऊलखुणा नष्ट करण्यासाठी त्यांच्या कमरेला बोराट्याची फांदी बांधण्यात यायची, थुंकण्यासाठी गळ्यात मडकं अडकवण्यात यायच. त्यांची सावली स्वतःवर पडू नये म्हणून त्याकाळी रुढीप्रिय माणूस प्रचंड काळजी घेत असे. त्याकाळी अस्पृश्यांना पाणवठ्यावरून साधे पाणी सुद्धा त्यांच्या हाताने घेता येत नसे, अगदीच तो तहानेने व्याकूळ झाला आणि त्याची दया कोणाला आली तर त्यांना वरून पाणी दिले जात असे. अशी अगदी गंभीर परिस्थिती त्या काळातील अस्पृश्य माणसाची होती आणि ही परिस्थिती बदलणे खूप आवश्यक होते.

अस्पृश्यांची ही परिस्थिती बदलण्यासाठी आणि त्यांना गुलामगिरीतून, अंधकारातून बाहेर काढण्यासाठी रामजी सकपाळ यांच्या घरात १४ एप्रिल १८९१ मध्ये भिमाबाईच्या पोटी जन्म झाला एका ‘ महामानवाचा ’ त्या महामानवाच नाव त्यांच्या आईच्या नावाने भीमराव असे ठेवण्यात आले. लहानपणी त्यांना घरात सगळे लाडाने भीवा म्हणून हाक मारायचे. याच लहान भीवाला सुद्धा या जातीव्यवस्थेची झळ लागायला सुरुवात झाली होती. त्यांना त्याला शाळेत वर्गाच्या बाहेर बसून शिक्षण घ्यावे लागे. शाळेतील पाण्याच्या माठाला सुद्धा त्यांना हात लावू दिला जात नव्हता. फळ्याजवळ ठेवलेले इतर मुलांचे डबे अपवित्र होतील म्हणून त्यांना फळ्याला हात लावू दिले जात नव्हते. म्हणजेच लहान मुलांना सुद्धा या जातीव्यवस्थेने सोडले नव्हते. बाबासाहेबांच्या वडिलांनी त्यांचे नाव शाळेत टाकताना रत्नागिरीतील त्यांचे मूळ गाव अंबाडवे या नावावरून आंबाडवेकर हे त्यांचे आडनाव म्हणून लावले होते. या आडनावाने सुद्धा त्यांच्या वर्गातील मुले त्यांना चिडवत असत, त्यामुळे त्यांच्या शाळेतील कृष्णाजी केशव आंबेडकर या एका ब्राह्मण गुरुजींनी त्यांचे आडनाव बाबासाहेबांना दिले व तेव्हापासून ते भीमराव रामजी आंबेडकर म्हणून ओळखले जाऊ लागले .

या जातीभेदामुळे बाबासाहेबांना नेहमीच प्रश्न पडलेला असायचा की हे सर्व इतर लोकांसोबत न होता आपल्यासारख्याच काही लोकांबरोबरच का होते व हे कसे थांबवता येईल आणि ते नेहमीच हा प्रश्न त्यांच्या वडिलांना विचारत व त्यांचे वडील त्यावर म्हणत हे तुला शोधून काढायचे आहे आणि बदलायचे आहे. असे सर्व करता करता बाबासाहेब दहावीत गेले. व चांगल्या गुणांनी १९०८ साली मॅट्रिक उत्तीर्ण झाले. दलित समाजातील मॅट्रिक उत्तीर्ण होणारे ते पहिलेच होते म्हणून त्यांचे खूप कौतूक झाले, त्यांचा सत्कार करण्यात आला. त्यांच्या या सत्काराला किलोस्कर. गुरुजी देखील हजर होते आणि त्यांनी बाबासाहेबांना आशिर्वादाच्या रूपात एक पुस्तक भेट म्हणून दिले आणि ते पुस्तक म्हणजे 'बुद्धचरित्र'. हे पुस्तक वाचून बाबासाहेबांच्या जीवनात त्यांच्या विचारात प्रचंड बदल झाले. हे बुद्धचरित्र वाचून त्यांच्या लक्षात आले की एकेकाळी भारत समानता, बंधूता या तत्त्वावर अगदी खुशाल नांदत होता पण आता त्यांचे रूपांतर असमानतेत झाले होते. व बंधूता तर अगदी लयाला गेली होती. भारताला पुन्हा बुद्धांच्या या तत्त्वावर आणून समृद्ध करायचे हा ध्यास त्यावेळी बाबासाहेबांनी घेतला व हे करण्यासाठी प्रचंड अभ्यासाची गरज आहे हे त्यांना कळून चुकले व त्यांनी 'त्या' दिशेने पावले टाकण्यास सुरुवात केली.

त्याकाळी शाहू महाराजांकडून शिष्यवृत्ती मिळवून ते परदेशी शिक्षणासाठी गेले तिथेही आर्थिक परिस्थिती चांगली नसल्यामुळे त्यांना फक्त एका पावाच्या तुकड्यावर दिवस काढावा लागे. परदेशी असल्यामुळे त्यांना रमाबाई व त्यांच्या मुलांकडे लक्ष द्यायला जमत नसे, त्यामुळे त्यांना आपली चार मुले गमवावी लागली. अजून एका राजाने म्हणजेच बडोद्याचे सयाजीराव गायकवाड यांनी त्यांना शिष्यवृत्ती दिली पण शिक्षण पूर्ण झाल्यावर आपल्या राज्यात नोकरी करावी लागेल अशी अट घातली. ही अट मान्य करून बाबासाहेबांनी बडोद्यात पाय टाकले त्यांना वाटले इथे तरी आपल्याला मानसन्मान मिळेल आपल्यासोबत भेदभाव होणार नाही पण तस काहीच घडल नाही त्यांच्यासोबत जातीयता इथेही चिकटलेली होती, पावलोपावलांवर त्यांचा अपमान होत होता. तेथील शिपाई सुद्धा उच्च जातीमुळे बाबासाहेबांच्या टेबलावर फाईल फेकून द्यायचे, ते बडोद्यात ज्या पारसी गृहस्थाकडे रहायचे त्याने सुद्धा त्यांना घराबाहेर काढल्यामुळे त्यांना चार दिवस एका झाडाखाली काढावे लागले होते.

त्यांच्या शिक्षणात तर अडचणी आल्याच पण नंतरही त्यांना जातीयतेला सामोरे जावे लागले होते. पण त्यांनी त्यांच्या इतर अस्पृश्य व दलित बांधवांसाठी त्यांना त्रास होऊ नये म्हणून प्रचंड कष्ट घेतले, त्यांना त्यांच्या विद्वत्तेमुळे संविधान समितीत सामील करून घेतले व संविधान निर्मितीमध्ये त्यांनी अस्पृश्यांसाठीच नव्हे तर इतर जातीतील लोकांसाठी सुद्धा प्रचंड सवलती व त्यांच्या हक्कांना विचारात घेऊन सर्व तरतुदी केल्या आहेत. संविधान निर्मितीत सर्वात प्रमुख योगदान कुणाचे असेल तर ते होते' बाबासाहेब आंबेडकरांचे' त्यांनी सहन केलेली जातीयता इतरांना सहन करावी लागू नये म्हणून त्यांनी आपले दिवस रात्र एक करून त्यासाठी काम केले व त्यांचे अस्पृश्यता निर्मूलनाचे स्वप्न साकार केले. त्यांच्यामुळेच आज दलित समाज इतकी प्रगती करतो आहे आणि इतर समाजासोबत अगदी मानासन्मा - नाने जगत आहे.

बाबासाहेब आंबेडकरांनी केलेल्या संघर्षाचे फळ आज संपूर्ण मानवजातीला मिळत आहे म्हणून असं म्हटलं जातं, " उद्धारली कोटी कुळे, भीमा तुझ्या जन्मामुळे " .

जगण्याची दृष्टी वैष्णवी युवराज मिसाळ (MA I)

जग खुप सुंदर आहे पण ते पाहणे सगळ्यांच्याच कुठे नशिबात असते . तरीही ते स्वप्न उरावर घेऊन चालतच असतात . स्वतःची वाट तयार करून समाजामध्ये चालणाऱ्या त्या लोकांना मनाचा सन्मान सहजासहजी प्राप्त होत नसतो . अशावेल्ली अशक्य गोष्टी शक्य करण्याचे सामर्थ्य त्यांच्यामध्ये दाटून येत असते.अतिशय कठीण परिस्थितीला तोंड देण्याचे वेड त्यांच्या मनामध्ये भिनभिनते. जीवनाकडे बघण्याचा सकारात्मक दृष्टीकोनात ते बदल घडवून आणतात .

अपंग हा शब्द मनाला भिडसावणारा आहे . कसं असतं ना ते त्यांच्या मनात असणाऱ्या गोष्टी करू शकत नाहीत . तरी ते त्या जिद्दीने सामोरे जातात . निराशा झटकून आयुष्यातील पाऊले कशी टाकायची हे त्यांच्याकडून शिकायचे . त्यांच्या मनात एकच गोष्ट सातत्याने दरवळत असते कि मला करायचे आहे आणि मी करणारच. त्याला उभा राहायचे आहे आणि जिद्दीने तुझा ध्येयाकडे हळूहळू पावले टाकायचे आहेत असे अनेकांकडून प्रोत्साहन भेटते. पण या सर्व प्रवासामध्ये अनेक अवरोधांना सामोरे जावे लागते त्याचं काय ? आपण सर्वसामान्य माणसे त्यांना मदत करतो का ? हा आपल्या मनाला प्रश्न विचारून पाहावा .अनेक कारणास्तव आपण त्यांना मदत करणं झिडकारतो ते टाळलं पाहिजे .

पण मी नेहमी त्यांना बसमधून प्रवास करताना पाहिले.

ती त्यांची जिद्द त्यांना रहदारीच्या जीवनात ते स्वतःला पुढे सारत नेत असतात . त्याचं दरम्यान बरीच माणसं त्यांना स्वतःहून सहकार्य करत त्यांच्यासाठी वाट मोकळी करतात. कळत नकळत केलेली ही मदत त्यांच्यासाठी खारीचा वाटा असावा असं मला वाटतं .

अनेकदा खेड्यांमध्ये त्यांची संख्या अल्प दिसून येते पण शहरांमध्ये त्यांच्यात वाढीव प्रमाण दिसून येते. या पाठीमागची प्रेरणा म्हणजे शहरांमध्ये अनेक सुविधा उपलब्ध होतात त्यामुळे ते स्थलांतर करतात . ते त्यांना सोयीस्कर वाटते . याच दरम्यान त्यांच्या विलक्षण प्रवासाला सुरुवात होते . बरेच जण महाविद्यालय शिक्षण पूर्ण करण्यासाठी , नोकरीसाठी शहराची वाट धरतात . त्या दरम्यान बराच प्रवास होतो . बस ,रिक्षा यांच्या साहाय्याने महाविद्यालयात येणे . बऱ्याच अडचणींना मागे टाकून येतात . अंध विद्यार्थ्यांसाठी सरकारने वेगळा रस्ता तयार केला आहे . त्यांच्या साहाय्याने ते महाविद्यालयात येत जात असतात . बऱ्याच वेळेस त्यांना स्वतःच्या हिमतीने किंवा मित्रांच्या साहाय्याने यावे लागते . महाविद्यालय स्तरावर बरेच वेगवेगळ्या क्षेत्रात पदार्पण करतात . आपण जे शिक्षण घेतो तेच ते शिक्षण घेतात पण सर्वसामान्य मुलांच्या गुणांपेक्षा किंवा त्यांच्या बरोबरीने अव्वल गुण ते प्राप्त करतात.

कष्टाशिवाय पर्याय नाही हे त्यांना ठाऊक असते.

दररोजच्या दिनक्रमात अचानकपणे वळण घेऊन काही घटना घडतात त्या घटनेमुळे अपंगत्व निर्माण होते. कधीकधी मित्रांसोबत मौज मजा मस्ती करत गाडी चालवत असताना त्याचं दरम्यान अनपेक्षित घटना घडतात . त्याचा परिणाम मनात खोलवर रुजला जातो . त्यांना असं वाटतं की त्यांची स्वप्ने उजेडातून अंधारात जात आहेत थांबणे हा पर्याय कधीच नसू शकतो याची जाण

त्यांना असते म्हणून ते नव्या उमेदीने नवीन झेप घेऊन स्वतःचा प्रवास सुरु करतात . बऱ्याच वेळेस त्यांना लोकांकडून व घरातील सदस्यांकडून सतत मागायला जावे लागते . कधीकाळी मी स्वतःहून सर्व गोष्टी करायचो आता त्या गोष्टी मला दुसऱ्यांकडून करून घ्याव्या लागतात हि गोष्ट त्यांच्या मनाला हिणवत असते. ठरत त्यांना नकोस वाटतं की प्रत्येक वेळेस दुसऱ्या पुढे हात पसरायचे . मी काही बिचारा नाही असे त्यांना वाटत असते . घरातील छोटी मोठी कामे किंवा स्वतःची कामे करण्यासाठी मनामध्ये तीव्र इच्छा असते . पण ती दडपली जाते.

त्यांना स्वतःहून करण्यासाठी काहीच वाव नसतो . त्यामुळे त्यांच्या मनाचे खच्चीकरण होते. मनात बऱ्याच वेळा विचार येतो की मला दुसऱ्यांची सावली बनून नाही राहायचे करणं अशाने मनातले दुःख ना कोणाला बोलता येत नाही कोणाला सांगता येत . कधीतरी आपल्याला असे वाटून जाते की आपलं कोणीच नाही. मी एकटाच आहे ..पण त्यांना तर मित्र परिवार खूपच कमी असतो.त्यांनाही एकटेपणा जाणवत असेल. काही वेळेस त्यांना त्याचा खूप त्रास होत असतो. बऱ्याच जणांना मबसिक सल्लागाराची वाट धारावी लागते . त्याच्यामुळे त्यांच्या मनाला दिलासा भेटतो . मनातील खंत बाजूला सारून मला माझ्या स्वतःसाठी मला वेगळीच वाट तयार करायची आहे . ती करण्यासाठी काही गोष्टीचा विरोध पत्करून आणि स्वतःची शारीरिक स्थिती स्थिर ठेऊन पुढे जायचे आहे . याची नवी उमेद मनामध्ये असते आणि ते प्रत्येक सुखद अनुभव निर्माण करून जगण्याचा प्रयत्न करत असतात. लहानपणापासून मनामध्ये खूप सार साचून ठेवलेल असते . मला हे करायचं आहे . तेव्हा ठरवलं की जे करायचं ते कृतीतमधून व्यक्त नाही होत . पण अपघातानंतर मेहनत तर घ्यावीच लागते हे त्यांना माहित असते. नव्या उमेदीने ते उभे राहतात . रस्त्यात कितीही काटे पडले असले तरी ते त्यांना सारून पुढे निघून जातात . स्वतःला नवीन युगाशी जोडून घेतात . दररोजच्या जीवनशैली बरोबर चालण्याचा प्रयत्न करतात .पण कसे असताना मनात जे असते ते काहीही मुखावर वर दिसत नाही . असं जगणं किती वेगळं आहे ना . आधार शब्द मनाला किती विसावा देतो . तोच आधार आपल्याला जवळच्या लोकांकडून भेटतो. तसेच आई वडील यांची माया , मित्रमंडळी यांचे प्रेम , व इतर अनोळखी व्यक्ती त्यांना सावरून घेतात . जी जवळची व्यक्तिमत्त्व स्वतःचे अस्तित्व निर्माण करतात . हा असा परिवाराकडून मिळणारा पाठिंबा यासारखे मोल कुठेच नसते . कुटुंब त्यांच्यासमोर ढाली सारखे उभे असते. प्रत्येक अडचणी मध्ये ते साथ देतात. त्यांना घडवण्याचे काम करतात . याच दरम्यान आपले भारत सरकार खूप काही योजनांच्या साहाय्याने मदतीसाठी धावून येतात . त्यांना अनेक क्षेत्रामध्ये काम करण्यासाठी प्रोत्साहित करतात. तसेच आई वडील यांची माया , मित्रमंडळी यांचे प्रेम , व इतर अनोळखी व्यक्ती त्यांना सावरून घेतात . जी जवळची व्यक्तिमत्त्व स्वतःचे अस्तित्व निर्माण करतात . हा असा परिवाराकडून मिळणारा पाठिंबा यासारखे मोल कुठेच नसते . कुटुंब त्यांच्यासमोर ढाली सारखे उभे असते. प्रत्येक अडचणी मध्ये ते साथ देतात. त्यांना घडवण्याचे काम करतात . याच दरम्यान आपले भारत सरकार खूप काही योजनांच्या साहाय्याने मदतीसाठी धावून येतात . त्यांना अनेक क्षेत्रामध्ये काम करण्यासाठी प्रोत्साहित करतात. यामुळेच बरेच हिरे निर्माण होतात. प्रत्येक भावनेला गोंजारत बसले तर कधीही पुढची वाट निर्माण करता येणार नाही. निराशा झटकून आयुष्य कसं चालायचे हे शिकवणाऱ्या अनघा मोडक, गुढ्यांना त्रास

असूनही बॅडमिंटन सारखा खेळ खेळणारा जगात अव्वल स्थान पटकावणारा सुकांत कदम , अपंगत्वावर मत करून जलतरुण पट्टू होणारच अशी धडपड असणारा राहुल रामगुडे , स्वतःची दृष्टी अंधारात जरी असली तरी स्वतःच्या स्वराने उजळणारी योगिता तांबे , हे सर्वजणांनी त्यांच्या प्रत्येक भावनेला खतपाणी दिल नाही म्हणून त्यांनी यशाची पुढची वाट निर्माण केली आहे. त्यांनी स्वतःची जबाबदारी स्वीकारून स्वतःला पुढे सारत आणले आहे . त्यांनी त्यांच्या आयुष्यामध्ये हटवादी पणा टाळला म्हणून ते स्वतःला जगण्यासाठी वेगळ्या दृष्टीकोनातून पाहून स्वतःमध्ये वेगळेपण निर्माण केले आहे. तिमिरातून तेज्याकडे जाणारा हा त्यांचा मौल्यवान प्रवास असाच सुरु राहो.

“Hard times are like thunder. They make a lot of noise but do little harm. Don't fear hard times.”

– Debasish Mridha

वैयक्तिक संघर्ष श्रावण परकाळे (TYBA)

वैयक्तिक संघर्ष अनेक रूपे असतात, काही इतरांपेक्षा अधिक गंभीर असतात. हे तुम्ही घेतलेल्या दीर्घकालीन निवडी आणि तुम्हाला तात्काळ घ्यावयाचे निर्णय यातून उद्भवते. तुमचे चारित्र्य आणि सचोटी जाणून घेणे हे ठरवते की तुम्ही तुमचा संघर्ष कसा सोडवता.

कामाच्या ठिकाणी असणारा वैयक्तिक संघर्ष -

वैयक्तिक संघर्षामुळे कामाचे वातावरण अस्वस्थ आणि अनुत्पादक होऊ शकते. संघर्ष दोन कर्मचारी किंवा एक कर्मचारी आणि व्यवस्थापक यांचा समावेश असला तरीही. तो निष्पक्ष आणि उत्पादकपणे सोडवला गेला पाहिजे. जर तुम्ही वैयक्तिक संघर्षात गुंतलेले कर्मचारी असाल (किंवा संघर्षाचे साक्षीदार आहात, तर परिस्थिती कशी हाताळायची हे समजून घेणे महत्त्वाचे आहे.

कामाच्या ठिकाणी वैयक्तिक संघर्ष काय मानला जातो?

वैयक्तिक संघर्ष म्हणजे कामाच्या ठिकाणी दोन लोकांमधील वाद किंवा मैत्री नसणे जे व्यत्यय आणते. बऱ्याचदा, संघर्ष हा व्यक्ती सहयोगी नसल्यामुळे किंवा इतर कार्यशैली किंवा व्यक्तिमत्त्वांसाठी खुला नसल्यामुळे उद्भवतो. तुमच्या कामाच्या ठिकाणी तुम्ही अनुभवू शकणाऱ्या वैयक्तिक संघर्षांचे खालील प्रकार आहेत.

भिन्न कार्य शैली मध्ये मतभेद

एखादे काम यशस्वीरित्या पूर्ण करण्याचे अनेक मार्ग असतात. तथापि, कार्यशैलीतील फरक किंवा अनन्य कार्यशैली असलेल्या लोकांबद्दलचा तिरस्कार, निराकरण न केल्यास वैयक्तिक संघर्ष होऊ शकतो. व्यक्तींच्या कार्यशैली अशा बिंदूपर्यंत भिडतात जिथे एक कर्मचारी काम करण्यास किंवा दुसऱ्याला सहकार्य करण्यास तयार नसतो.

वेगवेगळ्या व्यक्तिमत्त्वांशी घर्षण

कंपनीच्या सर्व सदस्यांना एकमेकांना आवडले पाहिजे असे नाही, परंतु त्यांना एकमेकांसोबत काम करणे आणि उत्पादनक्षमतेने काम करणे आवश्यक आहे. बऱ्याच प्रकरणांमध्ये, भिन्न व्यक्तिमत्त्वे वैयक्तिक संघर्षास कारणीभूत ठरतात कारण दुसरा विशिष्ट प्रकारे का वागतो हे समजत नाही.

कार्ये किंवा प्रकल्प दरम्यान विवाद

काम काही वेळा खूप निराशाजनक असू शकते, विशेषतः जेव्हा एखाद्याला असे वाटते की कंपनीचा दुसरा सदस्य लक्ष्य लक्ष्य गाठण्यात मदत करत नाही. यामुळे विवाद, युक्तिवाद आणि इतर नकारात्मक परिणाम होऊ शकतात ज्यात मीटिंग्ज विस्कळीत होण्याची आणि/किंवा संपूर्ण टीमच्या कार्यप्रवाहात व्यत्यय आणण्याची क्षमता असते.

नेतृत्व किंवा व्यवस्थापनाशी संबंधित मतभेद

व्यवस्थापन स्थितीत असणे कठीण आहे. विशेषतः लहान संघाचे व्यवस्थापन करताना. बऱ्याचदा कर्मचाऱ्यांना असे वाटते की ते प्रभारी लोकांपेक्षा चांगले काम करू शकतात. दुसरीकडे, व्यवस्थापक आणि कंपनीचे अधिकारी पुरेसे कर्मचारी इनपुट किंवा सहभागासाठी परवानगी देऊ शकत नाहीत. ज्यामुळे वैयक्तिक संघर्ष होऊ शकतो.

इतर प्रकारचे संघर्ष

अर्थात, ही अनेक संभाव्य मार्गांची काही उदाहरणे आहेत ज्यामध्ये वैयक्तिक संघर्ष होऊ शकतो. कोणत्याही वेळी दोन लोक असहमत होतात किंवा स्वतःला किंवा इतरांना बाधक अशा प्रकारे एकत्र येण्यात अपयशी ठरतात, तो वैयक्तिक संघर्ष मानला जातो. त्यांची समस्या बाहेरील कामातून उद्भवू शकते तथापि, हे महत्त्वाचे आहे की संघर्ष कामाच्या ठिकाणी आणला जाऊ नये.

कामावर वैयक्तिक संघर्ष कसा हाताळायचा

कामाच्या ठिकाणी संघर्ष सोडवण्याबाबत कोणतीही कारवाई न केल्यास, कामाच्या ठिकाणी त्याचा परिणाम किती प्रमाणात होत आहे यावर अवलंबून संबंधित पक्षांना शिस्त किंवा समाप्तीचा सामना करावा लागू शकतो. जर तुम्ही कामावर वैयक्तिक संघर्षात सहभागी असाल किंवा साक्षीदार असाल, तर तुम्ही परिस्थिती हाताळू शकता असे अनेक मार्ग आहेत. खाली वैयक्तिक संघर्ष हाताळण्यासाठी आणि समस्येचे शांततेने निराकरण करण्याच्या टिपा आहेत.

संघर्षाचा प्राथमिक स्रोत ओळख

मूलभूत असहमती काय आहे हे ठरवणे (कराराच्या मुद्द्यांसह) ही एक चांगली पहिली पायरी आहे. तुम्ही एक पाऊल मागे घेऊन, खोल श्वास घेऊन आणि दोन्ही बाजूंनी परिस्थितीचे शांतपणे मूल्यांकन करून हे साध्य करू शकता.

तुमच्या सहकर्मीशी प्रभावीपणे संवाद साधा

योग्य संवादाशिवाय काहीही साध्य होत नाही. विशेषतः जेव्हा प्रतिकूल परिस्थिती येते. अनेक सहकर्मी, व्यवस्थापक आणि अधिकारी यांना वैयक्तिक संघर्ष सोडवण्यात तुमच्याइतकाच रस असतो, त्यामुळे निरोगी चर्चा खूप पुढे जाऊ शकते.

संघर्षाचे निराकरण करण्यासाठी कृती योजना विकसित करा

जर तुम्ही ज्या व्यक्तीशी विवाद करत असाल तर ते निराकरण करण्यासाठी काम करण्यास तयार असेल, तर तुम्ही कृती योजना विकसित केली पाहिजे. यामध्ये मूळ समस्येचे निराकरण करणे आणि पुढे जाण्यासाठी चांगल्या संवाद आणि परस्परसंवादावर लक्ष केंद्रित करणे समाविष्ट असावे.

प्रत्येक जीवाला करावा लागणारा संघर्ष : एक दृष्टीक्षेप पल्लवी पवार (FYBA)

संघर्ष !

पृथ्वीवर अस्तित्वात असलेल्या प्रत्येक सजीव निर्जीव वस्तू , व्यक्ती यांच्या जीवनाचा अविभाज्य भाग. सजीवांच्या बाबतीत हा संघर्ष टोकाला पोहचलेला दिसून येतो . प्रत्येक दिवस एक नवीन आव्हान घेऊन येतो आणि सजीव ते पेलण्यासाठी तयारीत असतात . एक लहान मुंगी तिच्या जन्मानंतर तिच्या वजनाच्या दुप्पट उचलून आणते . पावसाळा येण्या आधी अन्नाची सोय करून घेते मात्र तिच्या या मर्यादित जीवकाळात देखील पावसाळ्यात होणाऱ्या गैरसोयीची जाण या कीटकवर्गाला आधीच आलेली दिसते . म्हणून संकट येण्याआधीच ती पेलण्याची तयारी त्यांनी केलेली दिसते . मुंग्यांचे आणखी एक वैशिष्ट्ये म्हणजे त्या कार्य करताना एकदम एका सरळ रेषेत जातात . स्वतःच्या राहण्याची सोय स्वतः करतात .

पृथ्वीवर आढळणाऱ्या प्रत्येक जीवासाठी संघर्ष हा अटळ आहे . स्व अस्तित्वासाठी प्रत्येक जीव संघर्ष करताना दिसून येतो .

मानवाचा विचार केला तर मानवी संघर्ष गर्भावस्थेपासूनच सुरु होतो . जन्माला येण्यापूर्वी म्हणजे गर्भावस्थेपासून ते शेवटच्या श्वासापर्यंत मानव संघर्ष करत असतो . संघर्ष छोटा मोठा असा काही नसतो . त्याला छोटा मोठा अशी उपमा देण्याचे काम मानवाने उत्तमरित्या केलेले दिसून येते . असं असलं तरी संघर्ष मानवाला विचार करण्यास भाग पाडतात , जगण्यासाठी उर्मी देतात .

संघर्ष जितका चांगला असतो तेवढाच काही बाबतीत वाईट असतो . कधीकधी संघर्ष दुरावा निर्माण करतो ,तर कधी स्पर्धा निर्माण करतो , मात्र बहुतांश लोकांना संघर्षातून शिकवण मिळालेली दिसून येते .संघर्ष जीवनात मानवाला यशस्वी होण्यासाठी कारणीभूत ठरतात . संघर्षामुळे जीवनाला वेगळी दिशा प्राप्त होते . आपण गोष्टींना ज्या मनस्थितीने बघतो त्या आपल्याला तशा दिसतात . यावर पु.ल.देशपांडे यांनी असे म्हटले आहे की -----

" मराठीत जी मज्जासंस्था वाटते ,
ती इंग्रजीत नर्वस सिस्टीम वाटते
दृष्टीकोनाचा फरक आहे
आणखीन काय ?

म्हणजेच जीवन हे संघर्ष आहे . जर तुम्ही सकारात्मकरित्या पाहिले तर " संघर्ष हेच जीवन आहे "

SCARS
By Akshata Lambore
FYBA

Cuts on her arms,
Her thighs hurt,
Not a count to keep
But a lot that hurt.

Soul burnt,
A broken heart,
A mind at rush
Yet tried a new start.

Lot to look back,
Lot that lets low,
But it hurts a little less
When you learn to let go.

Cuts those healed,
Set her free,
From all that
That has been pulling her beneath.

Out came the sun,
To kiss her skin,
Even with the scars
Which were always unseen.

Scars, these scars are the reminder to always keep going and why never to stop ,cause there is always a hope whether you believe it or not.

CHAOS IS ALL I SPELL

By Divya Lakshman

SYBA

With the break of dawn,
My mind set forth to move on,
Yet in the past retires my heart to dwell,
Chaos is all I spell.

My fire has lost its flame,
In the concealed feelings of regret and shame.
My heart, I see burning in fright and dread,
In the sun shining above my head.

I see the sky changing its hue,
My world still grey and blue.
A scary tussle betwixt my mind and heart,
Besides the questions thrown at my art.

Enveloped in fake scenarios of motherly embrace,
Dropping courage for the life's race,
Enveloped in darkness I lay,
Hopes of unicorns and rainbows at bay...

I FOUND ME
By Rumi Bhandari
MA PART I

Not afraid no more of the setting sun
Knowing next day morning will come
It's time to play this game called life alone
You win or you lose,
In a game the dice needs to be thrown
It could be windy, it could be breezy
In all potential, it could grow my hair frizzy, and make my senses dizzy
I know it so won't be close to easy
But then easy ain't writing 'bout.. Right?
I gather, To find peace u must make war
I have to open my mind to reach my core
To pen a new story I need to distance myself from the folklore
A Numb Body, Paralysed Emotions and a Broken Soul won't work no
more
Now I brave what I most feared
My scattered thoughts with a tattered heart I hear
Me and myself is whom I hold dear
The path that once seemed hazy now looks clear
I know, In the whirlpool of my emotions, I was once drowned
Waiting hopelessly I lost myself I had no ground
When I surrendered to my inner sound,
My anchor, my landmark, my search,
Is ME, I found.

TWO GLASSES HALF FULL

By Rumi Bhandari

MA PART I

Two glasses half full come together
They believe they will complete one another

Each has a void to fill

Expects the other to fit the bill

Only to realize that to fill the other

One must empty himself rather

What shall remain if one's empty

And the other has plenty?

Two unhealed souls

Fighting to be a whole

None wants to make the sacrifice

From the other wants a slice

They struggle n live in oblivion

Two glasses half full would barely make a great union

To make oneself full one alone must thrive

Evolve emerge evacuate and revive

Then when two full glasses come together

We'll witness a communion that lasts forever

THE STRUGGLES OF LOSING A CLOSE FRIEND

By Sakshi Nowrangi

TYBA

I mourn for what's lost. I mourn for it all.

Hurting isn't the issue.

I've been hurt before. I shall heal in time.

It's the distance that's been wedged.

The fake promises that hold like silken thread.

The bonds that have replaced and the times that seem to have been
taken away.

The memories leave a bitter taste when recalled. Who were we then?

Who are we now?

Have i changed or have you? Have we all?

Soul sisters we said. The words picked up by the wind have left long ago.

I'll still hold you in those bittersweet memories. I'll try to cherish the days
of ignorance and innocence.

I'll promise to try and be happy for the you that are you now. Even if it
pains me because that's not the you I knew.

It'll be alright.

I've been hurt before. I shall heal in time.

REMAINS

By Sanika Deshpande

FYBA

Aged stone

Standing broken

Smithereens following the rage of war

It is conflict

That breaks

Destroys

The glue that holds me together

Is withering away

As the time approaches

Where I fall

Again

Alas

I lay

Broken in pieces

Questioning why I

Was, am and will be

I gather them up

The shards of my frail soul

That endured the test of a direful time

I dust them off

Clean the dirt of hate

The smell of contempt
I bathe them deep
In warm waters of love and sweet nothings
Coating them with a layer of confidence
I shape them out
Erode the sharp edges
Curve out the insecurities and doubts
I put them together
One by one
Bind them with words
Of the ones who believed
The significance and need
Of my person
I stand together
Again
One body
One soul
Unafraid to fall
Harder to fracture
Stronger than before in my
Existence and self
Ready to break
Again

TIME OF HEALING

By Shreeya Panda

MA PART I

I realized life became a satire filled with anger unable to express

I was the sole reason for all my anxiety and stress

For a moment I hoard my sorrows to appease myself

The thought of healing evoked and raked, but the self-made me deaf

Just like the river I wish to flow and cuddle the rain

But the mirror chuckled at me, when I tried to embrace my pain

I was swaddled by self-pity ashamed of who I am

Self-doubt crawled into my skin, the wounds burn and ram

I was put in a trance of amiable acquiescent

Afraid of the splinters, of hope that plummet

At the horror of my probable darkness

I lamented with self-hatred and denouncing senses.

I didn't mean to screw up everything,

I was unbalanced and tired of anything

Even kindness borne, my tears felt unfair

I was not okay, I needed healing and was seeping into despair.

From all the self-inflicting and crude scars I'll brace up

I discerned that the toils of being a human is self-destruct

Let me push away guilt or regret as the caladrius calls

A time of healing blends in as forgiveness upon me falls.

BLOOMING EPIPHANIES

By Tanaya Mahamuni

TYBA

There's a fire inside me
Fueled by the things that should've killed me
The rain doesn't dampen my spirits anymore
Instead I paint rainbows with it
My roots have been quietly forming
So when spring comes I bloom
Even the moon shines in all its glory only once a month
But is loved in it's every form
And it's absence feels sore to the eyes
One second doesn't change much
But there's something about a new date, a new sunrise
That makes us sigh in relief
The past doesn't have to hurt anymore
It's a new beginning
Our twentieth second chance
Knocking on endless doors of possibilities
Eager to grasp them all
I glide with the wind
Trusting it's course
For I have come this far
I'm sure of one thing
The hope in my heart will carry me forward

“संघर्ष अटळ आहे ”

अदिती संजय करपे (MA Part I)

सुख येईल भरपूर शांती मात्र गेली
तुझ्याशिवाय घरात कधी पणती नाही लागली
रोज रात्री झोपताना विचार येतो मनी
आजतरी आई येशील का माझ्या घरी
सण आले उत्सव गेले घर माझे रिकामे पाहिले
त्या रिकाम्या घरात गोड पुरणपोळी भरवणारी आई मी शोधतच राहिले
आई ही हाक कानी पडताच हृदय मात्र व्याकुळ होते
कंठ दाटून येतो मग शब्द फुटत नाहीत
येशील का ग परत आई ...नाही मी रागवणार
चिडणार नाही अजिबात सगळे तुझेच ऐकणार
प्रेमाने डोक्यावर हात फिरवणारे नाही कोणी
कोठे शोधू तुला माय माझी सापडत नाही
आई मी लढते आहे तुझ्या विना जगते आहे
जीवनाच्या संघर्षात मन मात्र तुझ्या आठवणीत झुरते आहे
स्वतःला सावरत मी परत जगते आहे तुझ्या वाचून जगण्याचा संघर्ष आता अटळ आहे

कसं असतं ना हे जीवन ...

भाग्यश्री जोल्हे

कधी सुख तर कधी दुःख असं असतं हे जीवन
कधी यश तर कधी अपयश असं असतं हे जीवन
मेहनतीशिवाय पर्याय नाही
संकटाशिवाय यश नाही
जिकावं तर सर्वानाच वाटत
पण पक्क्या निश्चयाशिवाय यश नाही ,
हवी हिम्मत जगण्यासाठी ,
हवे धैर्य जिंकण्यासाठी
अद्भुत आहे , अनमोल आहे हे जीवन ..
खडतर आहे पण खूप सुंदर आहे हे जीवन ...
खूप इच्छा असतात या जीवनात
खूप साहस ही पाहिजे या जीवनात
स्वप्नाशिवाय अधुरं आहे हे जीवन ..
धाडस असावं या जीवनात
गर्व नसावा या जीवनात
मन असावं लहान मुलासारखे
नेहमी हास्य असावं या जीवनात ,
खूप आनंद असतो या जीवनात ,
लहान असतं पण एकदाच मिळते हे जीवन ...
लहान असतं पण एकदाच मिळते हे जीवन

आपलं जीवन आपणच जगायचं असतं

भाग्यश्री जोल्हे

कधी मनसोक्त हसायचं तर कधी खूप रडायचं असतं

आपलं जीवन आपणच जगायचं असतं ..

चांगली व्यक्ती आयुष्यात येणार व निघून जाणार त्यामुळे आयुष्यभर रडायचं नसतं

आपलं जीवन आपणच जगायचं असतं ..

जीवनात चढउतार तर येत असतातच

त्याच्याशी धैर्याने लढायचं असतं

अपयश आलं म्हणून निराश व्हायचं नसतं

आलं गेलं सर्व विसरून जायचं असतं ,

नव्या जिद्दीने परत चालायचं असतं ,

आपलं जीवन आपणच जगायचं असतं

प्रत्येक क्षणातून , प्रत्येक व्यक्तीमधून काही ना काही शिकतच असतं ,

कधी थांबायचं व कधी चालायचं हे आपलं आपणच ठरवायचं असतं ,

थकलो म्हणून थांबायचं नसतं , स्वतःला स्वतःच कणखर बनवायचं असतं ,

आपलं जीवन आपणच जगायचं असतं

जीवनातल्या संधीला पारखायचं असतं ,

फक्त बोलायचं नसतं तर करूनही दाखवायचं असतं ,

जिद्द , चिकाटी , धाडस कधी सोडायचं नसतं ,

संधी गेली म्हणून खचून जायचं नसतं

हाताशी यश येवो की अपयश स्वतःला स्वतःच सावरायचं असतं ,

आपलं जीवन आपणच जगायचं असतं ..

आयुष्यात सर्वच बरोबर होत नसतं , मनासारखंही होत नसतं ,

तर कधी काही चुकतही असतं ,
चुकीला स्वीकारून दुरुस्त करायचं असतं ,
प्रत्येक वेळी कोणी सावरायला येतंच असं नसतं ,
त्यावेळी आपला गुरु आपणच बनायचं असतं
म्हणून आपलं जीवन आपणच जगायचं असतं

' ख्वाइश '

Asmita Bele

SYBA

यादों से किया जाने वाले हमारा संघर्ष
समझदारी तो हममे भी बहुत थी,
पर हमारा अहंकार धोका खा गया ,
भले भरे हमारी दोस्ती को जड़ से उखाड़ गया ,
फ़ितरत भी हमारी फिर रंग दिखाने लगी ,
दिल के धड़कते हाल में फिर दुश्मनी जगाने लगी ।
रूह को छुकर जाने वाले फिर घाव देने लगे ,
क्रोध की भावनाये मेहफूस दिन में जगाने लगे।
अब याद आते है वो सुनहरे दिन जो हमने एकसाथ बिताये थे,
वो लम्हे जिनमे आंसू जुदाई से आ जाते थे।
पर अब ना तो वो दिन है, ना ही वो दोस्त ,
सिर्फ दूरियों को ज़िक्र और गलतियों का बोझ।
ऐसा यार मिलना हर किसी के तक्रदीर में नहीं होता ,
इसलिए काश ज़िन्दगी में उनका साथ थोड़ा और होता ।
कम्बख्त इस दुनिया में हमे आपकी जरूरत है,
ख्वाबीदा इस दिल के गुनाह हमे भी कुबूल है।
इसलिए पलके झुकाकर हमने जब उनसे दिल की ख्वाइश की,
तब उन्होंने कहा की वो ख्वाइश अब, ना जायज़ थी, ना जायज़ थी ।

जीवन:- एक संघर्ष
गीतीशा लोखंडे (MA Part I)

ऐ जिंदगी, कभी तो इश्क कर ले,
कम जरा ये रश्क कर ले,
अब तो मैंने राह भी चुन ली।

क्या क्या करना रह गया बाकी,
बस इतना बता दे,
बहुत भट्टक लिया गुमनामी में, जिंदगी तेरे लिए,
अब तो जीना सिखा दे।

जाना है कहा सपनों के खातिर,
बस वो राह दिखा दे,
हिम्मत है अब भी अंदर,
बस थोड़ी और बढ़ा दे, अब तो जिंदगी जीना सिखा दे।

मैंने पूछा क्यों इतना दर्द दिया कम्बख्त तुने, वो हसकर बोली :-में जिंदगी हूँ, आ तुझे जीना सिखा
दू।

“ किसे कहे संघर्ष हम ”

ऋतिका

संघर्ष की राहों पे चलना जैसे नियम हैं
संघर्ष ना हो तो जिने की क्या वजह हैं ।
देखा अगर चारो और तो संघर्ष ही चला हैं ।

संघर्ष मन का हो या बाहरी
पर उससे लढ़ना यही धर्म माना हैं ।
खुदसे हुआ संघर्ष तो बहौत गेहरा हैं
न जाने कितनी पीडा होती हैं ।
संघर्ष से खेलते खेलते थका हुआ हैं
तन और मन भी
रुकावट जैसे कांटे फिर चुबने लगते हैं ।
किसे कहे संघर्ष हम
जिंदगी के हर पल जो जी रहे हैं हम ।

नाळ

श्रुती विलास गालफाडे (FYBA)

किती मी म्हटलं तर मन माझं वळत नाही
गावाकडची नाळ माझी काही केल्या तुटत नाही...

झालो असेल मोठा मी चार बुक शिकून,
पण माणसं नसलेल्या वस्तीत माझं
मन काही रमत नाही..

कोस दूर आई माझी पाणी शेंदायला जायची,
चटणीवर पोट भरायचं , अन् लाज कशाचीच नसायची..
फाटकं दप्तर, फाटका सदरा, अन् पाटीही फुटकीच असायची...

पण मित्रा मित्रात कधीही कसलीच स्पर्धा नसायची..

स्वप्न होती महाग पण खिसा रिकामा असायचा,
चहा म्हणता पाणी मिळायचं अन् गर्व कसलाच नसायचा....

मोजून चार भाकरी बनायच्या, तरीही दुर्डीत उरायच्या,
कारण दादाचं पोट भरावं म्हणून प्रत्येक जण ताटावरून उठायचा...

काही नसलं घरात तरी घर स्वर्ग वाटायचं,
छप्पर नसलं भक्कम तरी मन खंबीर असायचं...

माणसांची कमी नसायची, खळगी अफाट असायची, पोटं भरत नसली तरी, मनं सगळ्यांची
भरायची...

गावाकडची नाळ माझी कधीच तुटणार नाही,
आता काय बोलू अजून शब्दच फुटणार नाही...(2)

जिंदगी : “ सोचा समझा संघर्ष “

बेफिक्रा

सुरज शिंदे (MA Part I)

धूप भी हैं , छाव भी हैं ।

दर्द भी हैं , दवा भी हैं ।

यू तो सुरज रोज निकलता हैं ।

पर वो एक गम कभी न पिघलता हैं ।

प्यार हैं तक्रार हैं ,

मगर दिल की सुनने वालों का ,

और कोई हकदार हैं ।

दोस्त हैं , यार हैं

मगर उनपर भी किसी का भार हैं ,

जिंदगी की दौड कल भी थी

और कल भी हैं

मगर आज कही रुक कर बैठने की जरूरत हर बार हैं

रोये भी बहुत हैं , टूटे भी बहुत हैं

अब तो बस मुस्कुराकर जिना बहुत हैं

ALUMNI SHARE THEIR EXPERIENCES OF DISHA AND KALEIDOSCOPE

**Bhoomi Anupama Anant
BA (2017-2020)**

Disha and Kaleidoscope were an enriching and joyous part of my bachelor's degree. Even after graduation I keep going back to the themes and discussions we had during Disha and the writing process we followed for kaleidoscope. Particularly Disha gave me an opportunity to learn from my peers and improve my listening and coordination skills. Because of the guidance I received from the department of psychology, I could also learn a lot about academic writing through Kaleidoscope.

Besides academic learning I also had a lot of fun by participating in Disha and Kaleidoscope. Whether it was spending time with my peers or meeting new people, I'm sure a lot of us felt much more belonged because of it. The process of participating in both the initiatives always entailed work but it also excited us as it gave us the opportunity to move beyond the textbooks. I'm happy and grateful that I got to be a part of such fulfilling and meaningful initiatives!

Gayatri Lokhande

BA (2017-20)

MA (2020-22)

I did my bachelors from the Department of Psychology, Modern college from 2017 to 2020. During that time, I got introduced to various departmental activities such as Disha and Kaleidoscope.

Kaleidoscope is a yearly in house journal where students get to write and publish. I was one of many students who wrote in this journal about various topics and thoroughly enjoyed it. Conducting Disha sessions as a coordinator helped me immensely in talking to people and getting the experience of conducting big group meetings. It also exposed me to different ideas and perspectives. Being in this department for bachelors and then masters was a very helpful and enriching experience for me. Taking active part in these activities not only contributed to my academic and professional skills but it also helped me shape my thought process. I can't thank Dr. Sadhana Natu Ma'am enough for the motivation and the guidance she provided me to take part in these activities. Disha and Kaleidoscope are some of many great ideas she has introduced to hundreds of students who have been greatly benefited from it.

I am grateful for my time here.

Pavan Mache

BA (2017-20)

MA (2020-22)

I enrolled at Dept of psychology in 2017 and was a student there for my bachelors and masters. I absolutely enjoyed every experience and activity we did in the department. My teachers made the learning experience valuable. I was introduced to various activities such as Disha, Khoj, Kaleidoscope, etc.

Disha is a wonderful initiative where you can freely talk about your experiences, thoughts and opinions without any fear of judgment. It's a place where you can connect with your peers and get to know their life experiences. It helped me greatly to understand the world around me and express my ideas.

Moreover, the teachers and coordinators encouraged me to take part in all these discussions and made all activities engaging. The Kaleidoscope programme promotes the artist, the writer, the poet in you by giving you a great platform to pen down your ideas. I thoroughly enjoyed participating in these activities. HoD and Professor Dr. Natu Ma'am and her enthusiastic teaching approach has given me a lasting interest in the subject matter of psychology.

I will forever be grateful for my time at Dept. of Psychology, the faculty and friends I met there, and the experiences I had.

प्राची पांढरे

तृतीय वर्ष कला (२०१५-२०१७)

मी 'प्राची रविंद्र पांढरे' 2016-17 ची बॅच ची विद्यार्थिनी. मी जेव्हा 2015 मध्ये B.A Admission घेतले, तेव्हा मला या काहीच माहित नव्हत, माझ Admission खुप late झाल होत. तेव्हा Test ला थोडेच दिवस बाकी होते, तेव्हा मी नातू मॅमच्या lecture मध्ये बसले होते, मॅडमने एक प्रश्न विचारला होता,

Psychology ओळखण्यासंदर्भात प्रश्न होता, मॅमने उत्तर दयायला सांगितल, मी ते उत्तर बरोबर दिल, मग मॅडमने मला Disha या programme विषयी माहिती सांगितली. आम्ही त्या दिवसापासून Disha programme मध्ये दर वेळी एक Psychology शी निगडीत, किंवा अनेक सामाजिक प्रश्नांवर चर्चा करायचो. आम्हाला विविध विचार, प्रत्येक व्यक्तीची मानसिकता पाहायला मिळाली, यामध्ये अनेक व्यक्तींना मी भेटले, त्यांचे अनुभव ऐकले.

यामधून मी आणि माझी मैत्रिण विजया आम्हा दोघींना मॅमने interership ला 'नारी समता मंच'मध्ये जाण्याची संधी दिली. त्या २ महिन्यांच्या कालावधीमध्ये आम्ही खुप काही शिकलो. नारी समता मंच मधील प्रिती करमरकर, सायली ओक, सागर क्षीरसागर सर व संस्थेतील इतर आदरनीय व्यक्तीचे मोलाचे मार्गदर्शन मिळाले.

कलायडोस्कोप (Kaleidoscope) च्या माध्यमातून आम्ही आमचे अनुभव, मते मांडू लागलो. या सर्व गोष्टींचा मला पुढील आयुष्य जगताना खुप मदत झाली. Thank you नातू मॅडम मला ही संधी दिल्याबद्दल.

रेखा कुलकर्णी

BA (२०१५-२०१७)

MA (२०१८- २०२०)

‘दिशा आणि कलायडोस्कोप ‘बद्दल लिहायचं ठरलं आणि महाविद्यालयातील पाच वर्ष डोळ्यासमोरून तरळून गेले . मानसशास्त्र विभागाकडून घेण्यात येणारा ‘दिशा ‘ हा अभ्यास गट माझ्या महाविद्यालयीन जीवनाला आणि त्यानंतर पुढे देखील आयुष्याला दिशा देणारा ठरला .दिशा अंतर्गत होणारे सर्व कार्यक्रम , चर्चासत्र , वादविवाद यामधून स्वतःचे मत स्पष्टपणे मांडणे , स्वतःला व्यक्त करणे खूप सोपे झाले .माझ्या सोबत असणारे अनेक मित्र मैत्रिणी अत्यंत ग्रामीण भागातून आलेले होते .अशा या लाजऱ्या बुजऱ्या विद्यार्थ्यांना महत्वाकांक्षी आणि निरामय बनवण्याचे काम दिशा मार्फत झाले . साधना नातू मॅडम यांनी दिशा ची सुरुवातच सर्व विद्यार्थ्यांनी एकमेकांशी संवाद साधावा , एकमेकांचे विचार समजून घेण्यासाठी केली. दिशा गट चर्चेत मानसशास्त्र विभागातील तिन्ही शिक्षिका उपस्थित राहत आणि योग्य ते मार्गदर्शन करत असत . त्यामधून आमचे विचार अधिक प्रगल्भ होण्यास मदत झाली .केवळ मौखिक पद्धतीने नाही तर लिखाणातून देखील विद्यार्थ्यांनी आपले मत मांडावे यासाठी कलायडोस्कोप हा वार्षिक अंक दरवर्षी प्रकाशित केला जातो .

दरवर्षी वेगवेगळे विषय विद्यार्थ्यांना देऊन त्या विषयावर त्या विद्यार्थ्यांना लिखाणातून स्वतःचे मत मांडणे , त्याबाबत असणारे ज्ञान आणि माहिती इतर सर्व विद्यार्थ्यांपर्यंत पोहचविण्याची संधी आम्हाला दिली . विचार व्यक्त करण्यातला मोकळेपणा ‘दिशा आणि कलायडोस्कोपने ‘मला दिला आहे .कायमस्वरूपीचे दिशा आणि कलायडोस्कोप सोबत विचारबंध जोडले गेलेले आहेत , हे ऋणानुबंध असेच ठेवून मी माझ्या आयुष्यातील आनंद सदैव व्दिगुणित करण्याचा प्रयत्न करेन. माजी विद्यार्थिनी असूनदेखील विभागाच्या या वार्षिक अंकामध्ये अभिप्रायरूपी व्यक्त होण्याची संधी डॉ . नातू मॅडम , स्वाती मॅडम व नाशोम मॅडम यांनी दिली त्याबद्दल मी या सर्वांची मनापासून आभारी आहे

DEPARTMENTAL REPORT

2021-2022

Induction Program: Staff members from the Department of Psychology conducted a session on 'Mental Health and Counselling Services offered by the Department' for Induction Programs across Faculties of the College. Dr Sadhana Natu, Head, Department of Psychology conducted a session on Gender Sensitization and gave information about the Anti-sexual Harassment Cell of the College, which she heads. The Department also conducted an in-house induction for students of Psychology special and MA Psychology.

10th September 2021 was commemorated as **World Suicide Prevention Day**. Students created e-posters which were displayed on a virtual platform along with a discussion on the importance of spreading awareness that Suicide is Preventable.

On 9th October 2021 the 6th Volume of **Mind Scape** the research compendium of the Department of Psychology was released at the hands of Principal Dr Sanjay Kharat. Student's research paper are annually published in this Compendium. During the release students spoke about their experience of undertaking research project at an Undergraduate level and Principal appreciated the efforts of the Department.

To mark Mental Health Month which concludes on 10th November, the Department of Psychology along with Sruti Disability Centre, Kolkata organized a collaborative program on the topic, '**Mental Health from a Feminist and Disability Lens**'.

Few students from the Department conducted a small survey prior to the program to understand the levels of awareness about Disability amongst students. Shampa Sengupta from Sruti Disability Centre spoke about Disability and Mental Health and Dr Sadhana Natu, Head, Department of Psychology addressed the audience about looking at Mental Health and Disability through a Feminist Lens.

During May-June 2021 some students of the Department of Psychology had undertaken various Internship Programs which were held on an online platform. Their learnings and experience from the Internship Program-Koshish was documented in the form of a booklet. Few students who worked with the organization Eklavya as a part of the Internship had prepared a booklet on the Myths and Facts about Mental Health. This book was published by Eklavya and the Department of Psychology.

Savitribai Phule Jayanti, which was on 3rd January 2022, was commemorated by the Peer Support and Speak Out platform Disha. Students read out poems and prose from Feminist Literature.

International Women's Day, 8th March, 2022 was marked by another Disha session where students exchanged their ideas and thoughts about Feminism.

Under, the platform Disha a session was conducted on the topic 'Confidence' where students facilitated the discussion on building self-confidence.

DISHA along with the Competitive Exams Guidance Centre organized a session for students on the topic 'Psychological Preparations for MPSC' on 4th May 2022.

Dr. Smita Kulkarni former Deputy Collector spoke to the students about her own experiences. Alumnus of the college Tukaram Gaikwad shared with the students from his journey of beginning with the dream of joining the Civil Services but then exploring other options. The 14th Volume of Kaleidoscope the annual magazine of the Department of Psychology was released by Principal Dr Sanjay Kharat and Mr Zameer Kamble Educator and Queer Rights Activist and Dr Sadhana Natu, Head, Department of Psychology on 16 March 2022. The theme of the magazine was 'Taboos'. Students had contributed by writing on various topics like Adoption, Abortion, Divorce, Sexuality and much more. The program got a very enthusiastic response.

Master Mind, which is a Psychology, based Quiz was held during the Yuva Saptaha celebrations of the college. Around 100 participants competed in different rounds which included tests of attention, memory, perception.

Dr Sadhana Natu conducted two in house sessions with the UG and PG students of the Department of Psychology. One was 'How to go about planning for further studies after Graduation in Psychology' to address the many queries of the students wanting career guidance and the second was 'Laws' to give a brief to the students about different laws they need to be aware of to become a mental health professional.

Euphoria- creative representations of Psychological Themes was held on 18th May 2022. Students performed through song, dance and poetry their interpretation of the theme 'Nostalgia and New Beginnings'.

On 15th June, a **Preplacement Activity** was conducted during which Alumni who are currently working in different organizations visited the

Department and had a Guidance Session with the current PG students. Placement process is on for PG students and is expected to yield good results.

Current Students and Alumni Achievements

TYBA Psychology Special students Madhavi Menon and Srujana Apte got selected for a Master's Program in Psychology in University of Pavia, Italy and University of Birmingham, UK respectively.

Alumni students who got placed: Ishitta Shinde Ashraya Initiative for Children, Vasudha Parkhi and Ravi Kumar Brainberg, Pranav Gaikwad, Maheema Kate Brainability Autism Intervention Centre, Sanober Patel – Mindtribe.

Current MA II students who got placed: Shubham Jadhav and Shreya Subbannavar- Ashraya Initiative for Children, Gautami Kumbhar- Mindtribe.

Alumni Akshay Jawane received Tarabai Modak Fellowship instituted by QUEST NGO working in Palghar in nonformal education of Adivasi children.

INDIVIDUAL REPORT OF DR. SADHANA NATU

Honor

Selected as a Member of an International Multidisciplinary Academic Network selfhelpculture.weebly.com

Resource Person

- 28 June-30 June 2021 conducted a 3-day online Faculty Development Program for faculty members of Symbiosis International University.
- 5,6 August 2021 conducted a 2- day online Faculty Development Program for faculty members of IIS Jaipur
- 25 August 2021 conducted an online session in Faculty Development Program organized by KTHM College Nashik on Qualitative Research
- 27 August 2021 conducted an online session for students of Department of Political Science Savitribai Phule Pune University on Importance of Mental Health
- 17 September 2021, online Webinar organized by Mental Health First Aid Organization, spoke on Gender and Mental Health
- 27 September 2021, spoke on Gender Sensitization in an online session organized by Jammu University
- 28 October 2021 spoke on Mental Health of Women with Disabilities in the online Webinar organized by National Institute for Empowerment of Persons with Intellectual Disabilities, GOI
- 12 Nov 2021 spoke on Muslims and Mental Health in an online course organized by Bebaak Collective, Mumbai

- 22 Nov 2021 spoke on Youth and Mental Health in an online training program organized by Men Against Violence and Abuse of Women, Mumbai
- 21 December 2021 conducted a training session on Mental Health of DTNT communities: challenges and the way forward in a training program organized by MASUM and ECONET
- 17-19 Feb 2022 conducted online training on Gender based violence and mental health for Humsafar Trust Lucknow
- 26 March 2022 Online Parents and Students Counseling Session in a program organized by Radhalaxmi Foundation, Nashik
- 17 May 2022 was an expert panelist in a session on Institutional Support for Mental Health and wellbeing organized by Impact and Policy Research Institute, IMPRI New Delhi
- Consultancy and Expert
- 5 July 2021 MIT WPU Subject Expert for Interviews
- 14 August 2021 Doha-Qatar Campus, SPPU Subject Expert for Interviews
- 17 Nov 2021 Consultation with SNEHA Mumbai on Trauma Informed interventions
- 20 Nov 2021 DY Patil Member, LIC for Research Centre, SPPU
- 20 January 2022 MIT WPU Subject Expert for Interviews
- 10 Feb 2022 Member, Research Advisory Committee, Symbiosis International University
- 15 March 2022 Sharadabai Pawar College, Baramati, Member, LIC for Research Centre, SPPU

- 20 May 2022 Subject Expert for Interviews MIT WPU
- POSH Committee External Expert for LFE

Audio Visual Presence

- 10 March 2022 Brainberg Interview commemorating International Women's Week
- April 2022 Podcast on Mental Health
- BBC Marathi Interview in a podcast after Xth and XIIth standard results.

Publications

- Psychology and Gender: An Introduction, a reference book published by Sage International Publishers, ISBN 9789391370268, New Delhi, August 2021
- Aajchya Tarunanche Manasik Arogya: Ek Streevadi Drushtikshep, Nov 2021, in Purushspandan, Diwali Issue, Mumbai
- Personality Development, ISBN 13 9789354514357, Nirali Publishers, Pune, January 2022
- Adwaita Deshmukh and Sadhana Natu, Invisible Barriers to Performance and Organizational Citizenship Behaviour faced By Minorities, Journal of Psychosocial Research, Vol 17, No 1, June 2022, Mumbai
- Research and Guidance
- Nandini Thatte and Sumita Chavare awarded Ph.D., 1 student work is ongoing
- Four students registered for Ph.D. In Women's Studies
- One student Co guide

- Six MA students were guided for MA dissertation project.
- LFE Research Expert Adviser, Mental Health Adviser
- Symbiosis School of Economics, Research Adviser
- Expert Peer Reviewer: Psychological Studies, Springer International, Indian Journal of Medical Ethics, Confluence Symbiosis School of Liberal Arts
- Conferences:
- Leading an Invited Symposium on Millennials and Mental Health in the Developing world: Critical Paradigms, Online Conference of International Congress of Psychology, July 2021

Leading a Symposium on Psychology and Social Justice Frameworks: The Need for engaging with Critical, Epistemological, Multidisciplinary Perspectives in 31st Annual Convention of National Academy Of Psychology, online conference organized by IIT, Mumbai, 4-6 March 2022

Congratulations to our Academic Achievers 2021-22

Undergraduate

FYBA Psychology

Name	Percentage
Chandrika Kesharwani	94%
Pooja Patil, Sneha Patil, Neeshita Kotwal, Rushab Shah, Gauri Sonawane	92%
Kashish Katkar, Tejaswani Apte	91%

SYBA Psychology

Name	SGPA
Sakshi Jadhav	9.29
Yashavi Gala, Neha Shingne, Radnyee Sarvadnya	9.21
Pranali Nesneskar, Shrutika Deokar	9.17

Congratulations to our Academic Achievers 2021-22

Undergraduate

TYBA Psychology

<i>Name</i>	<i>SGPA</i>
<i>Madhavi Menon</i>	<i>9.42</i>
<i>Shreeya Panda</i>	<i>9.30</i>
<i>Samruddhi Kamble</i>	<i>9.27</i>

Congratulations to our Academic Achievers 2021-22

Postgraduate

MA I Psychology

Name	SGPA
Pratik Dhote, Manas Joshi, Neha Kolhatkar, Aditya Sangmule, Shruti Shaligram, Srushti Shelar	9
Yuti Gandhi, Anuja Jadhav, Eesha Joshi, Priti Kamble Anjali Agarwal, Preetika Deshmukh	8.75
Eesha Joshi, Priti Kamble, Vedija Phale, Bhakti Rajhans, Sae Chaudhari, Siddhesh Velankar	8.5

Congratulations to our Academic Achievers 2021-22

Postgraduate

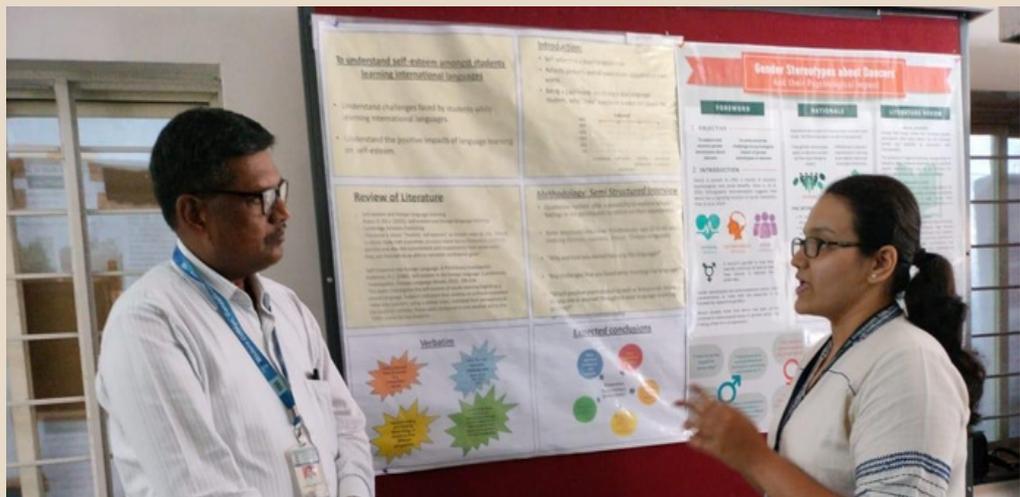
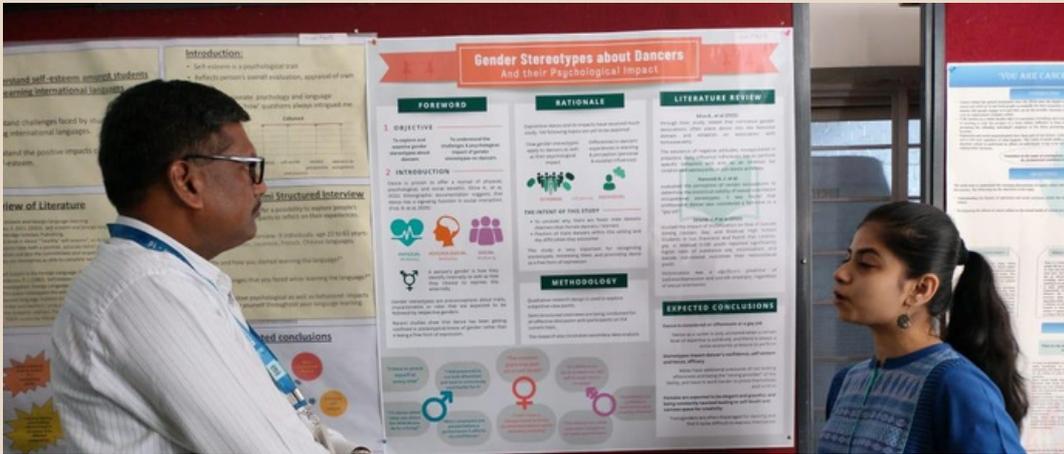
MA II Psychology

<i>Name</i>	<i>CGPA</i>
<i>Aasawari Kulkarni</i>	<i>9</i>
<i>Shreya Subbannavar</i>	<i>9.5</i>
<i>Manasi Oak, Gayatri Lokhande</i>	<i>9.44</i>

*Selected for Master's Programs in Psychology at International
Universities*

- Madhavi Menon - University of Pavia, Italy*
- Srujana Apte - University of Birmingham, UK*

THE 2021- 2022 PICTURE GALLERY



MA Students Eesha, Yashada and Gayatri presenting their research projects to Principal Dr. Sanjay Kharat at University competition Avishkar

THE 2021- 2022 PICTURE GALLERY



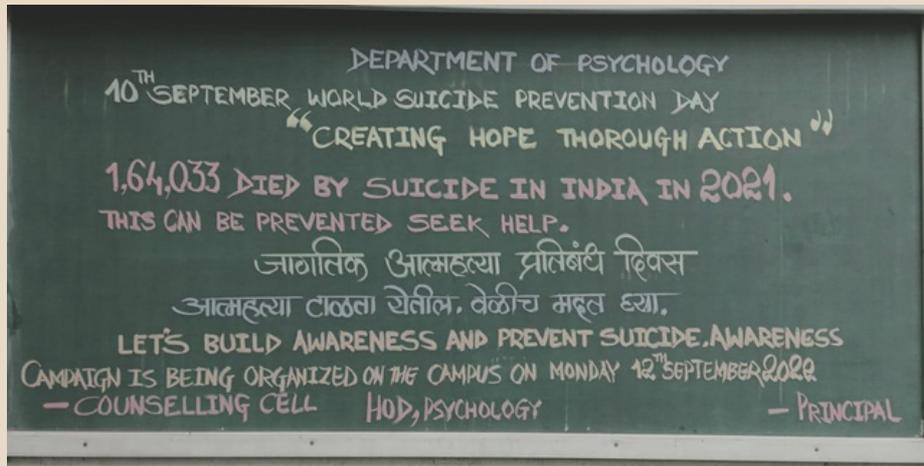
MA Student Pawan Mache presenting his research project to Principal Dr. Sanjay Kharat at University held competition Avishkar



MA Student Pawan Mache won best research paper under the University competition Avishkar

THE 2021- 2022 PICTURE GALLERY

World suicide prevention day commemorated on 10th September 2022



THE 2021- 2022 PICTURE GALLERY

ALUMNI INTERACTION



Alumni visiting the department and taking active participation in NAAC peer team visit



Dr. Sachin Shinde research scholar, Harvard School and alumnus interacting with the students of Psychology Special

THE 2021- 2022 PICTURE GALLERY



Dr Sadhana Natu in conversation with Saïsuman Cherukuwada (Innovator and Director of Product Engineering, Wikimedia Foundation.)



Dr Sadhana Natu in conversation with parents & families of Transgender persons.

32 nd NAOP Conference Ahmedabad University, March
2023



With Professor Lori Foster North Carolina Uni USA and
President of International Association of Applied
Psychology

DEPICTION OF LIFE'S STRUGGLE THROUGH ART

Happiness & Joy cannot exist in this life without struggle and pain! The struggle has become a part of our life and it doesn't necessarily have to be bad. We all want a



life without struggle but without it, we won't much appreciate the beautiful things in life. This artwork presents the perfect balance between light and darkness!



Life isn't always cupcakes and rainbows! It is always filled with struggle, hard work, and setbacks! However it is us who choose it. Many times it is up to us what comes in our life! If we're struggling for something we want, it doesn't have to be so bad! Normalize struggling happily!

-Netra Bhave, (MA Psychology Part 1)

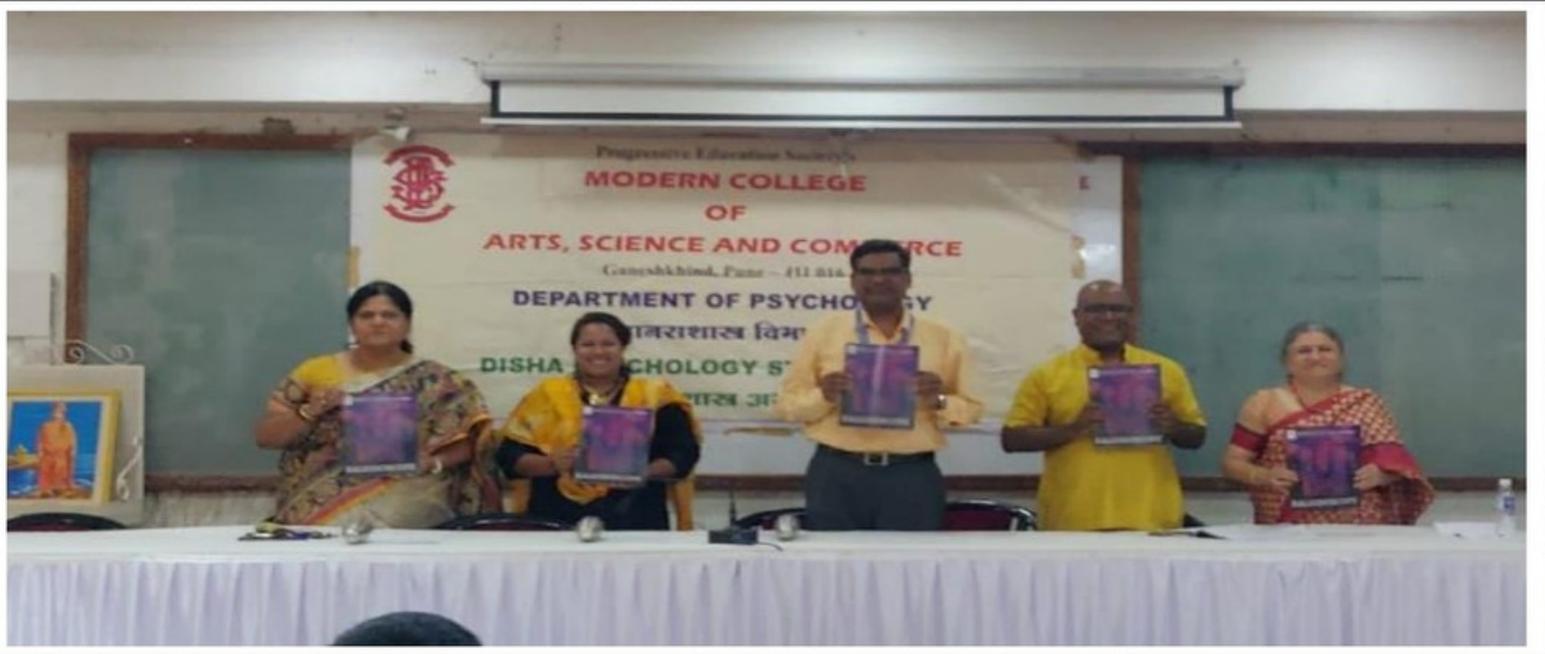
DEPICTION OF LIFE'S STRUGGLE THROUGH ART



Harsh Shrivastava



Niharika Dixit



RELEASE OF KALEIDOSCOPE XIV ON THE THEME TABOO BY MR. ZAMEER KAMBLE, PRINCIPAL DR SANJAY KHARAT, VICE PRINCIPAL, ARTS, DR JYOTI GAGANGRAS AND HEAD OF THE DEPARTMENT DR SADHANA NATU ON 16TH MARCH, 2022.



ENTHUSIASTIC TEAM OF STUDENTS WHO CONTRIBUTED TO KALEIDOSCOPE XIV!