

VSJMC institutes InQuizitive to expand students' knowledge and new skills



Pratham K Sharma

InQuizitive '19, a quiz competition for the students of the first semester was held on Friday, November 1, 2019 in the Conference room, by Vivekananda School of Journalism and Mass Communication (VSJMC). In order to gauge students' retention and comprehension of a small amount of information, quizzes play a significant role. To reinvent the education system and give students a break from traditional classroom learning, there is a dire need to revive the quiz culture in schools and

colleges. And technology can act as a facilitator by bringing innovation to quizzes and ensuring active participation among students.

The competition was divided into 3 rounds. The first one was a written, preliminary round following which 12 teams made it to the semi finals. The Semi Finals and Finals followed the 'pounce concept of quizzing'. 8 teams made it to the finals.

The teams were engaged in a neck to neck battle with none of them giving away even an inch other to the opposing teams. The finals also comprised a Mega Connect in which the participants were shown six images which were related to each other. The questions were interesting to the pinnacle and covered various genres like sports, history, current affairs and also tested the students on the logical front. In the words of Sanket Koul, one of the participants, "The quiz was very well organized and even though I was the only lone wolf who made it to the finals, the organizers continually supported and appreciated me. On the whole, I was ecstatic that so many students turned out for the competition and I hope that this will start a trend of spreading the knack of quizzing among scholars." Joel James

Edwards found the quiz "informative and energetic". Eventually, Sanket Koul bagged the first position. Saanidhya Bhardwaj and Joel James Edwards stood second followed by Shivi Sharma and Dervish Paliwal at third. There were 44 participants in all, comprising 18 teams and 7 lone wolves. The quiz masters for the day were Ishita Salotra and Pratham K Sharma. The event culminated with handing over of certificates by Prof. Sidharth Mishra, chairperson VSJMC & VSIT, to the winners. Besides the obvious academic benefits of expanding a student's knowledge and exploring new skills at an early age, quizzes redefine the education system in significant ways: It

all started when five inquisitive of the first semester got together to create 'InQuizitive', the new Quizzing forum of Vivekananda School of Journalism and Mass Communication. The team comprised Raj Dhingra, Ishita Salotra, Sachin Sharma, Pulkit Jaggi and Pratham K Sharma. They strongly believed that there was a dire need to reinvent the quizzing culture amongst the students of VIPS to give them a break from the traditional classroom learning system. The students, under the guidance of Dr Aneela Tahilramani worked with utmost dedication to ensure that their vision transformed into reality.



Cinema and the art of story telling

A bridging course was conducted by VSJMC department for the students of VIPS to learn the basic nuances of cinema and story telling

Anjali Dutta



A bridge course in 'Cinema and the Art of Storytelling' to teach students the basic nuances of cinema appreciation and art of story telling was conducted by the VSJMC department.

The ten-hour short-term course began on Friday, 11 October with an introductory lecture by faculty members followed by a movie screening of 'Memoirs of the Geisha' by Rob Marshall, a literary adaptation of the book

with same title by Arthur Golden.

On Saturday, 12 October, Ms. Priyam Ghosh took a lecture on language of cinema with reference to the movie shown the previous day. The lecture continued with discussing about the settings, lighting, colour, tonality and the costumes used. It also discussed about the use of three-point lighting, décor, space, costume and acting. The lecture also talked about Mise-En-Scene and its elements.

In the other half, lecture was taken by Ms. Tehzeeb Fatma who taught cinema and narrative in which the students were made to understand how and in how many ways a book can be adapted into a movie. Examples of 'Games of Thrones', 'Harry Potter', 'Macbeth' etc. it also contemplated on the difference between the execution of the story in a book and in a movie. On the final day of the course, Ms. Priyam Ghosh talked about poetic realism

and Iranian Cinema and its impact referring to 'Persepolis' and 'Children of Heaven' especially. She also talked about some renowned directors like 'Abbas Kiarostami', 'Majid Majidi' and 'Jafar Panahi'.

Mr. Deepak Haldankar, a well-known filmmaker and cinematographer came to share his industry experience and ways through which one can succeed as a filmmaker followed by the screening

of his documentary 'The Flying Sikh-Milkha Singh'. The session concluded by Mr. Haldankar and Prof Sidharth Mishra, Chairperson, VSJMC and VSIT handing over of certificates to the students on the successful completion of course.

The faculty members associated with the course were Ms. Priyam Ghosh and Ms. Tehzeeb Fatma.



Fasting and spiritual discipline for healthy regime

VIPS Weekly Correspondent



Despite its recent surge in popularity, fasting is a practice that dates back centuries and plays a central role in many cultures and religions.

Defined as the abstinence from all or some foods or drinks for a set period of time, there are many different ways of fasting. In general, most types of fasts are performed over 24-72 hours. Intermittent fasting, on the other hand, involves cycling between periods of eating and fasting, ranging from a few hours to a few days at a time. Fasting has been shown to have many health benefits, from increased weight loss to better brain function. According to healthline.com, 8 health benefits of fasting — backed by science are:

1. Promotes Blood Sugar Control by Reducing Insulin Resistance;
2. Promotes Better Health by Fighting Inflammation;
3. May Enhance Heart Health by Improving Blood Pressure, Triglycerides and Cholesterol Levels;
4. May Boost Brain Function and Prevent Neurodegenerative Disorders;

5. Aids Weight Loss by Limiting Calorie Intake and Boosting Metabolism;

6. Increases Growth Hormone Secretion, Which is Vital for Growth, Metabolism, Weight Loss and Muscle Strength;

7. Could Delay Aging and Extend Longevity;

8. May Aid in Cancer Prevention and Increase the Effectiveness of Chemotherapy.

Trushna Bhatt, a health expert, believes that the concept of fasts isn't too unfamiliar for us; though, for most of us it carries a religious connotation. Fasting traditions are typically handed down generations, with all the family members, starting with the grandparents to the children observing the fasts. Be it a weekly ritual or an annual event, i.e. festivals. What's interesting is that these age-old practices have a lot of science behind them. Fasting has been scientifically proven to prevent and

cure many ailments. It's an old world version of the modern day 'cleanse' or 'detox'. A spiritual fast incorporates personal spiritual beliefs with the desire to express personal principles, sometimes in the context of a social injustice.

Father of the nation, Mahatma Gandhi undertook several long fasts as political and social protests. Gandhi's fasts had a significant impact on the British Raj and the Indian population generally.

The importance of fasting lies not only in fasting correctly, but also, in breaking it properly. During the fast, our body relaxes, our organs unwind, and our digestive system remains chilled out. Basically, our body hits the 'snooze' button. You don't really want to jerk it awake, right? So, start with fruits or juices to ease back into regular eating. Nothing oily, acidity-causing, or difficult to digest for a day should do the trick.

Plugging the brain drain

Anishaa Rastogi

When you look at the globe and put your finger on any country, just figure out whether Indians as in inhabitants are living there or not. Of course, in most of the countries many people from our country go to stay there and make their living. Just look at many of the most popular companies of the world and then give a look at their CEOs. Well yes they are Indians but these companies are not situated in India. Many people go out of the country for better job opportunities and living standard.

The main problem is not about going these people out but about the degradation of the Indian economy. Still after so many years of independence India does not come in top economies in the world even after having second largest man power of the world. More than

half of the country is called rural because there are not many developments whether it's in technologies or some other means. Most of the skilled and talented people settle in foreign lands as they get better prospects over there.



If there will be no one to make changes and develop the technologies and con-

tribute towards country's economy. These people can contribute a lot towards the betterment and welfare. Many of the developments may even create employment opportunities. A lot can be changed for positive for sure

their country and countrymen. In a globalised economy, resources need to move freely across man-made borders to ensure optimal utilisation, and thus global employability has its own share of benefits (including foreign remittances), however the problem occurs in case of selective picking i.e. if most of the best and brightest start packing their bags for greener pastures after being educated in the coveted educational institutes which are highly subsidised with public funds. The solution to these can't be through any restrictive legislation but by an honest assessment of the problems and then trying to arrive at a solution in the long run which will not merely aim at reverse migration, by drumming up nationalistic sentiments but by creating better opportunities at home and systematically working towards talent retention.

if people change their ideologies for working in seven seas and work for

Movie Review

"Towards immersive emotional experiences"



The Sky is Pink is a heartwarming tale that manages to encapsulate all the volatile emotions surrounding a modern nuclear family in distress. Gantavya Adukia reviews the movie. 'The Sky is Pink' is a heartwarming tale that manages to encapsulate all the volatile emotions surrounding a modern nuclear family in distress. A new-gen

Bollywood movie, it manages to make the audience empathetic with its emotional invoking theme without overdoing the melodrama as is typical in Bollywood. The disclaimer as to how the story is going to end within the first few seconds sends a strong message to the audience to focus on the story's journey and the emotions it manages to elicit

rather than the plot itself. Priyanka Chopra puts in a strong performance as a mother battling to ensure her children prosper in every aspect, forcing repercussions from the very same children, not to mention the affect it has on her married life. The mention of the rare statistic adds to the meaning of the movie, enhancing its message of how humans have the tendency to let the past overshadow the present and the future. Her role reflects the story of a large number of modern Indian mothers who find themselves tangled between the various strands of life and yet end up pivoting their life around their children. However, the one who silently steals the show is a moving Farhan Akhtar whose silent resolve never enters the spotlight and yet completes the story in unsaid ways. Be it the manner in which he is seen restraining his emotions or the unnoticed sacrifices

he makes as a father from behind the scenes to ensure his family has a fulfilling life, the character lays open to the audience the many layers of being the family bread winner. The movie drags a bit at times while it never really seems to actually peak, yet the slow trajectory of growth of action seems to somewhat go along with the intention and theme behind the film. At the end of the day, it manages to reverberate with the audience its message of how love can be the most wonderful as well as the cruelest aspect of life, while displaying how acceptance is the first step towards healing from a loss. With a bit more chemistry between the protagonists and supporting characters along with a shorter run time, the movie had the potential to be in contention for one of the best works of Hindi cinema in the ongoing year.



Showcasing young filmmakers' talent to the world

With an objectivity of creating platform for the next generation filmmakers, U Special International Campus Film Festival collaborated with Vivekananda School of Journalism and Mass Communication, Vivekananda Institute of Professional Studies, for its third edition to be organised as a part of Spandan 2019, the department's annual media festival. The festival, aimed at showcasing young filmmakers' talent, in telling their stories, inspiring hope and provoking change through filmmaking. It created an exclusive platform for college students, young filmmakers to showcase their work, learn, meet senior filmmakers, and get hands on

training and network. It encourages and nurtures budding filmmakers by showcasing their work on the bigger screen as well as providing mentoring and networking opportunities to them. Starting from September 27, 2019, the first screening was organised at Delhi School of Journalism, University of Delhi. The campus saw the screening of seven films. The second campus was Zakir Husain College, University of Delhi on October 1, 2019, where four films were screened. The third was Management Education and Research Institute (MERI), under Guru Govind Singh Indraprastha University, where four films were screened. The

fourth campus was Institute of Home Economics on October 18, 2019, where five movies were screened. The fifth was Shaheed Bhagat Singh on October 23, where four films were screened. The next one was Lady Irwin College to be held on November 5, 2019. Started in 2016, U-Special International Campus Film Festival is India's one and only global campus film festival. The fest is a creative platform for the next generation of filmmakers to tell their stories, inspire hope and provoke change through filmmaking. It is an exclusive platform for college students, young filmmakers to showcase their work, learn, meet senior filmmakers, get hands on

training and network. It encourages and nurtures budding filmmakers by showcasing their work on the bigger screen as well as providing mentoring and networking opportunities to them. In its three editions, the festival has so far reach out to more than ten thousand student audience. Films from more than 50 prominent Indian and International universities and institutions have been screened in the festival. In 2019, film screenings in more than 10 institutions in Delhi-NCR have been organised including colleges under Delhi University and Indraprastha University.

VIPSians visit old age home to invigorate inhabitants



Dhriti Bharadwaj

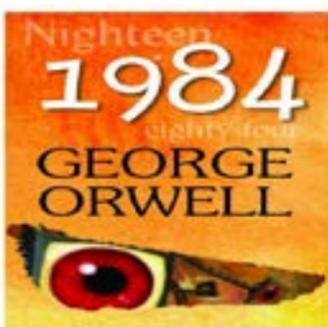
With the objective of taking care of the senior citizens, the National Social Service (NSS) society of VIPS paid a visit to old age home in Lampur near Narela. Old age home aims at providing safe living conditions to the elderly people who have been neglected by their own

families. Now a days, old age homes are increasing rapidly in the society and the main reason behind it is that people are not able to take time for the elders and they just become a burden for them. This social issue is not given much importance but we should give heat to it. Even if you are not able to do something one should at

least visit and comfort them. There were some cultural activities arranged to cheer them up such as dancing and singing in which most of the elders joined happily. The elders treated the students as their own grand children and they taught children how to make a special lemon tea. Interactive games like tambola and antrakshi were played in order to bring joy

in their life. They all were so happy that they blessed the students and prayed for their prosperous life. The visit was all overwhelming and joyful at the same time. Students got to know about the seniles problems and talking about it gave ease to the elders. At the end, elders and the students were looking forward for their next meet.

Book Review



Akul Baiju

'Literature is nothing but a reflection of society'. This quote though not true for all books is certainly true for 1984 authored by George Orwell. It has been more than seventy years since it was first

published and like all great works of literature, has survived the tests of time and is becoming even more relevant with each passing year. 1984 set in the fictional super-state of Oceania tells the story of the protagonist Winston Smith working in the 'Record Department' of the 'Ministry of Truth'. The book subtly progresses in describing the highly centralised world of Oceania governed by 'the Party'. It explores highly complex themes like social exclusion, family and even international politics in a very human and real way. One important aspect of Orwell's classic is the huge role of mass-surveillance in manipu-

lating public opinion and weeding out rebellions and even anti-Big Brother (face of The Party) thoughts. Orwell has even created a new language- Newspeak (explanation in the appendix of the book) and new indigenous lingoies like Ingsoc and Doublethink. This just goes to show that Orwell is truly an author worth reading. The thing making this fictional world even more relatable is the way each culture and every society and every generation can relate to it from a fresher perspective. The description of Winston's affair with Julia (his co-worker) is well-described but not over-powering and the progress of

the relationship doesn't seem forced or unnecessary. Additionally, themes like sexuality and The Party's take on it is very well-written and deeply descriptive. The last sixty pages of the book are highly fast-paced as compared to the earlier ones but the earlier heavier descriptions of routines of people, societal functioning and workplace settings are imperative for truly grabbing the essence of the book and this is what sets this book apart from the crowd. In short, 1984 is a beautifully dark and dangerously relatable masterpiece and will leave you wanting for more.

Cafeteria gets a facelift to become a Digital Café

Lucky Sharma

in all the senses including an App to

reasons and food other than the home food is a fad among the youngsters.

and dine in the new setup. "Just give them something to relate and stick to and students are sure to make the best and most loyal fan base as College is an essential part in everyone's lives," reverberates common views of the students. All of this and more makes the college campus the best to have a foodie's spot.



The most happening hang out of the campus – Cafeteria, has been revamped with a new look, new feel, and new gastronomy fare. The Digital Café, as the name goes has been offered with the concept of having digital approach

be downloaded by students to make choice of their food and doing an online payment. This new college canteen has a valid reason for going for a revamp. As the young college going student of today have become the biggest target audience today and due to valid

Students these days are aware and want good quality food and ambience. We opened this cafe in special accordance to the needs of the students. Students make for a good audience as they have to attend college regularly and so eat regularly out once in a while" says the new manager at the canteen. While students and faculty occupy the campus – all of whom have to eat at some point. The new revamped space has several new food outlets, including that of a juice stall and many more fresh and healthy options. There are better sitting arrangements with more space to sit

