Lucknow: The True Essence of the City of Nawabs

Elizabeth T. George

Lucknow is a city rich in culture, heritage, *adab and nazakat*. It is the capital city of Uttar Pradesh. Once the land of the Mughal dynasty, it is now the city of monuments, rich cuisine, of classical music, dance and *shayars* and *shayaris*.

Lucknow is home to people of different dialects and languages as seen in other metropolitan cities across India. The city is popularly known as the *Nawabon Ka Sheher* (city of Nawabs) after the rule of the Nawabs of Awadh and the residents call themselves as Lucknowites or Lakhnavi. The people use a mix of Hindi and Urdu. Urdu language is a part of the Lakhnavi culture and heritage. There are many Urdu poems that originate from the city .

Lucknowites are known for their calm and composed nature, their polite and polished way of speaking and their welcoming and friendly heart. There is also a famous saying "*Muskurayein Aap Lucknow Mein Hain*" (Smile because you are in Lucknow).

The best time to visit Lucknow is from September to November when the weather is moderate. Lucknow Festival popularly called Lucknow Mohotsav is organised every year during this time to showcase the art and culture and to promote tourism.

Lucknow is best known for architecture which dates to the Mughal period and the British era, and most of which lies in the old Lucknow known as the Chowk. The Uttar Pradesh Tourism Department organizes a Heritage Walk for tourists which covers all of the popular monuments including Bara Imambara, known for its maze called 'Bhool Bhulaiya' which is built of 2.5 feet identical wide passageways, Chota Imambara, Baradari, Residency, Chattar Manzil, Uttar Pradesh State Museum and the Lucknow zoo which is one of the oldest in the country and has a rich collection of animals from Asia and other continents. Not to forget to pass through the entrance to the city of Lucknow 'Rumi Darwaza', a

sixty feet tall gate built by Nawab Asaf-ud-daula in 1784, also known as the Turkish Gateway.

Lucknow is also popular for its Chikankari, a special type of hand embroidered cloth material which people from different parts of the country come to buy. It is also known for its *shararas*, a traditional women's outfit embroidered with zari and zardozi along with gota.

The city has several great multiplexes including Sahara Ganj, Waves, and Fun Republic for recreation and movies. It also has a walkway on the banks of the river Gomti known as River Front which looks extremely beautiful lit up with lights at night.

Lucknow is not only known for its rich cuisine and magnificent architecture but also for its theatrical works. The city has several theatrical institutions like Sangeeth Natak Academy, Natya Kala Kendra and Bharatendu Natya Academy which not only serve as Institutions imparting theoretical knowledge but also serve as a platform for showing theoretical works like Caretaker by Padma Shree Prof Raj Bisaria as well.

There are certain must-visit places if one is travelling to Lucknow for the first time such as Deva Sharif, Lucknow Chikankari factory in Chowk, Kukrail Reserve forest which is Asia's largest crocodile breeding center, Qaiser Bagh, Janeshwar Mishra Park which is the largest park in Asia, Aminabad - the crowded street shopping spot in the city and janpat market. One must never miss out on the Wednesday street market set up in the Mahanagar junction of Lucknow, popularly known as Budh Bazar.

The city has its own Nawabi style cuisine. The art of cooking over slow fire became synonymous with Awadhi culture. The city is known for its *zafrani biryani*, the variants of kebab, *kormas, roomali rotis* and *warqi parathas*. Sharmaji Ki Chai which is a favourite hub for all the morning riders, Kashmiri chai, basket chaat from royal cafe, and not to miss out the famous Shahi Tukada (Royal dessert), an exotic bread pudding, a Mughlai dessert from the Nawabi cuisine.

Social Media: A Boon or A Bane

Aroty Jamir

Have you ever wondered if the real world was like social media? One would be constantly updating the world about their feelings, achievements and interests. You have thousands of friends, and you can be in conversation with all of them at once. Today, social networking is not a new word for connecting people in the virtual space.

Social media had blurred the distinction between the real and the virtual world. You may be sitting with your group of friends but also engaged in texting another friend through social media, which means that you are physically present but mentally you are vagabonding in some other dimension.

The anonymity of cyber-space provides a space for many to extend and expand a virtual reality, which might be far away from the truth. FOBO or Fear of Being Offline is a real phenomenon, where one feels anxious if one is disconnected from the internet. Social networking sites like Facebook, Instagram and Snapchat facilitate this connectivity. Social media is a platform where people are

connected from different countries to get together and connect to make new friends. It is undoubtedly a useful tool, as we get to know what's happening in and around the world, also it helps us to get in touch with our old childhood friend or with our loved ones anywhere and anytime we want to.

Through social media, everything has become easier and cheaper. We are so much adapted with the social media, that we often overlook the other side where it misleads us and if misused it can be dangerous.

Social media does not harm us directly, which means that we cannot see the long-term causes which leads to psychological problems and that we don't realize the negative impact of accessing this tools which drove us away from the real world. Social media has become so important at present scenario where no one can stay without accessing it. It is essential to understand that we should know how to monitor it appropriately, after all, social media isn't bad at all, it counts on us on how we utilize productively.

Wakanda Forever

Elizabeth T. George

The superhero movie Black Panther by Ryan Coogler is one of its kind. The movie begins with a story about Wakanda, a fictional African nation hidden from the world, behind untraversable rainforests and invincible mountains.

After the death of T'Challa's(Chadwick Boseman) father T'Chaka in Vienna, during the events of Captain America: Civil War, T'Challa decides to take over the throne to become the rightful heir. He returns to Wakanda, his land, in a futuristic aircraft along with his General, Okoye (Danai Gurira) and his ex Nakia (Lupita Nyong'o).

Black Panther is a magnificent work of art that breaks stereotypes which have been instilled in people for ages, by the films depicting only white actors as superheroes.

The villain Erik Killmonger (Michael B. Jordan), is a reflection of the clash of cultures which occurs due to unfavourable turn of events, where his father is murdered by T'Challa's father, who found his own brother guilty of cheating him. He betrayed T'Chaka by smuggling vibranium, a richly found resource in Wakanda.

The tradition of the coronation of a Wakandan king is conducted beautifully in the presence of all the five tribes of Wakanda, where the king to be crowned has to take part in a combat to prove his strength. On T'Challa's coronation day, none of the five tribes of Wakanda except for M'Baku's tribe challenged T'Challa in the ritual combat, in which M'Baku was defeated and T'Challa was officially crowned as the Black Panther of the nation during the sacred ceremony. Later, Killmonger challenges T'Challa for the throne where he defeats T'Challa and leaves everyone shocked and T'Challa is presumed dead. It is only later that Shuri and Ramonda find him in a half-dead state and with the help of M'Baku they help T'Challa defeat Killmonger and get back his throne, and work towards

helping humanity by the rightful use of vibranium.

In the movie T'Challa surrounds himself with four influential women, who support and guide him throughout his struggle for becoming the king and thereafter deciding whether to share the resources with the world or not. They are: Okoye, the spear-wielding general, Shuri, scientist extraordinaire and the young princess of Wakanda, Ramonda, his mother and finally his love Nakia.

Black Panther is not just an entertaining superhero story but also a heart touching and powerful movie. A complete package with spellbinding tribal attires, the vibrant production design, the compelling storytelling from director Ryan Coogler and writer Joe Robert Cole. The fascinating soundtrack wasoverseen by award-winning rapper Kendrick Lamar, the excellent cinematography by DP Morrison and the terrific cast of actors. Wakanda Forever!
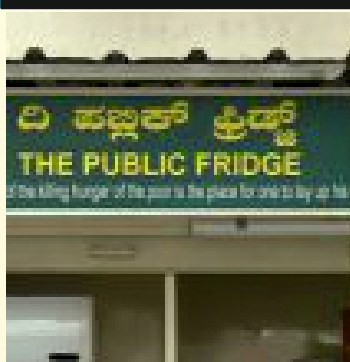

The Community Fridge

#MeToo All The Way
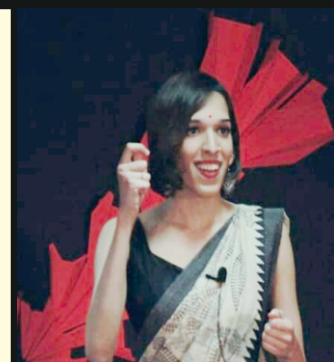
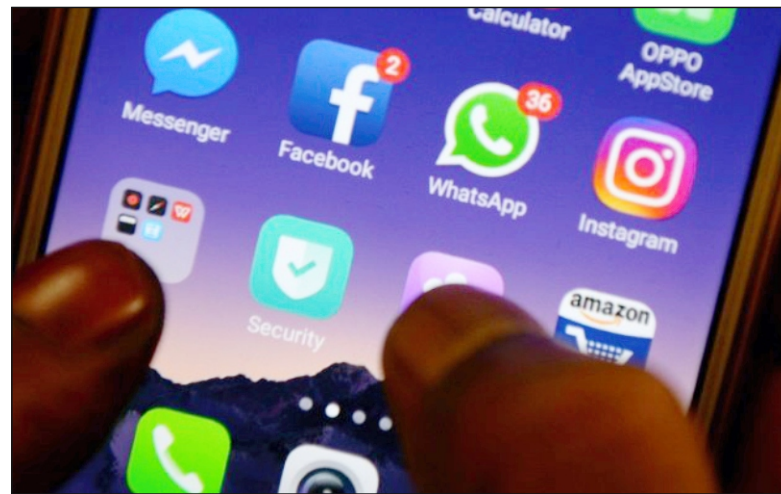Trinetra on embracing the spectrum

Are we safe inside our shell

Amala Justy

While there are untiring efforts being made every day to expand technological reach to the grass root level, with governments taking pride of digitalisation and netizen count, there is a need to question the credibility of this penetration. This year, more than ever, the right to protect one's privacy has been highlighted through media all over the borders of the sub-continent.

Incidents like the breach of personal data by Facebook, one of the largest social media networking sites to other websites, have created a sudden realization on the ease of corruption of one's personal data. The well-designed web, which one so carelessly gives out information to, could result in acting against our right to privacy. There are plenty of methods used to extract personal details from the active crowd, from the small pamphlets distributed in a mall to the Aadhaar card that was once made mandatory over the citizens by the government, all act as weapons of destruction to the idea of one's privacy.

The introduction of Aadhaar saw massive public participation, essentially due to its compulsion in public and government sectors. While there were occasional questions as to whether one must have a prescribed time limit, no one really raised the question as to whether the extraction of personal information on that large a scale was right or not. Although the government was successful in labelling all its citizens with an Aadhaar card, it wasn't much later that the apex court released its verdict on the non-compulsion of Aadhaar card and took off the command that was given out by the government.

We constantly stand at the risk of being exploited by corporate and government, there are instances like the issue with Apple brand and FBI where the former denied access to one of its customers, prioritising customer privacy over legal evidence. Although this is a rare event, this has set the standard for privacy rights. Given the exponential growth of technology, society has wrapped itself around the virtual world and every individual's personal space is being attacked continuously. One can build a firewall as a shield, given the advancements but this is difficult for the ones who are blind to the power of the internet and external interferences.

With millions of intruders waiting for the wrong click to made to break into privacy, the internet is a constantly engulfing monster in disguise whose effect is impossible to escape entirely. The clarity of one's rights accompanied by active participation over all platforms ensures that one isn't blindly allowing others to step into their rightful shell..

Defacing the Flex Brigade!

Salehk Ahmed

A division bench of Karnataka High Court comprising Chief Justice Dinesh Maheshwari and Justice R Devdas, knocked the Bruhat Bengaluru Mahanagar Palike (BBMP) on August 1 to remove all illegal hoardings, flex boards and buntings.
The Bench also asked BBMP to pass a resolution barring all kinds of outdoor advertisement with a new advertising policy. The civic body acted immediately and there has been a tangible change as roads and public places are free from skyscraping birthday wishing flexes to the politicians and the likes. With the new by-law seeing the light of day, Bengaluruans will see a lot more of their clear city sky. On August 31, the BBMP presented a new draft advertising policy, 'Outdoor Signage and Public Messaging Policy – 2018' to the court. A new advertising policy that places a blanket ban on all commercial hoardings within the BBMP jurisdiction.

The only allowance on public roads is for signage. Sponsored advertising in the public realm is permitted at bus shelters, public transit stations, bike-sharing stations, car-share facilities, public park signboards, recreation grounds, public toilets, public art, pedestrian bridges and tunnels etc. The civic body has also asked all printers of flex material to abstain from printing, till they come up with a new advertisement policy for the city.
To ensure Bengaluru becomes flex and poster-free, BBMP issued a public notice stating that unauthorised displaying would amount to a criminal offence under Section 3 of the Karnataka Open Places (Prevention of Disfigurement Act)1981 as well as the Karnataka Municipality Act 1976.The agency is said to have removed 21,000-odd flex posters, banners, hoardings, buntings since then. Activists and several residents felt that unless there is a stringent punishment, the flexes would resurface again. shortly.

High Time To Put Your Head Into It

Salehk Ahmed

On January 2016, the Supreme Court made it mandatory for both the rider and pillion rider to wear helmets. Bangalore Traffic Police officials have booked close to 7 lakhs cases against motorcyclists till June 2018. The Deputy Chief Minister, G. Parmeshwar shared on his twitter that seventy-three people were killed in the year 2017 due to road accidents and sixty-six due to negligence and non-compliance of wearing helmets. Similar cases are repeatedly happening this year with 45 deaths approximately due to accidents occurred on non-compliance of wearing a helmet.

According to M.N Srihari, the former advisor to the state governor on matters of traffic and infrastructure and a traffic expert, cancelling the license of the repeated violators and a strict penalty should be imposed. Awareness programs regarding this should be conducted so that the number of violators will see a huge decline.

About 60% of the two-wheeler riders in the city don't wear helmets. Even after the traffic police are organizing many awareness campaigns and programs in the city, people are not bothered about it and they are still neglecting its negative side, said a member of a two-wheeler rider club. Like the youth, the older generations are also neglecting the law without thinking of its implications. Deterrence will come only once the punishment is made severe. Nonetheless, citizens had a

different opinion, "As far as city roads are concerned, I think there is no need for helmets while riding a bike. Helmets should be made compulsory in high ways, not on the city roads," said Robin, a businessman. "There is no scope to drive fast. Commuters feel that the rule should be scrapped as the main cause of head injuries is bad roads. We have signals for every 500 meters and vehicles will not be able to cross 40 km per hour on an average," said Prakyath, a working professional.

Plastic or Planet?

Aroty Jamir

Mother Nature has gifted our planet with rich flora and fauna. But human selfishness has disturbed the chain of the ecosystem in various ways which resulted in various health problems and a rapid increase in the death of animals.

Humans lifestyle is heavily depended on plastic materials. From water bottles to storage units plastic had invaded into every space of life. Most of the time, it is used just once and thrown away.

A report by National Geographic points that, the world has 6.9 billion tons of plastic waste accumulated over 70 years. The water-resistant and durable property of plastic had become a curse on the environment and life on the planet.

Even though the Karnataka Government imposed a blanket ban of single-use plastic in the city, Bengaluru is far away from attaining the goal as a 'plastic-free' city. According to the data by Bhuhat Bangalore Mahanagara Palike (BBMP), 20 per cent of the solid waste in the city consists of plastic. Finding affordable alternatives and strict enforcement of the law is the need of the hour.

Terrific traffic trudging on

Daily hindrance: Bengaluru and its rapid expansion of commotion.

Shatarupa Choudhury

Traffic has always been a headache to the citizens of Bengaluru. One has to have a rough calculation of the time that would be spent in traffic and then start the journey. There are the yellow topped autos, buses, cabs and swarms of two-wheelers who take up the tiny space that is left amidst the static traffic.

In 2017, the vehicle population in Bengaluru stood out to 67.22lakhs private vehicles dominating the city's landscape. Since the information technology revolution, the city has witnessed overpopulation.

Bengaluru is the fastest growing tech city has been ranked third in the slowest moving traffic in the country as per a recent study. The average speed of vehicle's in Bengaluru's traffic is 15.5km per hour. The five most deadlocked traffic junctions being the Silk Board route, Marathahalli, Mekhri Circle, KR Puram and Sarjapur. Commuting from the Electronic City and Outer Ring Road where firms such as Infosys, Wipro and Philips are located is an everyday terror for the thousands of professionals. The traffic congestion issue is a direct result of there

being more vehicles on the road with inadequate infrastructure to handle it. The solution somehow is to reduce the number of vehicles. With better public transportation options the use of private vehicles might come down. But it is not only the government 's responsibility, but the citizens should also cooperate by using public transport or car-pooling. Another measure that can be taken up is by creating proper lanes for two and four-wheelers. To solve or rather to minimize the problem adequate measures have to be taken up.

Health and Hygiene in Bangalore

A. Abbas

According to the doctors in Bengaluru, since 2006 the health index of the public in the city got 45% higher due to the pollution. Some virally affected diseases like Dengue, Zika, H1N1, waterborne etc are growing more these days In 2017, food poisoning ad waterborne diseases were very common outbreaks reported in the city. City hospitals were witnessing minimum 6 to 8 patients daily at their outpatient departments. Around 14,809 cases of gastroenteritis (GE) has witnessed in the month of January and February in 2017 according to the "Health and Family Welfare" department of the Karnataka.

According to Health and Family Welfare, in 2013 the typhoid cases were 61,485 and grew up to 97,406 in 2017. According

to Citizen Matters, dengue cases are one of the underreported diseases. Before BBMP was accepting only the cases of National Institute of Virology (NIV) lab, but this year BBMP started accepting from Private Medical establishments too and it confirmed 4,800 cases so far. In January 2018, 23 chikungunya and 20 dengue cases were registered in the City.

On September 19 to October 5, 2018, 46 cases were registered in Bengaluru on H1N1 Virus (Swine flu). The public in Bengaluru South is under terror again because of the spread of this disease. Dr Muralidhar, a general physician said "This might have come from neighbouring places in Kerala which were hit by the floods. The affected persons have reportedly visited that flood areas are advised to cover their mouth."

Towards a Greener Community

Aroty Jamir

Why don't you switch to organic food? Often we have heard these words from health experts or people who are conscious about their intake of vegetable, fruits and meat from regular stores that have been preserved with chemicals. The cosmopolitan Bengaluru is concerned about their lifestyle as it has led to substantial health concerns, that has led to all kinds of health ailments.

With this thought, Organic foods consumption is booming day by day hoping to reap a healthy lifestyle through the consumption of organic groceries and quality meat. With the rise in organic food consumption, there is also an increase in the market leading to the creation of a brand identity. Setting up of flea markets in shopping malls, small organic shop outlets providing workshops and events for promoting safe and healthy food by tying up with the farmers helping them practice organic farming. Stores have also started connecting with customers through WhatsApp groups. With the increase in the chain of supply, organic

food products have innately driven people to switch to organic vegetables and fruits with duly unique selling proposition.

The Government has also taken many initiatives by giving subsidiaries or agricultural loans with the minimal interest rate to support organic farmers in setting and building up their business. Efforts are also made by individual entrepreneurs in expanding the market by importing from the farmers and by supporting the farmers to use unadulterated chemicals. Terrace gardening has also played a major role as many city dwellers practice organic farming in capitulating a mini eco-system. "Ever since I started growing my own vegetable garden in my terrace space there are only a few expenses in buying vegetables in the market," says Suman, an entrepreneur.

While traditional farming is not a new concept to us there is a gradual rise in organic farming. In the present scenario, organic farming has become a trend where the urban farmers are contributing to chemical-free gardening for a greener community.

Church Street Revamped

Shatarupa Choudhurya

Church Street is located parallel to Brigade road and is known to be one of the most buzzing streets in Bengaluru. It is renowned for being home to some of the most unique bookstores in the city and also is the domain of all sorts of shops,

eateries, tattoo parlours, bowling alleys and the like. The only setback is the potholes, broken pavements and overflowing drains until last year. In 2015, the Bruhat Bengaluru Mahanagara Palike (BBMP) announced that the stretch would be redeveloped under the TenderSURE guidelines.

With the advent of the Tender SURE, there has been an attempt to build the roads around the most important customer, the pedestrian. Tender SURE–or Specifications for Urban Road Execution–is a template for designing urban roads that involve getting

utilities like water, power, electricity and sewage together before planning any road project in order to minimize the need for subsequent road digging and repair.

It encourages wider pavements and roads in a city like Bengaluru, whose population is increasing rapidly. The project was financed by the Nagarothana Yojana under the Government of Karnataka at an estimated cost of about Rs 9 crore. The project took two years before it started in February 2017 and took more than the estimated 6 months to finish it.

This year around March, the 715-metre stretch has been transformed into a new-look with cobblestones paved on the street. It became more pedestrian friendly because of the safe environment that was created for families, tourists to congregate since they tend to hang around longer as consumers.

Breaking Monochrome and Embracing Vividness

Looking through the third eye to see the life of transgender person in India

Nisha Jain M

Trinetra Haldar Gummaraju is a 21 year old trans-women pursuing her MBBS. She is an active advocate in creating awareness of the transgender community through her social media. She has given talks on the topic at various institutions and recently gave a TEDx Talk on the same. She vociferously educates the public on the medical, legal and social aspects of being a transgender in India. Her main aim is create awareness among people so as to remove the stigma present towards the transgender community.

You have quite an unique name, could you please elaborate on the meaning and why you chose it?

The meaning of Trinetra literally is three eyes but also a synonym for goddess Durga. Durga has nearly 700 names, Trinetra is one of those names. I have always liked the way Trinetra is pronounced. But the reason why I chose this particular name is that it suits the kind of woman I have always wanted to be, fierce, independent and powerful.

What does transgender mean?

Transgender is the difference between gender and sex. In simple words, what you're born as physically is your biological sex. Your gender identity, on the other hand is what you psychologically identify as. When your biological sex and gender are a different match that is called being transgender.

When did you first understand that you identified as transgender?

I lived in denial for a long time. It was only about two years ago that I started identifying as transgender. I

was born biologically male but I was always inclined more to my feminine side.

What was your family's reaction to it?

I came out as gay to my family when I was 14 years old which was a big shock to my parents. They thought it was a phase that would pass. However, they wanted to understand the concept and spoke to psychologists. It was only after this that they accepted I was gay. I slowly started to express myself as a women but they didn't quite understand that. I showed them the Satyamev Jayate episode about transgender people to give them a clearer picture of where this was headed. When I came out as transgender, it wasn't a big shock to them.

Can you explain the transition process and the legalities involved in India?

Legal transition can be very complicated in India. The historic judgement of Nalsa v/s Union of India in 2014 has enabled this provision for the transgender community. It gave the right to people irrespective of hormones, surgery and medical intervention to identify their gender. First you see a psychiatrist, who will give you a certificate saying that this person has discomfort associating with having psychological identity which is different from the biological sex. The certificate can be taken to the notary,

who will give a notarised affidavit stating that your change of name and your legal gender. The notarised certificate will advertised in a local and one in a national newspaper. A gazette notification is required and that gazette notification will complete the legal change process.

What are the struggles that you and other transgender persons face?

There are some issues that all transgender people face based on various factors like caste, socio-economic status, level of education. The fact remains that you cannot hide your gender identity. This means that you are

vulnerable to how people react when they see you. I have been told to leave a female washroom and denied girls hostel.

The transgender people of the Hijra community are subjected to a begging and sex work mafia. This makes getting educational and professional qualification and access to health care difficult for the community.

What are the challenges that transgender person's face when it comes to education and employment in society?

Transgender people in India are severely disadvantaged. They are not hired even if they have the

qualifications, are denied chances in educational and professional because of the stigma. .

Another aspect is to remove people from the trafficking system and the chain of sex work, which is equally difficult because of the involvement of mafia and widespread corruption.

Therefore, rehabilitation of a transgender person is something that is very important. Reservation is not enough, rehabilitating a person from their chain of sex work, providing them necessary skills, provide medical help, transitions can make a huge difference.

What does the legalization of section 377 mean for the transgender community?

It is a positive step as this section was one of the things that has been constantly used to harass transgender people, particularly from the Hijra community. But this section is not the only provision that allows this harassment. It is the stigma. Just the legalization is not enough, the attitude of people needs to change. They need to become more aware and accepting of the transgender community.

**What do you suggest as practical methods or

solutions to make changes in traditional society that will encourage acceptance and understanding of the transgender community?**

The most important thing is spreading awareness. Transition is such an important aspect of a transgender person's life, proper transitions, and proper sexual health is crucial.

Removing the stigma from the medical community would make access to health care simple and easy. People get their medical information from within the medical fraternity, and the first thing that happens when a family discovers that their child falls within the LGBTQI, they take the child to a doctor. Therefore, changing the medical fraternities mind, will make a big difference for sure.

Further, if a teachers in educational institutions are willing to understand more about can create awareness programs in schools. This can make a big difference because they will bereaching out to hundreds of children who will know more about it as they grow up.

Using social media to spread awareness is also another way to educate the public. Another practical way of approaching is by educating your own family membersand having a conversation with as many people as you can to make a bigger difference.

What are some of things that the general population should keep in mind while communicating to a Trans person to ensure that more people are aware of it?

The general population can be more sensitive when conversing with a transgender especially when it comes to their personal information like asking about their private parts, sex life or about their transition.

Respect a person's privacy, respect a person's choice of pronouns and respect a person's name. Call the person what they would like to be called and just give transgender person the same kind of respect you would give anyone else.

> *" Just the legalization is not enough, the attitude of people needs to change . "*

Crossing gray conventions in sports

Anissa Lamare

Sarah Attar in action with the hijab in the 2016 Rio Olympics.

"Don't let anyone tell you are weak because you're a woman" - Mary Kom, Olympic Boxer.

India is constantly evolving in all spheres of development; however, still falling short when it comes to women and sports. Indian women do not excel in sports as much as their male counterparts, not because of the physical limitations of both sexes but because of gender prejudices. Men became familiar with sports well before women could even spell the word and this big gap is affecting women in sports today.

The first thing that comes to our mind when we hear the word sports is 'a sportsman' or 'a man's game'. No one is to be blamed for this, because, it is how the world was brought up. The conventional connotation, "Sports belongs in a man's world," has held the world captive for centuries and has deterred the growth of women in sports. It is a known fact that sports were started by men and for men. Only tens of decades later were women allowed to be a part of a such an

world of sports. When it comes to women athletes from the Muslim community, there is one major hindrance of the 'hijab' that held their desire to take up sports as a career. However, two sportswomen Sarah Attar, track athlete and Wojdan Shahrkhani, judo competitor created history in August 2012. They challenged the headwear ban in London and came out successful. This further led them to become the first women to represent Saudi Arabia with the 'hijab' in the Olympics.

The representation of more women in sports is one that can break stereotypical boundaries and this is needed for a country like ours. Giving a chance for women to take up sports can be beneficial not only for them but the nation as a whole. India is slowly evolving in sports and the participation of women. However, this change can be more evident when we learn to nourish what is already set in motion and bring the change within ourselves. This is another step towards achieving what our own country believes in, "Equality".

exhilarating activity.

This century, however, has seen the world evolving drastically and this has helped women to empower themselves. Though the hurdles are still a big canyon between women and their apex of excellence. India today, is blessed with a number of independent women excelling in different sports events. Hima Das, one such figure representing women in athletics, is soaring past gender stereotypes, conventional definition of sports and other ideas that once dominated the

Procrastination: When later becomes your forever

Shatarupa Choudhury

Procrastination is a challenge we have all faced at one point or the other in our lives. In fact, according to researcher and speaker Piers Steel, 95 per cent of us procrastinate to some level. While it may be comforting to know that one is not alone, it can be sobering to realize how much procrastination can hold one back.

I t is a trap that many fall into and once you are in, procrastinating tasks seems to be the most pleasing thing to do. Procrastination is often confused with laziness, but these are two very different terms. Laziness is the absolute unwillingness to do a task while procrastination is an active process, you choose to do something else instead of what you should be doing.

No matter how satisfying it seems, it is a serious problem that should be avoided. It is a very simple task to avoid procrastination if one is willing to. First and foremost, one must realise

that one is procrastinating work till the deadline. That's when one should try to understand the reason for procrastinating, whether the task is boring or unpleasant. If so, then steps can be taken to get you to do the task efficiently.

Procrastination can grow into a bad habit, which at last makes the punctual performance of daily duties impossible. It may be due to the illusion that there will be plenty of time in the future to do all we have to do. Procrastination can be avoided in many ways such as while doing a task, commit yourself to that and promise yourself a reward after completion of the task. It can be by reading your favourite book or watching a movie or even by treating yourself with a chocolate. Ask your best friend to check on you, whether you are doing the task or not, and minimize distractions as much as possible. It is only for a short period of time that you would be dedicated to a task. After completing it you can get back to whatever you want to do, without having to worry about any deadlines.

Internship route for employment

Nibedita Roy Chowdhury

Employment programs also are known as an internship, nowadays is a basic requirement. It helps students to get 'hands-on job experience' and helps them shape their goals along with providing them with a head start to achieve it.

An internship can also be treated as a base foundation for a job. When individuals are done with the course, the internship certificate most certainly helps as it fills the slot for experience in our resume.

The internship helps to enhance the confidence level, knowledge and experience. It is a process of training an individual in a competitive environment. It provides a nice learning curve for students with little experience in the professional world and grooms them for the future.

Harsh Reality of the Construction Workers

Anissa Lamare

India has a population larger than its economy. It cannot provide the basic needs to all its people making employment very crucial for survival. However, many Indians have jobs which are not recognized under the organized worker' category while most of these families do not have a single salaried family member.

One such case of a labourer falling under the unorganized sector resides in Kothanur itself. However, his house is not something built out of concrete. He lives in a tent with no basic necessities needed for one's way of life. Mr Ayyaswamy, a 49-year-old a father of three has come from all the way from Tamil Nadu. He moves from one place to another in search of jobs to support his family who is in his native place. According to him, labour is all he knows after working for ten years as a construction worker. He works on a particular project

for a long period and when the construction is done, he moves to another place for the same job. Because of this, he does not have a home and hence lives in temporary sheds until the work is complete.

Because of this, it seems like the best option for them. Construction workers in India live the life of a nomad. Their job demands them to leave and search for another construction work after a construction is completed. Some construction workers working for government projects are a little better off compared to the unorganized

The fact is they have nowhere to go and working as a labourer gives them temporary permission to live within the premises of the building till the construction is done.

Construction workers under the unorganized category earn for survival each day. Both women and men work hand in hand to support their family. They are protected under the Labour Welfare Scheme but there it doesn't guarantee job opportunities for the labourers. In India, labourers have an uncertain road to traverse. They are constantly faced with challenges which can lead to poverty. The areas where the labourers stay are tiny slums which depict the bigger picture of poverty.

Presently, Mr Ayyaswamy earns Rs.700 per day and works 5-6 days a week. He also pointed out the hardships as a labourer. Everything is uncertain, it is a dangerous job and demands a lot of sacrifices to support his family in every way he can. Other families living in the same area gave similar answers as to why they chose to work as a labourer.

Login with emoji

Aroty Jamir

An emoji can be found everywhere as using this pictorial image is found more conventional rather than a text. They are used to express what we feel, be it sadness or happiness. and with the advancement in technology, there have been modifications with the emojis too. They fit in the millennials style of communicating over text messages. They have made their way to be a part of communicating tactics, in form of symbols or a sign as they are easy and quick to type and add more emphasis to the text. The text becomes more understandable to the receiver.

Emojis have become an addiction to the users over Facebook, WhatsApp, Instagram to express what they feel in a certain situation. For example, when you want to say 'hey!' and add a hand palm emoji, it shows that you are anticipating to speak.

Abirami, a student of journalism is a big emoji enthusiast who frequently uses emojis in her text, states that "Emojis are emotions with expressions on an animated face, a beautiful creation by humans to express our emotions through text'. People are now obsessed with emojis and it has become a part of interacting non-verbally with one another over various social networking sites. Language may vary from person to person but emojis can be understood without the help of any language.

Food for thought; Bridging the gap between Hunger and Food Waste

Keerthana Kantharaj

The public fridge in BTM layout which has been helping many hungry stomachs in Bangalore

Nothing's better than humanity helping their own kind. How? Simple, just set up a Fridge on any street or public vicinity and stack up to any excessive or leftover food. You will see many humble souls with marvelled eyes, satisfying their quest for hunger. And this wonderful act right here is called "The Community Fridge", means exactly as it sounds, a well thought and polite act by the community coming together setting up food in a fridge open to anyone in need of food. Well the saying does go, "Food brings People closer" and the Community Fridge is one that not only brings people closer but prevents tons of food from getting wasted.

The concept was first introduced in Germany in 2012, and ever since it has been rapidly growing across to UK, New Zealand and now in our very own Country, the land of diversity, India.

In India, these tall boxes of preservatives are set up in states such as Mumbai, Chennai, Kochi in Kerala, Bangalore in Karnataka, while many more are still coming out. Places or areas in Bangalore, where you can find these fridges set up by communities are at BTM

Layout, Brookfield, Indiranagar, Koramangala and Benson town.

The process is simple. Those with surplus or excess amount of food in their households can help those who are starving by sharing some of their home-cooked food by simply keeping them in the fridge placed in the nearest Public area. Many Non-governmental organizations [NGO's], engage in this endeavour to not only reduce

"Fighting hunger; One fridge at a time."

the wastage of food but to feed people who are in need and hungry. Then there are other ways where vegetarian and non-vegetarian and non-perishable food are placed for the ones who are veggies or choose to go veg or non-vegetarian, establishing the liberty or the right to choose according to each one's preference.

As days pass by, there are a lot of these fridges coming up, stretching across the Nation and the globe

leading to benefit more and more people.

The Community Fridge is basically members of a community coming together to contribute each one's fair share of edible food to those who are deprived or need of food.

This initiative has helped several people who are underprivileged to fill their stomachs. The simplicity of this act has also spread happiness among the people. The most positive point about it is that leftover food that can be saved doesn't go to waste. Ultimately, the result is caring, spreading love and happiness in society. Hence, making the world a better place and a better tomorrow.

Clean Water becomes accessible for all

Nibedita Roy Chowdhury

The government has come out with a new idea of arranging RO water ATMs in every 100 and 500 metres according to the need of the people in Bengaluru. This initiative was started in the year 2015 and is expanding at a wider stretch. The process starts purifying bore well water and exports the purified water for industrial, commercial and domestic purposes.

They use the advanced technology for purifying RO water, integrated with Silver Nano Technology and Biofilters with multi-minerals. It undergoes eight stages of filtration. Reverse osmosis (RO) is a water purification technology that uses a semi-permeable membrane to remove ions, molecules and particles not fit for usage from drinking

water. Reverse osmosis can remove many types of dissolved and suspended particles from water, including bacteria. It is used for both industrial processes and for the production of potable water.

About 1000-2000 litres of water can get filtered in an hour. Mr Veeranjaneoa, the manager of these water purifiers said that there are 500 water ATMs all over Bengaluru and will install more for the welfare of the people. The manager of Future Purifiers and Appliances, quoted "our products feature the latest technology that simplifies the task and are economic which enhances efficiency level and save time." RO water ATM's enables the poor to get clean water containing all the minerals for domestic use at just rupees five.

Mr. Veeranjaneoa, manager of 500 ATM's outside ARO water purifying plant

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Horamavu Lake gets a second life

A. Abbas

Horamavu Lake is a spot where residents could take a healthy walk or jog in the mornings. But, this lake which spreads across 51 acres, circled around with umpteen flowers is the meeting point of sewage from various parts of the city. Domestic wastes and debris from construction sites are dumped in the lake and as a result, settles above the waterbed.

The Bruhat Bengaluru Mahanagara Palike (BBMP) took keen interest for protection and restoration of the lake. The first initiative to clean the lake was taken five years ago in 2013. In 2017, the state government released Rs.16 crore for the development of the lake. The 51-acre lake was filled with water by the record rainfall between August and October last year.

The Agara lake Protection and Management Society have also provided a playground for the children on one side of the lake and the other is bounded by a walking and cycling track.

The lake is now being restored to its natural state by the initiative taken by BBMP to clean the sewage canals. The same body aims to initiate more cleaning drives in other lakes and public places in Bengaluru.

Experience the magic differently

A picture of one of the rooms with sign languages in Echoes, Koramangala.

Keerthana Kantaraj

Echoes is one of a kind café located in the most happening places of the city, Koramangala. This café stands out as the employees are impaired in speech and hearing.

After its establishment in New Delhi, Echoes opened its second outlet in Bangalore, making it a unique experience of learning sign language, while savouring delicious meals. At its inception, Echoes had just three or four employees who worked hard to keep the spirit of the restaurant. Surely all their hard work paid off, now that it

has grown to about 20 employees working in the Bangalore branch.

Customers are welcomed with a smile at the entrance followed by other pleasant expressions and not to forget the sign language placards. Echoes offer a wide variety of delicious food served fresh on the platter, a warm and cosy atmosphere, best hospitality and a good ambience.

Karthik Sagiraju, co-staff owner, says, "The idea to open such a restaurant popped up when we had an interaction with a hearing and speech impaired friend, who expressed that he was unable

was employed as he felt left out"

Customers are given placards for instructions and a booklet to pen down the serial numbers of the food they want to try. Be it placing an order, a request for cutlery, or even cleaning the table, all that needs to be done is just ringing the bell and you will be catered to immediately.

The comfortable seating, quotes on the wall, wood carvings of the sign language symbols on the wall, and mid-century modern light fixtures provide a cosy and pleasant ambiance to customers who experience more than just dining.

Unfair is the current fair

Keerthana Kantaraj

Media platforms such as television, radio, magazines, or social networking sites are bombarded with advertisements propagating "Skin Whitening" products. This obsession is widely seen among Indians, with numerous products in the market, claiming faster and effective ways to get lighter skin. Popular brands such as Fair and Lovely, Fair Glow, Fair and Handsome etc., have been subliminally infusing that lighter skin is better.

The fascination with Fair skin has always existed in India. The obsession for lighter skin increased when advertisements began advertising products on how to get fair skin or a bright look.

There are some subtle and unsubtle incidences throughout history, implying that lighter skin is superior like the times when the world was being colonized by oppressors of white races. Of late there has been a paradigm shift in the notion of fairness. People have come to accept their own skin colour. The endorsers of fairness creams are being slammed by famous personalities like Abhay Deol, Kangana

Ranaut, etc.

A social media campaign called "Unfair and Lovely" has been storming over the internet, where women of various colour are posting selfies using #unfairandlovely, to fight against the notion that lighter skin is better. Before it turned into a social media campaign, it was a Photo series titled "Unfair and Lovely", created by three students from the University of Texas, namely Pax Jones, and South Asian Indian sisters, Mirusha Yogaraja and Yanusha Yogaraja, to tackle global colorization and skin lightening products that are used in most parts of the world.

Change is being initiated with more people accepting skin of any colour. Few brands like Banjara's Skin+ve came forward in support of all skin colours worldwide.

Other such trends are also being followed worldwide, with a common objective to make people believe that skin colour has nothing to do with beauty. Because of such trends, there sure seems to be a ray of hope to appreciate the inner beauty, as the adage goes 'Change is the only thing that never changes.'

#MeToo is here to stay

The floodgates have opened in what has been called as India's MeToo movement. It is not only making the people with high and mighty status pay off for their past times' mistakes but also inscribing a new behavioural code for everyone. Tanushree Dutta kicked up a storm alleging harassment at the hands of Nana Patekar. Since then, MeToo movement started gaining momentum in India. More skeletons tumbled out of the MeToo closet. A good share of alleged perpetrators sheltered in blogging sites to seek apology committing to be a refined person in future, while in atonement, issuing an apology in private or public or both. The rest continued to fight this battle legally, refuting the allegation as a gimmick to tarnish their image. Resigning from the ministerial post, MJ Akbar, a senior journalist turned politician attempted to mitigate the heated furore. This crafty move by the ex-union minister brought comfort to many, by reinforcing that the movement is taking its shape. Others called for justice from the court of law.

MeToo hashtag gained currency a year ago when women in the US came out one after another to go against Hollywood Producer, Harvey Weinstein for sexual misconduct. Alyssa Milano, an actress cum activist, took to twitter sensing the magnitude of the problem, urged women who faced harassment to reply to her tweet with a disyllabic, "MeToo". All the same, MeToo started a decade ago not as a hashtag but as a campaign by Tarana Burke through her organization in a pre-hashtag era. MeToo can be seen as a movement to demand women's rightful place with dignity in a realm which so far has been dominated by men and not considered as "Women's". The toxic fusion of patriarchy, the misconception that women are there for the service of men is fanning the transgression against women. The same regressive thought that domestic spheres are the natural confinement for women.

According to reports provided by the National Sexual Violence Resource Centre (NSVRC), 91% of the victims of rape and sexual assault are female and 9% are male. Harassment is not gender-specific. A man can be harassed, raped, assaulted as well but the count of being harassed, assaulted and raped is higher in women. Actor, Adhyayan Suman stirred up a hornet's nest two years ago when he was accused his former significant other of being physically and emotionally abusive, only to be humiliated for bearing the audacity to speak out despite having a went-wrong career. In one such instance, Katy Perry was backlashed for pulling a fast one on a contestant in what was supposed to be a peck on the cheek. The contestant said that he would have refused it if she had asked. While some thought it was precious, many raged in internet questioning the breadth it would have taken if the roles were reversed.

However, when movements are currently focusing on cis-women survivors and dominant-caste cis-men perpetrators, there is no doubt that the genie is now out of the bottle, however, the marginalized women and Trans folks are still being overlooked. The fact that marginalized women do not have an access to social media, they can't voice out their stories through hashtags. Better yet, some who approach the police come back with frail attempts to register a case, or even worse mocked and turned away. In many instances, Trans folks have no recourse to law. The loophole lies in the Indian rape law, where only cis-women can be rape victims. Where the one-size-fits-all rule is not applicable to transgender. Subjected to rape, they can file a separate case under Section 377 against the perpetrators altogether. There should be a redressal mechanism for it. This fear of coming forward and making a complaint needs to sweep over in all workplaces, not just restricted to media and film industry or for women alone. Cutting across gender lines, all the society from every community needs to internalize and set a new behavioural code that upholds one's dignity and freedom at a workplace, at domestic places or in public spheres.

Many, especially men have raised concerns regarding false accusations. No movement is perfect, all combats have a collateral injury. This makes it important that men, instead of being complaintive about potential victimhood, be participatory allies in making the due process a fair and operational one in which all victims including those of faux allegations can look for justice. Our society needs to examine the complicity, and our enabling behaviours and take collective responsibility for opening up a conversation on consent, desire and accountability. Collectively and yet critically attempting to bring about some process of accountability and self-reflection is indeed crucial.

Hold Your Breath
City celebrates festivals at the risk of quality air

Amala Justy

For all who have read about Hitler and his gas chamber, this is a good time to look around and understand why one reads history. As an urban crowd, one often fails to understand the cost of urbanization. Living in a city with an air quality of 153 on a casual day, which means no festivals, no big celebrations, or any other excuse to pollute, this is a nightmare for most people. Why? At 153 one stands at the risk of getting sick if people stay outdoors for a little while. So maybe the next time you want to breathe in to relax your mind, I suggest, let out a sigh.

During festivals, it is easy to observe a lot of people being all determined to get the prettiest of crackers fireworks. They may look wonderful but here's what you don't consider, a single cracker (thanks to the variety and development in that sector) can cause sufficient damage to the air for you to not stand anywhere near it for a minimum of 5 minutes. What happens once the cracker has completed its holy task? It is left with the mother earth in the attempt of it disappearing or sticking around till the next rain moves it into a drain. Which means that what once was an agent of merely air pollution, has now managed to pollute everything it touches.

Pollution isn't restricted to only crackers, festivals like Ganesh Chathurdhy, where devotees immerse the deity's sculpture into water bodies is another way whereby people readily accept pollution of water over avoiding a symbolic gesture. Alternatives exist for where people do see the damages they've done thanks to the variety of colours that exist but also this is serious for weeks, the effect of these artificial and bright colours which are made with the help of chemical solvents and toxic agents like the lead oxide, mercury sulphite and copper sulphate etc stick a r o u n d . Pollution has never been the intention for any of the festivals; these are all innovations that have added on heat to an already warm planet. The changes observed in and around with every passing celebration should be positive and not as destructive. If our means to truly appreciate or find joy in something is by depriving people of their right to basic living standards, then it is time to question our actions. Now, more than ever, we find the need to take good care of our air and other natural elements as the day isn't far away when we struggle to survive in this gas chamber.

almost all of these practices, using mud diyas during Diwali and cleaning the house was how the festival was traditionally celebrated, one could stick with that. Immersing the Ganesha would be way less damaging to our rivers if clay or any easily degradable substance is used for the same.

Holi is yet another popularly celebrated festival. Although the purpose of the celebration is rather uncertain to many, people around the country gather around and celebrate with artificial colours, water balloons, water guns, and all that the market has to offer around that time. One of most obvious celebrations

Conflict With Nature

Nisha Jain

The conflict between man and animals is age-old. The purview of animals that affected by the commercial activities of man is increasing day by day.

In 2009, the Karnataka High Court imposed a ban on night traffic going through the protected forest areas of Bandipur Tiger Reserve. The night ban which reduced the number of animals being killed due to speeding vehicles has been vehemently opposed by Kerala government. Instead a building of an elevated corridor was proposed and it has been opposed by Karnataka state government.

Recently, tigress Avni was killed in a planned operation by a private sharpshooter in association with the Maharashtra Forest Department. This move has bought sharp criticism against the state government and questions on the credibility of the forest official's reports. The point remains that we are destroying and reducing forest cover, driving out wildlife from their natural habitats.

Another major setback in the safeguard of wild animals has been China's decision to lift the ban on the trade of tiger bones and rhinoceros horns as part of traditional medicine. This move is a major setback on the worldwide effort to protect the endangered species as only 30,000 rhinos and about 4000 tigers are left.

All these, point to the fact that interference by man into the life of wildlife animals has to be evaluated. In the name of development, forest cover is being destroyed and the ecological system is being disrupted.

India and Her Scams

Salehk Ahmed

History repeats itself. In politics, more farcically so. The current commotion over the Rs-57000 crore Rafale Deal signed with the NDA government is the Bofors Redux of this age. Karma is an itch; recalling the fracas the entire non-Congress opposition headed by rebel Congress leader VP Singh stirred to scan the Bofors deal to disrepute and vote down the then Prime Minister Rajiv Gandhi, this time the opposition confederated to bump off the Modi wave in 2019. Leaders of both political parties locked their horns in a prolix acerbic warfare over the purchase agreement of the French fighter jets. Taking a cue from the preceding years adopting the techniques, catchwords and similar narrative VP Singh took to stain Rajiv Gandhi, decades later, Congress is giving back the regards with more fierceness. Champions of political studies would trace the commonality between Bofors and Rafale existing in different decades but bearing the same pattern. Both Bofors and Rafale came to public eye a year prior to Lok Sabha election and the battle to retain and dethrone the Prime Minister remains alike. The Bofors scandal revolved around the Rajiv Gandhi government's decision to purchase from the Swedish arms manufacturing company an advanced 155mm howitzer system for the Army.

Highlighting the importance of pressure groups in taking down an underperforming government, comes former president of the Janata Party, Subramanian Swamy who wrote letters to the then Prime Minister Manmohan Singh hinting about the potential scam by one his minister, A Raja. Swamy moved to the Supreme Court to register a complaint against Raja when no action was taken. After the complaint, the CBI had to arrest him finally. Subramanian Swamy is the man behind the wheel to expose the multi-crore 2G spectrum allocation scam. Not just the oppositions, but RTIs also acted as an instrumental tool in exposing scams in India. A major scam hit Delhi in 2010 when India hosted the Commonwealth Games (CWG), as a result of these RTIs, the Enforcement Directorate discovered that only half of the funds granted for the CWG were utilized on Indian sportsmen.

Investigative Journalism ran a marathon in bringing truth to light but it is a misapprehension to think that the impact was the share of journalism solely. Prashant Bhushan, a Public Interest Lawyer and an activist argued nearly 300 public interest litigations (PILs). As a major chunk of his cases targets corruption in government, the judiciary and on social justice and civil liberties. His PILs helped to unravel bubbling scams like the 2G scam, Coalgate and Iron ore mining scams, a few among the whole lot. Unveiling the Fodder Scam is credited to a gutsy civil servant who rose to limelight unearthing a multi-crore scam involving bureaucrats and politicians siphoning off huge wealth under the guise of purchasing animal feed.

While we get closer, it is important to highlight the roles of these unsung heroes who facilitated the exposure of these scams. Politics, as usual, will be the winner, while yet another injury visits our system that continues to mature and bleed. There would always be gaps to be filled that we could not fill.

The Generation That Stands Out

Nisha Jain

Millennial refers to the cohort of people born between the years 1981-1995. They are further subdivided into Gen X and Gen Y. What is interesting about this particular group of individuals is that they were born into technology. Having lived through the age of landline telephones, videotapes and cassettes to wireless communication, mobile phones and artificial intelligence, it is needless to say that they have been the major inventors and consumers of technology. Technology is not the only realm where these individuals stand out from their predecessors; other areas including education that has seen a major shift during these eras. Theoretical education lost its crown and the system that became thereafter encouraged interactive, practical and skill-based learning. Most institutions include vocational training in practical skills like plumbing, mechanics and cooking. This indicates a growth in the need to be independent amongst the millennial. Learning is not confined to the classroom any longer, it extends to online platforms like MOOC, Coursers, that provide certified courses. This form of distance education is gaining more popularity as there is flexibility to explore different areas of study and enhance one's skills and knowledge without having the restriction of geography. Gone are the days where one stuck to the convention of a professional degree and settled into comfortable jobs.

As a group, millennials are the risk takers and go-getters. This is the era of following one's passion, choosing the offbeat path and venturing into the unknown. It is the time where millennials are traversing on Robert Frost's road less taken and opening up different avenues with various kinds of jobs. Careers as an app developer, social media manager, content creators on social media platforms like YouTube, Facebook and Instagram would not have been possible until a few years ago. There has been a shift from the monotony of a fixed routine to creativity. Millennials want their work to be recognized and want to chase their dream jobs, be it as a neuroscientist or a travel blogger. Unlike the previous generation of baby boomers, where financial security and settling down was a priority, millennials are going by the notion of *carpe diem* and seize the day. They are more inclined towards living in the moment and without regrets. This is also another factor which contributes to the reason as to why most entrepreneurs fall into this category. They invest money they don't have and start businesses unheard of and create a dynamic workspace. The concept of work-life balance does not exist among them; life is the bigger picture here and work is a part of it.

The issues of present time are a testament to the fact that millennials are not silent spectators anymore. They have a sense of social justice, social care, interpersonal relationships and standing up for one's rights. Being connected through various mediums helps them mobilise different groups of people and awaken social consciousness.

The choice between life and death

Amala Justy

This isn't a conventional debate on whether one should have the opportunity to end one's life in cases of chronic diseases, because how could anybody take a decision that big? This is an attempt to understand just why mercy killing came into the picture. While there are millions being invested every day for health care and there are governments debating about providing free healthcare for the public, how did euthanasia get the attention it got?

The Greek define it as "good death", and the first known record of the event comes with a sweet romantic story where, in ancient Rome, a man with the name Augustus Ceaser, died kissing his wife, his last w o r d s being, " L i v e mindful of o u r wedlock, Livia, and farewell," and died just then. People said he had 'euthanasia' as no one
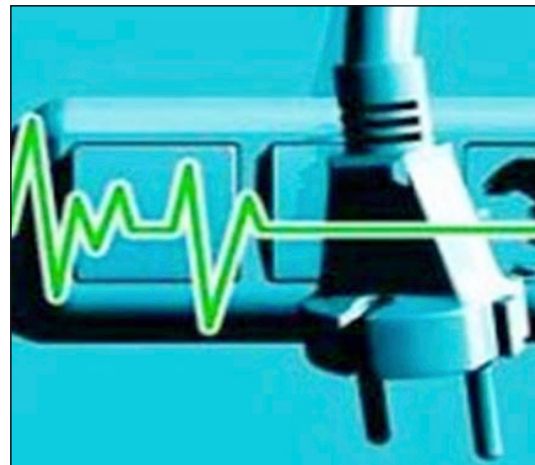
was ever known to die with such ease.

The process came into practice a long time ago, although it was banned by many communities, there are scenarios where newborns with lesser chances of survival are left out, injured soldiers are left on the border, and patients with breathing issues are left due to the insufficiency of appropriate aids.

The matter which causes this debate on allowing active euthanasia is by taking to consideration the depression one faces with such sickness. In the case of passive euthanasia, where a patient is out a rest by the actions of another, the confusion lies with allowing someone else to take control over the decision and right to life of the patient. Often times it is taken into consideration that active euthanasia could be a result of depression thereby reducing the essence of the decision. The dilemma lies as one cannot overlook the suffering that has made the patient fall into the embrace of depression and take the decision of putting an end to this cause of unbearable pain.

On the other side of this coin, we have the law, which grants each and every individual the right to life, which means that one does have the right to choose to live and when this choice isn't provided, their right to life is indeed, hindered.

The decisions related to one's life have never been an easy walk and therefore while nations take time to allow or ban euthanasia, one must not be discouraged. India legalised passive euthanasia earlier this year, which is remarkable given that the country has always shown high regard to human life in its history of restricted number of capital punishments. Perhaps the country has understood the value of one's suffering over respect to the gift of life. Active euthanasia continues to be illegal in the country.

Given the fact that there exist plenty who die on a daily basis, due to inaccessibility to proper healthcare, the dagger of doubt hangs. Should we make our doctors and healthcare centres continue to invest their time on patients who have lesser or compromised chance to a decent life or should we allow them to have the opportunity to prioritize in accordance with their expertise?