

# Kristu Jayanti College

AUTONOMOUS

Bengaluru

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# Krysalis



A chrysalis is the form a caterpillar takes before it emerges from its cocoon as a fully formed moth or butterfly. The magazine is named after the process of metamorphosis, which allows the students to evolve and explore their potential.

Change is the only constant. In this edition of our magazine, we celebrate the beauty of metamorphosis—the profound process of transformation that shapes our lives, ideas, and the world around us. Just as a caterpillar evolves into a butterfly, we too are constantly evolving, shedding old layers to embrace new possibilities.

This issue is a tribute to growth, resilience, and the power of reinvention. Through inspiring stories, thought-provoking insights, and creative expressions, we explore how transformation is not just an event but a journey. It's about finding strength in vulnerability, courage in uncertainty, and hope in new beginnings.



We invite you to reflect on your own metamorphosis-the moments that have reshaped you, the challenges that have strengthened you, and the dreams that continue to inspire you. Let this magazine remind you that change, though often daunting, is a gateway to growth and self-discovery. Together, let's embrace the beauty of becoming. After all, it is through transformation that we uncover our true potential and create a brighter, more meaningful future.

Welcome to a journey of change, growth, and endless possibilities.



# WHY KRYSALIS?

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.





# FROM THE PRINCIPAL

Change is the essence of growth and transformation, it is the foundation of progress. The postgraduate students of English Literature have chosen the theme of Metamorphosis and have curated the 8th edition of their in-house publication Krysalis around this theme.

Like a chrysalis shelters a caterpillar before it emerges as a glorious butterfly, education nurtures young minds and prepares them for the limitless skies ahead. Our institution has always believed in fostering an environment where curiosity thrives, resilience strengthens, and creativity flourishes, and this publication reflects it so strikingly. Every challenge we face, every lesson we learn, and every boundary we push forward is a step toward transformation. The students have chosen to celebrate these journeys of evolution, both personal and collective, that shape lives in this remarkable edition.

As you turn these pages, I hope you find inspiration in the stories, ideas and artistic expressions that articulate this journey of metamorphosis. May this edition of Krysalis remind us all, that change is not just inevitable and beautiful but it is a step toward positive transformation.

Wishing you the very best,

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

# FROM THE HOD



Fr. Joshy Mathew Head, Department of English

Growth is one of the most powerful agents of change, rooted in courage—the resilience to withstand challenges and the vision to recognize possibilities. Every transformation begins as a dream, nurtured by perseverance and shaped by determination. Paulo Coelho As beautifully puts it, "When you want something, all the universe conspires in helping you to achieve it." True growth mirrors nature's persistence—like a seed breaking through the soil to become a towering tree or a caterpillar transforming into a butterfly. Krysalis 2025 embodies this journey—not just a creative endeavor, but a testament to change, resilience, and boundless potential. This edition is a tribute to the dedication and passion of the MA English students of Kristu Jayanti College, whose relentless pursuit of excellence inspires many. Our deepest gratitude goes to the faculty and students who have worked tirelessly to bring Krysalis 2025 to life. May this edition inspire all to embrace change, strive for growth, and believe in the infinite possibilities the future holds.

# **EDITOR'S NOTE**

Metamorphosis was the theme that the Class of 2025 chose to weave into the magic of Krysalis. This 8th edition of Krysalis holds within its precious pages, outpourings of their creative endeavours that are like messages from the depths of their souls. With their poetry, essays, paintings and writings, the students have created a testament to the beauty of growth and transformation. Their journey has been an evolution as they embraced the challenges on the way, emerging stronger and wiser. A Chrysalis rests in quiet tranquility yet within it a silent unfolds, and struggle an unseen metamorphosis takes place. It is a struggle that embodies growth, change, and new beginnings as we witness the birth of a glorious butterfly. Krysalis 2025 seeks to remind us that invisible struggles and quiet reflection can equip us and transform us. Each page is the visible beauty of that transformation, its luminous beauty concealing the turmoil, the toil, and the tempest of thought that gave it life. May this edition of Krysalis always remain as a signpost to the contemplative grace that metamorphosis can bring.



Dr. Lyola Thomas
Programme Coordinator - PG
Department of English

# **OUR DEPARTMENT**



MA English Literature
Batch on 2023-25 & 2024-26

The Department of English offers its Master's programme 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-thoughtout 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 a part of the academic calendar. Students of the department are equipped to discover their innate potential, realize their perspective, and contribute to the world, and are taught to be good stewards of their unique talents. "Krysalis 2025" 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.

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# Echoes and Embers Poems



# **HUSHED OUTCRY**

by Samewanbud Syiemlieh

With two fingers, I type,
In the silent violence;
Questioning my competence
As human figure appears;
A professional workaholic who's reputation precedes her,
Couldn't neglect the stress on her face,
But she spotted the sputums of incoherence in me.

Then I saw the preacher,
Preaching whilst also leering.
Veiling selective compassion
In a land where authorities act incredulous
When the victims said they 'weren't' raped''.

"Enlist me," pleads the soldier.

"We don't want to be heard," they cry,

"Come vacate my 'walls'," she whispers,

"I'm stronger than the demons pinning me down,"

It's no longer "read between the lines,"

But "read beneath".

I'm no longer writing in sobriety;

I'm now indulged in a mist of deity.

"Ask for forgiveness and you'll draw nearer," says the athlete.

While my mind questions,

Why length or brevity should dictate beauty's feat.

Or how I put myself and my paradoxical needs first.

How could I?

When the most resplendent person I know is in need of me.

Devoid one moment, reciting jubilant poems the next,

Yesterday I regressed to a sleep,

Today I plummet to a deep.

The transformation swings.

Although I claim to be Sui generis,

I need the 'subjects' to verse

For my reverence, for my curse,

For after all, I am only a clause.





# DARKER THAN MIDNIGHT?

by Temjenyanger Imti Imchen

Do nights get darker than midnight? I'm starting to believe it does.
Four hundred days and countingSince I last saw the light.

I, a weary slave for your biddings.
You gouged my eyes out,
Clipped my wings and broke my legs.
I am but a shadow, crippled and blind.

Your valiant cloak no more than-A guise to shame succubus and him. Draped in blinding whiteness. I was the fool and you, the befooler.

Is this the darkest stage; cocooned?

To one day crawl out as that colorful insect.

And a vagabond to what I once knew; Of "happy fields, Where joy forever dwells"

Perhaps one day I will crawl free; One day your shackles shall no longer-Hurt my wrists and ankles. Maybe this is what it means to hope.

The night has been its darkest. Now;

The rooster crows, the owl sleeps The dawn return.

# HOPE

by Sagarika U K

A word having many meanings, A force of existence A force of strength A force of perseverance A force of promise A force so beautiful that when tears roll down The droplets like long chrysalises And when these droplets hit the ground They forge into a butterfly Taking off from the ground with their magnificent wings With a force so spirited that It gave strength to face the battles bound within Thus, marking the beginning of an evolution.



# GROW, THEY SAID

by Chennama Iniya Lakshmi K

Grow they said,
They put me in the smallest pot
They watered me, they watched me,
I grew, I sprouted leaves,
I had healthy roots.

They asked me to grow more,
Two leaves turned to four
My roots grew, not wide but deep
I enjoyed it, growing

I attained a certain length
They saw me, pride in their eyes,
I said 'I want to grow more'
They hesitated, but said yes

I tried, I did have space,
The pot filled
I was stuck, not knowing what to do ...
'I should stop!' I thought
'This is enough!' I told myself.

But before I gave up,
I wanted to give one last try,
I tried and tried hard,
I knew I could do more,
I knew the sky was the limit,

I gave it my all,
I heard my pot crack, I stopped
Stopped in fear, I was scared
I saw others, with no pots

Huge, strong trees, reaching the sky I regained my courage Gave it all my might, broke the pot Set myself free, a sigh of relief

Now, I know nothing can stop me
I'll grow and grow
I'll touch the sky,
They asked me to grow,
So, I will.



# NARRATIVES OF MY SUMMER

by Achsah Mathew

My ideal summer for me would be
To enjoy reading and writing
A peaceful phase
But everything turns out to be chaos

As the week went by Some truths fluttered over me Showed me insights about everything

> Those who loved me Never loved me Those who wanted me Never were there in my life

My summer was a mere mirage
My loneliness
Engulfed everything
Around me in life
As the weeks went by
So did my problem

At the end of the summer
I would wander like a bird
Stop expecting things to happen
A tremendous storm came

Immense it grew crammed with Chaos

But behind it, there was a blessing
In disguise in the end
Vague failure looms
I flew through the failure

A silver lining!

Behind it, success was gained

Chaos was crammed

Behind it, there was a beautiful life.



# BETWEEN TWO WORLDS

by Wonmachui Luikham

Yet in the whispers of night, a soft refrain, God's hand, she feels, through every strain. Though shadows stretch across her path, A spark of hope keeps burning bright. For in the chaos, in the aftermath – She believes He guides her through the changing nights,

Her faith is in her maker knowing He will hold her steady through it all Because He never changes even when seasons fades.

She left the fields where the wildflowers grew

And bird chirps her morning alarm.

A child, too young to know what was lost, To the city lights, a world so new,

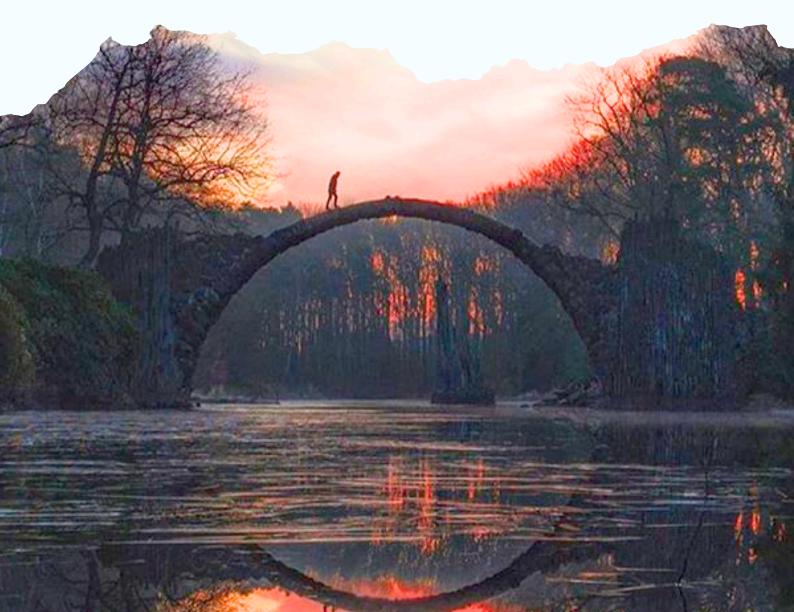
Where silence fell beneath the endless exhaust

And where voices in the lanes shunt her peace.

Her heart like a child still echoed with hills and streams,

But the streets erased her childhood dreams. Now grown, she fears what tomorrow might bring,

What kind of place would be her home.
The shifting winds, the tides unknown,
Change once tore her from all she knew,
Now it stirs dread in her bones.



# THE SPIRIT OF "KA MEI MARIANG"

Like a magical dance in the peaceful realm of nature

Stories of birth and growth are told,
Since earth unfolds beginnings
Where life's transformation reveals its worth.

"U Tiewlasubon" blooms under the sun Its future is hidden awaiting its call, A caterpillar silently transforms and weaves a silken thread Embracing the change, in a chrysalis it's wed.

"U Tiewdohmaw" shapes its destiny, leaving no trace Shedding with patience and grace, A season of life and rebirth

## by Yona Maxine Kharkongor

A butterfly with vibrant wings soars high
It gracefully reborn its life,
A love language to comprehend
Through cycles of evolution it transcends.

A journey of growth where change presides
In our souls, a metamorphosis does resides,
With courage as our guide and resilience
by our side
We find our purpose and let our faith glide.

We learned lessons and face challenges
Nurtured by the spirit of "Ka Mei Mariang"
For in her our true selves evolve,
We live with passion, embracing our
destiny.





# TALLGIRL 2

Tall Girl 2 is a film which was directed by Emily Ting. It is a film that dives deeper into Jodi's insecurities as she navigates newfound fame, relationships, and self-doubt. Ava Michelle, a well-known American actress, was playing the main character Jodi. The movie revolves around Jodi's life when she was cast for the main role in a musical play called "Bye Bye Birdie" while trying to get rid of the voices inside her head. Her ability to overcome the doubts plaguing her is a moment of triumph not just for her, but for anyone who has ever struggled with self-worth. This portion of the review regarded the aesthetics as being colorful and vivid, whilst the music scenes increased energy and mood more than the soft scenes.

Tall Girl 2 is an emotional sequel that enhanced the feel-good factors of the first installment, yet explored even more on the redemptive self-discovery of the character Jodie. The development of the inner voice has plagued us since the beginning, is so profound and practically applicable for everyone, it is heartwarming and motivating, hence this makes it worth the watch.

In conclusion, this movie highlights other common themes, such as the issues of anxiety and self-criticism, which many people face, demonstrating that such an inner critic is an enemy that many struggle simply because it has the power to inhibit personal progress.

by V.Lalmuankimi















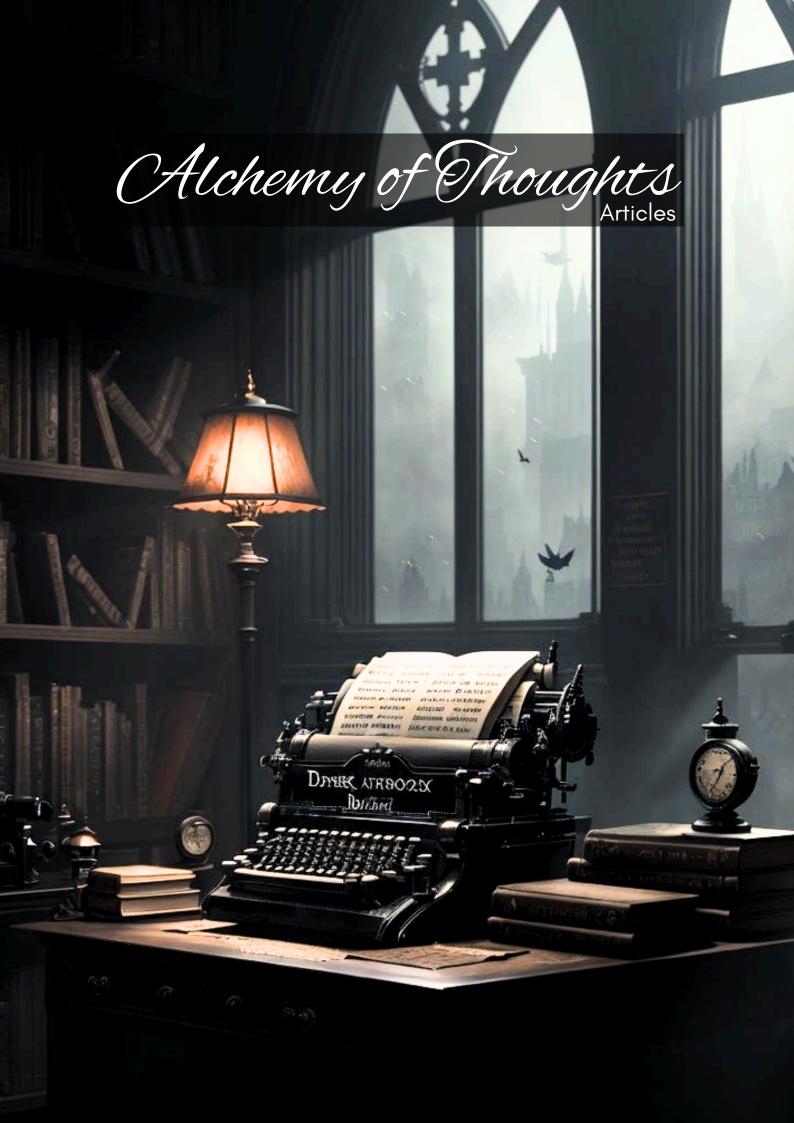
The movie *Wonder* tells the inspiring and heartwarming story of a boy named August Pullman, also called Auggie. He was born with facial differences as well as deformities that made him undergo a total of twenty-seven surgeries, which, until now, had prevented him from attending a mainstream school. He was homeschooled by his kind and caring mother. Despite all the differences, Auggie is kind to everyone. He is often seen wearing an astronaut's helmet to show his passion for astronomy. He wants to go to space one day. Upon joining the local fifth grade after being homeschooled for so long, he is shocked and saddened by the way in which other children look at and comment on his appearance. At first, it didn't bother him but later on, it affected his personality, eventually resulting in a shift in his character. He faced constant bullying and was considered to be ugly and a 'freak of nature' in the eyes of the other kids. Later, he even starts to regret being born in this world.

The helmet that he once used to show his passion was now used to hide his face, as he grew more insecure. Later in the movie, he is recognised for his talent in science and is acknowledged for his vast knowledge of astronomy. With the constant support from his family, friends and his teacher, he overcomes all his fears and insecurities about his appearance.

The people who made fun of him can no longer hurt him physically or mentally, as he gained support from the friends he has made. By the end of the movie, all the characters undergo significant growth regarding their perspectives about life. I believe this movie showcases growth, persistence and passion. The boy who had a major deformity in his life, didn't give up on his passion and enthusiasm, instead, leveraged it for his transformation, ultimately leading to his growth.

by Simna P S





# FRENCH FIESTA: PAIN PERDU

French Toast, also known as "pain perdu" in French, meaning "lost bread" referring to the use of stale bread which would otherwise be wasted, revealing a rich tapestry of culinary innovation. Though commonly associated with France, the dish is found across different parts of the world.

The earliest form of French toast can be traced to the Roman Empire. In Apicius, a Roman cookbook from the 4th or 5th century AD, a recipe for a dish called "Aliter Duicia" involves dipping slices of bread in milk and eggs and frying them in oil or butter. The Romans often sweetened this dish with honey, jam or fruits. It served both as a way to conserve resources and as a dessert. The French culinary tradition emphasized the balance of textures and flavors. The name "French Toast" was coined by the English and Americans in the 17th century. It was a practical way to use stale bread, the French adapted it into a more refined dish, often using brioche and baguette. French toast became a part of breakfast, brunch and even dinner menus.

French Toast gained popularity in the 18th and 19th centuries in America, especially in the areas with French influence like New Orleans. Over time, French Toast in America became synonymous with indulgent breakfast fare, frequently made with soft white bread and served with not just syrup and powdered sugar but even bacon and sausages.

By the 20th century French Toast had become a staple in American diners and households, adapting to regional tastes. Variations like using cinnamon, vanilla extract and nutmeg in the egg mixture became common and savory versions emerged as well.



# **FUN FACT**

A Chef Named Joseph French Might Be Behind the Name – One theory suggests that in 1724, an American chef named Joseph French accidentally left out the apostrophe in "French's Toast," leading to the name "French Toast" instead.

In Global variations, many cultures around the world have their versions of French Toast reflecting local ingredients and traditions. In Germany, it is known as "Arme Ritter" which means "poor knights." It's a very similar dish served with fruit or custard. In Spain, it is known as "Torrijas", typically enjoyed during Holy Week, are made by soaking bread in milk or wine before frying and adding sugar or honey. In Hong Kong, a similar dish is deep fried, often stuffed with peanut butter or served with condensed milk. Recently I came across a video on Instagram by a food page, where the French toast is made dipped inside Vanilla ice cream and frying it in butter, and they have named it Vanicall ice cream French Toast.

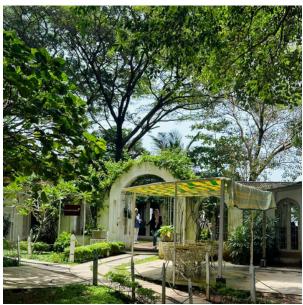
In Kochi, there is a cafe named French Toast which is known for its different varieties of French Toast. The shop has more than two outlets in the same place. Their menu includes Bostock, Apple and Cinnamon, Strawberry, Blackberry, Classic, Orange and Chocolate, Peanut butter and jam, Banana and hazelnut and Banoffee French Toast, and their best dish is the Strawberry French Toast.

Modern Chefs experiment with gourmet versions, using artisan breads like sourdough, croissants and challah. Variations include stuffed French toast with cream cheese or fruit fillings, and more health conscious versions that use alternative flours or egg substitutes.

French Toast has traveled from a thrifty way to use stale bread into a versatile and indulgent dish. French toast remains a global favorite and continually adapted to local tastes and culinary trends, and not just limited to home kitchens but also in restaurants and cafes.

by Elsa Mariam Abraham







# ECHNOLOGIC



The metamorphosis of for centuries. In present times, technology that reshapes our of areas people's everyday developed over the last few decades.

from being only a theoretical concept and

or Instantly connecting individuals across the transformative change has fascinated many continents. Social media services such as it is Instagram, Twitter, and WhatsApp have world. altered how we connect, and communicate. Technological developments have brought These tools have completely changed the about a great change affecting almost all ways we used to engage. The shift has lives. expanded it beyond physical boundaries into Communication is one area where the virtual space. These innovations in technology consequences of technology transformation also brought in complexities. With only a few mostly noticed. The internet has clicks, one can now access information that was previously only available within personal The function of the internet has changed bounds. This has resulted in certain difficulties that society still needs to deal with today, like



Internet harassment and false information. It influences our daily interactions with one another, at work, how we consume content, and even how we think.

The Rise of Automation and the Rise of AI, artificial intelligence have revolutionized industries. The advancement of automation and Al has been aimed at improving all forms of business activities. Be it in the manufacturing sector or health management, AI tools work by helping people optimize services through data and process management respectively. Human roles in the working environment have been removed and replaced by the artificial intelligence systems. While some see this as a threat, others view it as an opportunity for humans to focus on more creative, statistical and empathetic roles that machines can't replicate. We can changes brought the technology in communication, work processes, education, and even cultures. The internet and social media have revolutionized globally.

Technology has transformed many

sectors including education, shifting from traditional classrooms to hybrid models with online classes and digital materials, improving accessibility and quality. It has also given marginalized voices a platform, helping movements like #BlackLivesMatter and #MeToo gain momentum. Technology has redefined culture, identity, and belonging, allowing people to express themselves and create cultural experiences through digital platforms. Moreover, advancements in artificial intelligence and virtual reality are reshaping industries, from entertainment to healthcare, offering new ways to interact and innovate. However, concerns over privacy, misinformation, and the digital divide highlight the need for responsible technological development. While it brings opportunities, it also presents challenges, and how we adapt will shape the future of our world. As technology continues to evolve, ethical considerations and regulations will play a crucial role in ensuring its benefits reach everyone. Striking a balance between progress and responsibility is essential for a more inclusive and sustainable digital future.



# TECH TALK - APP REVIEW

# Headspace: Guided Meditation for Beginners

This is my personal favorite as I have been using this app for quite some time. It is also one of the most popular apps in this area and all for good reasons. It offers a wide range of guided meditations that cater to various needs, from stress reduction to better sleep.

### **Pros**

The meditations are expertly crafted and perfect for both beginners and more experienced users.

There are meditations available for diverse topics such as focus, anxiety, sleep, and even relationships.

The animations are very appealing, making the experience enjoyable.

### Cons

After the initial trial, you'll need a subscription to access most of the content, which can be a downside to those on a budget.

# Happify: Gamified Mental Well-Being

This app is a little different. The app uses science-backed games and activities to improve one's emotional well-being. The activities are fun and are grounded in positive psychology.

### **Pros**

The games are enjoyable and offer a playful way to approach serious issues like stress or anxiety. It also allows the users to select tasks based on their goals, whether it is reducing stress or improving relationships.

### Cons

Again, same as the previous app, much of the app's content is locked behind a subscription. After a few free games, you'll need to pay to continue using many features. Some of the games can be repetitive over time, which reduces their effectiveness over time.

♦

# Youper: Personalised Emotional Health Assistant

Youper uses AI to stimulate conversations with users and help them manage their emotions. I was very impressed by how conversational the AI felt. It didn't feel like I was talking to a bot or a robot most of the time. It asked questions about my mood and provided insights into my thought patterns, helping me track my emotions over time.

### Pros

The Al feels like a helpful assistant, guiding the person through their emotions and helping me identify patterns of stress or anxiety.

The app has features for quick mood check-ins, which makes it easier to keep my mood tracker up to date.

### Cons

The Al chat is free, but some of the deeper insights and more advanced features are behind a paywall.

The Al lacks the human touch, which might not work for people looking for more emotional depth.

# Would I recommend it?

Youper: Yes, for those who prefer a quick conversational approach, this is a great app. Happify: If you are looking for something lighthearted, yes, this is the app for you.

Headspace: Absolutely. It is great for anyone looking to build a consistent meditation practice and has a hard time doing it. The quality and range of meditations make it worth the subscription.

Each of these apps offers something unique. For quick emotional check-ins, Youper is great. Happify is ideal for people who prefer games, rather than traditional methods. Headspace is best for those who want to commit to regular meditation practice.

# **Honourable mentions**

I haven't tried this app but I have also come across the app called Insight Timer. This is good for people who are looking for free content, and is perfect for meditators looking for a variety without a subscription.

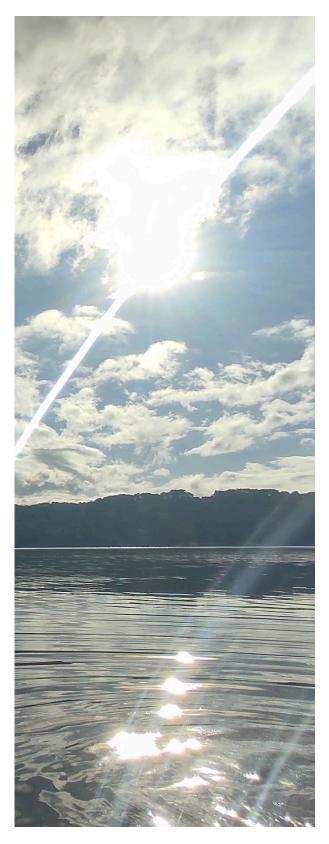
by Anna Mariya











# UMIAM LAKE: THE LAKE OF TEARS

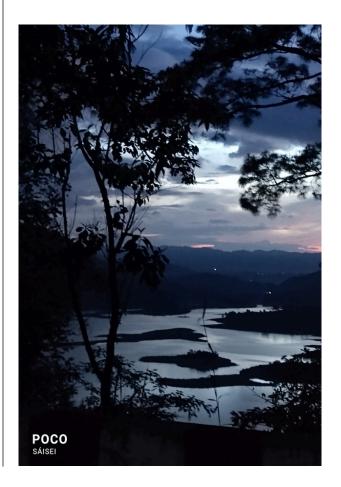


Umiam Lake is situated in the state of Meghalaya, a state which is also known as "The Abode of Clouds" and the "Scotland of the East". One would pass by this wonder as we travel from Guwahati (Assam) to Shillong. Umiam, a word from the Khasi language translates to "The Lake of Tears", which is also known as Barapani, is situated near the village of Umiam, which comes under Ri Bhoi District.

The presence of a folktale on the origin of the lake adds to its charm by enfolding ecology and culture. The tale is of two sisters who were celestial beings who wanted to visit the Earth. One of them reached Meghalaya, but the other never did as she got lost on her way to the earth. The loss of the beloved sister devastated the other, and she wept endlessly, until her tears flowed through the Khasi Hills, this was how it got its name. The river was made into a lake by the construction of the Umiam Dam in the 1960s, as part of the

Assam State Electricity Board's project to store water as a source of hydroelectric power. Unfortunately, this event caused at least 180 families of the native people to be displaced and their original settlements got submerged underwater. The remnants of such settlements appear every summer as the water dries up and its level decreases. Since ancient times, the lake has been deeply appreciated by the native people, as it helps their livelihood and fishing. Adjoining the lake there is the Orchid Lake Resort which has transformed the place into a spot of cultural richness where all people from different parts of the country come together to appreciate the gifts of nature. Activities such as kayakina, canoeing, water skiing and many other sport events have been some of the major attractions, but the abundance of its flora and fauna is a "thing of beauty and a joy for ever."

by Mebakynsai Mawksiar



# ID EN TI TY

Migration, whether for education, economic reasons or cultural exploration, deeply shapes an individual's sense of identity. Moving to a new place shifts one's self-perception as migrants are often confronted with unfamiliar environments, social norms, and expectations. For those who migrate in search of better education, the journey involves not only academic growth but also a redefinition of identity. New learning experiences, diverse peers, and exposure to global perspectives challenge students to reassess their values, beliefs, and aspirations.

As they adapt to new environments, they often develop a more multifaceted sense of self that blends their home culture with the new one. Economic migration, usually driven by necessity, also profoundly impacts identity. Migrants may take on new roles or jobs that shift their perception of self-worth and status. The experience is humbling for many, as they may initially struggle to find a foothold in the new society.

Yet, over time they may also feel a growing sense of pride and accomplishment, as their hard work contributes to their family's welfare and their new community. The identity of economic migrants often becomes interwoven with notions of resilience, sacrifice, and adaptation. Cultural migration allows individuals to explore new identities more intentionally. As they immerse themselves in unfamiliar customs and practices, they often experience a blend of excitement and disorientation.

Navigating between two cultures, migrants frequently develop a bicultural or hybrid identity that combines elements of their original culture with those of their adopted one. Across all types of migration, the experience adapting new inevitably transforms environment individual's identity. It fosters a deeper sense resilience, adaptability, and awareness, shaping them into individuals who straddle multiple worlds perspectives. This dynamic evolution of identity highlights the fluid nature of selfhood in an increasingly globalized world. Migration, therefore, is not just a movement across borders but also a continuous journey of self-discovery.

by Sriram Kumar V



# STRESS LESS: MENTAL HEALTH TIPS

### 1. Practice Gratitude

Daily gratitude reflection shifts your mindset to positivity by focusing on small joys and successes. A gratitude journal can boost emotional resilience.

### 4. Sleep Well

Good sleep is crucial for mental health, allowing the brain to rest and recharge. A bedtime routine and avoiding screens before bed improve sleep quality.

### 2. Stay Active

Exercise benefits both body and mind. Even light activity releases stress-reducing endorphins, boosting energy and mood.

### 5. Staying Hydrated

Hydration is crucial for physical and mental energy; dehydration leads to headaches, poor concentration, and fatigue. Drink enough water for a sharp mind and steady mood.

### 3. Limit Screen Time

Constant screen exposure can cause burnout and eye strain. Regular breaks and reduced digital distractions improve focus and mental clarity.

### 6. Mindful Breathing

Deep breathing quickly reduces stress, anxiety and improves emotional regulation and focus. Techniques like the 4-7-8 method calm the mind and lower heart rate.

### 7. Eat Balanced Meals

A balanced diet fuels brain health, boosting mental clarity and mood while preventing mood swings and fatigue.

# 8. Limit Caffeine

Reduce caffeine intake to improve your overall well-being, including sleep, anxiety levels, and energy stability.

### 9. Take Breaks

Short, frequent breaks prevent mental fatigue, refreshing focus and creativity. Prioritizing downtime sustains productivity and well-being.

### 10. Journal your thoughts

Journaling your thoughts and feelings helps process emotions and gain clarity. This self-reflection practice reduces mental clutter and improves self-awareness.

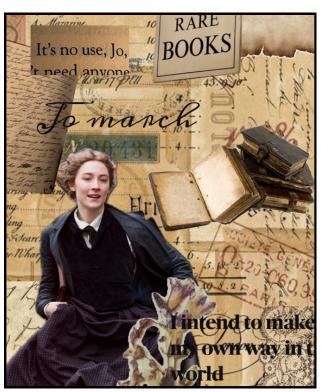
by Vinisha V



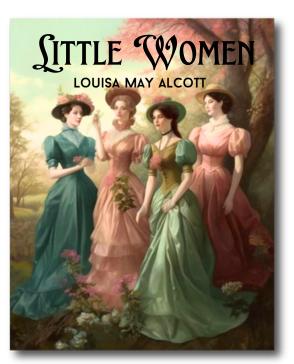
# Blurb and Beyond Book reviews



# THE ENDURING LEGACY OF LITTLE WOMEN BY LOUISA MAY ALCOTT



life with empathy vulnerability. Meanwhile, Meg's struggle with societal pressures adds to her realization that true beauty lies in the heart rather than the face, and that realization shapes her into a confident and compassionate woman. Beth's gentle personality and her tragic fate serve as a spark for her sister's growth. Amy's artistic talents and determination made her move forward to self-discovery. Alcott has closely interwoven the themes of selfdiscovery, identity formation, dynamics, and self-sacrifice in this novel. The novel's exploration of growth is further portrayed through Alcott's use of imagery such as the change of seasons, which mirrors Louisa May Alcott's classic age novel "Little Women" explores the themes metamorphosis and self-discovery through the lives of the March sisters, Meg, Jo, Beth, and Amy, as their lives travel through the different stages of adolescence and personal transformation. Each sister has a different set of character traits. Meg is portrayed as beautiful and traditional, Jo as a tomboy, Beth is as a peacemaker and a pianist, and Amy is depicted as an artist who longs for elegance and fine society. The transformation of each character is unique. Jo's journey from a tomboy to an independent woman, after rejecting Laurie's proposal, is a pivotal moment of self-discovery in the novel as she learns to



the sisters' emotional transformations. This novel can be looked at as an example of a fact that transformation is a lifelong process.

by Nimmy James

# STATION ELEVEN BY EMILY ST. JOHN MANDEL

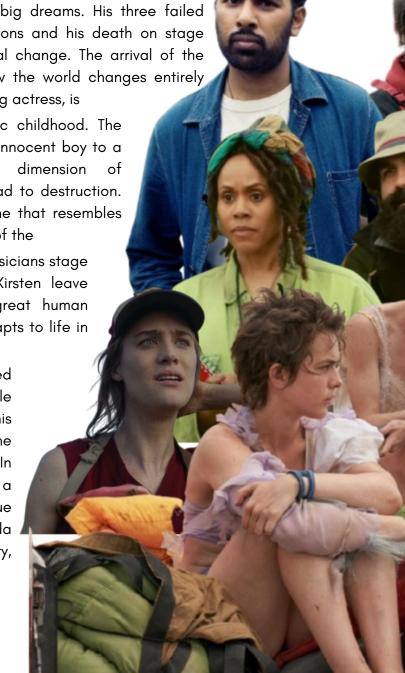
Emily St. John Mandel is a Canadian author whose writing is almost impossible to categorise, she has written novels like Sea of Tranquility (2022), The Glass Hotel (2020), Station Eleven (2014) and her most prominent works were translated into 33 languages. This particular book falls under the category of Pandemic Literature. Pandemic Literature is a form of fiction which represents the pandemic times and records the societal, cultural and psychological changes of individuals. Emily St. John Mandel received a National Award for this particular piece of work. The Novel explores the insightful transformations.

Individuals go through the aftermath of the destructive Georgian Flu that wipes out almost half of the population. The story revolves around a superstar Arthur Leander who dies of a heart attack while performing Shakespeare's King Lear. Metamorphosis, meaning Transformation, is a central theme and the novel explores Arthur's transformation, describing his young life as a struggling actor with big dreams. His three failed marriages describe his emotional fluctuations and his death on stage while performing resembles a metaphorical change. The arrival of the Pandemic at the same time indicates how the world changes entirely without him. Kirstein Raymond, another young actress, is shown as a survivor despite her traumatic childhood. The

Prophet (Tyler Leander) 's journey from an innocent boy to a dangerous leader highlights another dimension of Metamorphosis where change can also lead to destruction. Trauma leaves a dark impact on his psyche that resembles how change sometimes distorts the 'purity' of the

soul. The Symphony group of actors and musicians stage performances against all odds...helping Kirsten leave behind the darkness of her life with great human resilience and emotional capacity. She adapts to life in new circumstances.

The staging of King Lear emphasises the need for Art, Culture, and Music among people even as times change dramatically. This particular group of Symphony showcases the basic nature of humans and their priorities. In the world without technology, it reflects a positive attitude of humans towards the value of Art. The Station Eleven by Miranda Carroll's comic also adds humour to the story, it shows the journey.



of characters who try to find meaning and struggle to rebuild as inhabitants of space. Jeevan Chaudhary the journalist's transformation begins with Arthur Leander's death where he tries to be a paramedic but ultimately fails to save him. After his brother Frank's deat, he is forced to leave the city and this becomes his survivor's journey. With the passage of time, Jeevan is accepted by the community for his talents and compassion by the society. The Novel describes Pre-Pandemic and Post-Pandemic changes in people's lives, the story focuses on the spread of the Georgian Flu, and represents how the entire civilization collapsed, and it shows how people died. The theme of death is a metaphor in the novel as it represents the end of the protagonist's life before the arrival of the Pandemic and how the world turns out after it.

Memory in the novel also plays a very crucial role in transforming the life of characters, as they try to grapple with the battle of Memory, as in what to forget and what to remember, but by the end of the novel, characters successfully understand the difference between death and survival.

Station Eleven explores the theme of Metamorphosis; it highlights the transformation in terms of the story, the character's life, resilience, survival and finally how it shapes their identity and creates a balance in understanding the difference between reality and fantasy.

by Tania Sharma

It was the most human thing, to want to be remembered. And so the Symphony continued, their music and their Shakespeare, their caravan rolling along the road under the banners that read Because survival is insufficient.

**Emily St. John Mandel** 

# TALES FROM THE CAFE



The stories are focused on reconciling the past and accepting it. There's the element of death in all four chapters. Each character experiences a feeling of guilt from the past, which stops them from moving on in life, living a miserable life in the present. It's only when they meet with the person most affected by their decisions that peace is found. For instance, in the first story the dad, Gohtaro, wants to meet his best friend, Shuichi, whose daughter he raised as his own but lied about her parental lineage until her wedding. Going to the past to take a video of Shuichi, his friend permits Gohtaron to be a father. His emotional metamorphosis happens as he travels back in time, meets his friends and lets go of his guilt. This change is a moment of release for him.

Tales from the Café is the second novel of Toshikazu Kawaguchi's bestselling "Before the Coffee gets cold" series. In the small town in Tokyo, a Café named Funiculi Funicula is serving carefully brewed coffee for more than one hundred years. The café not only provides good coffee but also offers its customers a chance to travel in time. Coffee is poured by a particular waitress, and to travel in time one must abide by the rules: You can go visit anyone as long as they have been to the café. You do not get up from your seat while visiting, and finish your coffee before it gets cold, and it is possible only by sitting at a particular table once a day. The chapters are named after an important relationship of the travellers.



The characters undergo deep emotional shifts and confrontations with their past. There's Yukio, who did not come home for his mother's funeral, who died of cancer. He has been living with a sense of guilt wanting to apologize to his mom, Kinuyo, whom he always wanted to make proud, but could not find success despite her unending support of his dream. His reason for not attending his mother's funeral is not because he didn't want to and the chapter reveals just that, making it impossible not to feel for him. In the end he was able to move on with his life as he says "I'll live for my mother who never stopped wishing for my happiness, right until the very end."

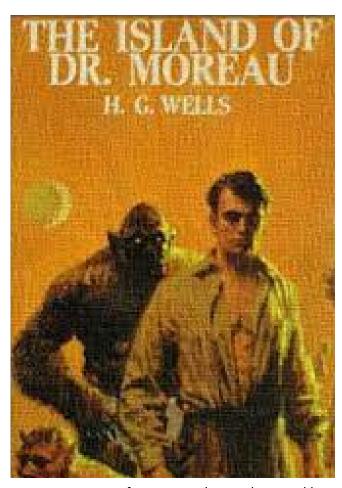
The café acts as a liminal space where characters realize that transformation doesn't always require grand actions. Sometimes, it's a matter of perspective, of how they process and accept the things that have happened, which leads to metamorphosis in their current lives. The tale of Kurata, a man happily in love but diagnosed with a terminal illness, going to the future to help his lover, Asami, move on after his death reveals just that. How can we find happiness in the good things that happen and find the strength to keep





living despite the bad things. The girl in the story learns how to find happiness after losing a loved one by creating meaning for why her lover was granted life. The customers of the Café are given a chance to revisit the past to resolve unresolved emotions and relationships, as in the case of Kiyoshi, an ageing detective who couldn't save his wife. Kiyoshi lived with a sense of regret for not being able to reassure his wife who thought that he wanted to divorce her. He goes back in time to give his wife a birthday present along with reassurance of his love in her last moments. Going back in time gave him a chance to share a message he never got to utter, which helped him to continue living without a sense of regret. So, while "Tales from the Café" isn't about metamorphosis in a literal or mythological sense, it does portray a journey of change, reflection, and personal growth.

# **BOOK REVIEW**



# The Dark Side of Evolution: The Island of Doctor Moreau by H.G. Wells

H.G. Wells's The Island of Doctor Moreau is a science fiction novel that delves into the themes of humanity, ethics and the of scientific consequences The follows experimentation. story Edward Prendick, a shipwrecked man who finds himself on a remote island governed by Doctor Moreau, a scientist whose controversial experiments blur the lines between species. This unsettling narrative leads the readers to reflect on the essence of humanity. At the core of this novel is the theme of metamorphosis, which is seen in both biological and philosophical dimensions. Moreau's

experiments transform animals into human-like creatures, known as the Beast. Folk, which serves as a metaphor for the fluidity of identity. These transformations challenge the notion of what it means to be human, as the Beast Folk struggle with their new identities. This profound metamorphosis reflects broader existential questions about the nature of being, morality, and the impact of societal norms on individual identity. The character of Prendick undergoes his metamorphosis throughout the narrative, evolving from a naive survivor to a man grappling with the ethical dilemmas posed by Moreau's experiments. His journey mirrors the themes of transformation and identity, highlighting the fragility of human nature. Wells combines vivid descriptions with suspenseful storytelling, drawing readers into the eerie world of the island. The complexity of the Beast Folk adds depth to the narrative, as each character embodies different aspects of humanity and the struggles inherent in their existence.

In conclusion, The Island of Doctor Moreau remains a compelling and andthought-provoking read that offers valuable insights into human nature and the ethical dilemmas of scientific progress. While it has its pacing and representation flaws, the novel's rich themes of metamorphosis, identity, and morality make it a classic. Wells's work invites readers to confront the darker aspects of human nature and consider the ethical implications of our actions, making it a relevant and important read.



### BENGALURU'S EVOLUTION: A CITY BALANCING MODERNITY AND TRADITION

Meera lyer discusses the city's transformation from a quiet garden town to India's tech capital, while preserving its cultural identity.

How has Bengaluru transformed from its early days to a modern tech hub? What were the key moments of growth?

Bengaluru's transformation has been gradual yet remarkable. From being a quiet city known for its gardens and pensioners, it has evolved into the Silicon Valley of India. Key moments like the establishment of public sector industries in the 1950s, the IT boom in the 1990s, and the influx of global companies have catalysed this growth. Yet, what often goes unnoticed is how the city has simultaneously nurtured its cultural roots while embracing modernity.

How do you see the evolution of Bengaluru's cultural landscape, particularly in art, theatre, and music?

The cultural evolution of Bengaluru has been nothing short of fascinating. From classical art forms like Yakshagana and Carnatic music to modern theatre movements and indie music, the city has managed to blend tradition with innovation. Spaces like Rangashankara and events like the Bangalore Literature Festival show how Bengaluru remains a hub for artistic expression.



## How has the city's diverse culinary scene contributed to Bengaluru's identity?

The food scene in Bengaluru is as diverse as its population. While traditional South Indian cuisine like idli, dosa, and bisibelebath remain staples, the city has embraced global from flavors Italian Japanese. The evolution of eateries and street food culture has turned Bengaluru into a culinary melting pot, further enriching its cultural identity.

# Have you noticed changes in Bengaluru's social structure and how communities interact? How has this impacted cultural harmony?

Bengaluru has always been a city of migrants, and this diversity has shaped inclusive social fabric. While communities have traditionally been close-knit. modern has Bengaluru seen an increased mixing of cultures, ideas, and traditions. This has fostered cultural generally harmony, though it has also presented challenges maintaining a shared sense of identity amidst such diversity.

## How does the shift in architecture reflect Bengaluru's change?

The architectural landscape has shifted from colonial bungalows and traditional homes to high-rise buildings and tech parks. While this reflects the city's economic

growth, it also marks a departure from its historical charm. However, there are efforts to preserve heritage sites like Tipu Sultan's Summer Palace and the Bangalore Fort, which continue to provide a link to the past amidst this rapid change.

# Body How has Bengaluru's focus on education and innovation contributed to its overall growth, culturally and socially?

Education and innovation have been at the core of Bengaluru's growth, not just economically but socially and culturally as well. Institutions like IISc and IIM-B have attracted intellectuals from across the globe, creating a vibrant academic and creative community. This, in turn, has contributed to a more open, progressive, and culturally rich city.

# How can Bengaluru manage challenges like loss of green spaces and increased pollution while continuing to grow?

One of Bengaluru's biggest challenges is preserving its green cover while balancing development N. The city is fortunate to have spaces like Lalbagh and Cubbon Park, but there needs to be stronger regulations to protect these green spaces. Urban planning must prioritize sustainability, with initiatives like green buildings and stricter pollution control measures.

# How has the influx of people from various parts of India and the world influenced Bengaluru's local traditions?

Benaaluru's has diversity enriched its local traditions, but it has also created a sense of fluidity in the city's identity. While this melting pot of cultures has introduced new festivals, cuisines, and art forms, it's important to ensure that the city's traditional festivals. customs. and languages don't get lost in the process.

#### Where do you see Bengaluru's growth headed in the next decade? What aspects of its heritage do you hope will remain?

In the next decade, I expect Bengaluru to continue growing as a global city, but I hope its rich history, cultural spaces, and green cover preserved. While it's inevitable that the city will modernize further, I would love to see more efforts in protecting its heritage, whether it's through conservation projects or by that traditional ensurina communities have a place in the city's future.

by Ankita Chakra





#### How do you deal with a writer's block?

I do various other kinds of writing when dealing with a block. Sometimes the block lasts for a day or two, or sometimes even a week. I write articles or certain travel pieces as well. I have fixed hours for my writing purposes every day. Regardless of the project that I am working on, I always work during those hours. But of course there are times when I take a week off or so, when I just want to be a vegetable, on my couch watching Netflix. It is necessary to have these kinds of slow days once in a while.

#### How would you describe your PhD journey and the experiences that came with it?

My PhD journey, to be honest, was not much of a struggle. It was mainly because for most of the people, an ale PhD was to publish, and I had already published various books before getting into my PhD. So in many ways I was familiar with the archives, the research, familiar with narrating a research in a way that made sense to the reader. PhD is very different from publishing a book. I didn't have to invest a lot of time in creating a narrative, but there were word limits and we had to be more concise. with it. This is entirely different from writing for a general audience.

#### Your first book, 'The Ivory Throne', were written in the archives all in Malayalam?

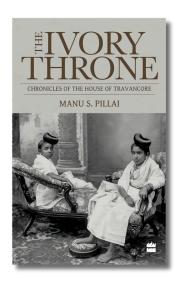
No, most of the archives were all in English. Interestingly, Travancore has been learning English since the 18th century, especially the rulers. By the mid-19th century, not only their state records but even their diaries were in English. There were various other records, like the Mathilakam records written in Malayalam. The language was not very hard and was understandable. The older the records, the Malayalam gets harder to understand as it has influences of Tamil as well.

#### How was your experience working with Dr. Shashi Tharoor?

It was great. I used to run his parliamentary office in Delhi. We always had an interesting set of days, meetings with diplomats, seminars, ministries, book events and so on. At a relatively young age, I was exposed to a diverse range of things in that one office. It made my 20s interesting.

#### What is the turning point that made you want to be a writer?

There was no one certain thing that triggered my interest. When you realize that you have an aptitude towards it, you go for it, and when you are told that you are good at it, you give it more thought and effort. My sister, Indrani, is the one who encouraged me to improve mmyselff



# While writing the book 'The Ivory Throne', how did you approach Sethu Lakshmi bhai's family who resided in Bangalore for the book?

I did take interviews occasionally, the usual, sit down with them and record the interviews. But there were a lot in the archives, the protagonist Sethu Lakshmi bhai moves to Bangalore in 1957, which leads to the archives drying up as now she was leading a private life. But she lived for another thirty years. To understand that part I had to meet her family and others who knew her.

I even met a gentleman, Adrien Mayer, who was in his 90s as he was the last person to interview her in 1985, weeks before her death. He is an anthropologist who had come from London to interview her as part of a study. He gave me an insight on the final months of her life. According to him, she couldn't even sit up. She was lying down but was very alert and answering all his questions. Her voice was faded and feeble and she had to whisper it to her granddaughter ho spoke it out loud.

#### Now that you are done with the book, what are your next plans? Back to Kerala?

No. Now I will be travelling a lot as now all the book promotion will be starting soon, literature fests, events are lined up from 6th December atoMarch. Next year, the UK edition comes out and in April, promotion for the UK edition will be on.

### When you get an idea and it strikes, how do you complete the thought and finish the work?

I first finish the first draft, come back with fresh eyes, as you might have new idea , more thoughts and brand new information to add. No work will ever be completed in one go. You will always have something or the other that can be replaced with anything new or reliable. You need to put your time and effort into it.

### Is there any book that you are currently reading that you might want to share with the audience?

I am reading a book on the French revolution called 'Citizens' by Simon Shaman. It's an old book that I have already read and I am rereading it.

#### What is the one advice that you would like to give to the readers out there?

READ. Read widely and Read diversely.

I would like to appreciate you for taking up the interest to write about the Queen, Sethu Lakshmi bhai and bringing forward the contributions she had made in the society. Thank you for keeping the history alive.

by Achsah Mathew



### **METAMORPHOSIS:**

#### A JOURNEY TO SPIRITUAL GROWTH

### Interview with Fr. Jais V Thomas



#### Could you share your understanding of spiritual growth?

Spiritual growth is the journey from imposition of God to an encounter of a loving and meaningful life. It is a process of breaking and rebuilding, of transforming through love, sacrifice and faith. True spiritual growth brings inner peace, compassion, and the ability to love others unconditionally.

#### Do you believe it was the influence of your surroundings—your family, community, or environment—that guided you towards a spiritual path? Or was it a deeper, inner calling?

It was both. As a child, I was always fascinated by Catholic priests. I would observe them closely and even imitate them, which sparked my curiosity about the spiritual path. But beyond that external influence, the vocation given by God to the religious and priestly is mandatory, it was like an inner voice that led me toward embracing spirituality, with that family support was also present. I believe God seeks us before we even realize we are searching for Him."

### Could you share how these external factors played a role in shaping your journey?

My surroundings introduced me to faith, but it was the discipline and dedication of my mentors and community that strengthened my conviction. Being part of a spiritual environment, learning from priests, and immersing myself in religious and theological studies all played a crucial role in shaping my journey."

## Can you take us back to the moment when you first felt the calling toward a spiritual path? What was it that drew you in?

More than a single instance in childhood, it is an evolving desire over time for a spiritual life. I remember watching priests lead prayers, offer guidance, and dedicate themselves to others selflessly. Something about their commitment touched me deeply. Over time, that admiration turned into a desire to walk the same path—to serve, to love, and to grow closer to God.

# Were there any particular mentors or experiences that shaped your early spiritual growth? How did they impact your outlook on faith and life?

Yes, many priests and spiritual teachers guided me during my early years. Their wisdom, patience, and dedication taught me that spirituality is not just about rituals but about transformation. They showed me that true faith is found in service, humility, and love for all people, regardless of differences.

#### Every journey comes with moments of doubt. Could you share an instance when you faced uncertainty in your spiritual path, and how you overcame it?

Doubt is natural in any journey, especially one as challenging as priesthood. There were times when I questioned my path. But every doubt led me back to a stronger faith. The desire

for spiritual satisfaction is very powerful, desire comes from within, it's not man made, and nothing is greater than inner calling. It was in those difficult times that I grew the most."

# Spiritual growth often involves facing one's own weaknesses and fears. Can you talk about an inner struggle that helped you grow closer to your spiritual self?

One of my biggest struggles was detachment—from my family, worldly pleasures, and personal desires. During our priesthood journey there was a time where for two years we did intense spiritual training, we had no contact with our families. It was difficult, but it taught me to rely entirely on God. Letting go of attachments allowed me to find true peace in Him.

# In spirituality, suffering is often seen as a path to deeper understanding. How do you reconcile the presence of suffering with the concept of spiritual growth?

Suffering is not a punishment; it is a path to transformation. Suffering is inclusive of physical, mental, and psychological elements. Every sacrifice, every hardship refines us, making us more compassionate, patient, and loving. Through suffering, we break away from selfishness and become more like Christ.

# For individuals who are just beginning their spiritual journey, especially the youth, what practices or mindsets would you recommend to foster authentic spiritual growth?

Start with love—love for God, for yourself, and for others. Engage in prayer, meditation, and reflection. Do not seek perfection, but seek truth. Be patient with yourself, and do not compare your journey to others. And most importantly, practice kindness and humility in all things.

## In today's fast-paced world, how can young people balance the modern demands of life while nurturing their spiritual growth?

Spirituality does not mean withdrawing from the world—it means living in the world with

awareness. Even in a busy life, you can stay connected to God through small moments of prayer, gratitude, and acts of kindness. It is not about how much time you dedicate but about how deeply you live your faith in daily life. It is a search for the way, the truth and the light."

## What advice would you offer to young people who are searching for spiritual direction in the midst of life's complexities?

In order to love an entity, we need to know understand and comprehend it. A knowledge of god, leads to more orientation to the spiritual path."

#### Finally, do you believe spiritual growth is ever complete? How do you view the idea of continuous transformation in faith?

"Spiritual growth is never complete—it is a lifelong journey. Just as we never stop learning, we never stop growing in faith. Every day brings new challenges, new lessons, and new ways to love. Transformation is ongoing, and the closer we grow to God, the more we realize there is always more to learn, more to give, and more to become."

by Ankita Chakra



# Gallery Glow

Art & Photography





Wonmachui Luikham



Wonmachui Luikham



Wonmachui Luikham



Wonmachui Luikham



Wonmachui Luikham



Wonmachui Luikham

#### 45 | Krysalis Metamorphosis





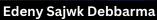


Wonmachui Luikham

Edeny Sajwk Debbarma

Edeny Sajwk Debbarma







Edeny Sajwk Debbarma



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Alkin Saji



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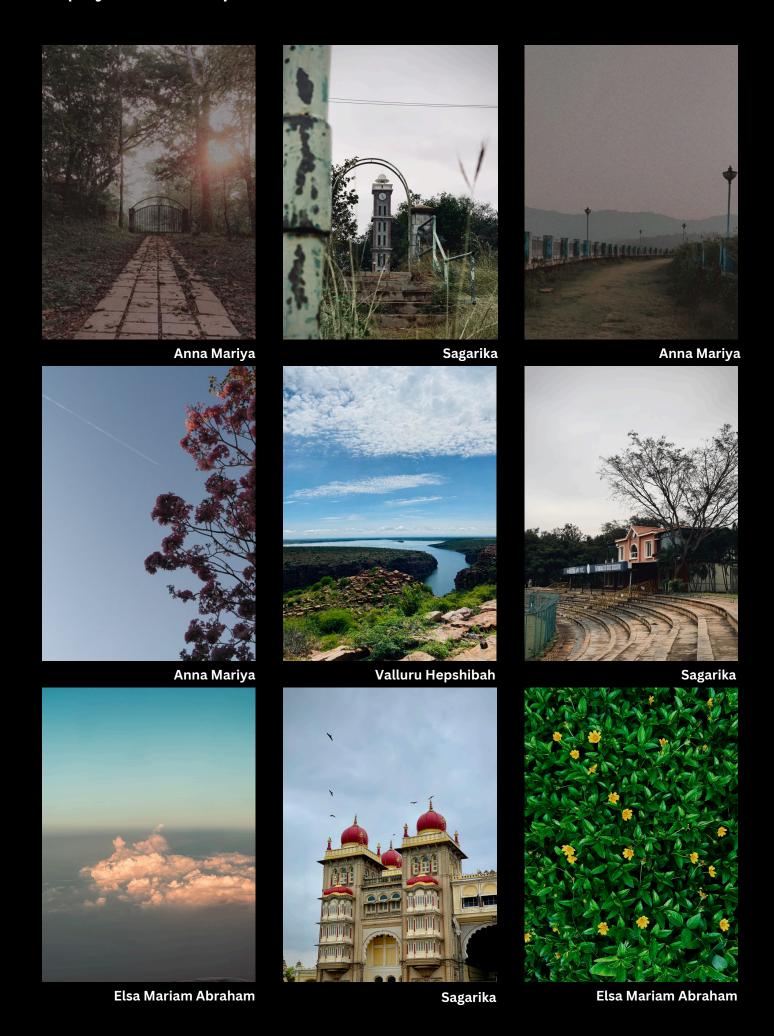


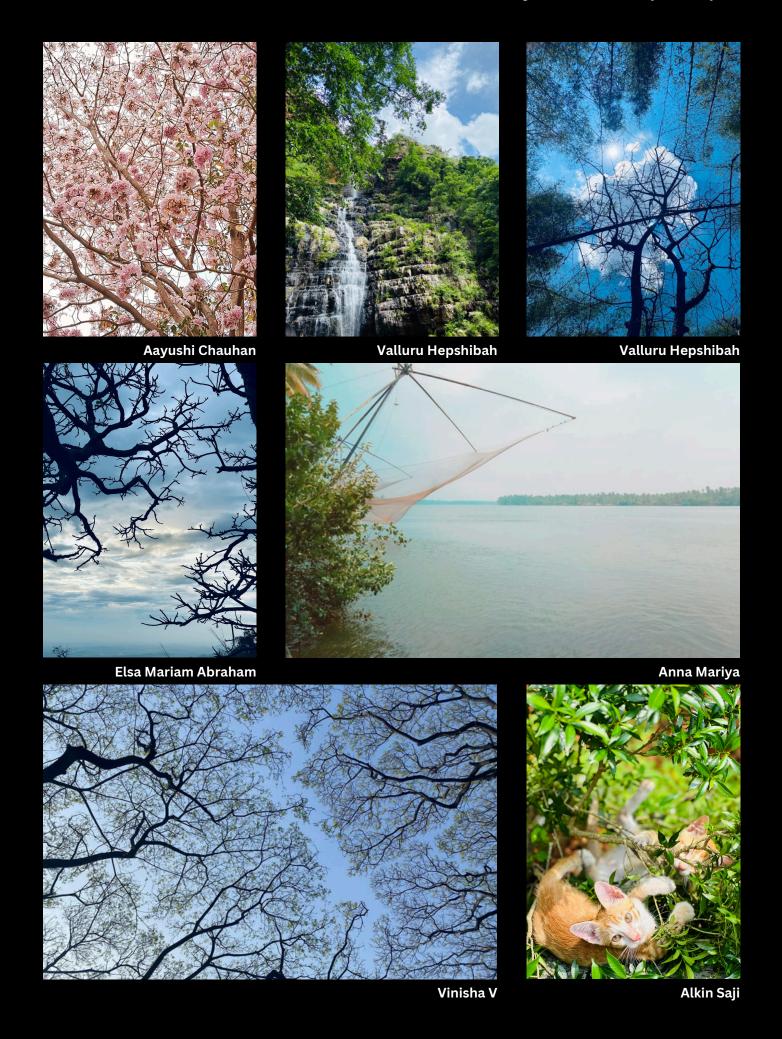
Alkin Saji



Alkin Saji

#### 47 | Krysalis Metamorphosis







Legends are Made - Sam Tinnesz Mother - Sugarland Coastline - Hollow Coves **Alligator** - Of Monsters and Men Saturn - Sleeping at Last

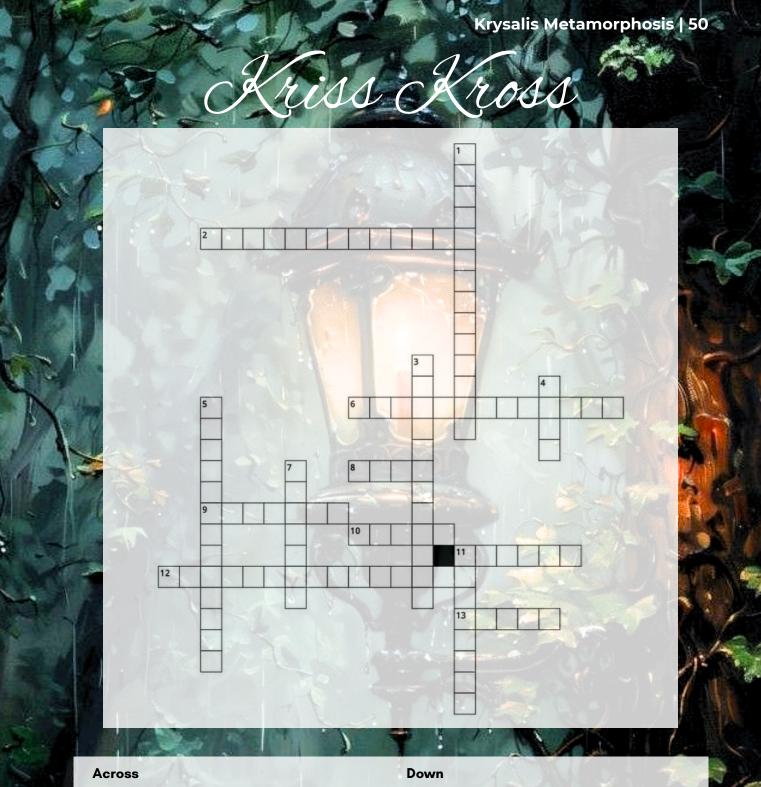
Too Sweet - Hozier Missing Piece - Vance Joy

Ophelia - The Lumineers

Don't Give Up On Me - Andy Grammer

Till Forever Falls Apart - Ashe, **FINNEAS** 

Brother - Kodaline



- 2. Franz Kafka's novella about a man turning into an insect.
- 6. Ovid's epic poem on transformation myths.
- 8. Dr. Jekyll's evil alter ego.
- 9. Hunter turned into a stag in Greek Mythology.
- 10. An English Poet who wrote Ode to a Nightingale which reflects on transformation.
- 11. goddess who turned arachne into spider.
- 12. biblical event where Jesus's appearance changed on a mountain.
- 13. mythological king with a golden touch

- 1.dramatic change in character or form
- 3. Mary Shelley's novel about a revived creature.
- 4. Norse trickster god know for shape shifting.
- 5. the act of being born again in Hinduism and Buddhism.
- 7. mythological bird reborn from ashes.
- 11. a magical word associated with transformation in the Harry potter book series.

transfiguration; 13. Midas.

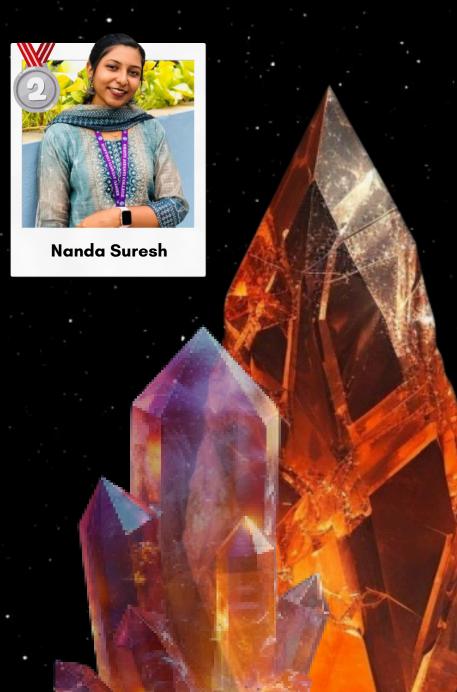
Down: 1. transformation; 3. Frankenstein; 4. Loki; 5. reincarnation; 7. Phoenix; 11. Animagus

Across: 2. metamorphosis; 6. metamorphoses; 8. Hyde; 9. Actaeon; 10. Keats; 11. Athena; 12.

# Krystals of the Department CLASS TOPPERS







# PLACEMENTS BATCH 2022 - 2024

NAME	DESIGNATION	COMPANY
AADHYA SAJEESH	Business Technology Content Writer	siliconindia
ALICE DEEPSHIKHA MALAKAR	Business Presentation Specialist Trainee	McKinsey & Company
ANSHULA UDAYRAJ DHULEKAR	Sub-editor & Reporter	INDULEE
ANYSIA MARIA JOSE	Assistant Professor	Traum's
FRANCIN F	Content Writer	leadsquared
GOWRIKRISHNA S KUMAR	Teaching Assistant	
MALAVIKA MOHANDAS P	Admin Staff in International Relations Office	
NANDA SURESH	Assistant Professor	COLUMN CO
PARVATHY R MENON	Assistant Professor	
POURNAMY PRASAD	Business Associate	Auro
SHYJU JACOB	Assistant Professor	Yuva kshetra
SURJA GAYATRI	Associate	pwe
SARADA SENGUPTA	Junior Copy Writer	<b>Squadra</b>

# Krysalis

### MEET OUR TEAM

#### Front(left to right):

Ms. Achsah Mathew, Mr. Temjemyanger Imti Imchen, Ms. Chennama Iniya Lakshmi K, Dr. Lyola Thomas, Mr. Sriram Kumar V, Ms. Isha Parvatiyar, Ms. Anagha C

#### Middle(left to right):

Ms. Anju Theresa Anil, Ms. Farien Begum, Ms. Anna Mariya, Ms. Joykezia J, Ms. Rebecca Lalmalsawmi, Ms. Yona Maxine Kharkongor, Ms. Baihunshisha Khongshun, Ms. Simna P S

#### Back(left to right):

Ms. Ankita Chakra, Ms. Anjana R Menon, Ms. Neethu Santhosh, Ms. Elsa Mariam Abraham, Mr. Mebakynsai Mawksiar, Ms. Ann Mary Joseph, Ms. V Lalmuankimi, Ms. Valluru Hephsibah, Ms. Merin Susan John, Ms. Midhuna Mary Binu, Ms. L Athonthei, Ms. Edeny Sajwk Debbarma







Team Content: Merin, Sriram, Anju, Achsah, Hepsibah, Ankita and Iniya

"As the content team, we simply aimed to bring stories to life. Our job was to listen, write, and shape narratives that reflect different voices and experiences, hoping to create something meaningful for our readers."



Team Design: Kimi, Niveditha, Athontei, Nimmy, Midhuna, Eden, Yona, Simna, Sagarika and Anna

"As the design team, we focused on making the magazine visually inviting while staying true to the essence of each story. Every choice—from colors to layout—was made with the hope that it would complement the contents."







Team Editing: Anjana, Elsa, Vinisha, Meba, Neethu, Anagha, Ann Mary, Joy, Ba i, Farien, Tem and Isha

"As the editing team, we worked behind the scenes to refine every piece, making sure the words flowed smoothly and stayed true to the writer's voice. Our goal was to enhance, not change—so that each story could shine on its own."

