

pression

2023 - 2024

Department of Mass communication
St. Xavier's University, Kolkata
Volume 4 , Issue 4

Xavrang takes center stage: A trailblazing journey unfolds

Sreetama Neogi, MA Sem 2

St Xavier's University Kolkata set the stage ablaze with creativity and vibrancy during its annual cultural fest held on January 21st and 22nd, 2024.

The event was a testament to the rich cultural tapestry that the university embraces. From the very outset, the fest exuded an air of excitement, with students showcasing their talents in various domains.

The performances ranged from electrifying dance numbers to soul-stirring musical renditions, capturing the essence of diversity within the university. The theme of the fest, 'Enchanted Gardens,' echoed in every corner, as students from different backgrounds collaborated to present a kaleidoscope of cultural experiences.

Traditional dances, modern music, and theatrical performances transported the audience on a journey across different cultures and artistic expressions.

A highlight of the fest was the myriad of stalls that adorned the venue, featuring art installations, ethnic cuisines, and interactive exhibits.

These elements added a dynamic and engaging dimension to the overall experience, fostering a sense of unity among the attendees.

The fest also provided a platform

for students to express their views on contemporary issues through thought-provoking debates, poetry recitations, and art exhibitions.



A scene from band competition

smacking nachos being sold for all the visitors and the event went on with the performance of the singing sensation Shreya Jain who mesmerised everyone

Source: Instagram

This intellectual facet of the event reflected the university's commit-



Students enjoying Xavrang

ment to nurturing well-rounded individuals with a global perspective.

Source: Instagram

On 23 rd January 2024 the students enjoyed more as there were stalls set up with all fun activities such a polaroid cera sessions, pizza stalls for all the pizza lovers, how can we forget the lip

event went on for the entire evening till 10 pm in the university campus.

As the festivities unfolded, it became evident that the cultural fest was not merely an event but a celebration of the vibrant spirit that defines St Xavier's University Kolkata

Breaking the silence: Injustice prevails in India's courts

Abhirup Pal , MA Sem 2

In a gut-wrenching revelation, a lady judge from Uttar Pradesh pens an open letter to the Chief Justice of India, detailing her traumatic experience of sexual assault by her seniors in an open court.

Despite her efforts to seek justice through legal channels, including appeals to various judicial bodies, she finds herself met with systemic failure and despair.

Her plea for justice ends tragically with a request for permission to end her life, reflecting the profound disillusionment and helplessness she feels within a justice system that has failed her.

The judge's harrowing account underscores a deeper systemic misogyny embedded within India's judicial framework, where sexual harassment is normalized, and avenues for recourse are often inaccessible or ineffective.

Her words serve as a stark reminder of the plight faced by countless working women across the country, highlighting the urgent need for systemic reform and accountability within the legal system.

As the victim's plea reverberates across the nation, it prompts introspection on the shortcomings of India's justice system and the urgent need for comprehensive reforms to ensure the protection and empowerment of women. have been failed by a system meant to uphold their rights and dignity.

Unlocking the power of collaboration

Ahona Das and Anjali Jha, MA SEM 2

In a remarkable show of collaboration and community engagement, Xavier's Business School (XBS) joined forces with the Centre for Social Outreach Program (CSOP) to organize a memorable event for the specially abled children of Marry Rice School and the underprivileged students of Kulberiya and Kathalberiya schools on the 12th of January 2024.

The event, graced by the presence of important figures such as Father Dr. Mourlin K, Vice Chancellor Dr. J. Felix Raj, and Registrar Prof. Ashis Mitra, was a day filled with joy, entertainment, and heartwarming moments.

The opening ceremony was a sight to behold, with Father VC Dr. J. Felix Raj inaugurating the event by offering flowers to the Vivekananda Statue, followed by the lighting of a lamp and a cake-cutting ceremony. This was symbolically com-

plemented by the release of balloons into the sky, marking the start of a day of celebration and inclusivity.



Father inaugurating the event

Parents, accompanying their children, were treated to an array of activities and game stalls, thoughtfully arranged to cater to both adults and children. The CSOP and XBS volunteers showcased their talents

through various performances including dance and music, adding to the festive

atmosphere. A highlight of the event was the special performance by the students of Kulberiya Village and Marry

Rice School. Their participation not only showcased their talents but also fostered

a sense of community and belonging. As a token of appreciation, a small gift was presented to Marry Rice School, symbolizing the spirit of giving and gratitude.

The event, meticulously organized by the CSOP team led by MD. Saifullah Khalid and Roshina Sadaf, along with members Anjali Jha, Sagnick Pal, Krish Saini, Anushka Singh, Sampurna Chawdhury, Shubhayan Rana, and Swagnick Chatterjee, was a testament to the power of teamwork and dedication.

The CSOP event heads, who managed everything from decorations to photography and games, ensured a seamless and enjoyable experience for all attendees.

Culminating in a vote of thanks by Father Dr. Mourlin K, the event saw both the heads of CSOP and XBS being felicitated by the special children, adding a poignant touch to the proceedings. Lunch was provided to all attendees

Exploring literary delights: highlights from the 47th Kolkata International Book Fair

Soumyadev Dharuia MA sem 2

The cultural platter delivered by the city of joy contains several heartwarming elements cherished by people worldwide, among which books and Boipara (Book Area) hold a special place. Even today, the love for delving into the pages of hard copies instead of e-books, relishing the smell of yellowed pages, and savoring the old-school charm of reading rather than scrolling remains strong. The pinnacle of this affection for hard copies is celebrated at the International Book Fair Kolkata.

The 2024 International Book Fair, hosted at Karunamoyee Bus Depot, marks its 47th year, with the UK as its theme country. The literary works and cultural heritage of the UK are



Kolkata bookfair 2024, captured by Soumyadev

showcased prominently, coinciding with the 75th anniversary of the British Council's presence in India. However, the true attraction lies in the love for Bengali books, regardless of genre, which once again strengthens bonds among visitors and readers. Additionally, representations from countries

like Bangladesh, Malaysia, Thailand, and the USA have been featured, highlighting their respective cultures. This book fair also serves as a platform to support struggling writers and publishing houses. The Little Magazine Stall stands as a testament to this, having expanded both in space and

numbers compared to previous years. Writers and publishers are delighted as visitors take their time to peruse through the pages, uncovering tales that may not be covered by larger publishing houses. While some argue that the attention garnered by a few new writers is due to their online presence targeted by publishers rather than the quality of their writing, it cannot be denied that the 2024 book fair has effectively drawn viewers to hard copies through strategic stall placements. For instance, small publishing houses are strategically positioned alongside larger names, ensuring that passing audiences browse through their stalls.

This book fair proves that even as we enter the digital era, the timeless appeal of reading from hard copies or paperbacks remains strong.

Kho gaye hum kahan: A modern-day drama on social media obsession

Bushra Sheikh, MA Sem 2

"Kho Gaye Hum Kahan" is a Hindi-language drama film released on Netflix in December 2023. Directed by Arjun Varain Singh, the movie stars Siddhant Chaturvedi, Ananya Panday, and Adarsh Gourav in the lead roles.

The story revolves around three friends, Ahana, Imaad, and Neil, navigating their way through life, relationships, and career challenges in Mumbai. Their journey takes a drastic turn when they confront the impact of social media obsession on their daily lives. The film serves as a scathing social commentary on the existential crises faced by millennials and Gen Z.

The plot unfolds like a thriller, blurring the line between reality and fiction. Completing any task without checking social media updates has become a rare feat, highlighting the dire need for offline experiences in a world consumed by virtual distractions. The film questions whether the pursuit of validation through likes and follows has hindered our ability to truly live and experience life.

The screenplay, crafted by Zoya Akhtar, Reema Kagti, Yash Sahai, and Arjun Varain Singh, seamlessly blends fine writing with mature storytelling. The content resonates strongly with late teens and those in their 20s and 30s, making it a recommended watch as we usher in the new year.



One of the vibrant posters of the movie

The cast delivers commendable performances, with Siddhant Chaturvedi, Ananya Panday, and Adarsh Gourav portraying their characters with depth and authenticity. Chaturvedi's portrayal of Imaad, a stand-up comic finding solace in Tinder, contrasts with Panday's Ahana, yearning for an idealized relationship with Rohan (Rohan Gurbaxani), and Gourav's Neil, aspiring to open his own gym, each grappling with their own struggles.

The film's cinematography captures the essence of Mumbai's bustling streets and the characters' emotions, while the background score complements the mood effectively.

In conclusion, "Kho Gaye Hum Kahan" is a highly relevant and thought-provoking modern-day drama that serves as a scathing social commentary on the existential crises faced by millennials and Gen Z.

New Year, Better Bonds

Debdyuti Sarkar, BA Sem 4

satisfaction often comes from reconnecting with old school friends rather than meeting new people.



New Year is all about making new decisions, committing to new goals, and embracing healthy life choices, including the ever-popular New Year resolutions. But let me ask you a question: How old is your favorite t-shirt? Quite old, isn't it? That's what makes it comfortable and cherished. New Year resolutions often bring pressure and expectations for change, pushing us to move forward in our lives. However, the most comforting feelings and realizations often stem from the oldest bonds—whether they be with people, things, or emotions.

A favorite song doesn't become a favorite overnight; it happens through repeated listening and growing with it. Comfort and happiness often come from holding onto things. Comfort is found in that childhood friend who has stood by your side throughout the years. Comfort is the childhood room you left in pursuit of a better education or job. The expectation to be immediately productive at the beginning of a new year can sometimes overshadow this sense of comfort, creating a race to fulfill resolutions. While commitment to resolutions is commendable, deep down, your true

Holding onto things can, at times, bring grief and emotional baggage. But what's wrong with holding onto things that evoke the same feelings as a warm and fuzzy blanket in winter? Maintaining a new and polished lifestyle for social media and our social circles is often added to our bucket lists. But when do we realize that, in fulfilling this commitment, we sacrifice our sense of relaxation? We sacrifice the genuine joy we could experience in living those moments. We sacrifice our mental peace for the sake of showing off. Sometimes, things don't go as planned. Real life may not align with the trends on Instagram. Your number of real-life friends might not match your social media following. Your actual life may not be as colorful as your Instagram grid. But you know what? That's okay. It's absolutely okay because it's comfortable. That old, fuzzy blanket, instead of a luxurious fur one, is comfortable. The warm meal at your home's dinner table tastes better than any fancy takeout. And that old t-shirt? It still feels better than any new, branded clothes.

Xaviesta'24: unleashing creativity and brilliance



Weaving Unforgettable Moments through Music - Captured by Mekhola Mukherjee, MBA, Sem 4

Xaviesta 2024, held by the business school of Xavier's University, was an event of great fun and enjoyment that took place on the 19th and 20th of January 2024 at St. Xavier's University, Kolkata. Students actively participated in the event, making it a good combination of work and enthusiasm by the MBA students.

The festivities concluded on January 20, marked by a lively prize distribution and a memorable cake-cutting ceremony, encapsulating the spirit and success of Xaviesta'24. The entire event comprised many events such as

The entire event comprised three categories: cultural, sports, and business events. They had many sponsors, and on the first day, many schools and colleges came for the fest, participating in various events.

The participants began arriving for the fest early in the morning, with students from the hostel actively working for the fest. Every event had a head taken care of and managed by the students.

The entire event comprised many elements. College fests help in devel-

19th January and 20th January 2024.

On the first day of the fest, students enjoyed a band performance by "Yellow Taxi," followed by a DJ artist, DJ Imran, who traveled all the way from Delhi.

The last day's performance was by the DJ artist Progressive Brothers for the event, and it ended with a lot of enthusiasm and spark. Students enjoyed the two-day event thoroughly. Xaviesta, conceived by our Former Dean, Dr. Soma Sur, in 2019, represents an embodiment of innovation

fest featuring a diverse array of 23 events, the conspicuous participation underscores a collective enthusiasm to engage, compete, and showcase intellectual prowess.

Our privilege is heightened with the gracious presence of Mr. Sanjay Budhia, the Managing Director of PATTON Group, who stands as a luminary contributing significantly to the resurgence of West Bengal's industrial landscape. Recognising his multifaceted role as Chairman of CII Eastern Region and President of the Indian Chamber of Commerce, we duly note



Closing Ceremony, Captured by Sagnik Das, MBA, Sem 2



A glimpse from the inauguration ceremony

dance battles, fashion shows, street plays, stand-up comedy, and musical Xaviesta'24, a dynamic 2-day Business School Fest organized by Xavier Business School, St. Xavier's University, Kolkata, showcased the vibrant participation of over 30 colleges in diverse Business, Sports, and Cultural events (a total of 24 events).

With 400-600 students joining from colleges across Kolkata, the fest commenced on January 19, 2024, with an inaugural session graced by the Vice Chancellor, Rev. Fr. Dr. John Felix Raj

oping leadership and organizational skills, essential for future careers. Thus, it is important for colleges to organize such events regularly to foster a sense of pride and belongingness among students and create a vibrant campus culture.

Professional performing artists are typically invited, and a number of competitions are held for students. Fests are usually funded through sponsors, although some colleges have begun exploring the idea of crowd-funding. The fest comprised two days,

and academic vibrancy within the esteemed precincts of Xavier Business School. The ensuing second iteration of this distinguished event has been significantly influenced by the challenging backdrop of the Covid-19 pandemic, an epochal chapter ingrained in our collective consciousness. The restoration of Xaviesta owes its fruition to the steadfast dedication of our reverend current Dean, Prof. Dr. Sitangshu Khatua, whose instrumental role merits profound acknowledgment. The tenacity exhibited by Xaviesta mirrors the indomitable spirit and adaptability inherent in our academic community. As we embark on this dynamic two-day

the commendations received from distinguished industry leaders such as Shri Rahul Bajaj, former Lok Sabha Speaker Sri Somnath Chatterjee, and Sri S.B. Ganguly, Chairman Emeritus of Exide. Mr. Budhia's unswerving commitment, tireless efforts, and innate humility form the bedrock of his influential presence. Amid the festivity, the upcoming 30 hours promise an intellectually riveting experience, characterised by formidable strategy, intricate mind-games, and courageous decision making. Participants, fueled by a collective ambition, vie for the prestigious Aurum, with no tolerance for settling for anything short of excellence.



A session from the Xaviesta fest

Until we meet again

Shivangi Basu, MA SEM 4

My bed and a blanket, chips and soda, and a laptop with an OTT subscription—this has been my 'unwind on holidays' package for years now. However, a Nescafe Gold advertisement has been interrupting these therapeutic sessions lately.

After sitting through it a gazillion times, I am convinced that it is based on Edward T. Hall's theory of Proxemics. The man promoting coffee in the video suggests that during our lifespan, we meet nearly 80,000 people (constituting our public and social zones).

A select few know our mortifying nicknames from school (personal zone), and only two people have seen us cry (intimate zone). Every new year brings opportunities to forge new bonds. By the same token, there are chances of rearrangement of social relationships within the four aforementioned zones. Why is this relevant, you ask? Allow me to offer an introvert's perspective.

On most days, I detest the idea of stepping out of the house unless there is a life-threatening emergency, such as maintaining a university attendance record. Therefore, the possibility of interacting with thousands of individuals seems to be on the wane. It is an even bigger ordeal to allow people into my space, which, as dramatic as it sounds, I have been protecting for a long time.

To make matters worse, they say you don't make friends during your Masters. It is two years of awkward greetings with rictus smiles, ruthless competition, and people whom you would love to slot into the last two zones.

Probably this stands true for some, but surprisingly, these four semesters at SXUK have taught me otherwise. As one would expect, you'll come across some of the most enterprising minds in your cohort. Having said that, even-

tually, I found myself in the company of some of the kindest hearts. Since this is not a Zoya Akhtar movie, there are no grand gestures involved. Instead, these individuals have redefined friendship in small yet significant ways that go beyond academics.

The other day, I was reading Saachi Gupta's article in Vogue, which described the act of peeling an orange as a love language, a concept credited to Dr. Gary Chapman. He described words of affirmation, gifts, acts of service, physical touch, and quality time as the five love languages. Now that I come to think of it, these are exactly what we look for in platonic relationships as well.

There have been countless moments when I have doubted my capabilities, but my friends have pulled me through simply by saying, "Tu kar legi yaar" (You can do it). They are the kind of people who would wait for you while you tie your shoelaces because they have waited for me even if it meant missing the air-conditioned bus. Someone packed extra cheela and brought extra cookies for me, while the other made butter chicken because I absolutely devoured their lunch.

If they've been on a trip, souvenirs have decorated my house, and if I happened to like their keychain, it would be hanging off my pouch the next day. Whether it is a warm hug or a patient 2-hour hearing, they have always uplifted me when I am at my lowest.

These may seem trivial now, but in the coming four months, I'll be graduating. The conversations that we share over hot vadas, cold sambar, aloo parathas, and cups of watery Nescafe coffee will become distant memories.

There will once again be a shuffling of positions in my zones. After all, the man did somehow lose touch with his friends. However, I sincerely hope that regardless of our new beginnings, we'll meet again over a cup of Nescafe Gold.



Supreme Court's landmark verdict in Bilkis Bano's pursuit of justice



Bilkis Bano restoring the vision of justice, Source: Sajith Kumar

Twinkle Hemani MA Sem 2

burning incident in 2002. Members of her family were brutally murdered.

The Supreme Court, on January 8, 2024, nullified the Gujarat government's decision to grant remission to 11 convicts of the 2002 Bilkis Bano case.

The court ordered them to surrender to jail authorities within two weeks, declaring that the Gujarat government was not the appropriate authority to decide upon the remission plea for those accused of the "grotesque and diabolical crime... driven by communal hatred."

It was pointed out that under Section 432(7)(b) of the Code of Criminal Procedure, which deals with the power of remission, the state within which the offender is sentenced is the appropriate government to pass an order of remission, not the one where the crime took place or where the convict was imprisoned.

This decision was made in response to a writ petition by Bilkis Bano challenging the premature release of the 11 convicts from Godhra sub-jail on remission by the Gujarat government.

Bilkis Bano, a 21-year-old pregnant woman, was tragically attacked and gang-raped while trying to escape the horrors of the communal riots that erupted as an aftermath of the Godhra train

The investigation was marked by alleged negligence and bias as the Limkheda Police requested the closure of the case. They submitted a summary report 'A,' stating that the case was true but undetected, and the culprits were not found, despite Bilkis identifying 12 of them.

In 2003, the Magistrate accepted the closure of the case, following which Bilkis approached the Supreme Court, appealing for it to be set aside and seeking a CBI investigation.

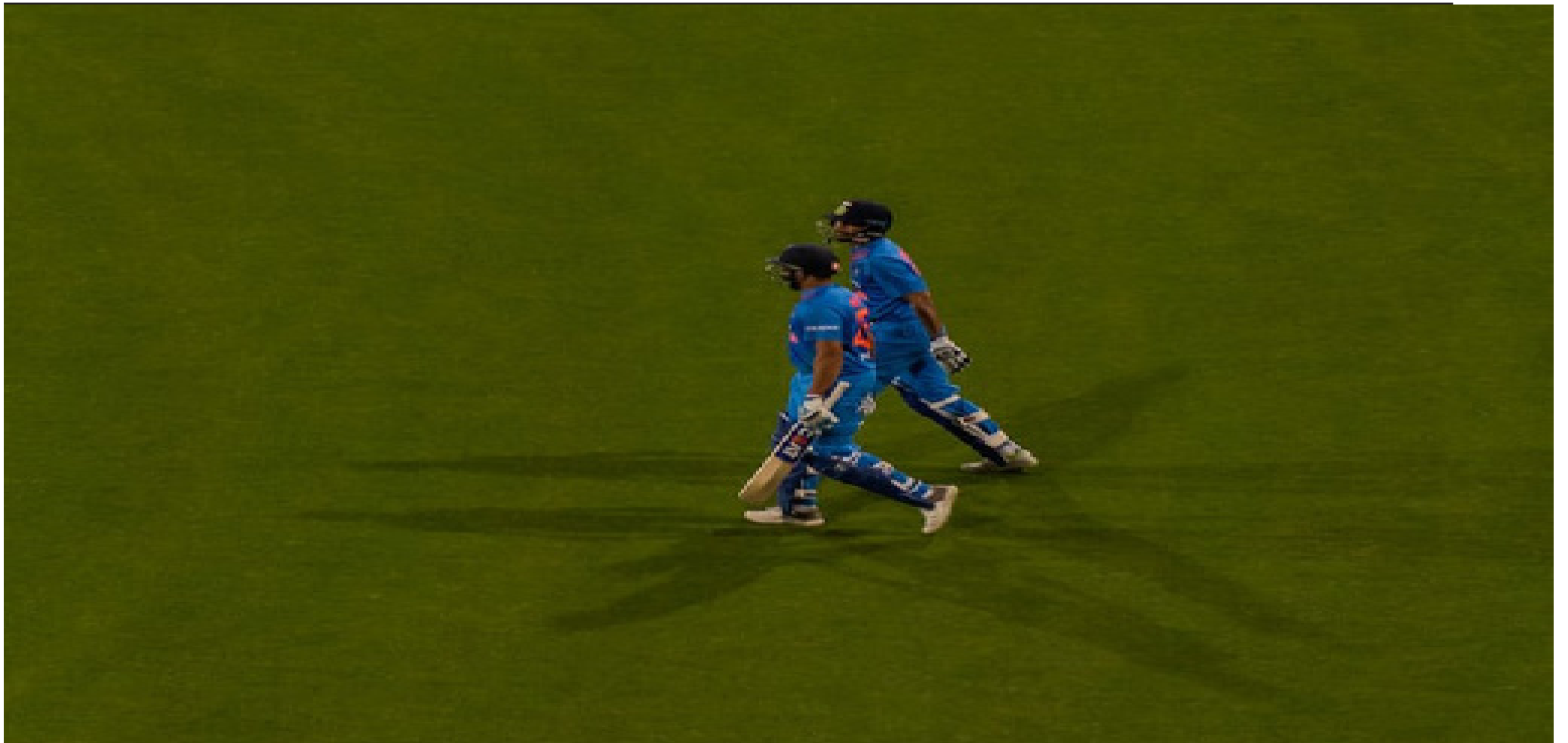
On January 21, 2008, a verdict was passed by a Special Judge in Greater Mumbai, stating the life imprisonment of the 11 convicted against the charges of rape and murder.

Furthermore, the Supreme Court, on April 23, 2019, directed a payment of Rs 50 lakh as compensation to Bano, along with directing the state government to provide employment and government accommodation at a place of her choice in a 2017 petition filed by Bano seeking compensation. Additionally, departmental action against the accused police officers was also recommended following a transfer petition placed forward by Bilkis in 2003.

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*Either you run the day
or the day runs you.*

New year and new beginnings for Team India: A Quest for T20 World Cup glory in 2024



Men in blue

Source : [Unsplash .com](https://unsplash.com)

Abhinandan Modak, MA Sem2

As the calendar turns to a new year, the cricketing world is abuzz with anticipation and excitement. For Team India, the dawn of 2024 signifies not just a fresh start but a renewed determination to conquer the cricketing world. With the T20 World Cup on the horizon, the team is gearing up for what promises to be a thrilling and challenging journey.

Before delving into the future, it's crucial to reflect on Team India's recent performances. The cricketing powerhouse has witnessed both highs and lows, showcasing their resilience and potential. From dominating series victories to facing tough defeats, the team has experienced a roller-coaster ride, with each moment being a stepping stone in their evolution.

The Indian cricket team suffered a heartbreaking loss in the final of the ICC Cricket World Cup 2023. They were bowled out for 240, and Australia chased down the target with six wickets and seven overs to spare. This defeat marked the end of India's dream run in the tournament and another missed opportunity to secure their third apex trophy.

However, India must put the disappointment behind them and focus on the next challenge—the ICC Men's T20 World Cup 2024, to be held in the

USA and the Caribbean from June 1 to June 29. This tournament, featuring 20 teams for the first time, is divided into four groups of five, with the top two from each group advancing to the Super Eight stage. The semi-finals and the final will be held in the West Indies.

Selecting the right squad poses an intricate puzzle that requires a delicate balance of experience and youth, batting prowess, and bowling depth. Team India's selectors face the challenging task of assembling a squad that combines seasoned campaigners with young talents hungry for success.

One major challenge India is facing is the lack of clarity and consistency in the captaincy role. Since Virat Kohli stepped down as the T20 captain after the 2021 edition, there has been speculation and confusion over who will lead the team in the shortest format. Although Rohit Sharma, a successful captain for Mumbai Indians in the IPL, was expected to take over, the BCCI did not make any official announcement until January 2024—just five months before the T20 World Cup.

During this period, India experimented with various stand-in captains, such as K. L. Rahul, Shikhar Dhawan, Jasprit Bumrah, Rishabh Pant, and Hardik Pandya, in the absence of Rohit and Kohli. This led to uncertainty and instability in the team, as different captains had different styles and strategies,

requiring players to adapt accordingly.

Another challenge is the poor squad selection and lack of long-term vision by the selectors. The selection panel, led by Ajit Agarkar, has been criticized for picking too many new players in quick succession. Even Sunil Gavaskar has remarked that "getting the India Cap has become way too easy nowadays," emphasizing the uncertainty and confusion within both the players and the team management.

Players like Ishan Kishan, Yuzvendra Chahal, Mohammed Shami, Shreyas Iyer, and others have been in and out of the team frequently.

Team India, winners of the inaugural T20 World Cup in 2007, have been drawn into Group A with arch-rivals Pakistan, Ireland, Canada, and the USA. India will play all their group matches in New York, starting with a clash against Ireland on June 5.

The most anticipated match of the group stage will be the India vs. Pakistan encounter on June 9, held at a temporary stadium constructed specifically for this purpose in New York. India will also face hosts USA on June 12 and Canada on June 15 in Florida.

India carries high expectations as they aim to win their second T20 World Cup title and end their ICC trophy drought since 2013. Despite having

the talent, experience, and passion, they must overcome challenges such as playing in unfamiliar venues, adapting to different pitches, and handling the pressure of a global event. India needs to play with confidence, consistency, and courage, making the most of every opportunity that comes their way.

A change of guard is imminent. Ajinkya Rahane, who was vice captain on the West Indies tour in 2023, was dropped for the South Africa and England (first two) Tests, while Cheteshwar Pujara, India's No. 3 for a long time, has not been picked in the squad since scoring only 14 and 27 in the World Test Championship final against Australia in June last year. If logic had the final say, India perhaps wouldn't turn back to the duo, signalling the end of an era in more ways than one.

But again, when has sport been completely rational? So, to say the fans have had a final glimpse of their batting heroes would still be premature.

Theirs will be big shoes to fill, and it is not like the younger players have knocked the door down for batting numbers 3 and 5. But they do deserve a longer rope, keeping in mind the five Tests against England at home, followed by the five away Tests in Australia towards the end of 2024. The match was played brilliantly.

A lesson to learn for the entire world

Bipasha Sain, MA Sem 2

Manipur violence on women shook the entire country sending shockwaves. On 4th May, three women from Erup Kangpopki village in Manipur ran from their burning homes. Their harrowing story was only pieced together more than 70 days later, with new details emerging day after day. One pattern that was common was that they were stripped naked, paraded by a mob of hundreds of men and then allegedly gang-raped.

In times of conflict, women's bodies continue to be used as battlefields. It became a case of disturbing repetitive pattern – one community's revenge against the other was achieved by dishonouring the women of the 'other' community.

The older of the two Kuki women who were paraded naked now lives in a relief camp. The two women had rushed to a police vehicle for help but received no help and the police were instead silent bystanders to the horrific episode.

The Kukis were protesting against the proposal to grant Scheduled Tribe status to the Meiteis, who constitute 53 percent of the population in the state. While the



Women from Manipur have been at the forefront of some of the toughest fights. Photo: ANI

majority of the Meiteis are Hindus settled in the Imphal Valley, the Kuki-Zo tribals are Christians living in the hills. Initial clashes soon flared into rioting, killing, and the burning down of churches, houses, and villages. Women in particular were subjected to the horrific mob violence, publicly stripped, sexually assaulted and even murdered.

The BJP government in Manipur has been actively playing majoritarian politics at the behest of the Hindu majority espousing BJP government at the center. Radicalized Meitei groups have been inciting hatred among the majority Meiteis for Christian Kuki tribals, labeling them as

"foreigners" and "immigrants."

Many Meitei women supported and even asked the men of their community to sexually assault women of tribal Kuki community, proving it's not just men but women too are a part of patriarchy and enabling it. Since the fighting began in early May, at least 180 people, including 21 women, have been killed and tens of thousands made homeless, according to government data. Security forces say women also block peacekeeping operations, taking advantage of law. In one video, Meitei women disrobed in public as a powerful protest against abuses by Indian security forces.

One photo shared widely during the conflict purportedly showed the body of a Meitei nurse killed by Kukis in Churachandpur district, the epicentre of the violence. Accompanying hashtags like #SaveMeiteiHindus and #MeiteisvsKukis served to polarise the issue on ethnic and communal grounds. The photo was revealed to actually be the photo of a young girl from Delhi killed by her parents in November 2022 over an inter-caste marriage. In fact, the father of the Meitei nurse supposedly killed had gone on television on 6 May, soon after the violence broke out, to debunk the rumours and confirm that his daughter was safe.

Nationalism as a project of constructing ethnic identity involves loyalty, pride and honour. Notions of femininity and masculinity are tested and challenged in times of conflict – which constitute what the feminist sociologist Nira Yuval-Davis calls "nationalist projects", when the construction of nationhood involves specific notions of both "manhood" and "womanhood". Leads to anger against treating Kukis as outsiders and taking revenge by violating woman's bodies to assert dominance to preserve 'territorial integrity'.

Gym Chronicles at St. Xavier's University, Kolkata

Bagmi Barenaya Nayak, MA Sem 2

As we step into the new year, resolutions are in the air, and the gym at St. Xavier's University is buzzing with enthusiasm. "January is a time when we witness a surge in dedication and commitment to fitness," says Ms. Mahua Biswas, our dedicated gym trainer.

"One noticeable trend is the increasing number of female students with Polycystic Ovary Syndrome (PCOD) seeking fat loss exercises," says Ms. Biswas. In a refreshing departure from the stereotype, these young women are not just focusing on shedding pounds but are also aspiring for a balanced physique.

"The male-female ratio in the gym may be imbalanced, with students sometimes discontinuing after a few weeks due to a lack of full commitment to fitness," shares Ms. Biswas. She believes that the solution lies in fostering self-love and a genuine desire to stay fit. "Motivational quotes fall short compared to the power of will," she says. "Boys at St. Xavier's University predominantly pursue powerlifting, while girls focus on weight loss, often with a later shift towards achieving a more well-defined figure," notes Ms. Biswas. Dispelling prevalent workout myths, Ms. Biswas addresses the fear of gaining more fat if one stops gymming



University gym. Photo: Bagmi

midway. "Creatine and BCAAs are recognized as beneficial," says Ms. Biswas. While influencers may promote various supplements, they typically refrain from endorsing steroids. "Adhering to the guidance provided by certified life coaches is advised as they offer valuable insights," concludes Ms. Biswas.

As we stride into the new year, the gym at St. Xavier's University, Kolkata remains a dynamic space where resolutions transform into realities, guided by Ms. Mahua Biswas's expertise and the collective commitment of the fitness community. May this year be one of self-love, determination, and achieving the fitness goals that students set for themselves.

I AM NOT ASHAMED

Sreosi Saha, MA Sem 2

I was just five years old when I was called "black" in front of all my friends, simply because I wasn't as fair-skinned as them. It left a lasting impact on my childhood. It's alarming how easily people label others as fair or dark based on their own mindset, without considering the effect it may have on others. The question I pose today is: how do we define beauty? There's a famous phrase that says, "beauty lies in the eyes of the beholder". I truly wish that vision of beauty existed.

I am 23 years old now. Recently, a boy I had been chatting with online for months suggested meeting at a restaurant. It was our first face-to-face encounter after countless online chats – an exciting prospect, or so I thought. However, when I arrived and sat at the designated table at 6 pm, the person who showed up was not the same guy I had been chatting with for months. He looked different – dark, unkempt, and overweight. I was taken aback and asked him, "You're not the person I've been talking to for so long, who are you?" He confessed, "I used a fake picture of myself because I was ashamed of my appearance." I was shocked to realize that the boy I had been talking to online for the past six months had been deceiving me all this time. But let's analyze this situation differently. Why are people so insecure about themselves that they resort to presenting a false image of themselves online just because someone else may

appear more glamorous? Why can't we accept ourselves as we are? We fail to realize the inherent beauty within ourselves, as ordained by the Almighty. True beauty isn't about our appearance – whether we're fat or thin – it's about our behavior, our attitude towards others.

We live in a society where people readily judge our beauty based solely on our looks. Social media has exacerbated this phenomenon, becoming a platform where we showcase only our filtered selves, striving for perfection with flawless bodies and no imperfections. Our lives have become so consumed by social media that we forget we weren't born to impress society. We need to embrace our real selves – frizzy hair, body hair, a little extra weight, pimples, and scars – they're all perfectly normal. While we preach about accepting ourselves as we are, the reality is that we often compare ourselves to others.

Our self-worth is often tied to the number of likes and comments we receive on social media. Our lives are controlled by social media, with filtered images occupying our minds without us even realizing it. But let's remember the words of Mother Teresa: "Because the same loving God has created you, created me, created that man on the street, created that leper, that hungry man, that rich man, for the same purpose – to love and to be loved." So, love yourself for who you are, without comparison or doubt. Say "I love you" to yourself every day.

PHOTO GALLERY



New wave of Fashion

Fashion Fiesta



Agenda for a cause



Social Problem



Glimpse of Xavrang



Blossom



Social Problem

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