



# Kristu Jayanti College

**AUTONOMOUS** Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University

# *Krysalis*



**Volume 6 | Issue 1 | March 2023**



## FROM THE PRINCIPAL'S DESK



The 2021 Batch of MA English have experienced firsthand the aftermath of COVID not just in their academic life, but have witnessed its backlash in many other aspects of life too. Therefore, it is interesting to note that they have chosen hope as the theme of this issue of Krysalis.

Hope is indeed a powerful thing. It can inspire, initiate and ignite. Hope helps us look to the future with anticipation. Within the pages of this 6th edition of Krysalis, the students of MA English Literature have carefully weaved together their experiences and perspectives of hope, curating various aspects of hope and its ethereal presence in the world around us. I wish them all the best.

Rev. Fr. Dr. Augustine George,  
Principal  
Kristu Jayanti College, Autonomous



# FROM THE HEAD OF THE DEPARTMENT

Krysalis-2023 is metamorphosed and winged to hover. The transformation of a caterpillar to a butterfly reminds us of the pain behind every achievement. An idea takes a similar discomfort in furthering towards the actuality. Once actualized the same idea takes wings to fly around



giving inspiration to the vicinity and beyond. Krysalis-23 takes the readers to a world full of creativity and diversity with the ingenuity of the students of MA English of Kristu Jayanti College. It's a proud moment to the department as Krysalis-2023 adds another feather to the crown with such a creative and resourceful publication. The efforts of the students and faculty member behind the venture are praiseworthy in every aspect. Acknowledging the exertions of everyone and wishing all the best to Krysalis.

Rev. Fr. Joshy Mathew,  
Head of the Department of English



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# 2023

# KRYSALIS

The 6th Edition

Hope is the theme of the 6th edition of Krysalis 2023 and the same 'Hope' was what tied our team of 10 together from sharing our experiences to our duties. We joined hands in various tasks such as editing, proofreading, designing, page layouts, multiple revisions, and discussions which broadened our horizons both professionally and personally. The journey was uncertain but bore sweet fruits. Krysalis thus is more of a journal than a publication, a tender present to those who have forgotten what hope feels like - a collection of the things we love and a reminder of the strength we gained from within it and within us.

- Editorial Team



## EDITOR'S NOTE

Against the backdrop of grey mountains a brilliant sun rises heralding the dawn of a new day, a new moment and new opportunities. The cover page represents the inspiring idea that amidst the mountainous grey of life, hope is still alive and hope will triumph, indeed hope is what adds colour to life. The colourful air gondolas rise in the foreground as uplifting symbols of hope, aspirations and exhilarating possibilities.

- Dr. Lyola Thomas, Faculty Coordinator

### EDITORIAL TEAM

L to R- Andriya B., Princy PJ., Ishoriya T., Harsita B., Sunidhi J., Teddy T., Sandra B., Amy M., Anu B., Pema C.





It was a languid Monday afternoon when four first-year students from the PG Department of English sat down in their classroom to brainstorm and decide on the name for their in-house magazine. Many names were thought about, read out, sounded out and abandoned...

Until finally the name Krysalis came floating in as it were on that eventful brilliant afternoon. The name Krysalis was a perfect embodiment of the core purpose of the magazine even as it carried with it the overtones of our college name, Kristu Jayanti. The name Krysalis was decided on without any hesitation because it beautifully communicated the scope of the magazine while also encapsulating the transitional stage of the PG students.

Krysalis was conceptualized as a space devoted to transformation and mindfulness. Conceived by the students of the Postgraduate department of English as a platform to showcase their creative contributions and aspirations, it hopes to remind its readers that each of us is still a work in progress even as it attempts to inspire and transform its readers toward living with a heightened sense of consciousness.

## WHY KRYSALIS?



### Chrysalis:

A Chrysalis can be defined as a transitional state; a process of developing. It is the journey between the cocoon state of a caterpillar through to the transformation of a beautiful butterfly.

# OUR DEPARTMENT

The Department of English offers its Masters program with the primary objective of acquainting students with a wide gamut of emerging areas of literary study and inculcating them with a propensity towards critical exploration. An emphasis on the cultural, intellectual, and political progress of humanity inspired a curriculum that serves the needs of its students, offering them relevant course choices and electives within a structured and well-thought-out framework. Upon completion of the program, students are enabled to engage in comparative analyses of texts, understand and apply various theoretical approaches and also appreciate a variety of perspectives in the teaching works. Students are also trained to develop specialized reading skills and attain an ability to place literary texts in their wider intellectual and historical contexts, fostering critical processes of systematic analysis. Experienced faculty members mentor students and uphold the ethos of the college striving toward excellence and innovation while remaining open to the winds of change orienting students to be able to meet the challenges of our rapidly evolving world. Students are provided intensive mentoring both inside and beyond the classroom in a wide variety of forms. Guest lectures, workshops, film screenings conferences, and research colloquia are regular features in the department and are in fact a part of the academic calendar. Students of the department are equipped to discover their innate potential, realize their perspective, and contributions to the world, and are taught to be good stewards of their unique talents. "Krysalis 2019/23" is one such initiative taken by the department to provide its students with the much-required creative platform to refine their talents toward finer intellectual and creative expression.





# 01 KOMOREBI

/koʊ.moʊ.ɹe.bi/

The word stems from the Japanese language and means fresh streaks of light in one's darkest moments.



# One Last Time

I wish I could have hugged you  
tight last night  
And could stroll through the lanes  
where we first met  
I wish someone could hold my  
secrets a little longer  
And never hurt me amidst the  
crowd  
I wish the 'nothing is permanent'  
was just a lie  
And longed to trust the  
uncertainty as it is certain  
I wish the promises that you made  
are never broken  
And you had carried me to the  
infinity  
I wish the ray of hope flickers in  
my soul  
And I could cherish the moments  
again  
One last time.

- Neethu Sebastian, MA English



# One year ago, Today

Sometimes,  
I get these notifications on my phone  
Of our memories together from years ago.  
Our early morning trips to watch the sunrise  
To the nights  
We spent walking to the fridge at 2am.  
Life is unpredictable at times,  
Isn't it?  
I think about us often before I go to bed,  
About how things would've been  
If you were here.  
I miss the shoulders I used to run to  
When I feel like my world is crashing,  
I always remember what you once told me,  
That,  
"There will be a sunrise for sure, after every sunset. You just  
gotta wait for that"  
And that keeps me going.

- Rithika Maria Paul, MA English

# Uncertain Emotions

The world is an abyss  
filled with vice and a mess,  
where your every single action,  
Is scrutinized and hated with passion.

My heart is a void.  
because of the uncertain emotions  
I avoid.  
The pain makes my face ashen  
and I desperately look for compassion.

My head is in a loop.  
My heart is in a stoop  
My emotions ravaging inside me  
Filling uncertainty in my being.

Pandora, release her, release Hope.  
Make the vice and darkness elope.  
Fill hope and warmth in my void,  
So that I no longer avoid,  
The vortex of my uncertain emotions.  
Which I will learn to care with patience.

- Sandra Therase, MA English





# Before you

In the dark of the night the wind blows  
In the eyes of a woman I found hope  
And in her smile I lost my lifetime  
In her kisses I drowned my sorrow  
As the cold breeze caresses my face  
The racing beats of my heart loud  
I wish to hold you close and sigh  
Your body warm with life's breath  
In the shimmer of the silver moon  
I saw the light leave your crystal eyes  
Your fingers lax in my frozen hands  
Warmth leaving your body slowly  
That night death came for you my love  
He passed me by and took you away  
I lay there for a very long time blind  
For I was dead long before he took you

- Harsita Bhansali, MA English

# Could you Please?

Can you see the stars?

Shining over the sky

Can you feel the  
breeze?

Rushing from ear to ear

A little time free to be

Could you forget the  
pain you feel?

I know you are in your  
worst days

Now could you please  
smile for me?

A cancer cannot take my  
queen away

Could you trust in you  
and me?

Your baldness is cute to  
me

Now could you please  
smile for me?

- *Teddy Thomas Varghese, MA English*

# Journey Towards Light

The darkness of forsakenness,  
Casing over my life again.  
Am I losing the light,  
Or is the light diminishing.  
Broken and Shattered  
Inside out.

Yet I make sure the curve,  
Stays on my face,  
With the credence, it might  
Set things straight.

Has the light already gone off,  
this path seems so dark.  
Still searching for  
A shaft of light.  
But all I see is the  
the darkness covering my soul.

A tiny firefly  
Over my head.  
A new spark of light  
Leading the way.  
My heart was numb but now,  
Rays of joy and hope falling.

Now I see a curve in dim light  
This noise louder  
Straight away I opened my eyes  
It was a long sleep  
Such dreams feel so real and  
I want to continue  
**MY JOURNEY TOWARDS LIGHT.**

- Sanika Sajan, MA English



## You are the Reason

*//There goes my heart beating, you are the reason//*

I'd heard the song so many times before. And I've heard it so many times after, and it's never been the same.

*//please come back now//*

A fear i can't explain rationally, reasonably, logically. The first time I listened thoroughly, I cried because I could only imagine loss but could never understand it the way a friend of mine did. Someone who lost a brother, someone - a mother. I cried because I can't comprehend the pain, and yet the thought of it alone was unbearably heavy.

*//you are the reason, that I'm still breathing, I'm  
hopeless now//*

People come and go for whatever reason. We're afraid of the unknown but how long will we fear even what we have? We're used to holding our breath whenever someone ups and leaves but how long will your fear overpower your love? How long have you got? I never liked the concept of endings in real life, or of time. And yet, how I craved for it. When I was hopeless, and struck with fear, those that saved me were those I loved.





*// I'll climb every mountain, swim every ocean Just  
to be with you, and fix what I've broken //*

My beloved get me through my toughest times.

But most of all, they got me past everything I  
didn't believe in/ about myself. They got me past  
what I hate about myself. They loved me through  
and through. And there's nothing I wouldn't do  
for them. If and when I'm what forces you to pull  
away, come back. When I overwhelm, let me be  
scarce while you take up all of me. We are  
constantly pouring, and filling. Stop before you  
outpour, I'll fill your cup.

*// I'd spend every hour of every day keeping you  
safe//*

To the loves of my life that made me find so many  
loves and more than just one. Let me hold you  
tonight and keep you safe. Let me come to you  
Open up, my love. Let me cry with you tonight.  
Let me be the one that tears my skin on your  
edges.

My loves, take all the rest you need. I need you,  
your life, your love, your scars, your wounds. I  
can no longer handle distance or absence. No  
more fear that steals my racing heart when I have  
to get to you. When my racing heart is  
thrumming to cover distance, defeat time and love  
like hope runs in my veins.

I need you to see, my loves. You are the reasons.  
So many multitudes of reasons for your existence.  
And one more love, as boundless as the ocean, as  
far as the  
mountains.

- Amy Mathews, MA English





# 02 KAIROS

/'kʌɪrɒs/

A Greek word for right time, an opportune moment when everything feels just right, and things start falling into place like the weather for instance:  
despite its unreliability, brings healthy change and growth.



# Celebrations of

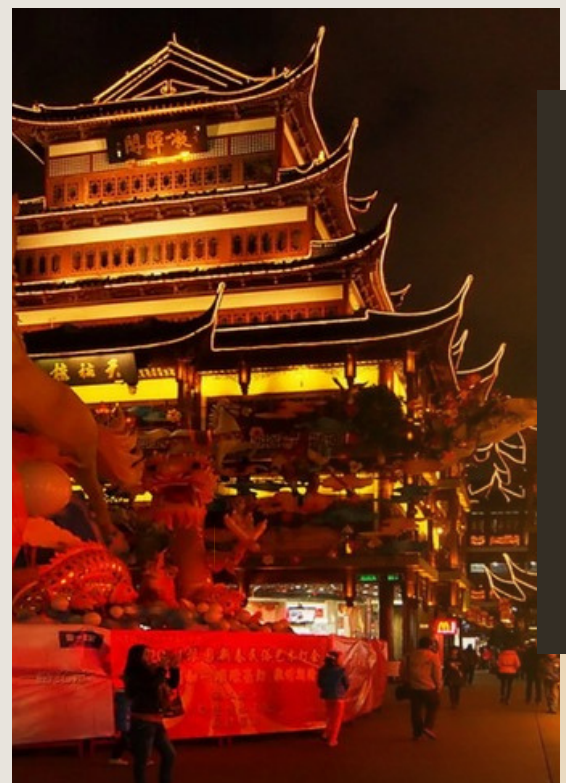


## 1. Diwali

Diwali is one of the major festivals celebrated in India. Diwali or Deepawali is popularly called “the festival of lights”. This day commemorates the victory of Lord Rama over Ravana, the rakshasa king of Lanka. The essence of this festival lies in the sloka, “Tamaso ma jyotirgamaya” which means “Lead me from darkness to light”. It reminds us that life is much more than just a mere journey; it is a continuous quest for truth and knowledge. Certainly, Diwali is one of the most beautiful festivals that brings with it a spark of hope in everyone.

## 2. Chinese New Year

Chinese New Year, also called Lunar New Year, is an annual 15-day festival in China. Celebrated by Chinese communities across the world, this festival begins with the advent of the New Moon. It occurs sometime between January 21 and February 20 according to Western calendars. The festivities last until the following full moon. Among other Chinese New Year traditions, is the thorough cleaning of one’s home to rid the resident of any lingering bad luck. Some people prepare and enjoy special foods on certain days during the celebrations.



# Hope

## 3. Yee Peng Festival

Yee Peng festival is a festival celebrated in northern Thailand. It occurs in the twelfth month of the lunar calendar. In northern Thailand, the Yee Peng festival is celebrated by releasing lanterns into the sky as people pray for their wishes to be fulfilled. According to the legend, if your lantern disappears from your sight before the fire goes out, your bad luck and misfortune floats away into the air. At times, people place their address in the lantern and anyone who finds it can claim money from the sender.



## 4. Madeira Flower Festival

A vibrant festival celebrating the forthcoming of Spring, the Madeira Flower Festival takes place in May as the flowers begin to bloom. Children in beautiful floral costumes parade the streets of Funchal, Portugal, each carrying a flower to be placed on the 'Wall of Hope' - made entirely out of flowers. Flower carpets and floats sail down Avenida Arriaga and kiosks nearby sell a range of bouquets, embroidery and traditional food and drinks. This a day to celebrate nature and culture, and the technicoloured parades make it a photographer's dream.

- Jiya Abraham, MA English



# WHAT IS HOPE?

**H**ope or expectation is an imagination-based belief, a belief in positive outcomes no matter how hard life gets. Emily Dickinson wrote in one of her poems, "Hope is the thing with feathers that perches in the soul".

If you don't have hope, you won't be able to achieve what exceeds your expectations. People often cling to hope while they are facing adversity. It serves as a safeguard against depression. This confidence acts as an incentive and provides strength and peace.

Hope is also mentioned in the stories of ancient Greek mythologies, such as "Jews and Prometheus" dating back to 1707 AD. It is because of hope and faith, that a person is able to live his life happily. Hope also works to fill positivity in a person's life.

The famous psychologist Snyder, has described three components of hope- having goal-oriented thoughts, developing strategies to achieve the goal and being motivated to put effort into achieving the goal. These components will help a person to get positive results with anticipation of positive outcomes.

People who don't have hope are more prone to depression. Hope differs from positive thinking, which is a systematic method employed in psychology to combat pessimism and to promote healing. Hope can be used as an artistic plot device and is often a driving force for change. In the end, we can affirm that regardless of what may transpire in the future, we will continue to move forward because we have hope.

- Sudha Vailangini Toppo, MA English



## Rewriting the Present

The losses faced by the Earth made me question what hope I had for every other living being. Isn't hope essential? Where can we find such hope?

The exploitation of natural resources by human beings for their own selfish needs has made our planet a barren wasteland. Human activities like burning fossil fuels and deforestation are the main causes of climate change. Rapid changes in temperature disrupt the usual balance of nature, risking human beings and all other forms of life on Earth.

Climate change is no longer a future issue. It is already here, causing extreme weather shifts, threatening food and water supplies, and putting our health at risk. Hope is crucial among young people for fighting climate change. The future is not yet written. We should find hope in action. As Swedish climate activist Greta Thunberg declared at the World Economic Forum in 2019: "I don't want you to be hopeful. I want you to panic. I want you to feel the fear I feel every day, and then I want you to act. I want you to act as you would in a crisis. I want you to act as if the house was on fire. Because it is."

We still have time to act for our planet, and for our future. We must act, so that we can feel hopeful. I hope that the worry and concern in each of us will inspire us to take action and be a part of the change we need. Why? Because, to care about our environment, we only have to be human.

- Ishoriya Thounaojam, MA English

# KNOWN YET UNKNOWN:

## MARY SHELLEY

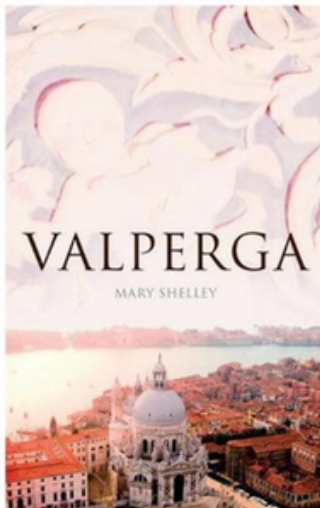
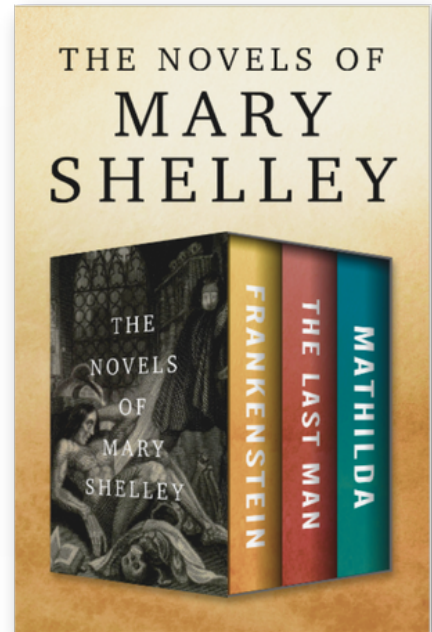
Mary Wollstonecraft Shelley was an English novelist widely regarded as the 'Mother of Science Fiction'. Shelley already has been hailed as a revolutionary figure within the genre, but people little know of her feminist stance, which formed the core message of her debut and most acclaimed novel, *Frankenstein*. Using writings from her diary, it's clear that Shelley was a very dedicated Christian and believed absolutely in the presence of an eternal soul. She penned the Gothic novel *Frankenstein or, The Modern Prometheus* (1818), which is considered as an early example of science fiction. Besides authoring *Frankenstein*, she is also known for her role in editing and promoting the works of Percy Bysshe Shelley, her husband and the well-known Romantic poet and philosopher. Shelley's other notable works include *Valperga* (1823), *Perkin Warbeck* (1830), *The Last Man* (1826), and her final two novels, *Lodore* (1835) and *Falkner* (1837).





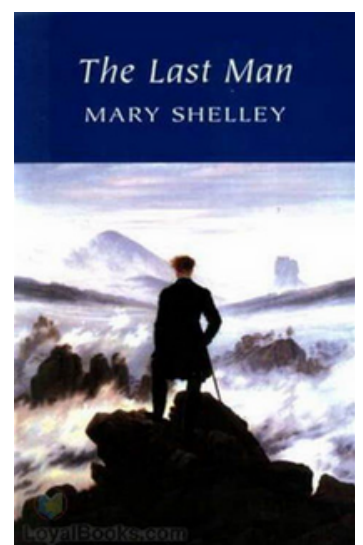
## DID YOU KNOW?

The novel *Frankenstein* originated from a ghost story contest



**Valperga (1823)** - Valperga, the novel Mary Shelley wrote after *Frankenstein*, is based on the life of Castruccio Castracani (1281-1328), Prince of Lucca.

**The Last Man (1826)** - *The Last Man* is a novel of isolation: an isolation that reflected Shelley's painful circumstances. The novel's characters closely resemble the famous members of the Shelley-Byron circle, including Shelley's husband, Percy Bysshe Shelley, his friend Lord Byron, and Mary's stepsister (Byron's sometime lover), Claire Clairmont.



# The Secret to Happiness

Hope is a state of mind, which inspires a person to live in faith for a better tomorrow. It is not stable and evolves depending on various events happening in an individual's life. Embracing hope as a beneficial factor in life, decreases feelings of loneliness, helplessness and stress, increases happiness and elevates the quality of life. The future is uncertain, and the present can be challenging at times. The Human mind stays strong and balanced only because of its ability to experience hope even during harsh life episodes. The most common method by which hope showers its soothing effect on people is through faith. People remain hopeful by trusting the Creator of the Universe, the strongest force to ever exist. The hope that the Almighty will transform their problems for the better, inspires mankind to rebuild the broken pieces of their lives. It is scientifically proven that hope is a necessary life force to maintain both physical and mental health. It is the gift of the universe to embrace positivity and discard negativity. Failure in endeavours naturally brings disappointment and discouragement, but hope enlightens us to challenge and overcome the failures of life.

- Liya Mathews, MA English

# Breathe

All these days, passed by quickly  
Can it get more stifling?  
This desire to continue living,  
Has ceased, clearly.

Only if, that one little ray of  
hope, Luminescent brightly,  
If only, there was a reason or  
two, To hang in there.

Then there was this little echo,  
Persistently saying,  
'Take it one breath at a time,  
We're loose threads, tread lightly'.

Breathe, you!  
Until you reach the shore..  
Breathe, you!  
Until this Delphic dream ceases.

- Princy P John, MA English



# The "Pale Blue Dot"



It was the February of 1990. NASA's space probe, Voyager 1, was finally speeding out of the solar system; passing Neptune, about 6 billion kilometers from the Sun. As it looked back towards home for one last time, it snapped a series of 60 images that would later be used to create the first "family portrait" of our solar system. In this series of images, was the famous photograph that would eventually be referred to as "Pale blue dot"-our planet Earth. The Earth, as seen through the Voyager's camera occupied a space of less than one pixel.

Carl Sagan, the prominent planetary scientist who gave the iconic image its name, had the original idea to use the cameras on the spacecraft to image Earth. In 1981, Sagan and his team figured out that since the spacecraft was very far away, the images might not show much. This was exactly the reason why they wanted the images to be captured- they wanted humanity to realize that our home world is just a tiny, vulnerable speck in the cosmic ocean.

The image was an eye-opener for many. The "Pale blue dot" was the only place we could call our home in the vast universe. This tiny and fragile dot is where we live out our lives and make memories. The image compels us to pause, introspect and appreciate the blessing that is our life. After all, what are the chances of being alive on a tiny speck which is just one among the millions of specks in the vast emptiness of space. As Sagan wrote about the image, "Look again at that dot. That's here. That's home. That's us."

# 03

# KAFFEEKLATSCH

/'kafɛɪ,klatʃ/

No better word for  
a casual  
conversation,  
while sipping on  
some coffee like  
kaffeeklatsch.



# Interview

## MENTAL HEALTH AND AWARENESS



FEATURING – DEVSHRI  
CHANDRAKAR, A.K.A. SHIRI

*by Kritika Chandrakar,  
MA English*

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## About

Devshri Chandrakar, a.k.a. Shiri, is a creative artist who works in a wide variety of media including paintings, installations and resin art, most of which exhibit her thematic interest in bright colours, fluidity, organic patterns and mystical concepts. She records her journey through life and mental health via her art, which she shares to spread awareness.

She is on Instagram as @artbyshiri. She lives in Pune, Maharashtra, India.

## Featured in



1) WEBQUIP - <https://weqip.com/not-beautiful>

2) Femina India

## 1. What is mental health according to you?

**SHIRI:** The concept of mental health has two faces. On one hand, it denotes a state that is now universally sought after. Governments, hospitals, schools, employers, charities and others have all recently prioritized it. Official reports and high-profile articles use terms like "mental capital" and "mental wealth of nations" to emphasize the importance of public policies aimed directly at improving mental health. You'd think that when something is so valuable and universally admired, there would be a standard definition.



I am not requesting knowledge of the nature of mental health or its causes; rather, I am requesting a statement of what counts and does not count as mental health. After all, it's difficult to place a value on something when you don't know where to point.

## 2. How important do you think it is to talk about mental health awareness?

**SHIRI:** Mental health awareness is a critical subject lacking attention. People are either assumed crazy or ignored/ judged/ misunderstood because of their diseases.

Living with BPD, Bipolar and PTSD it is a battle that I have to fight every day, every moment.

I don't know how I will feel the next day I wake up, or one hour later; the nightmares caused by my PTSD which won't let my body and brain rest even during sleep, and, due to Bipolar disorder, everything in my life is regulated by my phases, like food, sleep, and communication.

Some days, it is hard to move from one place for hours. Some other days you have to spend hours puking before an event due to the anxiety of stepping out. And because of all of these, you end up being late or absent or sick. But you can't tell that to the organizer of your event or the principal of your college/school. Why?

## 3. What is BPD and how does it affect daily life?

**SHIRI:** People with BPD are said to be suffering from a pain, emotionally equivalent to that of a third-degree burn patient. Sometimes, I am sure that other people suffering from these issues wish that their problems were more visible to the naked eye, to be taken seriously. The suicide rate is higher than any other psychiatric disorder among the general population. If you say that I have an illness that kills about 10% of the patients, you hope that people will take you seriously. But you end up being the fluke who is emotionally unstable, unavailable or unprofessional (People with BPD have a hard time holding on to a job, partially due to their illness and partially due to the stigma)



#### 4. Being an artist yourself, what role does art therapy play in your life?

**SHIRI:** The American Art Therapy Association states that art therapy can be an effective mental health treatment for individuals who have experienced depression, trauma, medical illness and social difficulties. Making art in therapy can be a way to achieve personal insight as well as healing. Art in itself can be used as therapy but there are some particular exercises which are included and used by professional art therapists.



## 5. Can you mention a few Art exercises?

**SHIRI:** One exercise is making repetitive patterns (lines/circles etc). There's no right or wrong way to do it, and it's a great way to let go and enjoy the emotional benefits that art can bring.

Meditative drawing is a visual technique for training attention and awareness, putting the mind in a calm and stable state, and exercising your creative muscle. I have managed to cope with the help of therapy and medicines. The medicines slow down my body, but help my brain be a little stable. It's a long process of trial and error with rays of hope hidden in between.

I am still in that process. Somewhere in the middle.

And art helps.

My Art is my journey depicted in fragments, in form of watercolors, preserved flowers or sometimes, just words.



### QUOTABLE QUOTE

“

Art often shows how I feel in spite of what I want to hide or communicate.

Art is freeing. It's connecting.

# Insignia of Hope

It becomes complicated when we think that a bright future awaits some of the most vulnerable young people growing up with poor facilities, corruption, unemployment, etc. It is a “ray of hope” that must be ingrained in their minds and hearts. Unsurprisingly, many of us enjoy flaunting our affluence in the form of material possessions. We usually relate material possessions to happiness. We live in a materialistic world, where we try to correlate our fleeting enjoyment with purchasing things we don’t need (appliances, garments, etc.). This sense of being administered by what we buy causes worry, stress, and financial loss. Making material items our only source of happiness is a goof. A simple life promotes more freedom and fewer anxieties, leading to more happiness. Before things end up in a mess, we should concentrate on long-term goals than material goods.

Multiple studies have shown that once people let go of owning “too many things,” they feel liberated, which leads to a simpler existence. Regardless of where you are in life, a life distinguished by hope is a life marked by confidence. It doesn’t mean you are always joyful or can’t experience hurt grief, or rage, but it does mean that your perception of your situation and the world around you is broader than reality.

We can undoubtedly exist in the challenging world without many possessions and luxuries, but hope, love, peace, care, and trust are essential. While hope is the eternal sunshine amid darkness, it is difficult to nurture in the dark. Hence, develop your hope muscles while things are going well so you can better tap into them when things go wrong. So, let us escalate, those “dulcet tones of supreme being” in the ears of the human race, in a harsh world and unfurl humanity.

- Sunidhi S Jugale, MA English

# 04 KAIZEN

/kaɪ.zɛn/

Like the phrase 'there is always room for improvement', kaizen is a Japanese word that stands for personal development.



# Art Gallery

# 01



HOPE

GEORGE  
FREDRIC  
WATTS

The painting 'Hope' depicts a blindfolded woman seated, hunched on a globe, bending her neck to listen closely to the lyre, which is completely frayed, but for one string.

She is alone, blindfolded to the world, isolated, but still clasp onto the beauty of the faint music. She dares to have hope in the last remaining string. The title and the painting reflect the idea that in a world of negatives, we should try to remain positive.

## 02

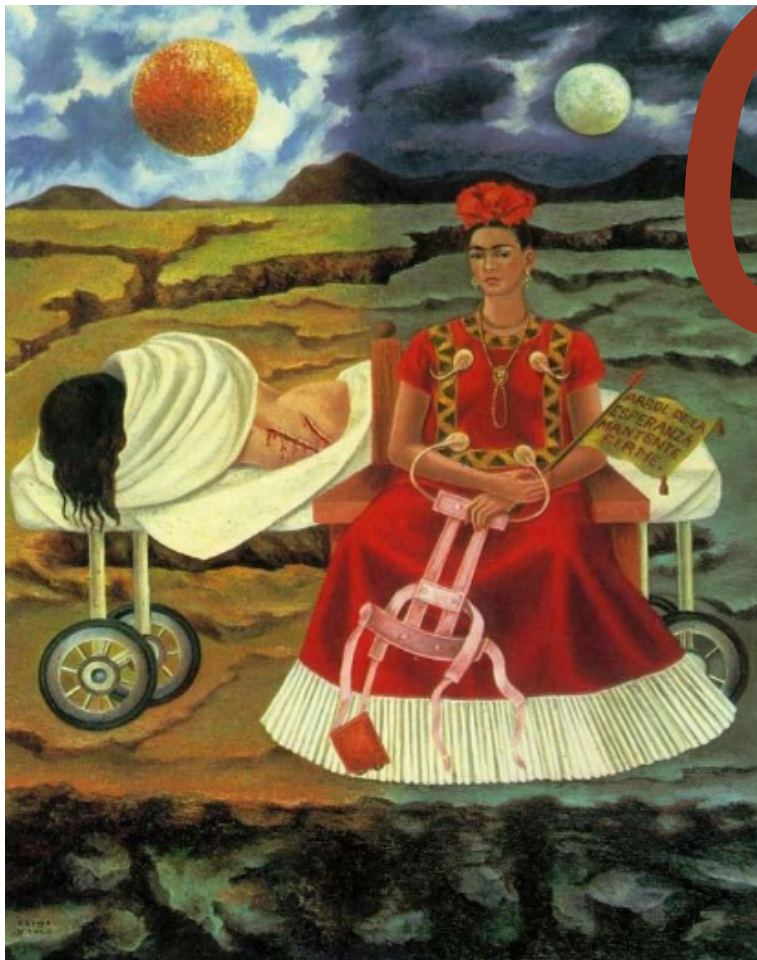


STARRY  
NIGHT

VINCENT  
VAN  
GOGH

Van Gogh painted this masterpiece while he was recuperating in an asylum. More than a life-like portrait, 'Starry Night' is partly a figment of Van Gogh's imagination of the place as he looks outside his window. He painted during the day, what he saw outside his window at night.

The amazing aspect of the painting is its dynamism, in spite of having the coolest colours possible. There was a lovely quote by Vincent that said - "There is no blue without yellow and without orange." The presence of the yellows, orange and beiges indeed adds life to the blues and takes it to ethereal levels.



## 03

TREE OF HOPE,  
REMAIN STRONG

CIELITO LINDO

In this painting, under the gloomy sky, the Sun and the Moon divide the background into two halves of light and dark. In the middle, Frida is sitting and weeping in a ready Tehuana costume. Nevertheless, she seems strong. Behind her, on a hospital trolley, lies a second Frida, who is anesthetized, and her surgical incisions are still open and dripping with blood. Frida is holding a pink orthopedic corset while sitting in the wooden chair. On the other hand, she is holding a flag which had words from the song "Cielito Lindo" - 'Tree of Hope, Remain Strong'. In this portrait, by putting two Fridas together -one a victim of a botched tragedy and the other, a heroic survivor - Frida takes charge of her destiny and becomes her own saviour and hero.

- Elena Silvia Tirkey, MA English

Page Design: Amy Mathews

# MOVIE REVIEW - The Pursuit of Happyness



## The Pursuit of Happyness

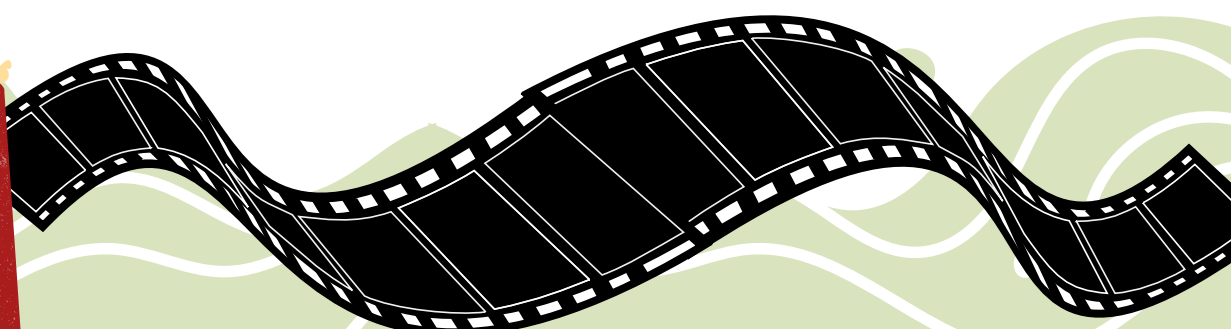
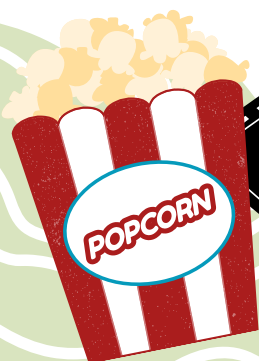
The Pursuit of Happyness is a 2006 American biographical drama film directed by Gabriele Muccino and produced by Will Smith. It is based on the best-selling 2006 memoir of the same name written by Chris Gardner. The film is about a San Francisco salesman, Chris Gardner, who invests his entire life savings in portable bone density scanners that most doctors do not need. He faces many challenges in life, but he overcomes adversity to succeed against all odds. Gardner's life goes from terrible to more awful as his wife deserts him, and he is expelled from their home along with his son and is left to survive in the city of San Francisco. The relationship between the father and son, through all the ups and downs of family and economic instability, takes the centre stage. The Pursuit of Happyness gives us a clear-cut picture of a man who struggles without losing hope. This is an inspiring story of hope, poverty and the American dream.

- Juwel Zacharia, MA English



Watch the movie trailer with

<https://m.youtube.com/watch?v=DMOBIEcRuw8>





# MOVIE REVIEW - Life of Pi



## Life of Pi

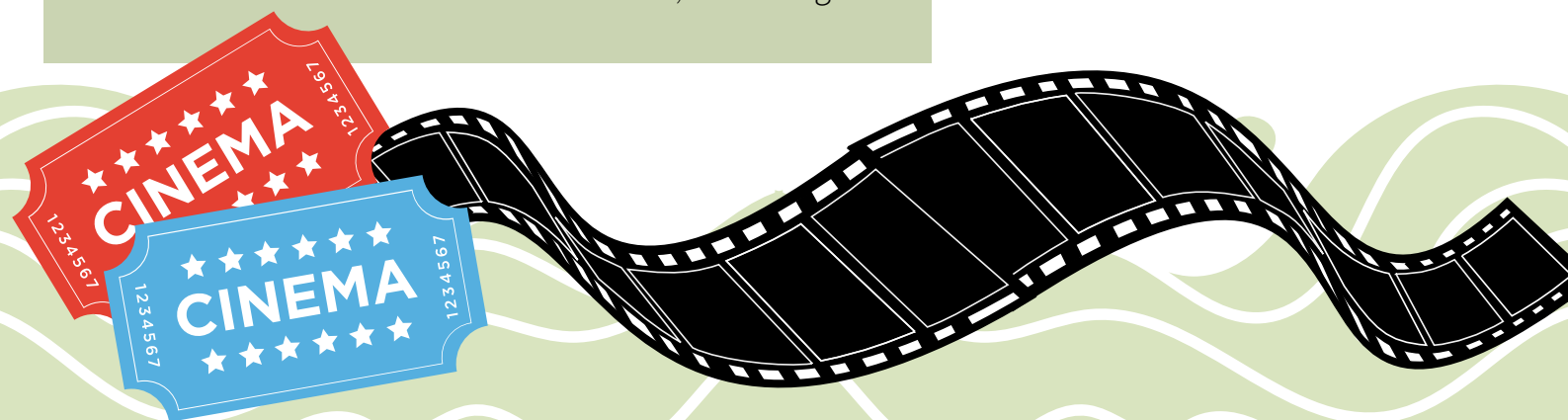
Life of Pi is a 2012 adventure drama film written by David Magee and directed by Ang Lee. It is based on a book of the same title, by Yann Martel. This film is about a sixteen-year-old Indian boy named Pi Patel, who survives a harrowing shipwreck and spends months in a lifeboat with a ferocious Bengal tiger named Richard Parker. The story begins in a small family zoo in Pondicherry, India, where the boy Piscine is raised. The zoo goes broke and Pi's father puts his family and a few animals on a ship bound for Canada. During a storm, the ship founders, and he is trapped in a lifeboat with a tiger. The heart of the film focuses on the sea voyage, which unfolds into an unexpected journey of survival, where both have to struggle the way they never did, to remain alive. 'Life of Pi' thematically focuses on the endurance of the soul and the spirit; the need to never lose hope and thus, survive even the most brutal of ordeals. It is a harrowing odyssey of survival, self-discovery and connection that will awe and inspire.

- Juwel Zacharia, MA English



Watch the movie trailer with

<https://www.youtube.com/watch?v=3mMN693-F3U>



# MOVIE REVIEW -The Bucket List



## The Bucket List

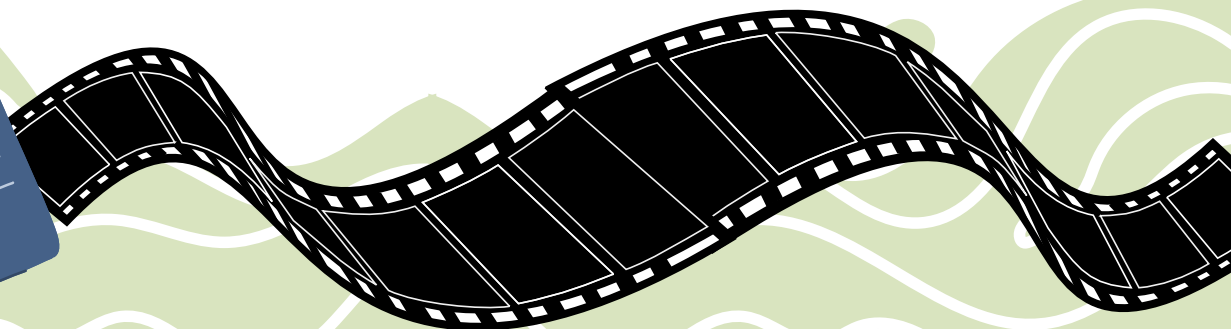
Carter (Morgan Freeman) and Edward (Jack Nicholson) meet each other at the hospital bed fighting against cancer. The doctor gives them 6 months; 1 year at most because of the severe condition they are in. Carter had become a father while he was in college, "Young, black, broke, baby on the way...45 years goes by pretty fast." He was too focused on the betterment of his family that he forgot to live for himself. He writes down things on a paper, that he wanted to achieve before he 'kicked the bucket' and Edward adds his wishes to that bucket list. Edward had everything that money can buy, except the love and comfort of a family. They decide to complete their wishes within the little time that they have. With Edward's money and Carter's persistent attitude, they start to cross off their wishes one by one.

The scenes in the hospital room pull us into the characters' lives and put them into our hearts. 'The Bucket List' gives us the courage to take on the shortcomings of our mortal life and reminds us to enjoy the little things while we can.

- Antony Teslin, MA English



Watch the movie trailer with



# MOVIE REVIEW -Wonder



## Wonder

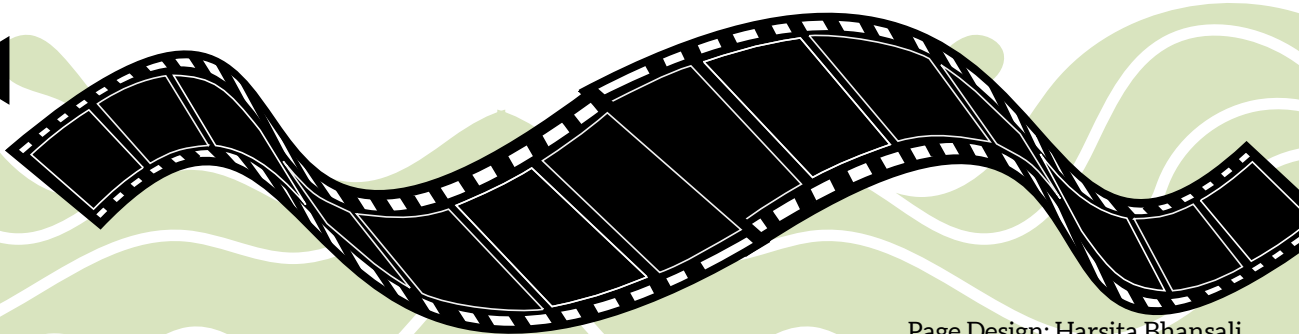
Auggie (Jacob Tremblay) was born with Treacher Collins Syndrome, a genetic facial difference. He attends school for the first time after years of home-schooling. Auggie meets cruel bullies as well as good friends at his school. His parents Isabel and Nate (played by Julia Roberts and Owen Wilson respectively) are always there for him. Auggie faces several problems - being stared/frowned at, being accepted with doubts and suspicions; but he is a tough-minded, intelligent kid, and he manages to gain the acceptance of most of his schoolmates. The scene where Auggie cries and asks his mom "Why am I so Ugly?" really touches our souls. Auggie's sister Olivia is also seen suffering in the shadows, as all the love of her parents is focused toward Auggie.

'Wonder' is a simple, heart-warming, and soul-stirring movie that delivers the message of kindness, forgiveness, and the importance of self-love.

- Antony Teslin, MA English



Watch the movie trailer with



# Body and Mind Goals

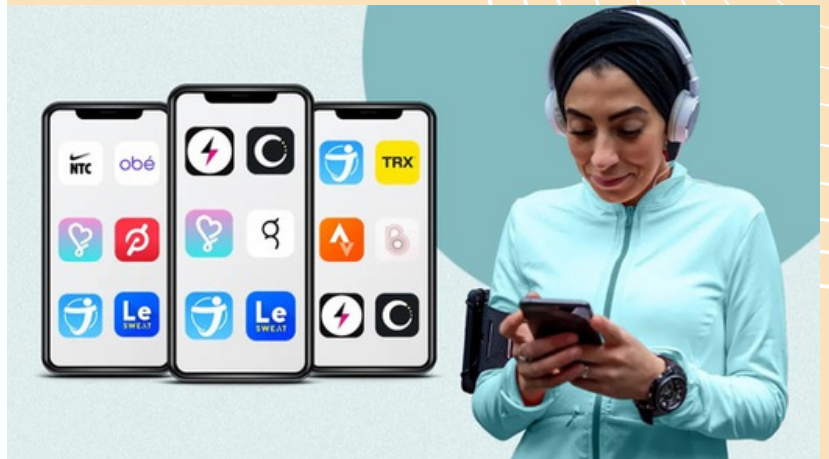


Being fit physically and mentally is every human being's ultimate desire. This need has been realized by the pioneers behind the development of fitness applications. To serve the diverse needs of users, these apps offer personalized diet and nutrition, besides exercise and workouts. The apps have been a huge relief to people who do not have time to visit Fitness Centers. Also, they provide cost- free exercise guidelines and diet packages.

## FITNESS APPS

Over the past few years, the influence of app technology is increasing, which impacts the healthcare system very effectively. The colossal thriving of fitness apps has enhanced since 2014; witnessing an increase of more than fifty percent in its usage, especially during COVID-19. Some of the prime facilities provided by all the fitness apps are:

1. Activity tracker,
2. Personal trainer,
3. Diet and nutrition charts
4. Yoga and meditation for psychological health.



# DAILY BURN



## Why is the Daily Burn app reviewed as the best fitness app?

Daily Burn boasts a massive library of workout videos and programs geared toward different fitness goals. This makes it a great option if you're trying to burn extra calories, lose weight, tone up, gain strength, build endurance, or increase flexibility.

- Teena Singh, MA English



# 05

# KATHARSIS



/kə'tɑrsɪs/

A word for healing emotionally instead of bottling up unhealthy negative feelings, this word means to simply let go.

# BOOK REVIEW: Nine Months

The most fulfilling experience of a woman's life is when she brings forth a new life; pregnancy is a long process of ups and downs that she faces for nine long months. She becomes a mother, conscious of her newly found bundle of joy. The adorable smile of her baby is the result of her patience during those months of struggle.

"Nine Months" by Paula Bomer, talks about a young Brooklyn mother, shaken by unexpected pregnancy. She abandons her husband and kids and takes off to a cross country road trip. Paula Bomer intends us to see that pregnancy can rip a life apart. But anyone who has been pregnant surely realizes that during those nine months, most women take inventory of their own lives

Nine months undoubtedly is capable of kicking up a storm, and that perhaps, is Paula Bomer's intention. But there is, to be honest, discourse about the truth of pregnancy. I loved this book; I think that this is somewhat transgressive on its opinion on motherhood and pregnancy. I think Bomer is brave enough in exposing a rarely acknowledged aspect of pregnancy and motherhood.

- *Teddy Thomas Varghese, MA English*





# A Flicker

A flicker. A spark called hope

Does a cake bring it to you? Or a smile? Or a breeze? When all the suppressed hurt, disappointment and shame - suppressed just to keep yourself safe or happy, become too heavy to carry like it's no burden; a warmth so ethereal, yet not alien, seeps into your heart. Now it's again bright around you, you become light, levitating, looking down and wondering 'why was it so, just a minute ago?'

This spark, this flicker is hope.

Hope, a milder version of happiness in despair, and happiness at its best when in comfort. Do you seek it or does it come to you? You can't tell in moments of desperation, if you sought it consciously or if it was there all along. It is God to those who think it was present even before they found it, luck to those who believe it came effortlessly, false realism to those who never sought it and meaningless to those who don't find it at their lowest. Whatever it is, hope is a simple flicker in the neurons that YOU assign form to, when it finally appears. This, like everything else, shan't be preserved easily.

Yes, you might have built this war machine yourself, to churn down all meaningless, demeaning thoughts and keep your life balanced. Perhaps it took you years to give it the right reasons that you could believe in. Yes, it worked and saved you countless times. It kept you happy for a while, maybe even longer—long enough for you to forget it in all the happy balance. And before you can blink, you're back where you started, where reasons no longer exist. Once again you ask "why is this happening?"

This machine is an everyday effort to keep it flickering. One little downwind can challenge it, yet you can't close all the windows, can you? Let the breeze in, and let this effort be a part of your demanded routine. This flicker shall then glow brighter, leading you out of your cave and still walking right beside you. Then you tell me, what this beautiful hope is to you.

- Anu Barathi, MA English

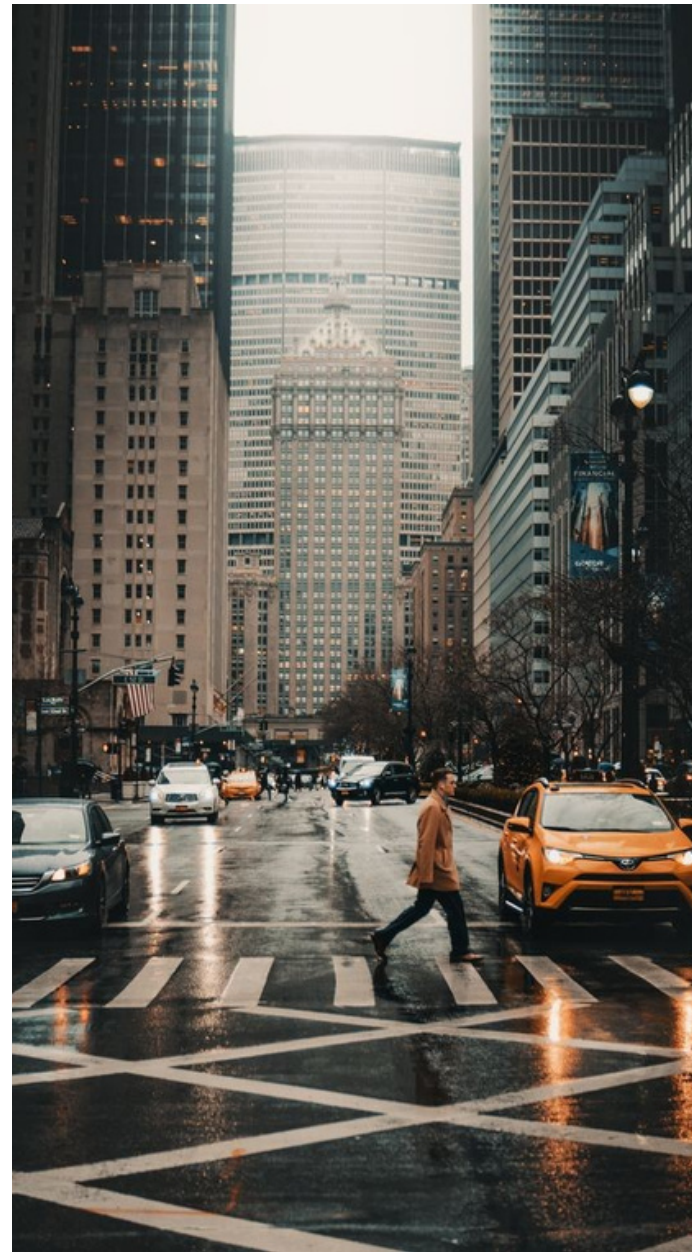
Page Design: Anu Barathi



# Unfinished Hope

In this 11th hour to submit my article for the creative Krysalis, I couldn't pen down anything. Aghast over what she's gonna spout if I fail to submit this on time; whatsoever, I move to the sundeck to procure some scratches along with Vitamin D.

I've heard that every morning, we can see people rushing to their jobs in order to make money. I don't know if it's because today's Monday, that the eyebrows of every pair of legs seemed worn out. But still, there must be something that pushes them to move forward, like my eyes battling the wave of drowsiness to attend today's lectures. I figured out why exactly people had to wake up and follow whatever the Almighty gifted on the 'fall of man'. I realized that there's something that causes us to not quit the day. Yes, it is "HOPE" that reflects in their eyes, which resists them from giving up. Apart from the run to make money, it is hope that fuels them to go to work. Not all days are fruitful for everyone.



Today, I can see every corner of the world working for the sake of happiness of someone. People are working not only for themselves but for others as well. There might be an emergency for a child to reach out to the hospital; God has for sure assigned a man to drive the ECNALUMBA, a hospital to treat, doctors and nurses to rely on and so on.



It is the hope of the driver that he can bring the injured on time. The parents hope that their child will be saved by the doctors.

On the other cross, there might be a jobless fellow who hopes to secure a job from today's interview. God has assigned a rickshaw driver to take him safely. Thus, the driver can earn money to pay fees for his child to study. What if the fellow couldn't find the rickshaw driver and decides to go by bike? What if he was the reason for the girl to get injured? What if, because of lack of fuel, he decided to take an Uber? Hence, if you are facing challenges, instead of "why me?" Say "Try me". Because God is communicating with us indirectly, He has seen what we haven't seen and heard what we haven't.

It's all about hope and trust that we blindly proffer to the mankind. The connection of hope is never-ending. The doctor hopes that he can save the child- lessons from his former experiences and from his masters who taught him how to handle an emergency. Likewise, there's hope in the driver, who trusts his skills and the condition of his vehicle. After all these ponderings, I realized that it's high time I completed my journal. I recall Buddha's words, "The problem is you think you have time". Yet, I consider this an unsatisfactory piece; of writing; hence, I decided to title it 'Unfinished Hope'.

- Eljo Thomas, MA English



Art by Krithika Chandrakar

# 06

# KULTURELL

/kʊl'tu:rɛl/

Kulturell  
is a German word, an  
umbrella term that  
encompasses the  
knowledge,  
behaviour, arts,  
beliefs, customs,  
and capabilities of  
a particular group  
of people.



# BTS: THE FACE OF K-POP



Two-time Grammy-nominated superstars Bangtan Sonyeondan, also known as BTS, is a 7 member korean-pop group which has broken many records in the music industry. Debuting in the year 2013, BTS has paved the way for the Korean music industry. Hallyu or the Korean wave has washed over every country in the world, thanks to the individual stories of every member who struggled a lot, in the beginning, to reach where they are now. RM, Jin, Suga, J-Hope, Jimin, V and Jungkook are the members of the group who went from being an unknown group to have now become one of the biggest boy bands in the world.

In 2015, they were on the verge of disbanding but they continued in the hopes of better days and persistently made music from the embers of their passion, bringing hope and positivity to people worldwide. Their songs like 'Love yourself', 'Pied Piper', 'Best of me' and 'Magic Shop' reached out to people despite the language barriers because the songs articulated their challenges and journey toward self-acceptance and self-love, a notion hardly talked about in the music industry and in social circumstances. With millions of fans, BTS continue to spread love and support to people all around the world.

- Mariza Mariam Koshy, MA English



Top 3 K-Foods to Try

## Kimchi

Pickled vegetables are a variety seen commonly within the Asian subcontinent. However, fermented cabbage or Kimchi is known to be a quintessential dish in Korea. This dish is a paramount staple in most Korean households because of its versatility - it can be served as an appetizer, a condiment, or made into a stew also known as Kimchi Jigae and is a must-have accompaniment in any meal.

This ubiquity is ancient in its origin from over 3,000 years ago as an item to fight starvation during cold winters. Massaged in salt and gochugaru or spicy red pepper powder, and seasoned with seafood or starch pastes, Kimchi develops its richness and flavoursome depth over a period of time. It is no wonder that Kimchi makes the top 3 in the list of savoury K-foods to try



## Miyook Guk

This Korean traditional dish trumps the cake in terms of birthday traditions and food. Otherwise known as seaweed soup, Miyook Guk contributes to the Korean tradition dedicated to Samsin Halmoni, the three goddesses of childbirth and Destiny.

Prepared with dried seaweed, soy sauce and sesame oil - this soup is brimful of nutrients, nourishes the body and soul, and is astringent when accompanied by a source of protein such as beef or seafood. The succulent earthy flavours are healing and make you feel right at home.

## Bibimbap

'Bibim' is a Korean word that translates to the act of communication or the mixing together along with 'Bap' or rice. Bibimbap, therefore, is a unique but delectable combination of a variety of colourful vegetables, meat, gochujang and sesame oil atop a serving of rice.

This Korean meal in a bowl is a reflection of the word 'Bibim' that their culture and cuisine make a conscious reflection of, through the balance and wholesomeness it attains. This dish is hence, a representative of the Korean culture and tradition it embodies. The bibimbap is lovable for its simplicity and toothsome sophistication.



- Amy Mathews, MA English



Pic. by- Tenzin Ghaphel

# Little Tibet for the Hodophile

Hodophile, derived from the Greek word “Hodophilia”, is a noun to define someone who loves to travel. For someone who likes traveling and exploring various cultures, Bylakuppe is a must-visit town. Bylakuppe, also called the ‘Little Tibet’, is the largest Tibetan settlement outside Tibet. It is one of the finest destinations in Karnataka and is located 72 Km from Mysore city and 213 km away from the city of Bangalore. The Tibetans here have successfully preserved their culture and heritage.

Travelling is an investment in yourself. The most popular place here is "Namdroling Monastery", also called Tibetan Golden Temple. This monastery houses over 5000 monks, 17 stupas, and many statues of Buddha. One can also spin the prayer wheels bordering the monastery. There are thousands of Tibetan mantras inscribed inside these wheels. It is believed that spinning these wheels help all beings in the world and purify their karma.

“

"Once a year, go  
someplace you've never  
been before."

DALAI LAMA

”





Pic. by- Tenzin Ghaphel



Pic. by- Tenzin Ghaphel

The ideal time to visit this place would be in the month of March when the Tibetan community celebrates New Year. During this time, all the monasteries are open to visitors. The visitors would be able to observe Tibetans in their traditional dress visiting various monasteries. One may not have to visit Tibet to experience Tibetan culture and traditions; instead, one can visit this Tibetan Refugee Settlement.

This rich destination consists of 5 major monasteries and various Tibetan camps where the refugees reside.

The first camp is the heart of the settlement and houses many shops selling local crafts, traditional dresses, street food, and ornaments. It is a perfect place to go shopping.

If you want a tranquil and peaceful weekend, Bylakuppe is the perfect getaway. The colony is surrounded by forests and blessed by colourful prayer flags. One can enjoy the fresh breeze and the most beautiful sunsets in the month of May. This small rich town is open to everyone who enjoys a little travelling and culture.

- Pema Choedon, MA English



Pic. by- Tenzin Ghaphel



Page Design: Ishoriya Thounaojam

Pic. by- Tenzin Ghaphel



# 07 KURATOR



/kju:'reɪtər/

A word that says  
"I'll take care  
of this for  
you", curator  
refers to the  
concern of a  
custodian,  
paying attention  
to details and  
providing  
accordingly.

A curated list of K-dramas

1

# Huimang

(희망)

2

## NAVILLERA

Based on a webtoon of the same name, Navillera shows the life of a 70-year-old man named Shim Deok-Chul, who suffers from Alzheimers, but attempts to learn ballet for the first time.

Lee Chae-Rok, another character who is a 23-year-old ballet dancer, wanders in his dream. Ballet brings both the characters closer to each other as the two embark on a journey to fulfil their dreams. This drama urges the viewers to pursue their passions despite all odds.



## REPLY 1988

This 2015 drama revolves around five childhood friends and their families living in the neighbourhood of Ssangmundong. Set in the year 1988, it delves into the lives of the five friends who grow up together with shared memories and become successful in their lives.

With a perfect blend of laughter and tears, this drama traces the journey of family, friendship, hope and compassion.



3

## ITAEWON CLASS



Park Sae Ro Yi, the protagonist of the drama, opens a bar after serving three years in jail for almost murdering his father's killer. Despite the unfortunate incidents that happen in his life, he hopes to rebuild his life through his business. Park Sae Ro Yi, through his vehement refusal to be dragged down by whatever the world throws at him, is the embodiment of hardwork and persistence.



## WHEN THE CAMELLIA BLOOMS

This award-winning drama shows the struggles of a single mother, Oh Dong-Baek, who lives with her son. She owns and runs a bar named Camellia, mostly frequented by the neighbourhood men. She doesn't have friends and is often bullied by the neighbourhood women. As the drama progresses, Dong-Baek emerges as a stronger person who succeeds in finding her voice.

4



# 5 START-UP

Start-Up revolves around a passionate youth who dreams of becoming an entrepreneur and starting a Start-up company. Seo Dal-mi dreams of becoming an entrepreneur. She meets Nam Do-san who is the founder of Samsan Tech and they work together to fulfill their dreams.

# 6 TOMORROW



Tomorrow revolves around a group of Grim Reapers whose task is to save suicidal living beings and show them hope and the importance of life. With its take on the issues of mental health, sexual assault, depression, bullying and many more, this drama is a must watch for anyone looking to overcome their difficulties.



# 7 IT'S OKAY NOT TO BE OKAY

Moon Gang-Tae who works as a caretaker in a psychiatric hospital meets a childrens book writer who has an antisocial personality disorder. The drama portrays the characters' processes of healing from trauma. It discusses trauma, healing, family bonding and friendship. Different mental health issues and spectrum disorders are also presented in the drama.

- Ishoriya Thounaojam, MA English

Hospital Playlist is a medical drama that follows the lives of five doctors who are longtime friends and colleagues at a hospital. The drama explores the themes of friendship, love and human connection. Celebrating the power of hope and resilience, Hospital Playlist also reminds us that no matter how difficult life is, there is always hope.



# 8 HOSPITAL PLAYLIST

# Mind Games: Crossword

A	S	H	A	K	E	S	P	E	A	R	E	R	E	W	O	L	P
N	S	A	S	E	L	P	S	E	I	K	O	L	R	S	C	U	S
A	A	T	Q	P	N	F	Q	T	N	V	B	M	J	T	H	P	O
P	N	S	D	U	O	L	C	R	T	N	U	S	D	I	R	S	N
T	T	U	P	H	K	O	R	A	K	S	T	B	H	J	I	E	M
S	O	N	N	E	T	W	T	B	A	P	J	R	U	K	S	L	Y
Y	N	D	O	R	F	C	S	Q	L	I	U	W	L	D	T	F	N
Q	Y	U	S	Y	L	V	I	A	P	L	A	T	H	S	I	H	H
A	M	E	E	I	R	O	E	S	G	U	F	R	Y	K	E	E	L
L	P	T	S	A	P	R	N	C	E	T	N	I	P	O	T	L	P
M	E	D	Q	E	N	G	L	I	S	H	D	E	E	R	U	P	L
P	T	R	A	V	E	L	O	G	U	E	S	R	R	E	R	F	T
R	C	Y	P	Y	W	O	E	T	U	L	U	E	B	L	F	R	H
R	H	A	Y	M	L	I	L	Y	K	P	N	R	O	E	R	S	A
O	E	M	O	R	P	H	E	M	E	K	H	A	L	G	I	H	J
P	O	A	X	C	T	S	U	M	H	L	E	Y	E	Y	E	T	X
M	D	Z	O	H	S	H	M	E	A	K	I	L	I	Y	N	H	U
I	E	Q	O	O	S	K	A	N	P	A	R	P	U	R	G	O	W
S	D	H	L	A	W	R	E	N	C	E	I	S	F	I	S	N	G

1. Words or phrase that means the opposite of literal meaning.
2. Name of a confessional poet \_\_\_\_\_
3. A literary device used to exaggerate.
4. Smallest unit of Morphology.
5. A book that instructs to overcome personal problems.
6. Who is called as "Bard of Avon"?
7. A poem of fourteen lines.
8. "Priest of Love"
9. Account of an individual's experiences travelling.
10. A poem that laments dead.

- Pema Choedon and Ishoriya Thounaojam, MA English



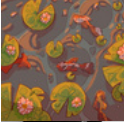



# Natural




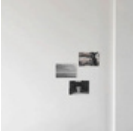



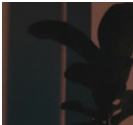
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## A Comfort Playlist for the Soul




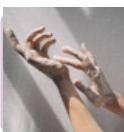
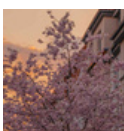
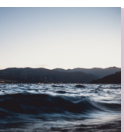
	Name of the music	Time	Artist	Curated for you by
	Kiven Mukhde	2:43	Madhur Sharma	Album
	Umbrella	4:20	Rihanna	Album
	Life of Ram	5:55	Pradeep Kuman	Album
	Love Yourself	3:54	Justin Bieber	Album

## A Comfort Playlist for the Soul

	Name of the music	Time	Artist	Curated for you by
	Love You Zindagi	4:24	Amit Trivedi	Album
	Fight Song	3:24	Rachel Platten	Album
	We Are The World	7:07	U.S.A	Album
	Life Goes On	3:50	BTS	Album
	The Nights	3:11	Avicii	Album
	Mockingbird	4:18	Eminem	Album
	Come Thru	3:54	Billie Eilish	Album
	Ashes	3:54	Celine Dion	Album



## A Comfort Playlist for the Soul

	Name of the music	Time	Artist	Curated for you by
	A Million Dreams	4:29	Ziv Zaifman, Hugh Jackman and Michelle William	Album
	Blue and Gray	4:20	BTS	Album
	Vavavo Vavurangu	4:47	K. S. Chitra	Album
	Beautiful	4:43	NCT	Album
	Who Says	3:21	Selena Gomez	Album
	Kun Faya Kun	6:21	A. R. Rahman	Album
	Yava Mohana Murali	3:54	Raju Ananthaswamy	Album

# KRYSTALS

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BATCH  
2020-2022

Ashly Ann Binu



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KRYSALIS: An in-house publication by the Department of English (PG), Kristu Jayanti College (Autonomous), Bengaluru



Cover design- Andriya Biju