



**RANI BIRLA GIRLS' COLLEGE**

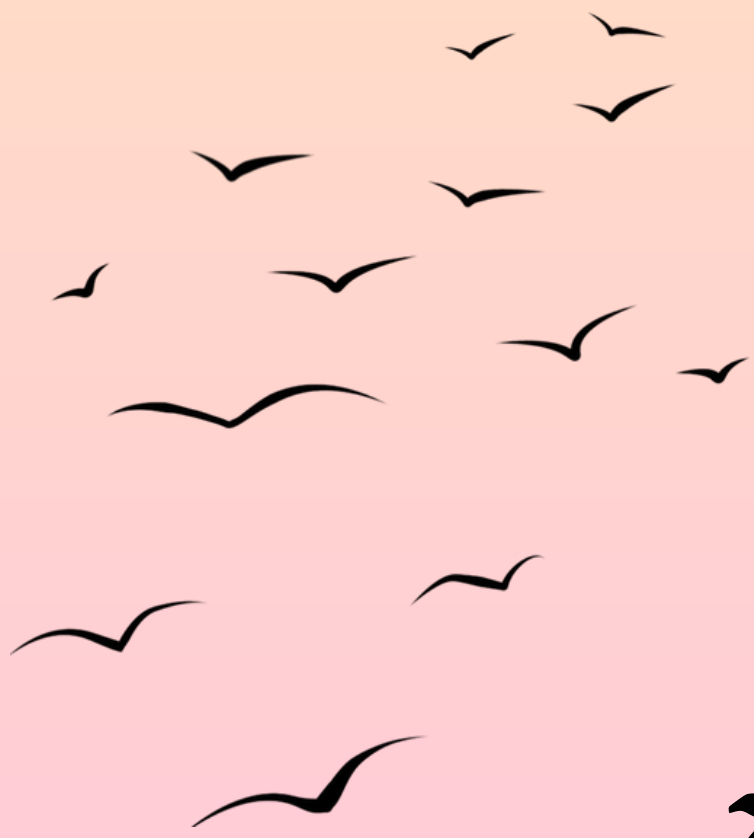
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# **COLLEGE PULSE**

**DEPARTMENT OF EDUCATION**

**VOL. I**

***E-Magazine***



**SESSION: 2024-2025**



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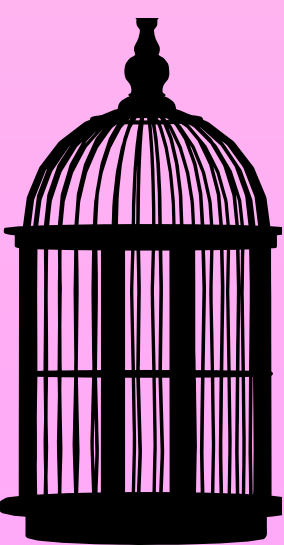
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## FROM THE PRINCIPAL'S DESK



It gives me immense joy and pride to pen this foreword for the maiden issue of the Department of Education's e-magazine – ‘**College Pulse**’, a dynamic platform that promises to capture the essence of creativity, intellect, and innovation within our academic community.

This initiative represents the collaborative spirit that defines our institution, bringing together voices from diverse perspectives to create a mosaic of ideas and expressions. Each section of this e-magazine has been thoughtfully curated to reflect the multifaceted talents and passions of our students and faculty.

From "The Faculty's Desk", offering insightful guidance, to "Through The Students' Pen" and "Through The Students' Lens", which showcase the artistic and literary flair of our learners, this e-magazine celebrates creativity in its truest form. The vibrant strokes of "Paint And Brushes" and the inspiring narratives in "Students' Spotlights" capture the essence of our students' journey and achievements.





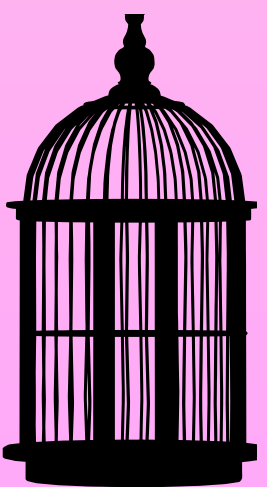
We have also included sections like "Mental Health Awareness Tips", emphasizing the importance of well-being, and "Fun And Entertainment", which bring joy and lightness to our academic endeavours. The special focus on "Alumni And Faculty" highlights the enduring connections that make our institution a family, inspiring us all with their achievements and contributions.

This e-magazine is not just a publication but a testament to the dedication, enthusiasm, and creativity of our students and faculty. I commend the editorial team for their hard work and vision in bringing this project to life.

As you explore the pages of this inaugural issue, I hope you feel the same sense of pride and inspiration that I do. May this e-magazine become a cherished tradition that continues to evolve, inspire, and connect us in the years to come.

Wishing you happy reading and heartfelt congratulations to everyone involved!

**Dr. Srabanti Bhattacharya**  
**Principal**



## FROM THE HOD'S DESK



*Ms. Pampa Chatterjee  
Associate Professor  
Head of the Department  
Department of Education*

Let me take this opportunity of welcoming all to the launching of our maiden departmental e-magazine, College Pulse. In this frenetic world where we always have to keep pace with time for meeting commitments in both our professional and personal lives, it has always been our endeavour to find an easy medium through which our students, various members of our educational family, would express themselves, giving vent to their thoughts, out-of-the-box suggestions etc, on various issues of interest. This would help us to keep abreast of the students' views and aspirations and how they decide to move ahead with the cherished legacy of their alma mater.

We have always thought that the e-magazine would serve as a vital bridge between our students and us, teachers, as we hope it would digitally reach to a cross section of interested stakeholders, other well-wishers and the like, covering various topics under the sun, not particularly related to education per se or the formal curriculum in particular, but, may be, about books and films and fashion and arts and contemporary areas of interest focussing on gender rights and women's participatory roles in various societal activities etc.



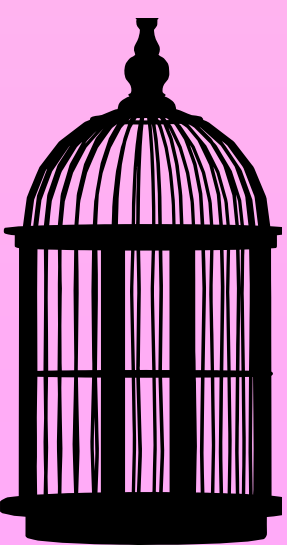


Depending on the interest it generates, we can gradually think about enlarging its scope, including providing e-links to various discussions and debates we hold at our college premises, seeking responses and their reactions there-to as a vital trigger board for gauging the pulse of our dear students in a more informal and participative way.

Of course, there shall be certain ground rules which we are aware of and contributors will have to abide by them; that we shall not be raking up any sensitive or controversial issues which may stoke unnecessary controversies and have adverse bearing on interpersonal communitarian faith and belief etc. The Editorial Board will, of course, have a well-defined task set on its shoulders to responsibly collect, collate and edit the inputs into a readable and qualitatively acceptable corpus that will be enjoyed by all.

We, the members of the department of education, are extremely grateful to our Principal, Dr S Bhattacharya for inspiring, supporting and guiding us in this endeavour.

So, with these words, I heartily welcome the launching of the e-magazine and invite everyone in my department to join in and contribute generously so it becomes a real marker in the days to come...



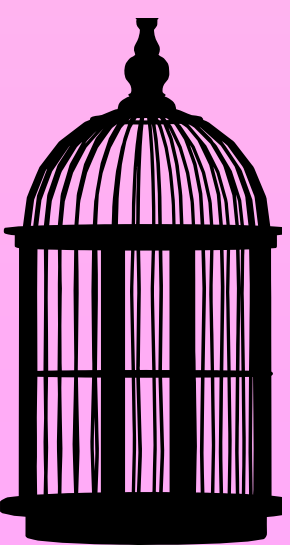


*Ms. Namrata Subba  
Assistant Professor  
Department of Education*

## *College Pulse: The Heartbeat of Campus Life*

The College experience is a dynamic blend of academics, friendships, extracurriculars, and personal growth. In this ever-changing environment, staying connected to the pulse of campus life is essential for fostering a sense of community and engagement. Our Departmental e-magazine, College Pulse, seeks to capture this rhythm—offering a platform for students, faculty, and alumni to reflect on and celebrate the diverse experiences that shape our academic journey.

College Pulse is not just a magazine; it's a living testament to the vibrant energy that courses through the halls of our institution. Each issue offers a window into the heart of campus life, spotlighting a broad spectrum of topics, achievements, fun & entertainment and cutting-edge research to personal stories, and student initiatives. Through its pages, we aim to keep every member of the college community informed, inspired, and connected. The magazine celebrates the multitude of voices that define College life. By showcasing various perspectives, we aim to foster an environment where inclusion and respect for differing viewpoints are not just encouraged but celebrated.





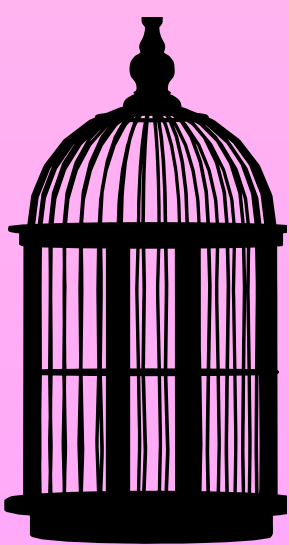


At its core, College Pulse is committed to amplifying student voices. Through essays, articles, and interviews, students have the opportunity to share their insights, experiences, and challenges. This student-driven content is the lifeblood of the magazine, helping shape it into a true reflection of what it means to be part of this institution. By providing a space for students to articulate their views, the magazine also serves as a platform for dialogue and growth.

### *A Look to the Future*

Looking ahead, College Pulse aims to continue evolving alongside the needs and interests of the student community. By embracing new media formats, expanding its coverage, and fostering deeper engagement with the student body, the magazine aspires to remain a vital and dynamic part of campus life. As we explore new themes and formats, College Pulse will always remain committed to its mission: to be the heartbeat of our college, reflecting the experiences, challenges, and triumphs of all those who walk its paths.

In conclusion, College Pulse isn't just a magazine—it's a reflection of what makes our college unique: its people, its stories, and the collective energy that drives us forward. We hope you'll continue to turn its pages, find inspiration, and contribute to the ongoing conversation that defines our existence in the campus.





*Through  
the  
Students',  
Pen*



# WOMEN'S PROTECTION

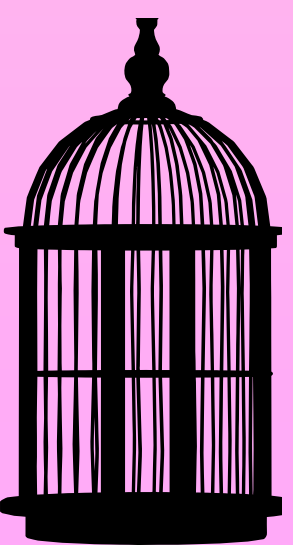
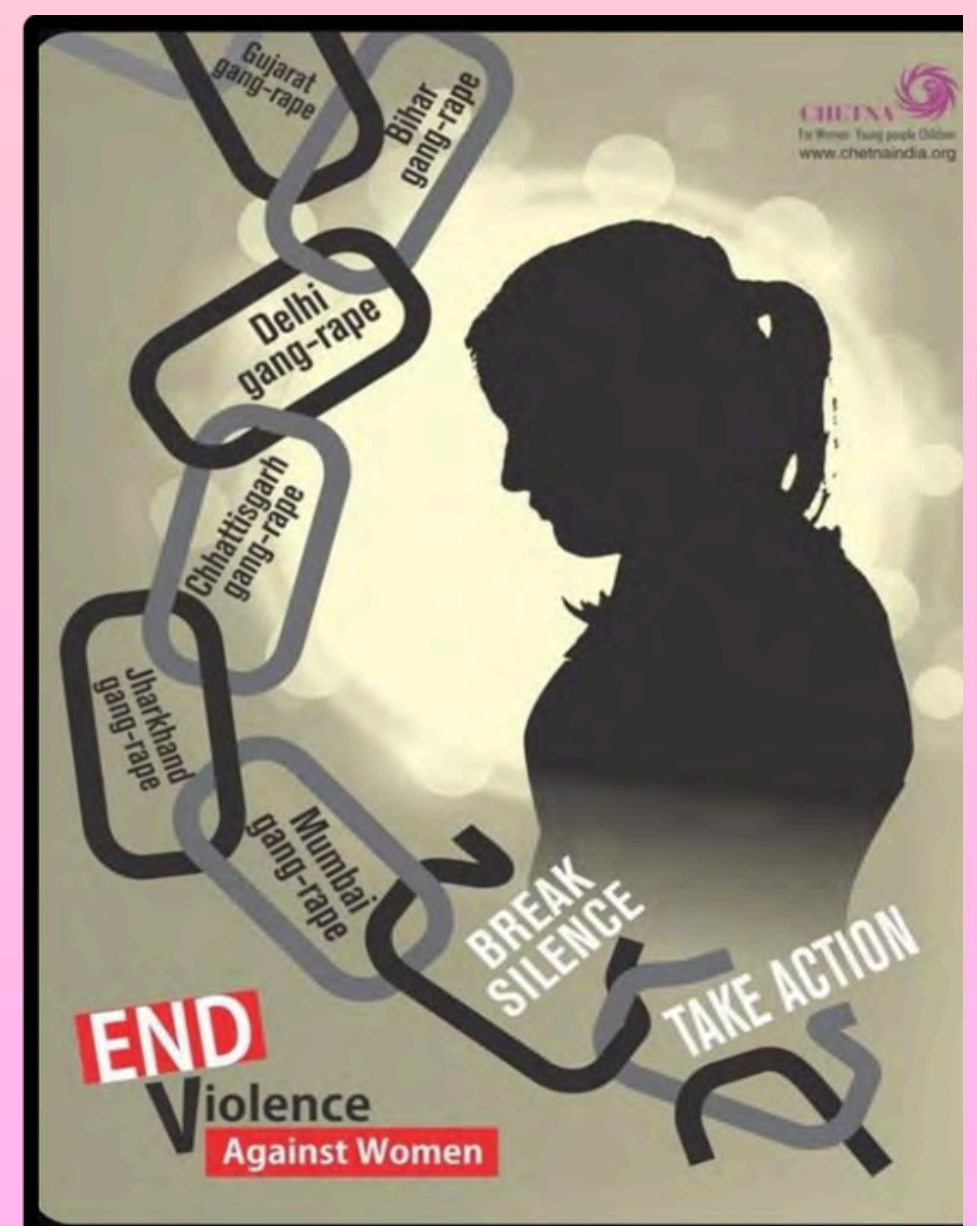


*Safrin khatoon -Sem 5*

In the 21st century, where the world strides towards technological advancements and social progress, the safety and protection of women remain pressing issues. Women form the backbone of families, communities, and nations, yet they face innumerable challenges threatening their dignity, freedom, and well-being. Protecting women is not just a moral imperative but a crucial step towards building a just and equitable society.

Women encounter threats in various spheres of life - domestic, professional, and public. From domestic and workplace harassment to street crime and cyber bullying, the dangers are multifaceted and pervasive. Statistics reveal that crimes against women are alarmingly high globally, with many incidents going unreported due to fear, stigma, or lack of support system. Addressing these issues requires a multidimensional approach that combines legal, social, and educational reforms.

One of the fundamental measures for women's protection is the implementation and enforcement of robust laws. Governments must ensure strict penalties for crimes against women, such as assault, trafficking, and harassment. Initiatives like women's help lines, fast-track courts, and crisis intervention centres have proven effective in providing immediate assistance and justice. However, legislation alone is insufficient without societal support.



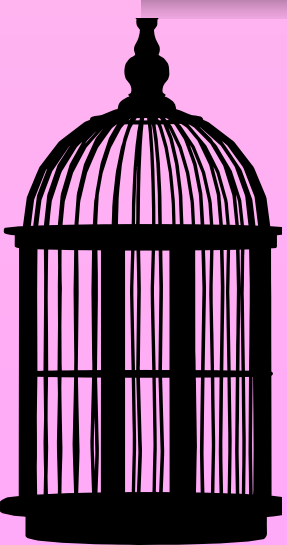


Education plays a transformative role in changing societal attitudes. Gender sensitivity must be introduced early in schools to foster respects and equality among boys and girls. Awareness campaigns highlighting the importance of women's safety can challenge deep-rooted stereotypes and empower individuals to become allies in this cause.

However, true progress in women's protection requires the involvement of everyone - men, women, and institution alike. Men, as partners, friends, and colleagues, must stand as allies, challenging toxic masculinity and supporting gender equality. Institution, from corporation to educational establishment, must adopt policies that prioritize women's safety and inclusion.



The responsibility of protecting women goes beyond safeguarding their physical safety; it extends to preserving their mental and emotional well-being. A society that values its women creates an environment where they can thrive, innovate, and contribute without restrictions.



# VIOLENCE AGAINST WOMEN : SHEDDING SOME LIGHT IN INDIAN SCENERIO



*Mehak Qamar - Sem 5*



The issue of safety for female teachers and girl students in Indian educational institutions is indeed a critical concern that demands urgent and sustained attention. While the legal framework exists to protect women, the challenges persist, and current safety measures in many institutions remain insufficient. Hence, throwing some light on the safety measures:-

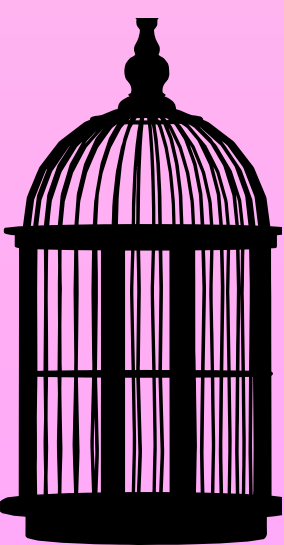
## ***Safety Tips for Female Teachers:-***

**Set Clear Boundaries**: Establish clear professional boundaries with students and staff. Always maintain appropriate communication, and encourage a culture of respect.

**Report Incidents Early**: If you sense any inappropriate behaviour, report it immediately to the authorities or the internal complaints committee (ICC). Early intervention can often prevent escalation.

**Use the Buddy System**: Particularly when working late or in isolated areas, having a colleague or trusted individual accompany you can reduce the risk of harassment.

**Stay Aware of Your Surroundings**: Be cautious in situations where you may be alone, especially in isolated or poorly-lit areas of the school.





**Creating a Culture of Respect and Equality:** Ultimately, the safety of female teachers and students cannot solely be ensured by physical measures or legal frameworks. Schools must work towards creating an institutional culture that respects equality, inclusivity, and mutual respect.



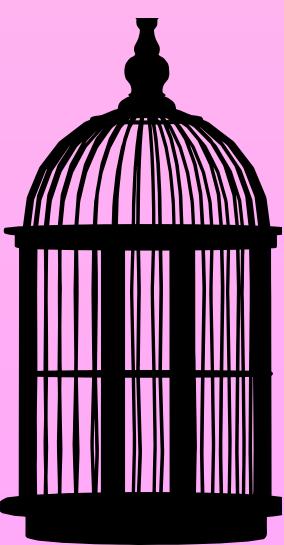
**Leadership Commitment:**

School leaders, including principals, administrators, and board members, must be fully committed to implementing safety measures, and they should lead by example.

**Involving Parents and**

**Community:** Schools should actively engage with parents and the community in safety discussions and initiatives, creating a broader network of support for female students and teachers.

**Inclusive Curriculum:** Educators should promote discussions on gender equality, the importance of consent, and respect for all individuals through the curriculum. Building awareness from a young age can help shape a generation of individuals who value and respect the rights and safety of women.





## ***Gender Sensitization and Awareness:***

**Regular Workshops and Trainings:** Gender sensitization should be a part of the curriculum for both students and staff. Educators must be trained to identify and deal with inappropriate behavior, while students should learn the importance of respect, equality, and consent.

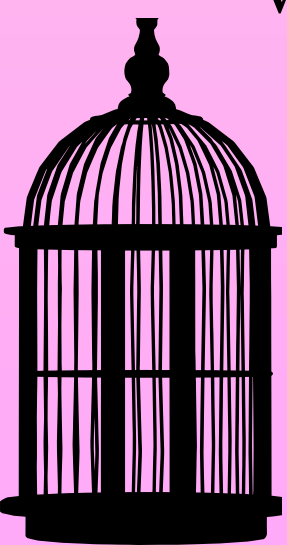


**Involving Male Students and Teachers:** Addressing gender-based violence is not just the responsibility of women or female students. Engaging male students and male teachers in discussions about respect, consent, and gender equity will go a long way in changing cultural norms and reducing harassment.

## ***Counseling and Support Systems:***

**Support for Victims:** Counseling services should be made available to both students and teachers who have experienced harassment or assault. Victims must feel supported by their institutions and society rather than blamed or ostracized.

**Peer Support Networks:** Schools should also consider implementing peer support programs, where older students or faculty members can act as mentors or counselors for younger students and teachers. Peer support systems can help in early identification of problems and provide emotional support to victims.



# PRIORITIZING HEALTH AND WELLBEING : A JOURNEY TO WHOLENESS



*Sakina Mustafa - Sem 5*

In today's fast-paced world, it is easy to neglect our most precious asset: our health. We often find ourselves prioritizing work, social obligations, and other responsibilities over our own wellbeing. However, neglecting our health can lead to burnout, chronic diseases, and a decreased quality of life.

Taking care of our health and wellbeing is essential for living a happy, productive, and fulfilling life. It's time to shift our focus inward and prioritize our physical, mental, and emotional health. Some of the tips in this regard are as follows:

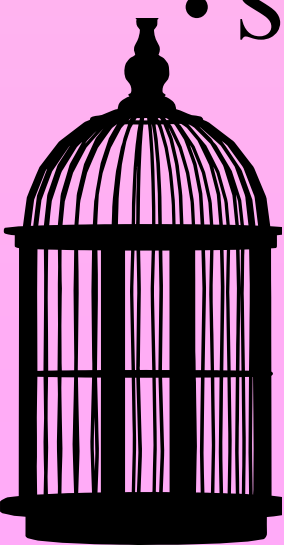


## Physical Health:

- Engage in regular exercise, such as walking, yoga, or dancing
- Eat a balanced diet rich in whole foods, fruits, and vegetables
- Get enough sleep (7-8 hours for adults)

## Mental Health:

- Practice mindfulness, meditation, or deep breathing exercises
- Connect with nature, read, or engage in hobbies that bring joy
- Seek professional help when needed







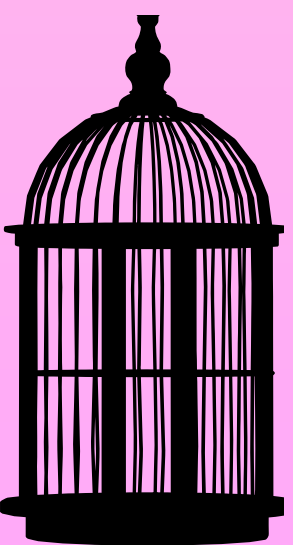
### **Emotional Health:**

- Cultivate self-awareness, self-compassion, and self-love
- Nurture meaningful relationships and build strong connections
- Practice gratitude and self-care

### **By prioritizing our health and wellbeing, we can:**

- Boost energy levels and productivity
- Enhance creativity and focus
- Develop resilience and stress management skills
- Improve overall quality of life

Remember, health and wellbeing are journey, not destinations. By making small, sustainable changes and being patient with ourselves, we can cultivate a deeper sense of wholeness and happiness.



# ENVIRONMENT AND IT'S IMPACT ON LIFE



*Zaira Imam - Sem 1*

Environment in the literal sense means, the space or situation that surrounds a being. It also refers to the condition and circumstances in which something or someone's growth is influenced. This article discusses the main aspect of the environment and the importance of preserving the environment .



The environment is the basic life support system for all living things on planet earth. It is a combination of natural and human – made components .Natural components include air , water ,land and living organisms. Roads, industries, buildings , etc. are Human- made components .The natural environment can be differentiated into four main components -Biosphere, Lithosphere, Hydrosphere and Atmosphere.

The environment is dependent on the interaction between all the different components. However, human beings play a huge role in the making and breaking of the environment. Being the supreme most intellectual power on earth, human beings influence the wellness of the environment to a great extent. The impact of the environment on all living beings is directly proportional to the way human beings treat the environment.

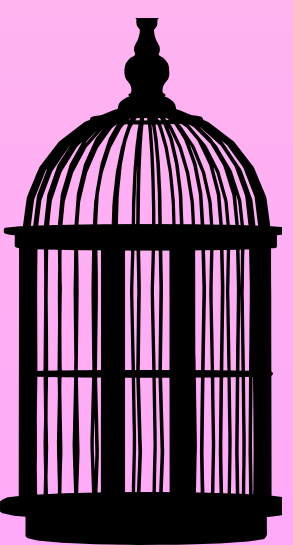




Any kind of existence would not be possible without water, air or land. Nothing to eat, not a drop to drink and nowhere to go is not what we or our future generations should expect to have .

However, over the recent years, the environment has been exploited excessively because of which the environmental conditions are becoming worse day by day. Pollution of air, water and land, mining, industrialization, modern urbanization, deforestation, release of chemical effluents and landfills are some of the major factors that cause the gradual deterioration of the environment.

The leaders of the world are working to reduce the rapid degradation of the environment, and there are organization like the United Nations who came up with the initiative to create awareness and get people to take actions to curb the problems of the environment. Some of these initiatives include the 2019 sustainable development Summit2019, Climate Action Summit 2030, agenda for sustainable development, Paris Agreement and many other programs that include river conservation, afforestation, coastal management, wetland conservation and so on. While all these measures are in action, individuals are also obliged to take steps to preserve the environment that everyone is a part of .With everyone's efforts, we can be sure that all of, it will definitely make a difference and help the environment in becoming healthy and sustainable.



# IN THE MOUNTAINS



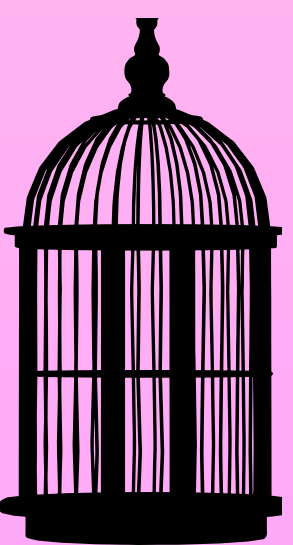
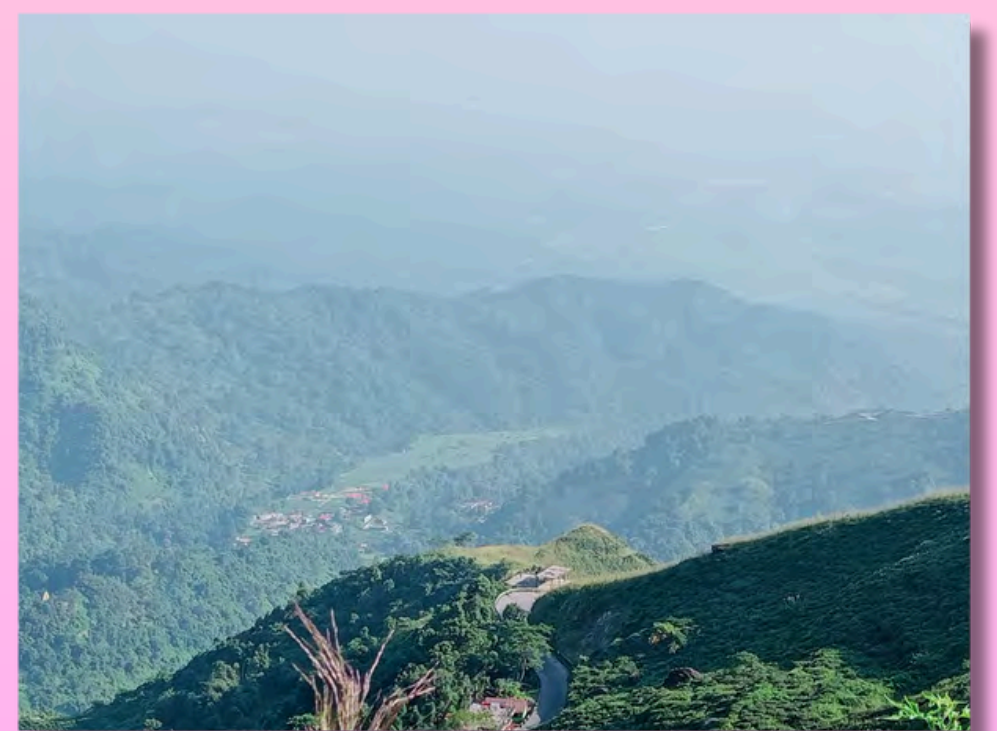
*Anshara Anwar - Sem 3*

There's a saying that goes like this "On earth there's no heaven but there are pieces of it" by Jules Renard. I agree with this because I've seen the shades of nature and the versatility of universe in the best of its form "IN THE MOUNTAINS".



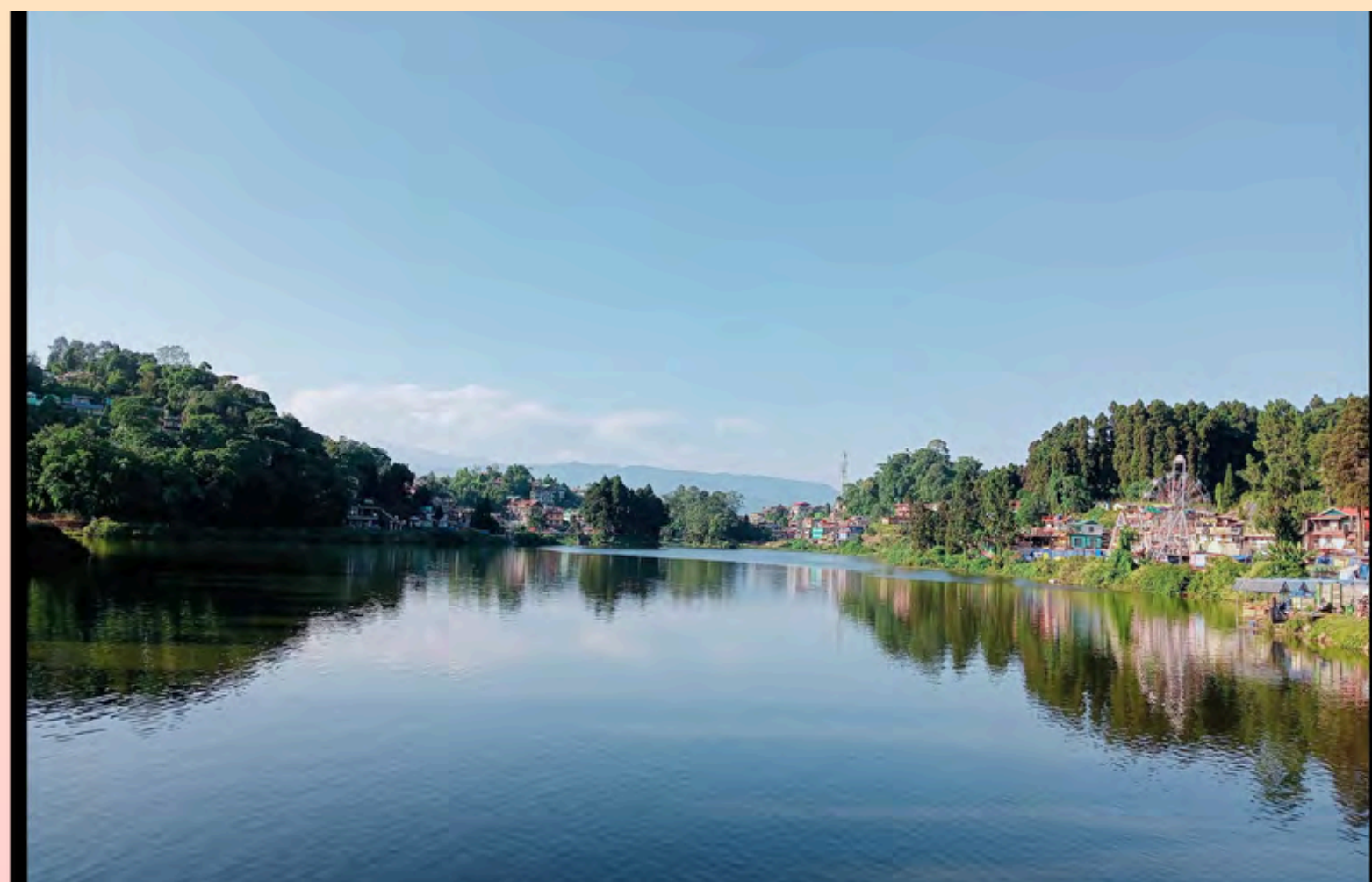
I went to Darjeeling the queen of hills this year and it was an extraordinary experience to be there in the massive Himalayas towering high above the landscape. This hill station was carved out by the Britishers which is home to millions of species and also a famous tourist spot. Darjeeling is considered one of the first hill stations of india it is a popular tourist spot for its tea plantations, scenic beauty, toy train and cultural diversity.

My experience made me fall in love with the mountains. I never knew that nature could be more captivating and more appealing than this. The beauty of a mountain's terrain made me believe in the beauty of being strong and accepting that the ups and downs in life always lead to a beautiful and majestic view.

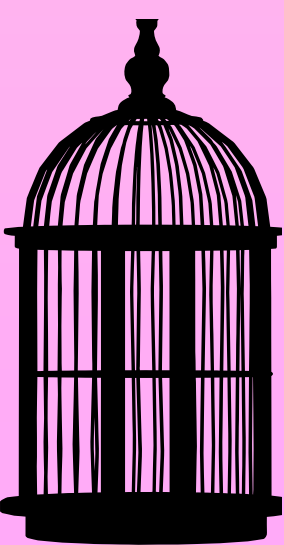




I went to Mirik which is a picturesque hill station located near Darjeeling. The mirik valley offers breathtaking view of the Himalayas and the surrounding hills. This place also offers boating, trekking and horse riding. Mirik is a very serene, peaceful and tranquil place with a sense of stillness within itself.

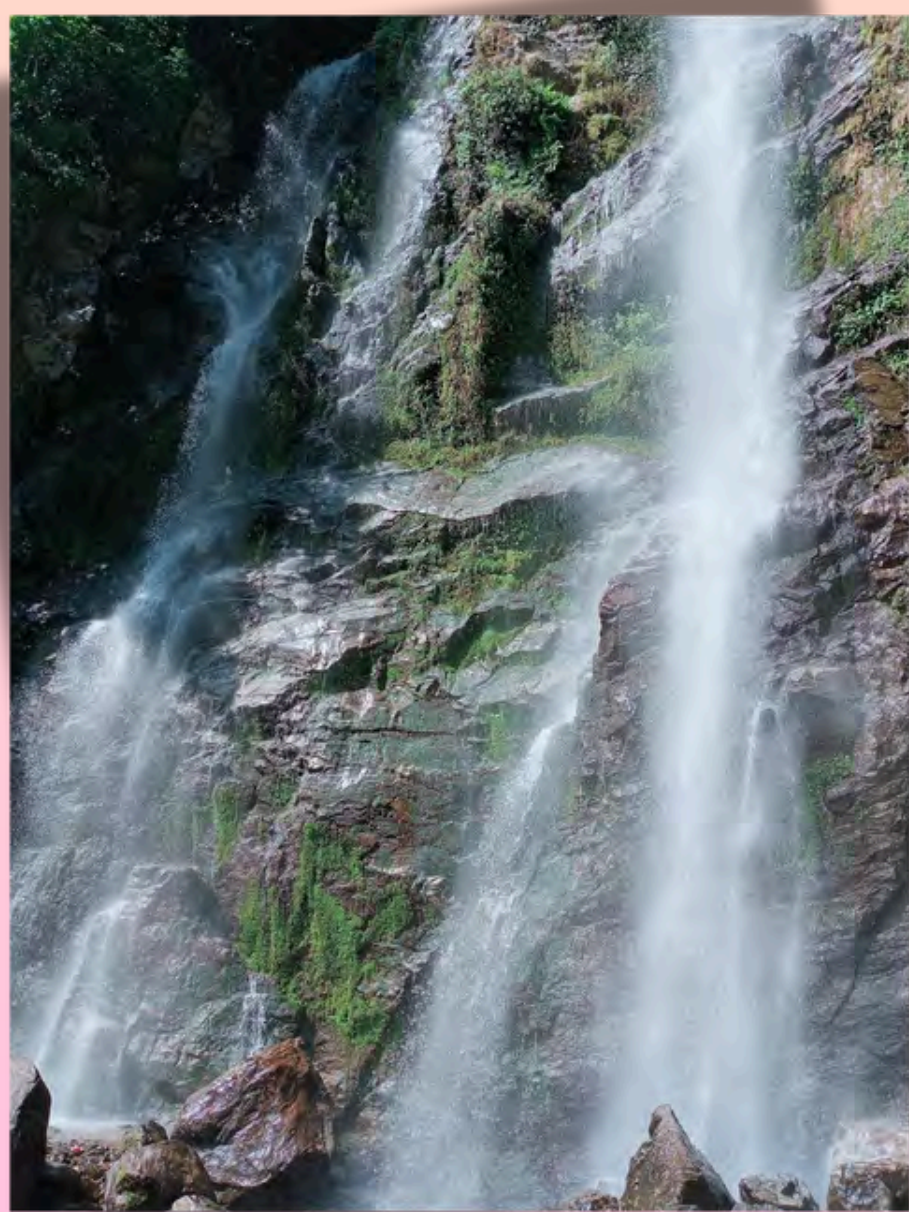


Lepcha Hata or Lama Hata is a small village near Mirik which has a beautiful scenic view with tall trees tapering the sky. It is surrounded by lush green forest and tea gardens. It is primarily inhabited by the Lepcha community which is a tribal community. This village serves as a base for trekking and hiking expeditions. Indeed it is a hidden gem in the Darjeeling hills offering a unique blend of natural beauty, cultural richness and adventure opportunities.



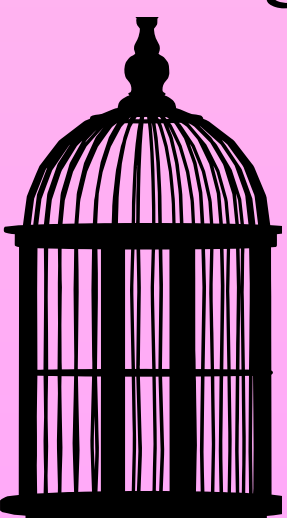


The most beautiful and breathtaking view in the list is the Kanchenjunga the third highest mountain peak in the world located in the Himalayas on the border between Nepal and India. It is definitely a treat to eyes. Kanchenjunga is considered a sacred place for the people of Sikkim and Nepal and it is also home to diverse flora and fauna with its peak being ice covered adding to its beauty.



My favourite spot was the Indrani waterfall also known as the Rainbow waterfall located in Sonada. It is undoubtedly called the Rainbow waterfall because it creates a rainbow effect on sunny days. It is a place nestled amidst lush green forest offering a serene atmosphere perfect for nature lovers and those in search of tranquility. Although being located at an off beat area and that popular among the tourists it is a must-visit destination for anyone looking for natural experience in Darjeeling.

Undoubtedly, Darjeeling is the most awe-inspiring and most peaceful place I've ever visited. It is not only visually but also mentally appealing for those who want to find peace within. It is an epitome of diversity providing natural, social, cultural, religious and adventurous attractions.





রন্ধনশৈলী বা রন্ধনপ্রণালী হচ্ছে হচ্ছে রান্নার পদ্ধতি যেখানে উপাদান, কৌশল এবংখাবারেরজন্য পৃথকভাবে চিহ্নিত করা যায় এবং নির্দিষ্ট সংস্কৃতির অথবা ভৌগোলিক অঞ্চলের ভিত্তিতে বৈশিষ্ট্যতা লাভ করে। রন্ধনশৈলীকে ইংরেজিতে কুইসিন বা কুইজিন বলাহয় । যেটিরউতপত্তিহয়েছে ল্যাটিন শব্দcoquere থেকে । রন্ধনশৈলীকে বিশেষ করে তুলতে প্রথমত ব্যবহৃত উপাচারের অবদান বেশি থাকে যা স্থানীয়ভাবে উৎপন্ন হয় অথবা বাইরে থেকে আমদানী করে আনা হয়রন্ধনশৈলীর উপর ধর্মীয় খাদ্য আইন যেমন হিন্দু, মুসলিম ও ইহুদি খাদ্যতালিকাগত আইন শক্তিশালী প্রভাব রাখতে সমর্থ হয়েছে। আঞ্চলিক খাদ্য প্রস্তুতির ঐতিহ্য, রীতিনীতি এবং উপাদানগুলো একত্রে বিশেষ অঞ্চলে অনন্য খাবার তৈরীতে ভূমিকা রেখেছে ।

রন্ধনশৈলীর প্রাচীনত্ব সঠিকভাবে নিরূপণ সম্ভব না হলেও এটা খুবই পুরাতন। রোম তার রন্ধনশৈলীর জন্য সুপরিচিত ছিল। ধনী পরিবার ট্রাইক্লিনিয়ামে নানাবিধ খাবার নিয়ে একত্রে ভোজন করতে বসতো। তাদের খাদ্য তালিকায় ছিলো ডিম, পনির, রুটি, মাংস এবং মধু।

বাঙালি রন্ধনশৈলী বা বাঙালি খাবার বলতে বাংলাদেশ, ভারতের পশ্চিমবঙ্গ এবং ত্রিপুরা অঞ্চলের ঐতিহ্যবাহী খাদ্যাভ্যাসকে বোঝায়। এই অঞ্চলের বৈচিত্র্যময় ইতিহাস ও জলবায়ু বাঙালি খাবারের রূপ ও বৈশিষ্ট্যকে ব্যাপকভাবে প্রভাবিত করেছে। সরিষার তেলের মোহনীয় স্বাদের বিভিন্ন ঐতিহ্যবাহী খাবার এবং মিষ্টি ও নানান রকমের পিঠাপুলি তৈরিতে বাঙালির বিশেষভাবে পারদর্শী।



বাঙালির প্রধান খাদ্য হলো ভাতএবং আমিষের প্রধান উৎস হিসেবে মাছ সবচেয়ে জনপ্রিয়। সামুদ্রিক মাছের তুলনায় মিঠা পানির মাছের চাহিদাই বেশি, তবে ভেটকি মাছও বাঙালির খাদ্যতালিকায় বেশ পছন্দনীয়। মাছের পাশাপাশি মুরগি এবং খাসির মাংসও বাঙালিদের কাছে খুবই প্রিয়। গরুর মাংস মূলত বাঙালি মুসলিম সম্প্রদায়ের মধ্যে বেশ সমাদৃত। সাম্প্রতিক সময়ে, ডালও বাঙালি খাদ্যাভ্যাসের একটি গুরুত্বপূর্ণ অংশ হয়ে উঠেছে। আড্ডা, ঈদের ভুরিভোজ, ইফতার বা মেজবান, পূজা-পার্বণ কিংবা বিবাহ অনুষ্ঠান – যেকোনো ধর্মীয় ও সামাজিক অনুষ্ঠান বাঙালিদের অনেক ঐতিহ্যবাহী খাবারের সাথে পরিচয় করিয়ে দেয়।

মাছে-ভাতে বাঙালি কথাটার প্রচলন আছে বটে, কিন্তু তা

বলে শুধুমাত্র মাছ আর ভাতেই খাদ্যরসি

ক বাঙালি আটকে

পড়তে নারাজ। রাজিই বা হবে কেন? বাঙালি রসনাকেতৃপ্ত করতে রয়েছে শ'য়ে শ'য়ে পদ।

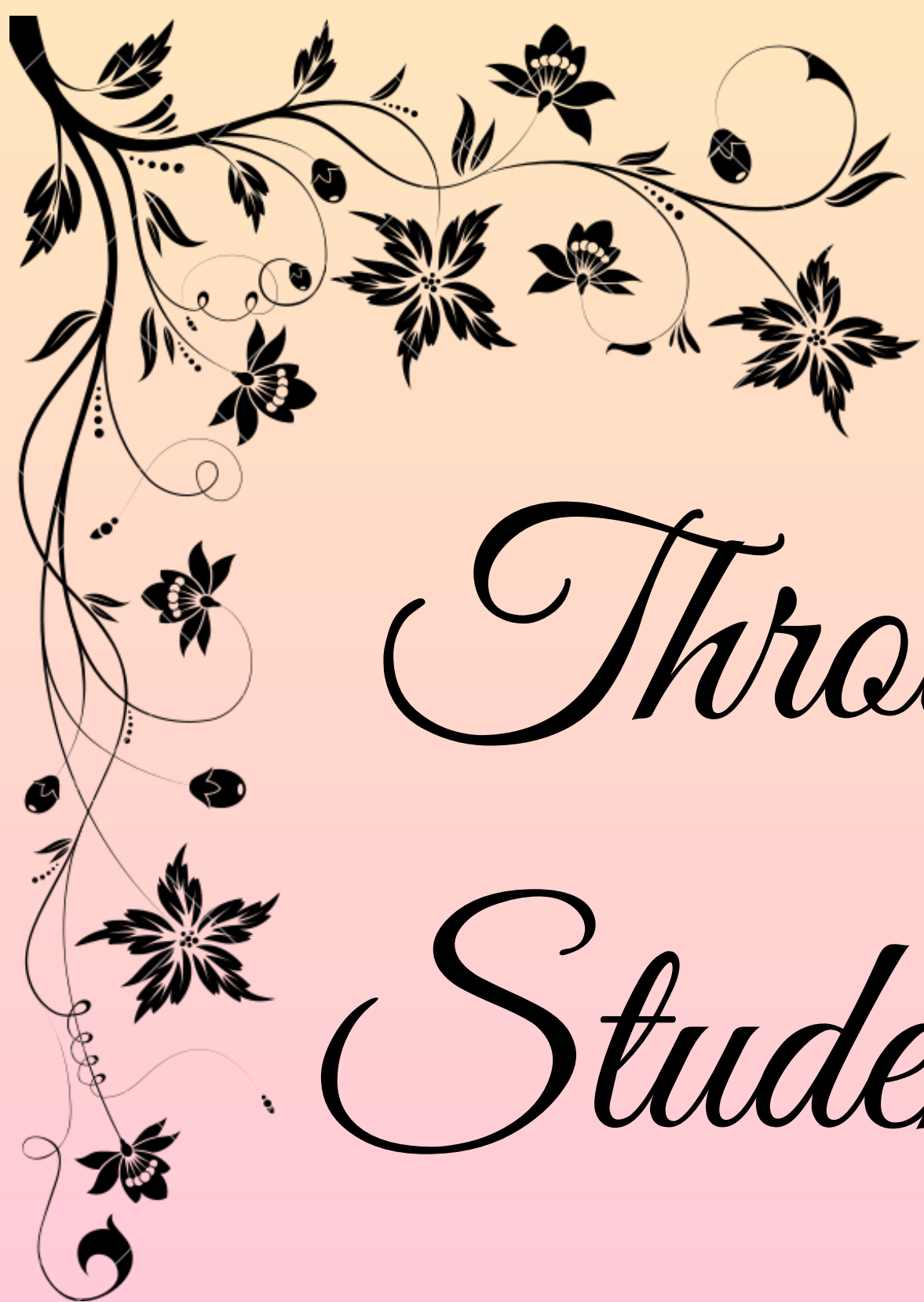
সেগুলির যেমন রূপ

তেমনই স্বাদ। নিরামিষ রান্নাই হোক বা আমিষ কিংবা মাছ

হোক বা মটন, মুর্গি, চিংড়ি। পেট ভরতেও মন বলবে আরও

খাই আরও খাই। বাঙালির পাতে সাহেবি বা কন্টিনেন্টাল





*Through the  
Students' lens*







*Waking up with this view*



*Wild spirit, Soft heart, sweet soul*



*Just a moment between moments*



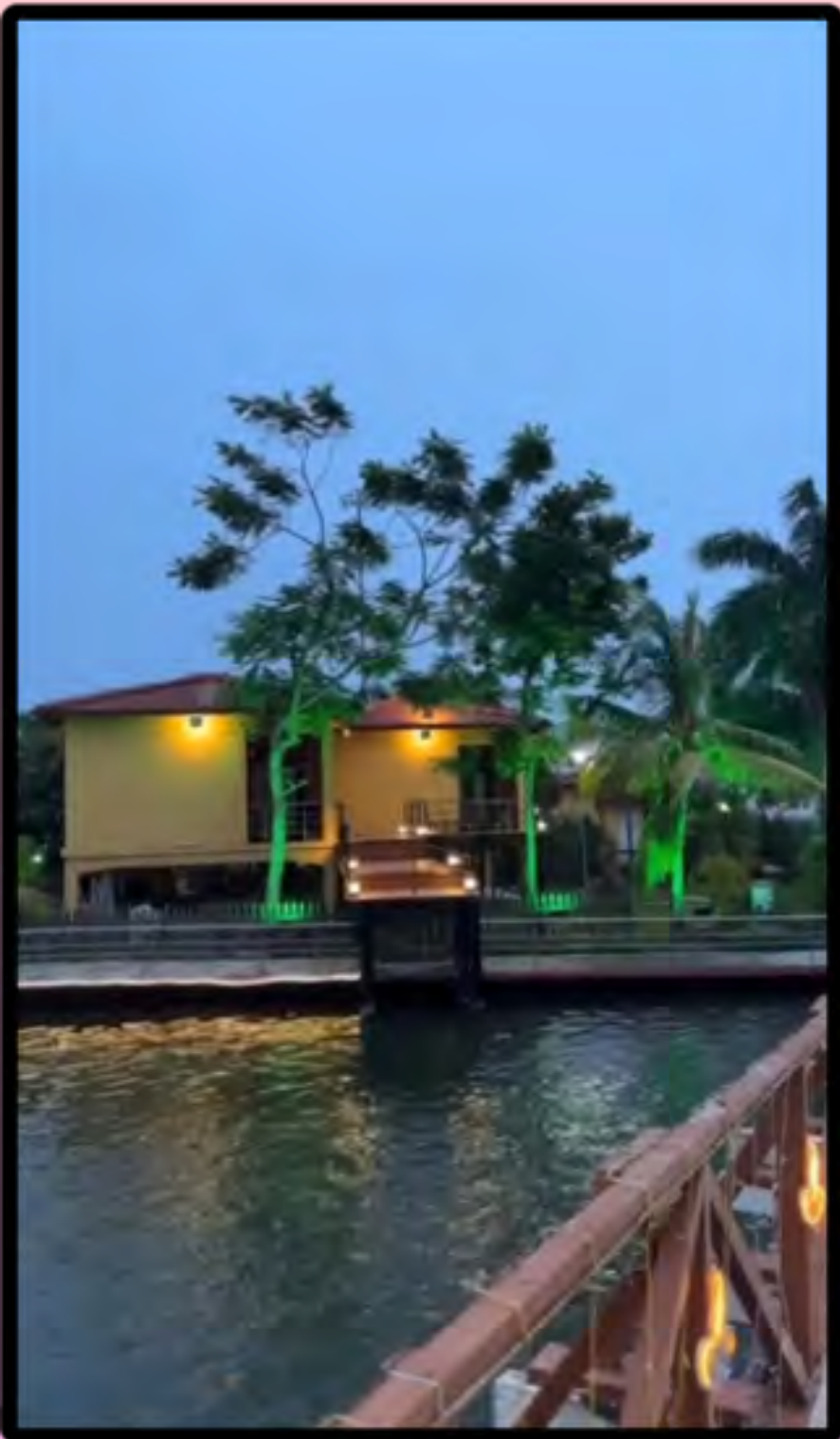
*-Safrin Khatoon - Sem 5*





*Pretty mesmerising*

*The glorious lamp of heaven  
“The Sun”*



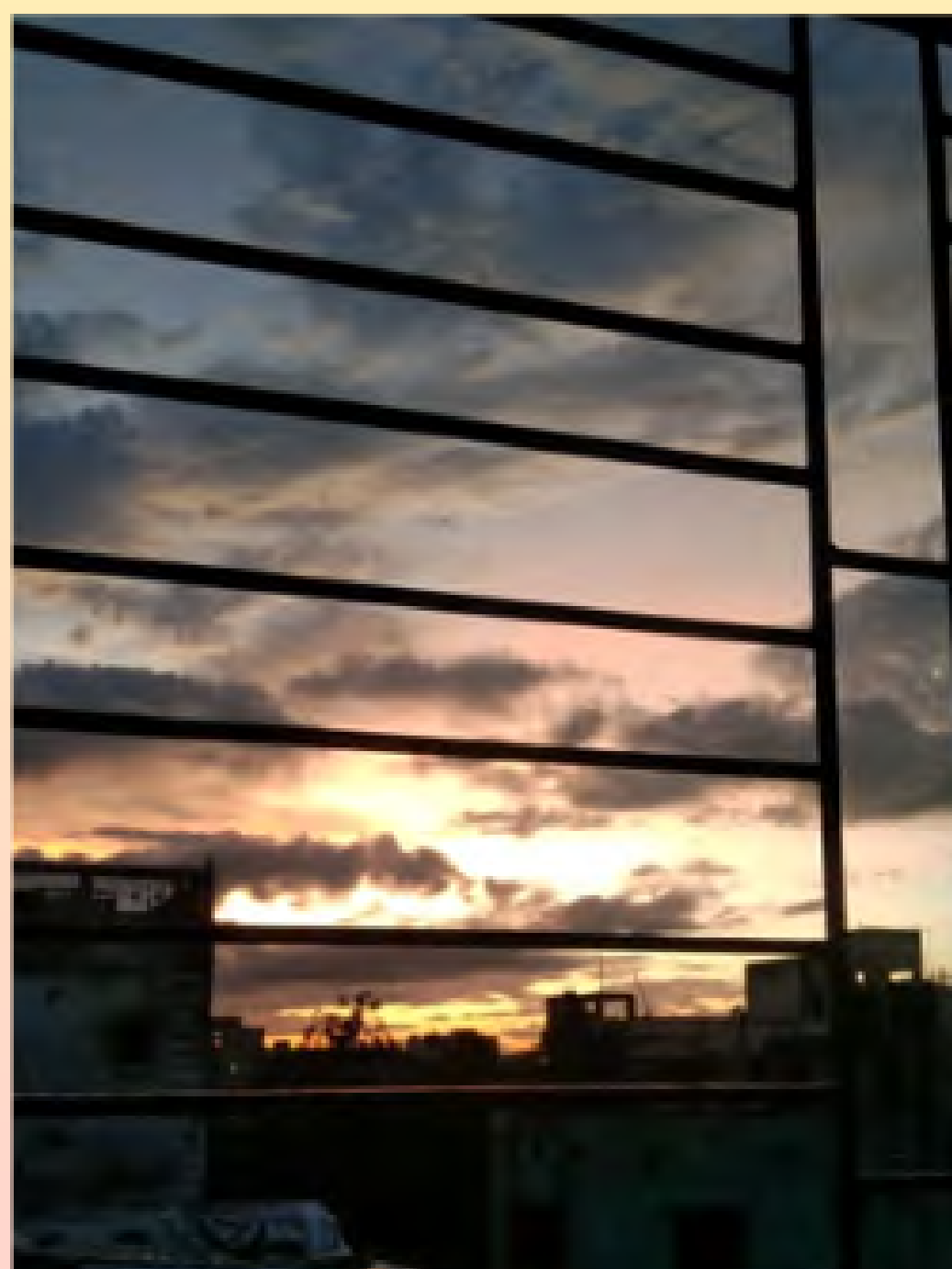
*A piece of peace*

*-Mehak Qamar - Sem 5*



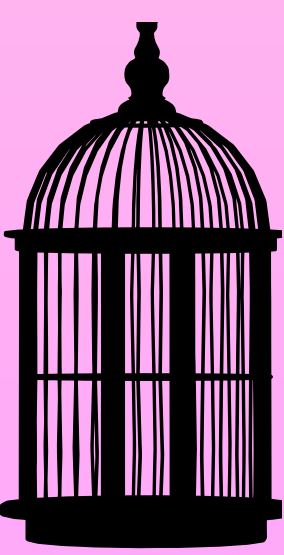
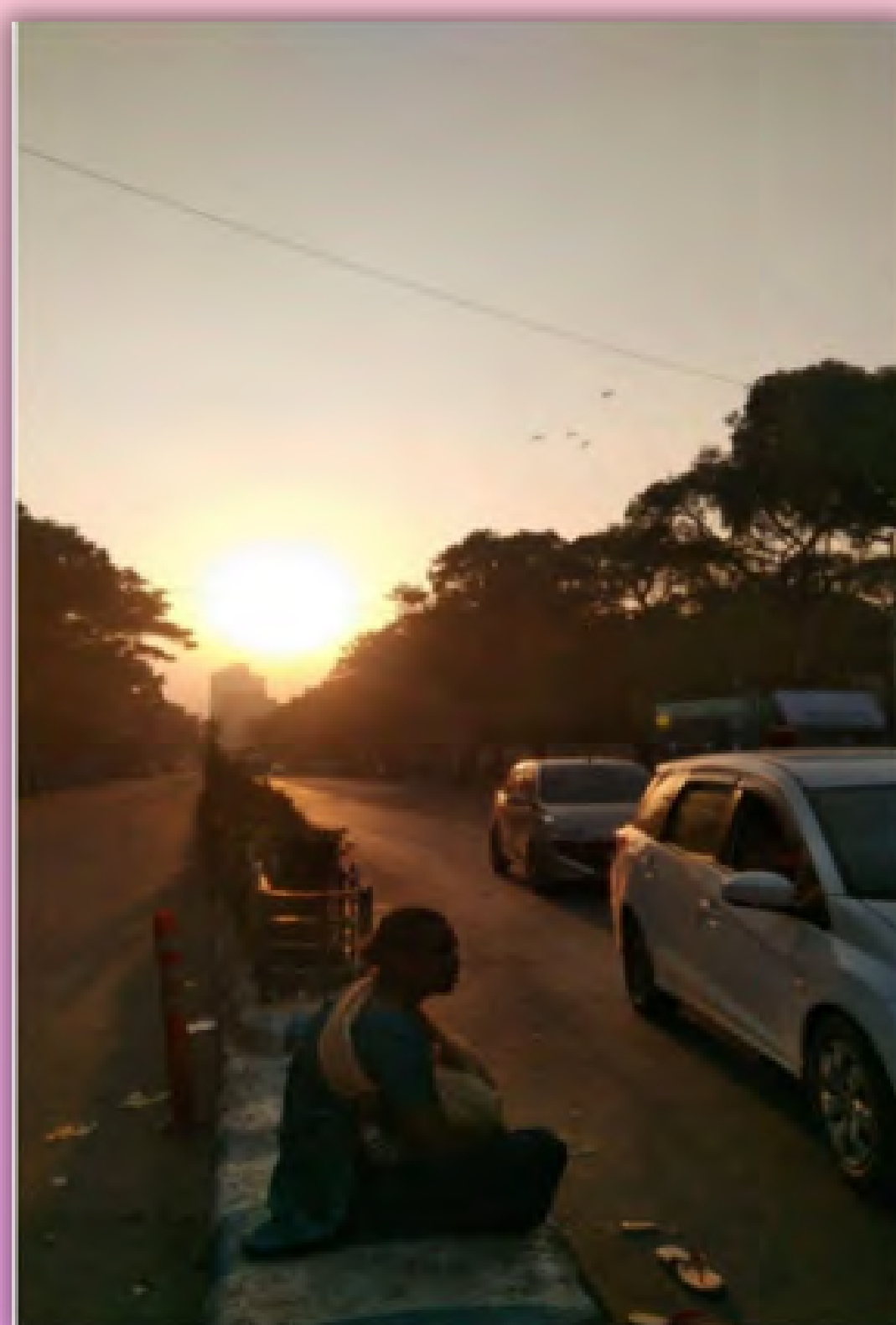


*When the sky is painted with hues of serenity*



*Everything has beauty but not everyone can see*

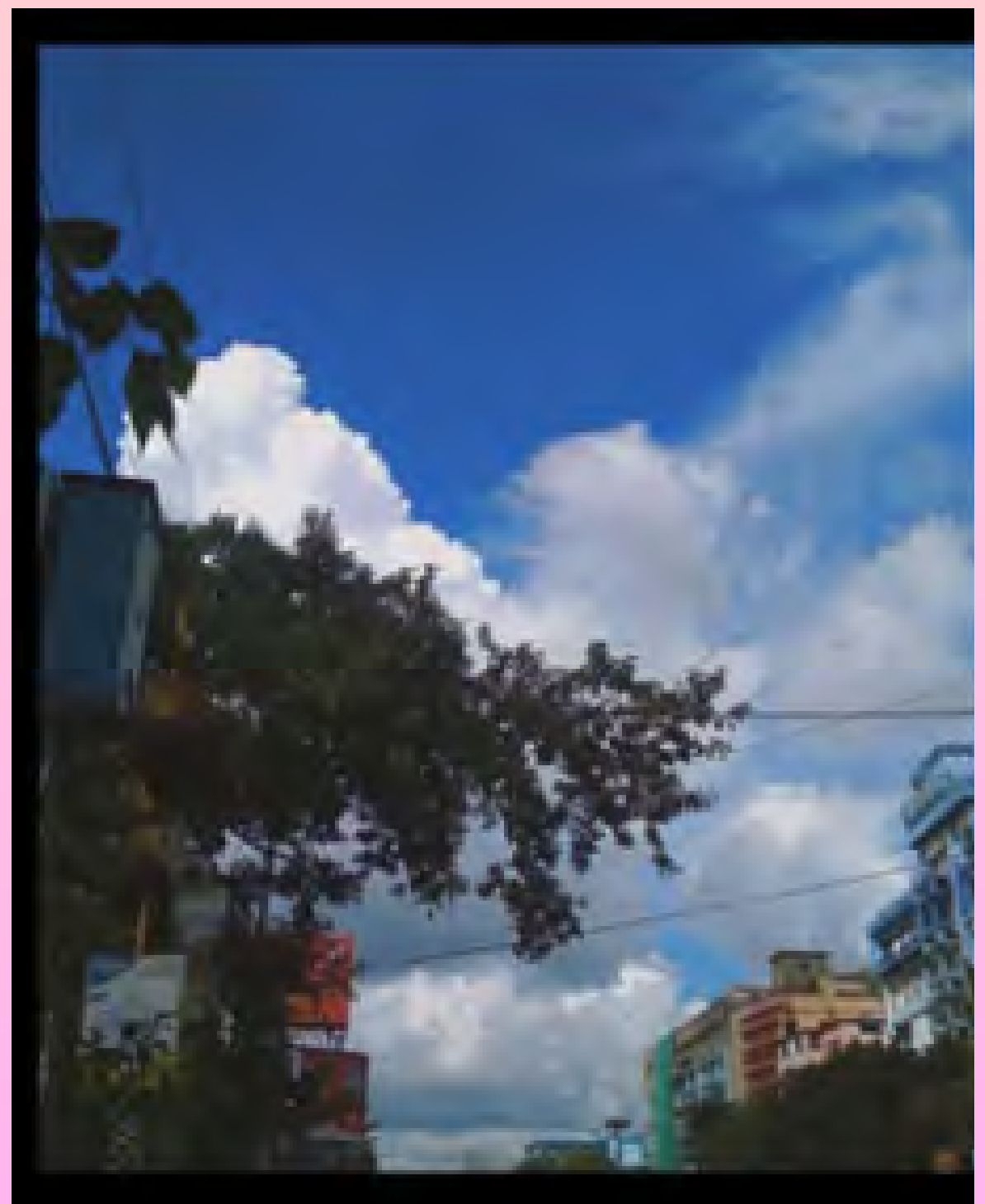
*That slight brightness at the end of the day*





*Since it was the end of August and it was the dusk moment, the season was the beginning of the monsoon and I had a tiredful day but the view was very relaxing and calm, as I felt better so clicked a picture and saved it as a memory.*

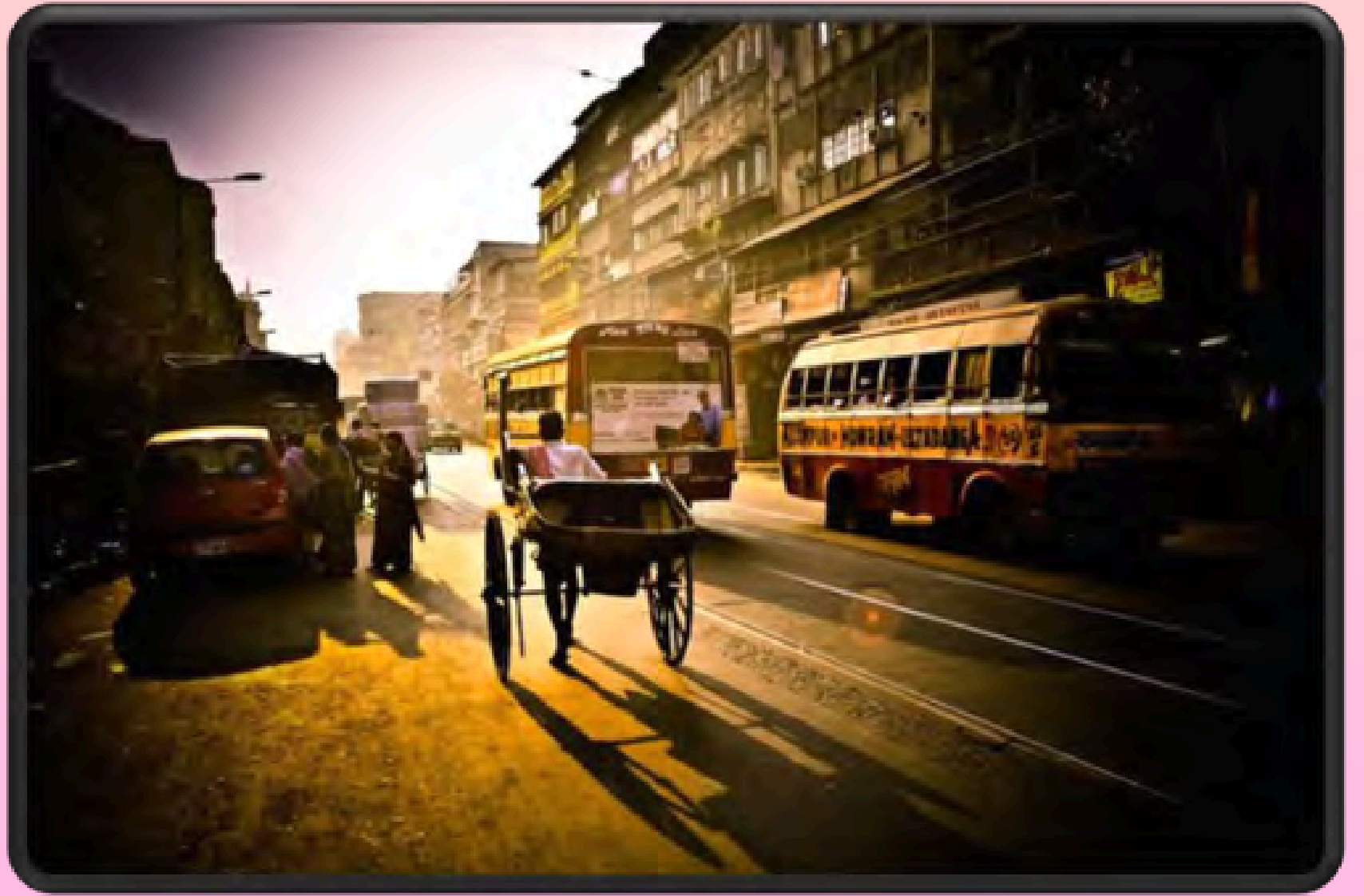
*Cloudy skies, peaceful vibes.*





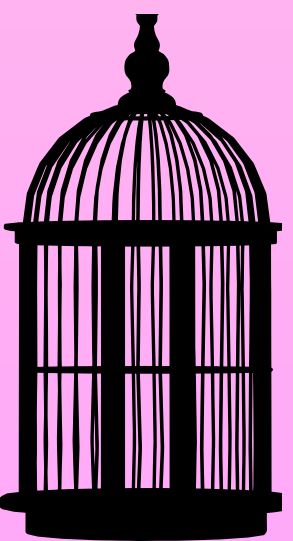
*"Joy and laughter or tears and strife, holding hands tightly  
as we dance through life"*

*Zainab Khatoon - Sem 3*



*"আমরা ঘুড়ে দাঁড়াবোই  
আজ না হোক কাল।"*

*Ritisha Mirdha - Sem 3*





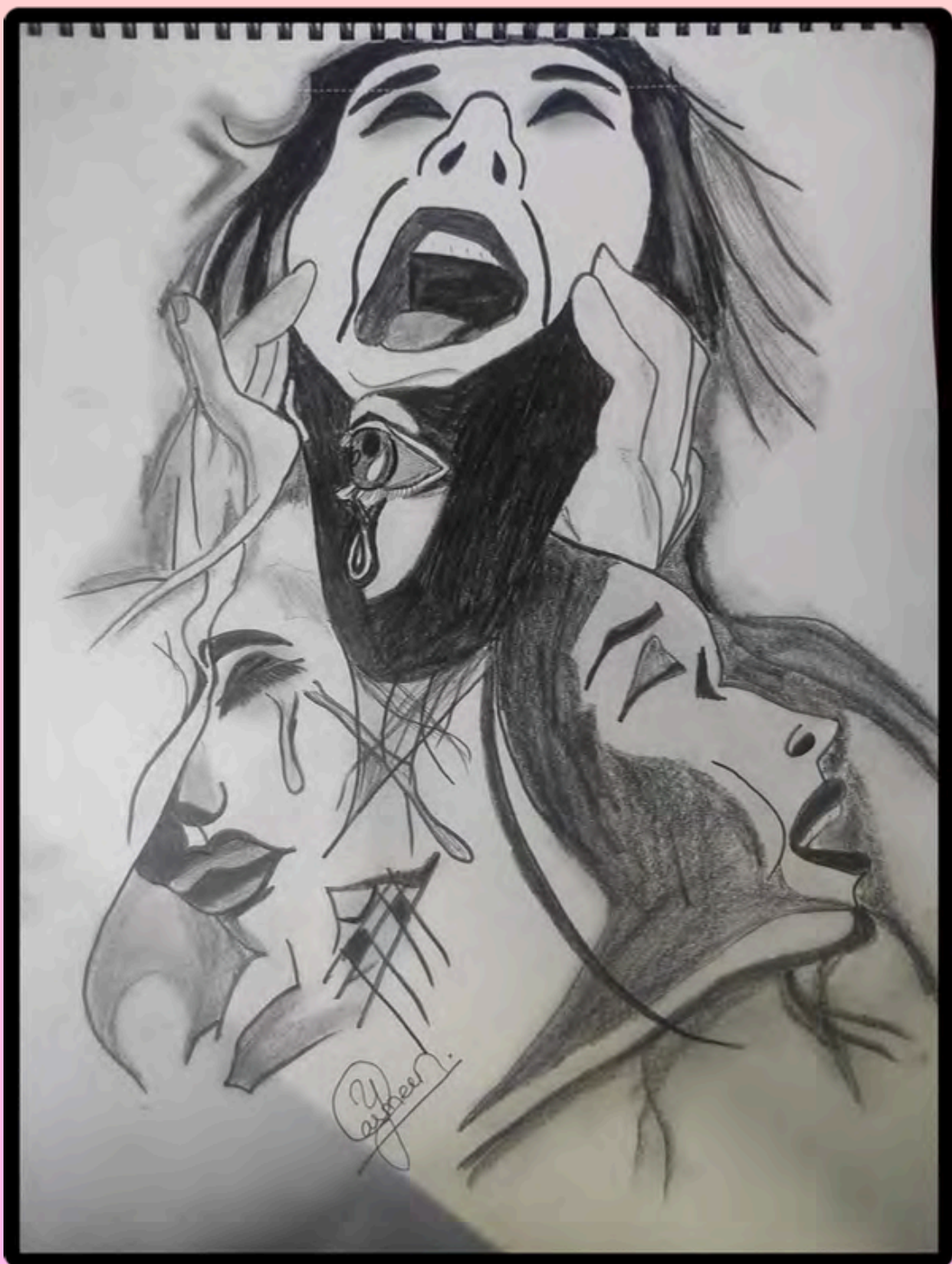
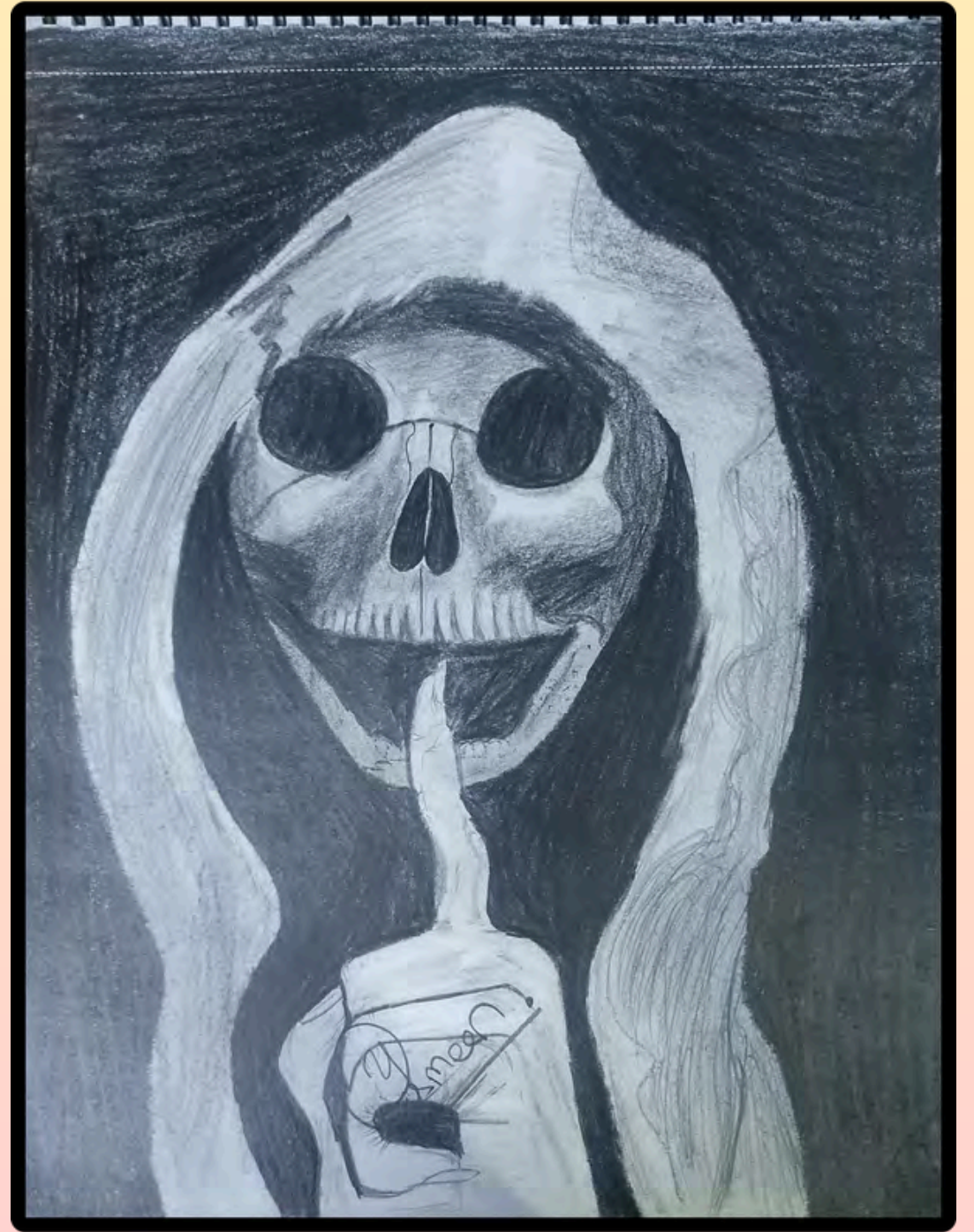
*Just like the clouds drift away,  
so too can our worries.*



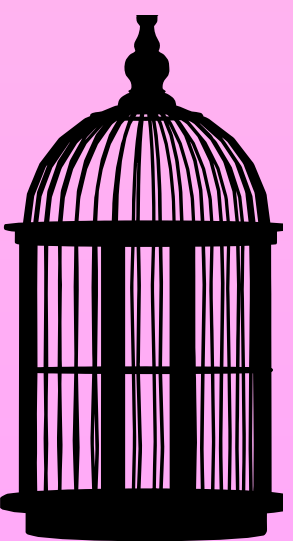
*Anshara Anwar - Sem 3*

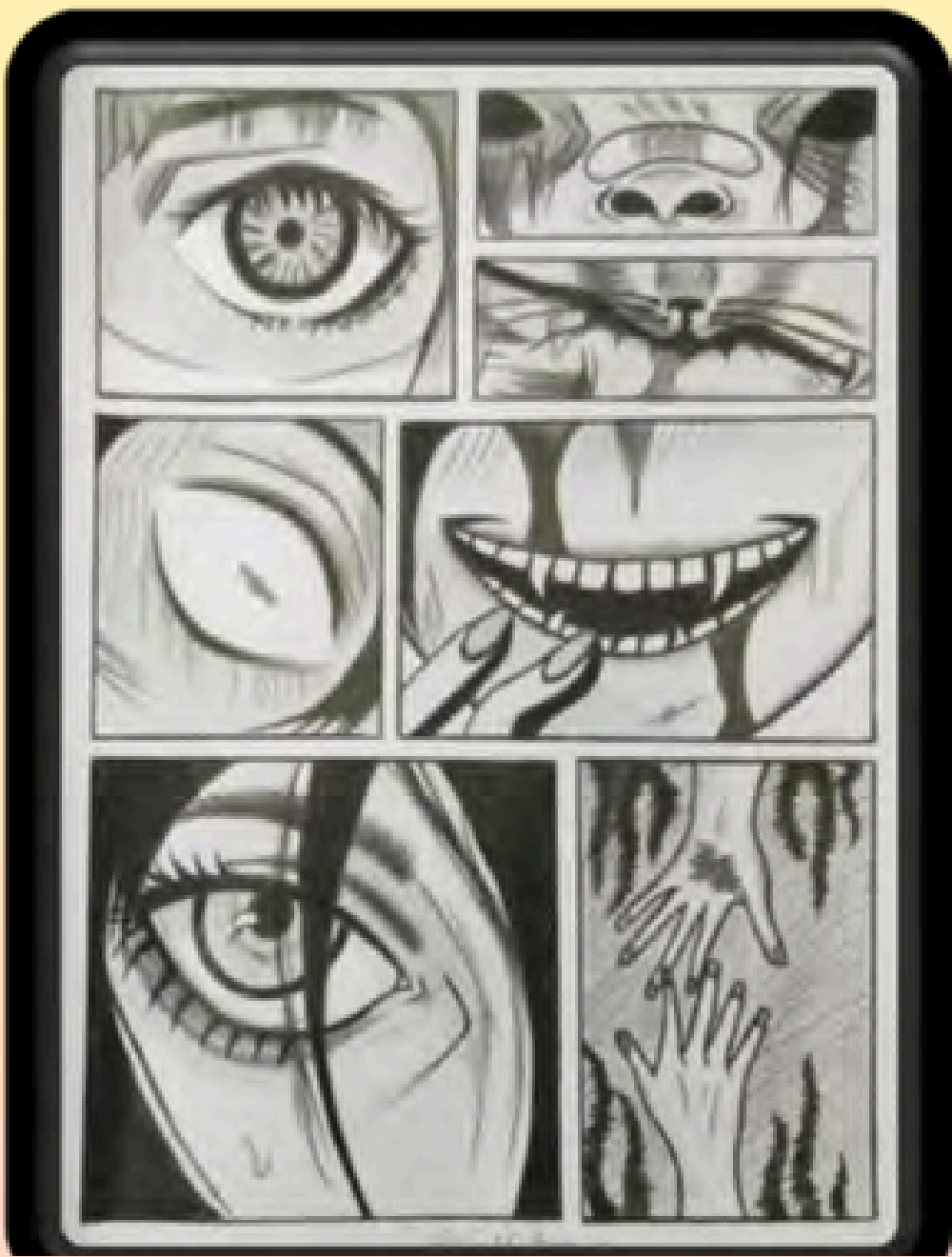


# PAINT AND BRUSHES



*Yasmin Parveen - Sem 5*

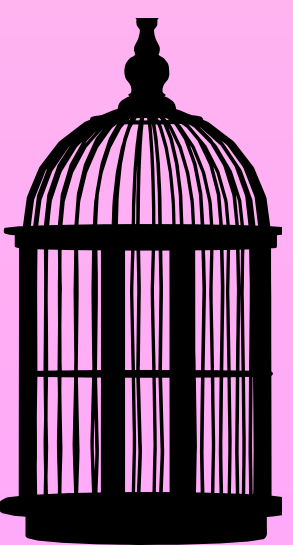




*Ashfa Mustakim - Sem 5*



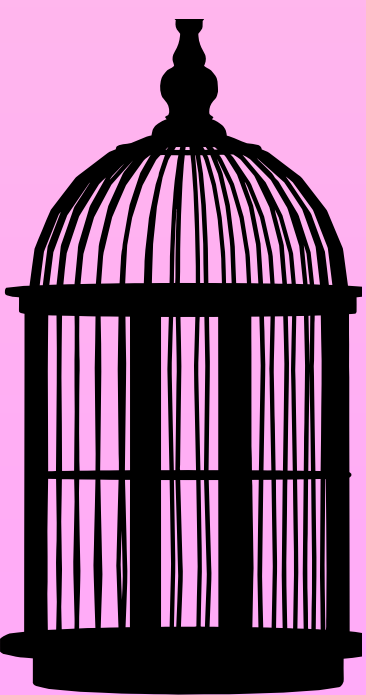
*Sakina Mustafa - Sem 5*







# *Students' Spotlight*



# 12 TIPS FROM TOP PERFORMING STUDENTS



1. **Prepare thoroughly:** Understand the syllabus, study regularly and review notes.
2. **Create a study schedule:** Plan out your study sessions, set goals, and stick to it.
3. **Practice consistently:** Practice problems, past papers, and mock tests.
4. **Understand concepts:** Focus on understanding concepts rather than just memorizing.
5. **Stay organized:** Keep your study materials, including notes and schedules, organized.
6. **Get enough sleep:** Aim for 7-8 hours of sleep before the exam.
7. **Stay calm and focused:** Use relaxation techniques, such as deep breathing or meditation, to manage exam stress.
8. **Read carefully:** Read the questions carefully and manage your time wisely.
9. **Review and analyze:** Review your performance, analyze your mistakes, and learn from them.
10. **Stay hydrated and energized:** Drink plenty of water and eat nutritious food to maintain your energy levels.
11. **Seek help when needed:** Don't hesitate to ask your teachers or classmates for help.
12. **Stay positive and confident:** Believe in yourself and your preparation.



# INSIGHTS ON PART TIME JOB AFTER COLLEGE



*Zainab Khatoon - Sem 3*

Your reflection on the experience of balancing part-time work with education is insightful and inspiring. You are demonstrating the dedication and hard work needed to navigate both academic and professional responsibilities. Here are some key insights and suggestions based on your narrative:

### ***The Need for Financial Independence:***

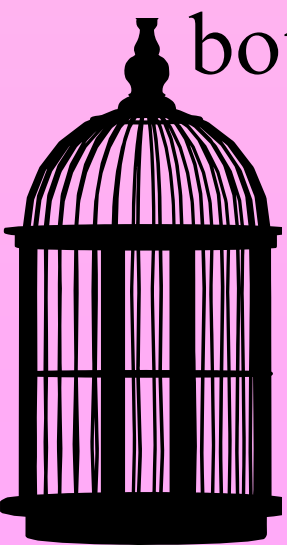
You highlight an important aspect of modern student life: the need to contribute financially while pursuing education. It's common for students to take part-time jobs to support their academic journey, especially when the cost of education and living expenses is high. This not only helps ease the financial burden on families but also fosters a sense of responsibility and independence.

### ***Balancing Work and Study:***

Juggling a 9-hour shift at Amazon with your academic commitments is undoubtedly challenging, yet you manage to stay motivated. This shows that balancing work and study requires effective time management and discipline. It is essential to plan and prioritize tasks, perhaps by creating a flexible schedule that accommodates both your work hours and study time. Your ability to fulfill household responsibilities as well showcases a high level of personal organization and commitment.

### ***Personal Growth Through Challenges:***

Despite the stress and pressure, you maintain a positive mindset and focus on your long-term goals. You have understood that challenges are opportunities for growth. The idea that "success is the sum of small efforts, repeated day in and day out" reflects the persistence needed to succeed. It's evident that you believe in the power of consistent effort, which is a crucial mindset for anyone pursuing both education and a career simultaneously.





### ***Importance of Financial Planning and Saving:***

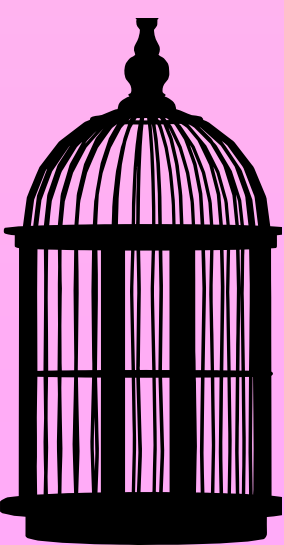
You've rightly pointed out that saving is essential for a secure future. Saving while working part-time not only ensures that you can pay for your education but also helps you build financial security. Being financially independent and managing your own expenses teaches invaluable lessons in budgeting and financial discipline, which will be beneficial throughout your life.

### ***Motivational Insight:***

The quote by Dr. A.P.J. Abdul Kalam, "To be like the sun, you need to burn like the sun," is a powerful reminder that achieving greatness requires effort and sacrifice. It is inspiring that you draw strength from this idea, understanding that the road to success is often paved with hard work, determination, and perseverance.

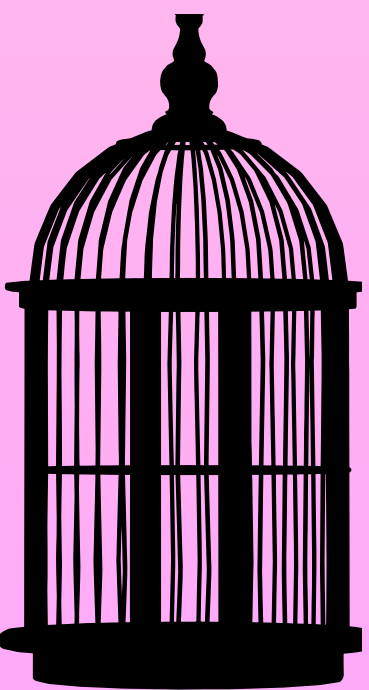
### ***Conclusion:***

Overall, your experience reflects the spirit of resilience and ambition. By managing your academic, work, and personal responsibilities, you are laying the foundation for a successful future. The challenges you face today will contribute to your growth, making you more capable of handling the complexities of life. Your mindset and determination will surely help you achieve your goals, both academically and professionally. Keep striving, and remember that the efforts you put in today will pay off in the future!





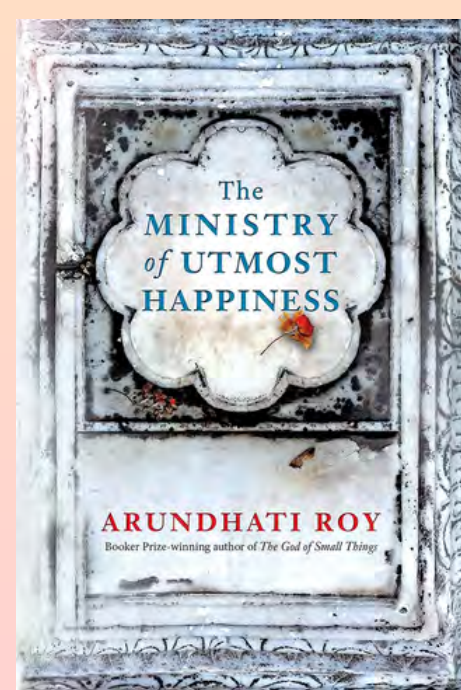
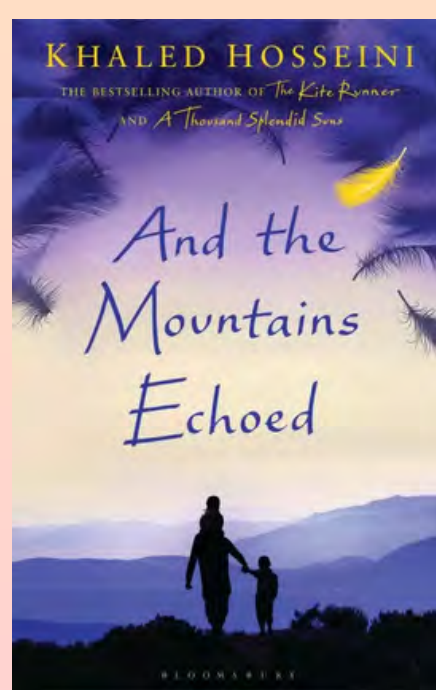
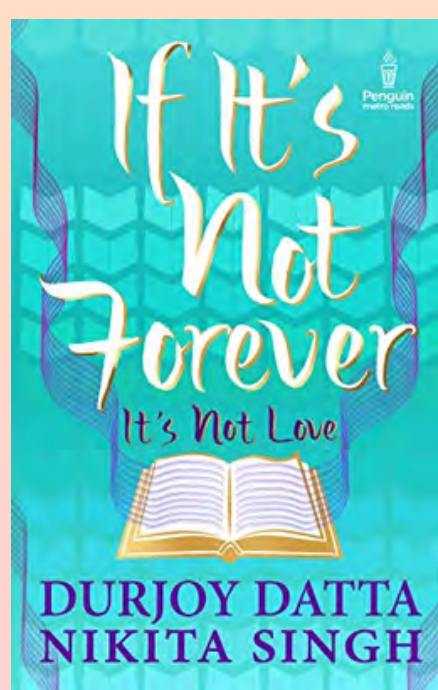
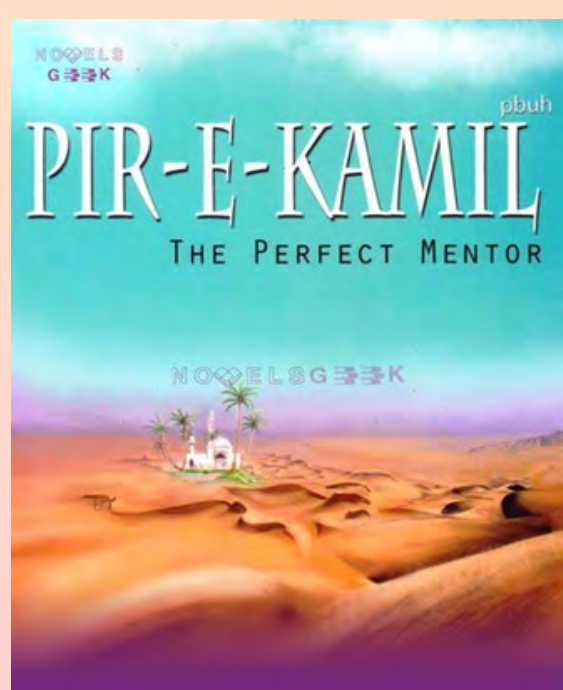
*Fun and Entertainment*





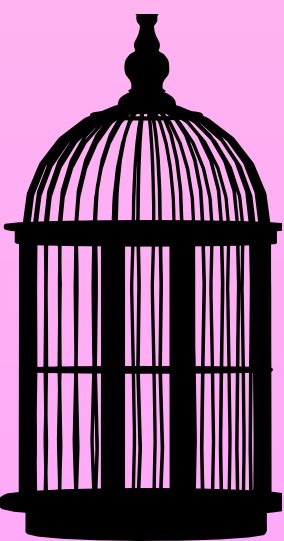
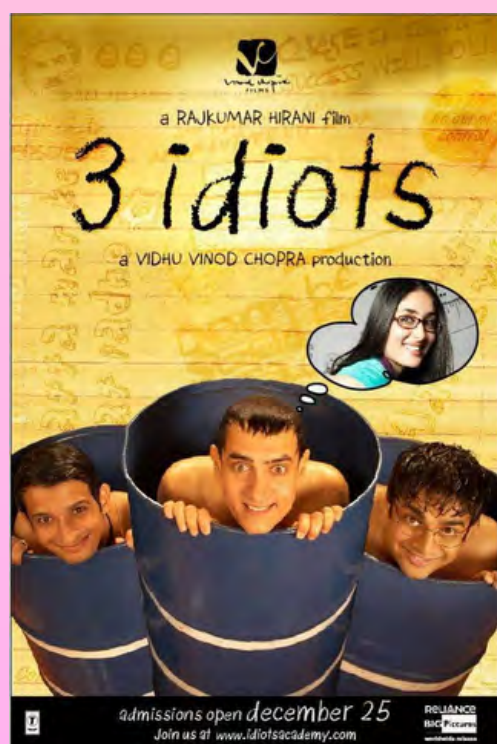
## *Book Recommendations for students*

1. Peer e Kamil by Umera Ahmed (2004)
2. If It's Not Forever by Durjoy Dutta (2012)
3. And The Mountains Echoed by Khaled Hosseini (2013)
4. Aab e Hayat by Umera Ahmed (2014)
5. Ministry Of Utmost Happiness by Arundati Roy ( 2017)



## *Movie Recommendations for students*

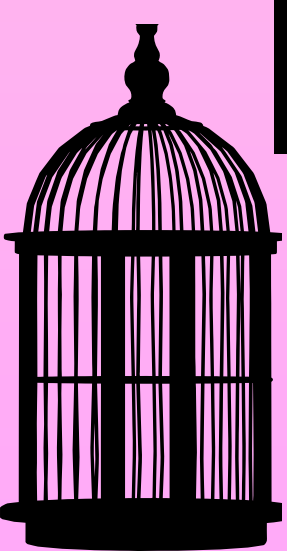
1. 3 Idiots by Rajkumar Hirani ( 2009)
2. Train to Busan by Yeon Sang Ho ( 2016)
3. 12th fail by Vidhu Vinod Chopra (2023)
4. Do Patti by Kanika Dhillon (2024)
5. Maharaja by Nithilan Saminathan ( 2024)



# TOP 10 SHOWS TO BINGE WATCH AFTER EXAMS



1. Boys Over Flowers (2009) Comedy Drama , School life
2. Reply 1988 (2015) family, drama, comedy , friendship
3. Gurdain : The lonely And Great God (2016) fantasy, Romance
4. Welcome to Waikiki (2018) Slice of Life , comedy
5. Its ok to not to be okay (2020) ) Psychological, Romance
6. Flower Of Evil (2020)  
Crime ,mystery , thriller
7. The Penthouse : War in life (2020) Suspense ,Murder ,  
mystery ,revenge
8. Go ahead (2020) Family Romance, Melodrama
9. Vincenzo (2021) Crime Drama , Dark Comedy
10. Celebrity (2023) Coming Of Age





# MEMES ABOUT COLLEGE LIFE

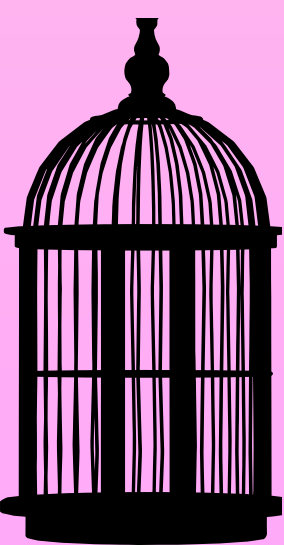
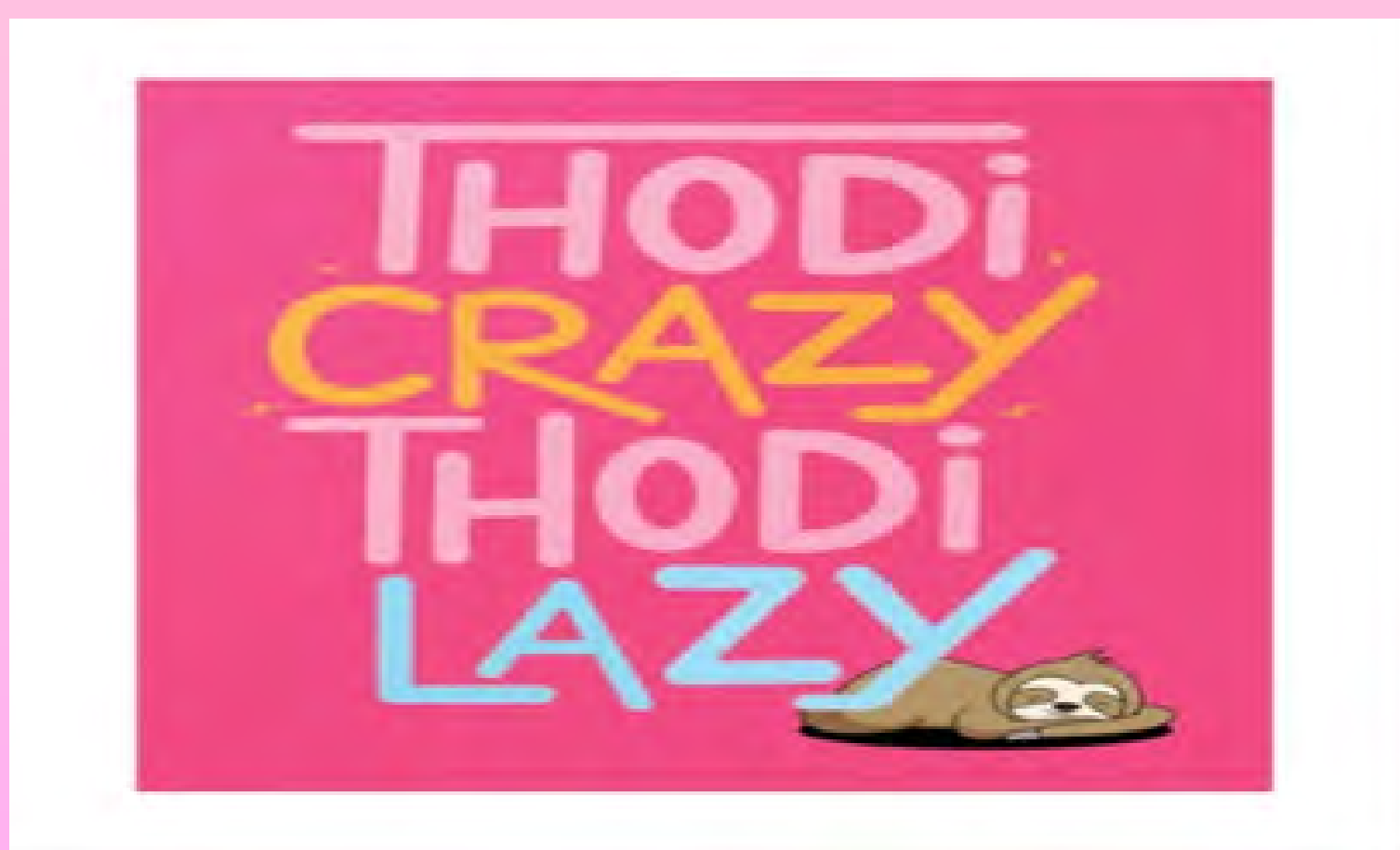
1. "The art of non listening :A college Students survival skill."



2. The library Dilemma.

“Me walking into the library:I'm going to be productive today.”

Me after 5 minutes:Hmm,maybe just Check social media for a minute.”



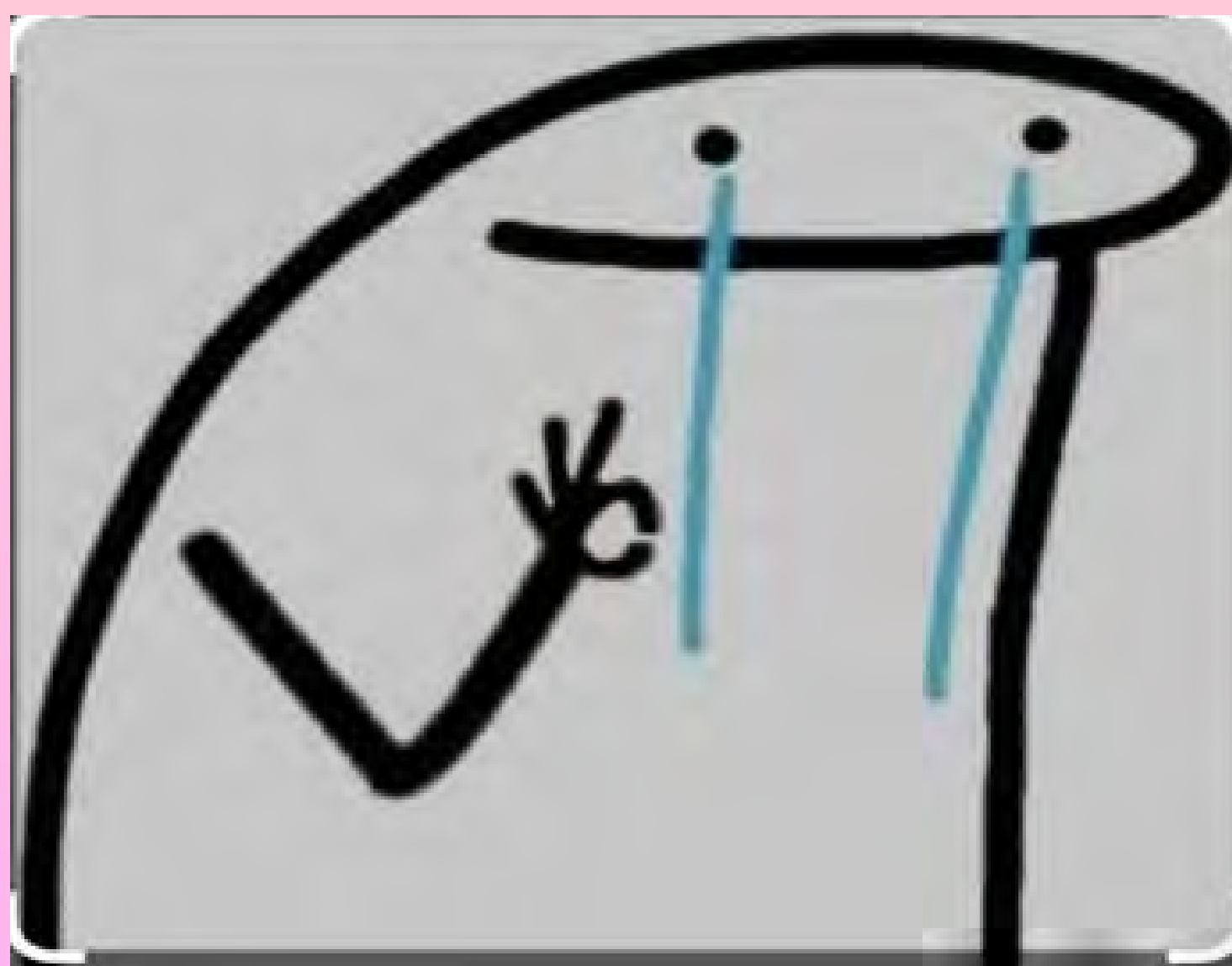




3."When you're doing your homework and realize Google knows more than your textbook."



4.The "classroom Mood"  
"Me walking into class:'I'm mentally Prepared for this;"  
Me,after 10 minutes:'what is life? Why do we need to learn this?"





5. The “Last- minute study”.

“Me: I’m going to start studying early this semester.”

Also me, the night before the exam:

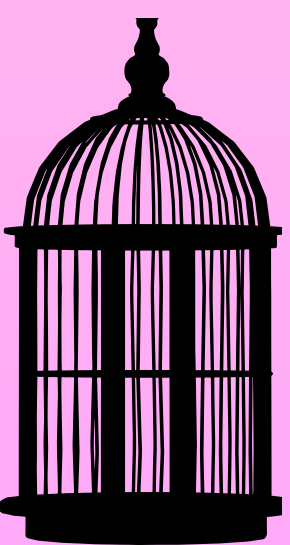
‘Okay google... what’s the fastest way to learn 6 chapters?’

Google: ‘you can’t.’

Ohh nooooo.

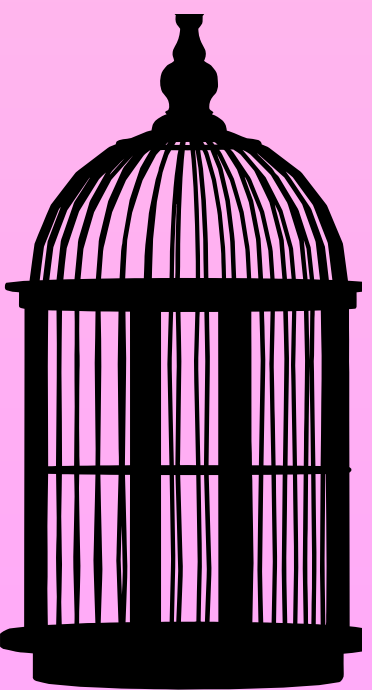


6. Lets cry together.....





# Flashback



# WOMEN PERSONALITIES WHO HELPED IN THE DEVELOPMENT OF WOMEN'S EDUCATION IN INDIA DURING THE BRITISH PERIOD



**Dr. Nandita Chaudhuri Associate Professor  
and Teacher-in-Charge (Retd.)  
Department of Education**

In 1836 A.D. Rev. William Adam in his Report wrote that “ a superstitious feeling exists in a majority of Hindu families.....that a girl taught to read and write will.....become a widow.” Such was the state of Women’s education in India. It not only required the British Government to intervene in the field of education but also the important personalities of the society to come forward and set down examples for women to follow or also to help in the reform of society and education for girls. Some women themselves became the protagonists for female education and paved the way for all girls to come forward and receive education. Among these women are the following –

- Savitribai Phule – Educated by her own husband, Jyotirao Phule, she is regarded as India’s first feminist. She established one of the first school for girls in Poona and was regarded as the first female teacher of India. She was the first woman also to believe that educating women was the only tool for a better future.
- Swarnakumari Devi – She was the eldest sister of Rabindranath Tagore and one of the most prominent women writers in Bengali. Her writings on Indian women reflected progressive ideas. She was an active supporter of women’s rights and found an organisation called “SAKHI SAMITI” to provide education and shelter to women.





- Annie Besant – She founded the Theosophical Society in India and along with Madan Mohan Malaviya founded the Benaras Hindu University in 1916.

- Sister Nivedita – She was greatly influenced by Swami Vivekananda. She went from door to door creating awareness about women’s education in Calcutta. She opened many model institutions for achieving her goal of imparting basic education to all girls of the society.

- Kamini Roy – She was the first woman to graduate with Honours and started teaching in Bethune College. She defied all societal norms and continued with her education even after marriage. She also helped Bengali women to win the right to vote in 1926 A.D.

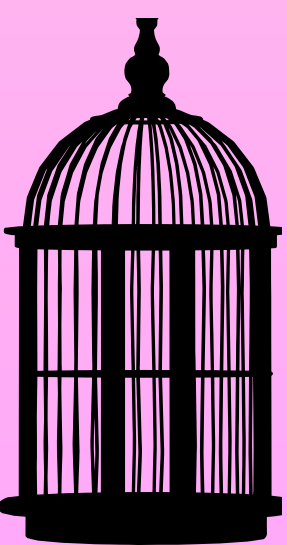
- Chandramukhi Basu – She ranked first in the university entrance exam of 1876 but she was not allowed to study in the University until 1878. She got her masters degree in 1884 and became Principal of Bethune College in 1888, thus becoming the first woman to head an undergraduate academic institution in South Asia.

- Kadambini Basu – She, along with Chandramukhi Basu, cleared entrance exams for Calcutta University and went to Bethune College in 1883. She also became the 1 st woman graduate of Calcutta University. She then went to study in Medical College. This opened the door to women to pursue higher studies in medicine

- 

- Ashapurna Devi – She was the first feminist writer of Bengal. She belonged to a conservative family in North Calcutta and started writing about the Bengali middle class women – the repressions, awareness, their feelings, awakening of the conscience and revolt. These writings provided a severe jolt to the male members of the society and the male chauvinists.

- Ramabai Ranade – She worked for 25 years against social evils directed towards women and for women’s rights, education and health. She built an institution called “Seva Sadan” for women in Bombay and Pune.





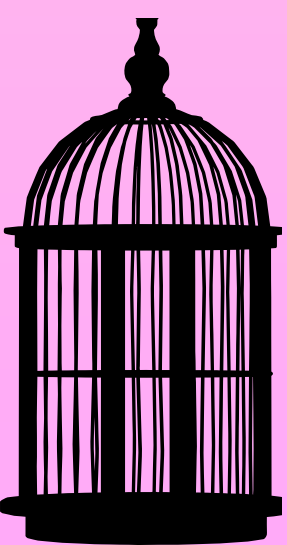
Rukhma Bai – She was the first Indian woman to practice medicine. She fought against the Purdah System and against sexual abuse of young girls which led to the Age of Consent Act in 1891.

- Srimati Mahadevi Verma – She completed her education and became a teacher to teach girls. She dominated the field of Hindi literature for many years. Her writings revealed the physical and mental abuse that women experienced.

- Rukmini Arundale – She was known for her visionary work in the fields of dance, culture and education. She founded the “Kalashetra Foundation” which included a secondary school, a high school and an arts academy where music and dance was taught to men and women.

- The endeavours of such women were not isolated struggles. There were strong forces from where they received support such as Christian missionaries and the Indian Intelligentsia. Many men came forward to help the women and they played the role of protagonists for women’s education. Social reformers like Raja Ram Mohan Roy, Jyotirao Phule, J.E.D. Bethune, Ishwar Chandra Vidyasagar, D.K. Karve, Swami Vivekananda and Rabindranath Tagore were instrumental in giving a concrete form to the needs of women education.

- **BIBLIOGRAPHY:** 1. Agarwal, S.P. and Aggarwal, J.C., (1992), Women’s Education in India, Concept P South Wales. 3. David, M.C. and Dhage, R., (2015), Women Empowerment Through Education, K.S.K. Publishers and Distributors, Delhi. 4. Lahiri, K., (2021), Beyond The Barriers, New Horizons: Education Of Women In Bengal(1800 - 1900), Bhumiika Creations, New Delhi. 5. Gauhar, T. and Gautam, A., (2020), A Historical Study Of The Women In India, Notion Press, Chennai. 6. Singh, S., (2022), Revisiting The Educational Heritage Of India, Vitasta Publishing, New Delhi Publishing Company, Delhi. 2. Carey, T.M., (2016), Education of Women, Wentworth Press,





*The End*

