

# AMALGAM

2022-23



**RASGANDHAYAN: The Chemical Society of Gargi College**

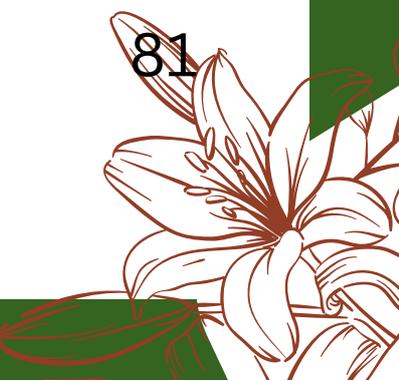
Cover Page Made By: Disha Aggarwal , III Year



# INDEX

---

• From the Principal's Desk	1
• Note from the TIC	2
• Note from the Conveners	3
• Note from the President	4
• Note from the Editors-in-Chief	5
• Introduction to the Editorial Team	6
• Introduction to the Union 2022-23	7
• The Theme of the Magazine	11
• Year At a Glance	12
• Events	14
• Science Corner	36
• Creative Corner	45
• Catching up with the Alumni	60
• In Conversation with Union Members	66
• What Next After B.Sc.	69
• Achievements and Awards	70
• Class of 2023	76
• Photo Gallery	81





*"Chemistry is a Mystery  
of Chemicals,  
Chemists are the  
Detectives who solve this  
Mystery"*



# FROM THE PRINCIPAL'S DESK

*I congratulate the department for this edition of Amalgam 2022-23 the annual magazine of the Chemical Society of Gargi College. It is wonderful to know that the Chemistry Department has been publishing its own annual magazine without fail for the last sixteen years. It is an acknowledgment of each and every member of the team for her/his tireless efforts.*

*I am well aware that the effect of the pandemic during the last two years still prevails among us with feelings of anxiety and evokes stress due to the experiences that occurred during that time. This year, we have started full-fledged offline classes with all the academic activities as they were and the year proved to be a new start to an old journey. The pandemic has taught us many important values, such as that change is normal and adaptation to change is essential. Though we were behind the closed doors of our houses, the development and growth of our college were never halted. By utilizing technology and resources from the virtual world we were able to run our classes with the same enthusiasm as offline classes.*



**Prof. (Dr) Sangeeta Bhatia**

*This magazine takes us to the memory lanes of every stage of growth of our college. This piece of art is a clear expression of scientific and creative minds. Hence I invite you, my dear readers, to flip through the pages of Amalgam 2022-23 and I hope you see the faces of girl empowerment and the blissfulness of learning. I bless all my dear students for a very meaningful life ahead and urge them to sow the seed of a world that brings a positive change with opportunities that are all-inclusive and helps you flourish in every manner.*

*Very happy reading to all!*

# NOTE FROM THE TEACHER-IN-CHARGE

*I am extremely honoured and delighted to write here about the Chemical Society - Rasgadhayan, which is mainly a students' body. It organized various academic events/competitions and fun activities across the year for the holistic development of students. It began with the inaugural lecture by an eminent speaker, in furtherance- the other events organized were 'The day of international significance - the World Ozone Day', a paper presentation competition, alumni interaction, lectures by other eminent speakers, and degree distribution.*

*This year Chemistry Department hosted the Annual Science festival 'Scintillations' which was regulated by the society enthusiastically. Although Rasgandhayan continued to actively coordinate various online competitions for the students during Covid times also, students celebrated and enjoyed the events from the virtual world to the real world with zeal and passion.*

*The annual magazine 'Amalgam' which gives the opportunity to students to showcase their writing skills was compiled by students of the department as Editorial Board Members of the Chemical Society.*



## **Dr. Chandana Mukherjee**

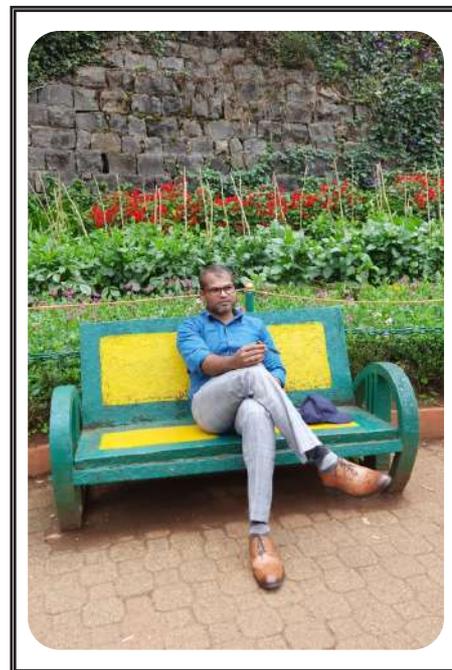
*I would like to congratulate teacher conveners, Dr. M. Sarath Babu and Dr. Himani Chauhan, the entire society members, and especially the Editorial Board for successfully taking forward the legacy of the Rasgandhayan. I am proud of all the young and talented members of the society who have put forward their hard work, expertise, and creativity for the Chemical Society.*

*I would like to thank all my faculty members, superannuated faculty members, and laboratory staff for their continuous efforts and feedback given for having the successful events of the Chemical Society.*

*My special thanks to Principal, Prof. Sangita Bhatia for her continuous encouragement and support.*

# NOTE FROM THE CONVENERS

Chemical Society "Rasgandhayan" is the place where students can acquire and explore the knowledge of contemporary chemistry which is necessary for their future careers and life. Beyond their syllabus and books, had a great perspective around the world through the activities such as inviting lectures, inter and intra-college competitions, seminars, and science-related events. In the society, I had an opportunity to increase students' scientific thinking and scientific knowledge as a chemical society convener which was sown in my life by my teachers, professors, and mentors. My sincere appreciation to all chemical society bearers for their hard work and I greatly appreciate it. Finally, I have immense pleasure to express my gratitude to all the excellent students and faculty who are associated with the Department of Chemistry.



**Dr. M. Sarath Babu**



**Dr. Himani Chauhan**

Rasgandhayan provides a platform to the students where they are able to display their co-curricular skills, be it working in the team or be it leading the team, Rasgandhayan gives you all.

I am very grateful to my senior teachers who gave me this superb opportunity to be the Chemical Society Convenor for this session. Having guided students throughout the year in each and every event, I realized the importance of teamwork and unity much more, and pondering over all the successful events we organized this year fills me with great zeal and enthusiasm. This year, we also got the opportunity to be the convenor of Scintillations, the Annual Science Fest of our college and with the sincere efforts of everyone associated with the fest, we did it very smoothly.

Of course, this wouldn't have been possible without the relentless hard work and dedication of the chemical society bearers. At last, I express my heartfelt gratitude to all the brilliant students and faculty of the Chemistry Department.

Thank you!

# NOTE FROM THE PRESIDENT

Looking back on the past 8 months, it has been a real roller coaster ride. It has been a great privilege for me to have received the opportunity to serve as the President of Rasgandhayan 2022-23. What comes to my mind, first and foremost, is the dedication, hard work, and creativity of the team throughout the session. With their unique perspectives and brilliant minds, we have organized such out-of-the-box and successful events. It has been the most eventful period throughout, at times challenging but on the whole the most rewarding experience. The process of learning and growing with my team has been the greatest joy in my life. Sitting in front of them and thinking about, "What phenomenal idea are they brainstorming now!" I wish the Editorial board had given me at least 2-3 pages of the magazine so that I could brag about my wonderful team. I'd like to share one of the most important things and keys to success I've learned that is "Ideas without execution is nothing", they may not lead anywhere but putting effort and labor into it is never going to go in vain. The curiosity of the human mind never dies. The best feeling in the world was after wrapping up the events, it just felt so whole, overwhelming, and achieving.



## Miss Jannat Arya

I'm very grateful to our conveners, Dr. Himani Chauhan and Dr. M. Sarath Babu, and our Teaching faculty for providing us with a convivial atmosphere to flourish. My Core team has always supported me in my ups and downs and loved me unconditionally. The Chemistry department hosting Scintillations'23 will be one of my core memories. This session we've been blessed with a lot of opportunities.

*"You have to grab every opportunity that comes up"*

On a closing note, Kudos to the Editorial Board for their amazing work & curating Amalgam 2022-23.

# NOTE FROM THE EDITORS-IN-CHIEF

*I am extremely delighted to present to you the 16th issue of the annual magazine of the Department of Chemistry, AMALGAM 2022-23, a showcase of the talents of the students of the Department. It is an honour and a privilege to lead a team of talented writers and editors who are dedicated to providing our readers with insightful and engaging content on a wide range of topics. After two long years of being stuck in our home, in the academic year, 2022-23 we could finally experience college - life in offline mode. In the magazine, we have tried to capture each and every event celebrated throughout the year. It has been an absolute pleasure working with the whole Rasgandhayan team who has been a constant support in every venture. I would also like to express my heartfelt gratitude to Himani Mam and Sarath Sir for their constant support and guidance throughout the journey.*

*As I sign off, I would like to conclude with a quote by Swami Vivekananda,*

*"The greatest religion is to be true to your own nature. Have faith in yourselves."*

*Happy Reading!*



**Miss Nidhi Jha**

*Writing has always been my passion but leading a team as the Editor-in-Chief was a new experience. A team constitutes different people with different mindsets but when different people with different ideas come together, magic happens on its own. While writing this note, I feel proud of myself for successfully doing more than what I expected from myself.*

*Amalgam means mixture, a mixture of different ideas, opinions, and views. It gives space to all those who want to express their thoughts in any form. This year's Amalgam has many things which show the enthusiasm and creative brains of the students of our department.*

*The making of Amalgam is a process that needs people, their ideas, efforts, and hard work. Hence I can certainly say, this wouldn't have been possible without the support of my team and in fact the entire union. I am thankful to our conveners, Dr. M. Sarath Babu and Dr. Himani Chauhan who considered me good enough to hold this position, the union members who were always ready to help in every way possible, and the editorial team who always stood by my side and did their best in everything. In fact, I can say, the support I received from my team was really overwhelming.*

*Amalgam 2023 is not just a collection of raw ideas and thoughts expressed in creative ways but it also constitutes my hopes, love, and anticipation. Amalgam 2023 is very close to my heart and I hope you also love reading it the way I loved working for it.*

*Thank you!*



**Miss Prajna Bhowmik**

# EDITORIAL BOARD

## EDITORS-IN-CHIEF



*Prajna Bhowmik (III Year)*



*Nidhi (II Year)*

## EDITORS



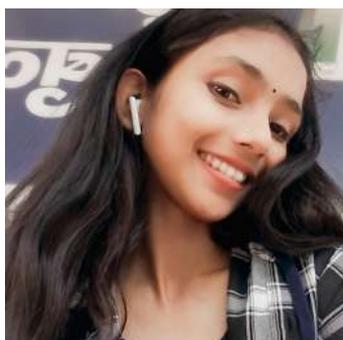
*Preeti Chauhan (III Year)*



*Taniya Sharma (III Year)*



*Neha Sharma (II Year)*



*Nikita Negi (II Year)*



*Niharika Borah (II Year)*



*Salini Mishra (I Year)*

# UNION 2022-23

## CORE TEAM



**PRESIDENT**  
Jannat Arya (III Year)



**VICE PRESIDENT**  
Vishruti Shrivastava (III Year)



**GENERAL SECRETARY**  
Iqra Jabi (III Year)



**GENERAL SECRETARY**  
Devanshi Ahluwalia (II Year)



**TREASURER**  
Ridhi Setia (II Year)



**CULTURAL SECRETARY**  
Disha (III Year)



**CULTURAL SECRETARY**  
Ananya Sisodiya (II Year)



**EVENT HEAD**  
Karuna (III Year)

# UNION 2022-23

## SOCIAL MEDIA REPRESENTATIVES



**HEAD**

Shubhangi Nagar  
III Year



Ritika Bhadana, III Year



Prachi Gola, II Year



Kunika Yadav, II Year



Navya I Year

## EXECUTIVES



**HEAD**

Vishakha  
III Year



Riya  
III Year



Anjali Kumari  
III Year



Aanchal  
III Year



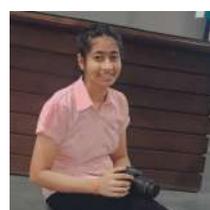
Nancy  
II Year



Sanskriti  
II Year



Vandana Tripathi  
II Year



Arju  
II Year



Ritu  
I Year

# UNION 2022-23

## CREATIVE TEAM



Akshita Gupta  
III Year



Kripa  
II Year



Soniya  
II Year



Jyoti  
II Year



Anjali Tete  
II Year



By Sanskriti Singh, II Year



# UNION 2022-23



**Left to Right -**

**Top row:** Vandana, Neha, Ananya, Devanshi, Ridhi, Prajna, Anjali, Akshita

**Second row:** Jyoti, Preeti, Salini, Kunika, Arju, Sanskriti, Aanchal, Karuna

**Bottom row:** Nidhi, Prachi, Ritu, Iqra, Jannat, Vishruti, Taniya, Riya, Vishakha, Navya

# Chemistry in Nature

*“I consider nature a vast chemical laboratory in which all kinds of composition and decompositions are formed.”*

— Antoine Lavoisier

Chemistry is a fundamental science that studies the composition, properties, and behavior of matter. The study of Chemistry involves everything from a minute atom to massive stars. It is present in everything around us, including in nature. In fact, chemistry is essential for the functioning of many natural processes, from the formation of the Earth's atmosphere to the metabolism of living organisms.

One of the most important areas where chemistry is present in nature is the environment. The Earth's atmosphere, for example, is made up of several gases, including nitrogen, oxygen, and carbon dioxide. These gases play a crucial role in regulating the planet's temperature, protecting it from the harmful effects of the sun's radiation, and maintaining the balance of the planet's ecosystem. The chemistry of these gases is essential in determining their physical properties, such as boiling and freezing points, and their reactions with other substances.

Chemistry also plays a vital role in the water cycle. Water is essential for life on Earth, and its cycle involves several chemical processes. Chemistry is a critical component of the living world. All living organisms are made up of atoms and molecules, which are held together by chemical bonds. The chemical reactions that occur in living organisms are essential for their survival.

In addition to the processes mentioned above, chemistry is present in other natural phenomena, such as the formation of rocks, the decay of organic matter, and the behavior of animals.

In conclusion, chemistry is an essential science that is present in everything around us, including in nature. Chemistry plays a vital role in the environment. Understanding the chemical properties of natural substances can help us better understand and appreciate the world around us. By studying chemistry in nature, we can also find solutions to many environmental problems, such as pollution and climate change, and work towards a sustainable future.

As a chemistry student, I feel, the closer you are to nature, the more you understand its chemistry.

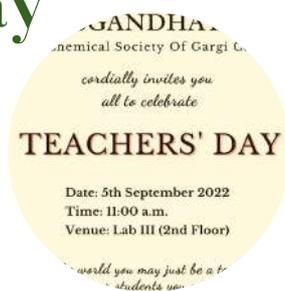


# Year at a Glance

## 2022-2023

### Teachers' Day

05.09.2022



### Ozone Day

16.09.2022

Poster- Making & Best Out of Waste (Model Making) Competition



### Inaugural Lecture

21.09.2022

Prof. Sunil Kumar Sharma

"Recent Advances in Drug Design and Development"



### Khoobiyan

14.10.2022

Talent Hunt



### Public Lecture

04.11.2022

Dr. Himanshu Ojha

"Understanding the Harmful Effects and Damages of Radioactivity During a Nuclear Emergency"



# Year at a Glance

## 2022-2023

### Dazzle

14.01.2023

Freshers' Party



### Conference on Career Building

03.02.2023

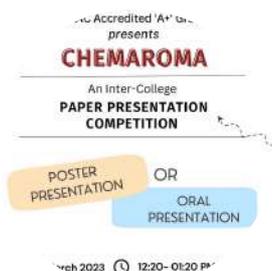
in collaboration with Chem Academy



### Chemaroma

22.03.2023

Paper Presentation Competition



### Alumnae Meet

28.01.2023

Miss Ashima Mehta  
Miss K. Aparna



### Dr. C. K. Khurana Memorial Lecture

08.02.2023

Dr. Madhu Chopra

"Strategies of Computer Aided Drug and Design and Development: A new perspective"



# Teachers' Day



# Teachers' Day

By Preeti Chauhan, III Year

“गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरा  
गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरवे नमः”

The auspicious occasion of Teachers' Day marked the first event of the **Rasgandhayan** Society for the session, 2022-23.

All the teachers were welcomed with a red pen and a bookmark prepared by the students. The anchor of the event, Miss Karuna Panwar, then introduced the union members of Rasgandhayan for the session 2022-23 to the whole department. This was followed by the Cake-cutting ceremony to mark the centenary of the Chemistry Department at the University of Delhi and celebrate Teachers' Day.

*"Poetry is when an emotion has found its thought and the thought has found words".*

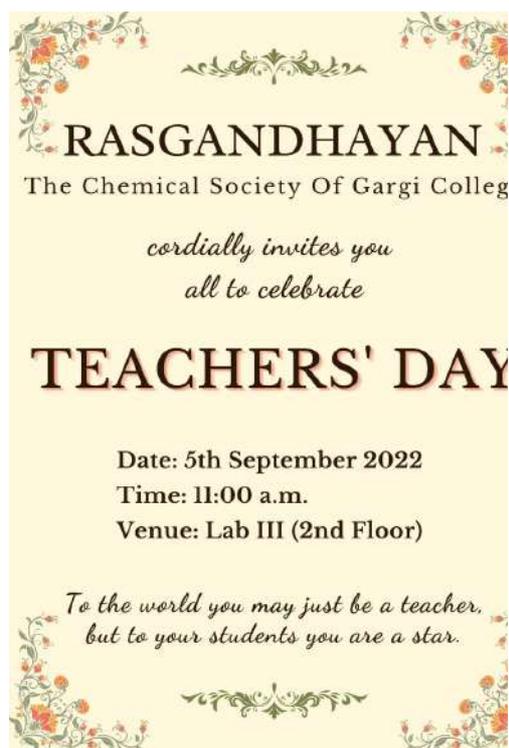
On this note, Miss Preeti Chauhan from 3<sup>rd</sup> year recited a self-written Hindi poem as an ode to the teachers.

A few of the lines from the poem are: -

“किताबी ज्ञान ज़रूरी है  
पर किताबों के दुनिया से बाहर आकर जो  
जो जीवन का गणित सिखा जाएं  
वह गुरु है”

Another mesmerizing performance was done by Miss Niharika Borah from 2nd year, who sang a beautiful song and filled the room with her sweet voice. These two performances were followed by an interesting game, "Whisper Challenge". The game involved the participation of teachers, students, and lab staff. It was thoroughly enjoyed by everyone.

Finally, the event concluded on a sweet note with a group photograph of all the cheering faces present in the event.



# Ozone Day



# Ozone Day

By: Niharika Borah, II Year

***“Go green, go genius, stamp the carbon, stand tall, and stitch the ozone layer.”***

The Ozone layer constitutes a very small part of the Earth’s atmosphere but its presence is vital for the survival of all living beings on Earth. But due to increasing pollution and the greenhouse effect, there is an urgent need to prevent the Ozone layer from depleting.

To spread awareness among college students on the importance of the Ozone layer, **Rasgandhayan**, the Chemical Society of Gargi College, organized competitions in two categories- **"Poster Making Competition"** and **"Best Out Of Waste (A Model Making Competition)"** on the 16th of September 2022. The competitions were held on the college premises and necessary efforts were undertaken by the union members to ensure the smooth running of the event.

Miss Iqra Jabi, the General Secretary of the Chemical Society, addressed the participants and welcomed them to the event. The participants were given instructions about the necessary rules and regulations to be followed throughout the competition.

Shortly after, the competition began at around 12:25 pm and lasted for an hour. The participants were also given refreshments during the event. Lastly, the union applauded the students for their active participation. The event concluded by taking a group photograph of the participants along with their work.

Even though all the participants did their best, after the event, the judges chose one of them as the winner. And the winner was Varnika Vashishtha, a 3<sup>rd</sup> year student of B.Sc. (Honours) Zoology.

**RASGANDHAYAN**  
The Chemical Society Of Gargi College  
*is organising*  
Intra College  
Poster Making Competition  
*and*  
Best Out of Waste  
(A Model Making Competition)  
*on account of*  
**WORLD OZONE DAY**  
Date - 16th September 2022  
Time - 12:20 p.m. to 1:20 p.m.  
Venue - LT-2, Ground Floor

----- Refer to the message for more details. -----  
For further queries, please contact  
Dr. M. Sarath Babu **CONVENERS** Dr. Himani Chauhan  
President Vice President  
Jannat Arya (8295914223) Vishruti Shrivastava (7974813512)

# ***Inaugural Lecture***

**Recent Advances in Drug Design and Development**



# ***Inaugural Lecture***

## **Recent Advances in Drug Design and Development**

By: Taniya Sharma, III Year

*"The start of something new brings the hope of something great." - Anonymous*

On 21 September 2022, **Rasgandhayan**, the Chemical Society of Gargi College, organized its Inaugural Lecture. The eminent speaker, **Professor Sunil Kumar Sharma**, Professor, the Department of Chemistry, University of Delhi, North Campus, enlightened everyone with his lecture on the topic, **"Recent Advances in Drug Design and Development"**.

Miss Vishruti Shrivastava and Miss Devanshi Ahluwalia, started the event by welcoming the speaker, TIC, superannuated teachers, all the faculty members, and students.

The speaker was felicitated with a plant pot by Miss Jannat Arya. The event started with a lamp lighting ceremony and Saraswati Vandana by the students of the department, followed by a well-elaborated lecture by the speaker.

The topics highlighted were Drug Encapsulation, Drug Manufacturing:- Effects and Challenges, and Drug Delivering Agents.

Professor Sharma also elaborated on how pH affects the working of a drug and the changing trends in drug manufacturing over the last few decades. The lecture was quite interesting and informative. It was highly appreciated by all the attendees. After the talk, all the queries of the audience were addressed by Professor Sharma. A vote of thanks was delivered by Miss Jannat Arya, President of Rasgandhayan. The session was wrapped up with group photographs and refreshments.

**RASGANDHAYAN**  
The Chemical Society of Gargi College  
cordially invites you all to the  
**INAUGURAL LECTURE**  
on the topic  
**"Recent Advances in Drug Design and Development"**  
by  
Department of Chemistry  
University of Delhi  
North Campus

**Prof. Sunil K Sharma**

📅 21st September 2022  
🕒 12:20 p.m. to 1:20 p.m.  
📍 LT-2 (Ground Floor)

Dr. M. Sarath Babu **CONVENERS** Dr. Himani Chauhan  
President Vice President  
Jannat Arya Vishruti Shrivastava  
(8295914223) (7974813512)

# ***Khoobiyan***

## Talent Hunt



# ***Khoobiyan***

## **Talent Hunt**

By: Neha ,II Year

***“Hide not your talents, they for use  
were made, What’s a sundial in the  
shade?”***

***-Benjamin Franklin***

Diwali is a festival of lights; lights are a symbol of happiness and beginnings. To celebrate the auspicious festival of Diwali, the Chemical Society of Gargi College, **Rasgandhayan** organized a Talent Hunt '**Khoobiyaan**' on 14 October 2022 for the students of the Chemistry Department.

Miss Iqra Jabi (3<sup>rd</sup> year), and Miss Kripa Choudhary (2<sup>nd</sup> year) welcomed everyone to the event. The conveners of the society, the faculty of the chemistry department, and the judges for the event, Dr. Chandana Mukherjee (TIC) and Dr. Geeta Saini lightened the diyas to mark the beginning of the event with festive vibes.

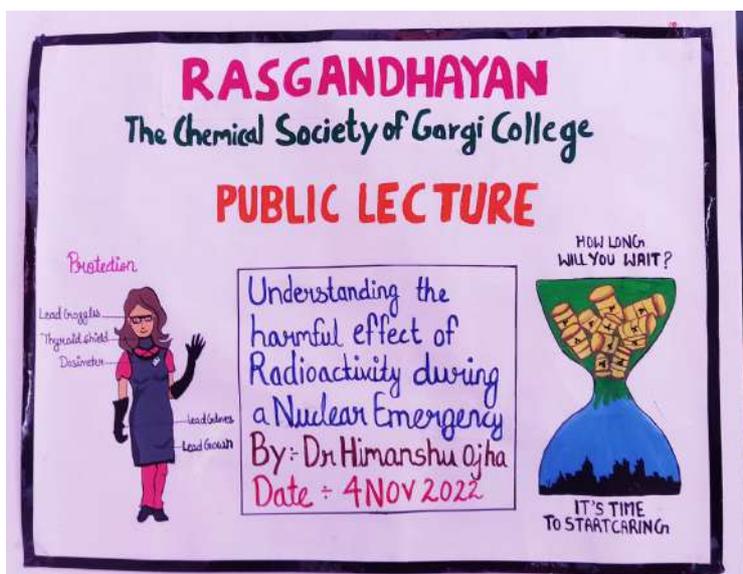
All the participants were then invited onto the stage one by one to show their talents. The participants mesmerized everyone with their performances in different categories like dance, poetry, aerobics, singing, and storytelling. Every student who participated in the competition was very talented. The talent of all the students left the judges with difficulty while deciding the winners.

Three participants were announced as the winners by the judges. Miss Simran Sanduja (3rd year) was awarded the first position for her storytelling on coming out from a mental disorder. Every single line of her story impressed everyone a lot and the message passed beautifully to the audience. Miss Preeti Chauhan (3rd year) secured second place in the event. She performed a self-composed poem on the “dowry system”. The third position was secured by Nidhi (2<sup>nd</sup> year). Her poem was about childhood which helped everyone relive the memories of their childhood. All the participants were equally great in their performances. The event was full of enjoyment for everyone.



# Public Lecture

Understanding the Harmful Effects and Damages of Radioactivity During a Nuclear Emergency



# ***Public Lecture***

## **Understanding the Harmful Effects and Damages of Radioactivity During a Nuclear Emergency**

By: Preeti Chauhan, III Year

***"The art and science of asking questions is the source of all knowledge."  
- Thomas Berger***

Keeping this very famous quote as the inspiration, **Rasgandhayan**, the Chemical Society of Gargi College organized a lecture on the topic - **"Understanding the Harmful Effects and Damages of Radioactivity During a Nuclear Emergency"** on 4 November 2022.

The speaker for the event was **Dr. Himanshu Ojha**, a renowned scientist, and Joint Director at the Institute of Nuclear Medicine and Allied Sciences (INMAS), DRDO.

The event started with Riya (III Year) welcoming the esteemed speaker, teachers, and all the students to the lecture. The lecture was started by Dr. Ojha by underlining the importance of relating bookish knowledge with its utility in the field. He discussed how various Radiological and Nuclear Accidents occurred in the world to date and the extent of socioeconomic damage they caused.

Dr. Ojha explained the effects ionizing and particulate radiations have on the various biomolecules such as DNA, RNA, and lipids in the human body. Sir very rightly talked about the management of nuclear emergencies and the extent to which India as a country is ready to face them. The speaker then talked about the process of biodosimetry and how it is essential in categorizing suspected and actual patients.

"To become a superpower, India needs problem solvers, not problem-creators"- with these phenomenal words, the lecture was concluded by the speaker. It was followed by an interactive questions-answer session with the speaker solving each and every query with utmost patience.

Finally, Vishruti Shrivastava, the Vice-President of Rasgandhayan proposed a vote of thanks to everybody present there and brought the event to an end.

# Dazzle

Freshers' 23



# *Dazzle*

## Freshers' 23

By: Taniya Sharma, III Year

***“There is a miracle in every new beginning.”***  
**- Hermann Hesse**

On 14 January 2023, Rasgandhayan, the Chemical Society of Gargi College organized DAZZLE- the Freshers' 2023 to welcome the students of the first year.

The event started with the heartiest welcome of the freshers by seniors. Each one of them looks stunning. And then the event began with applause, and the most awaited activity was announced and it was none other than the ramp walk. Our judges were Dr. Niyati Singh and Dr. Chingrison Kathing. All the freshers and audience enjoyed it. It took the event to another level.

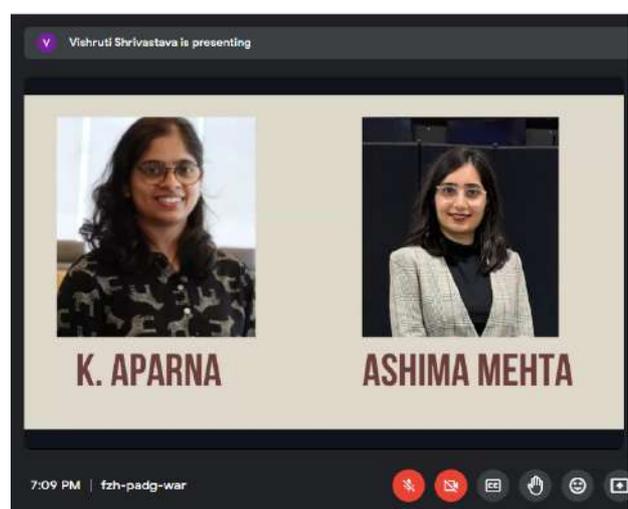
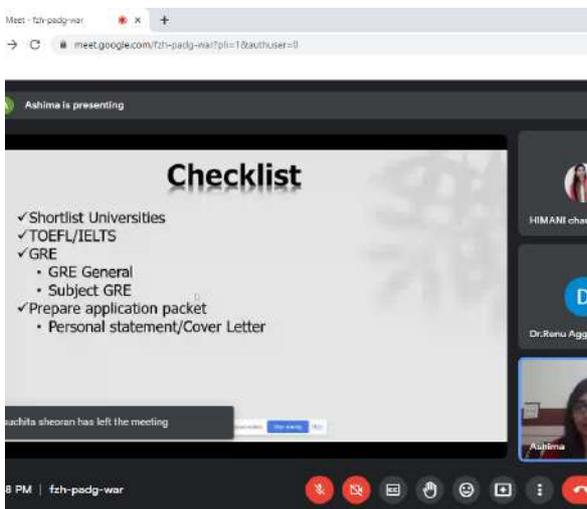
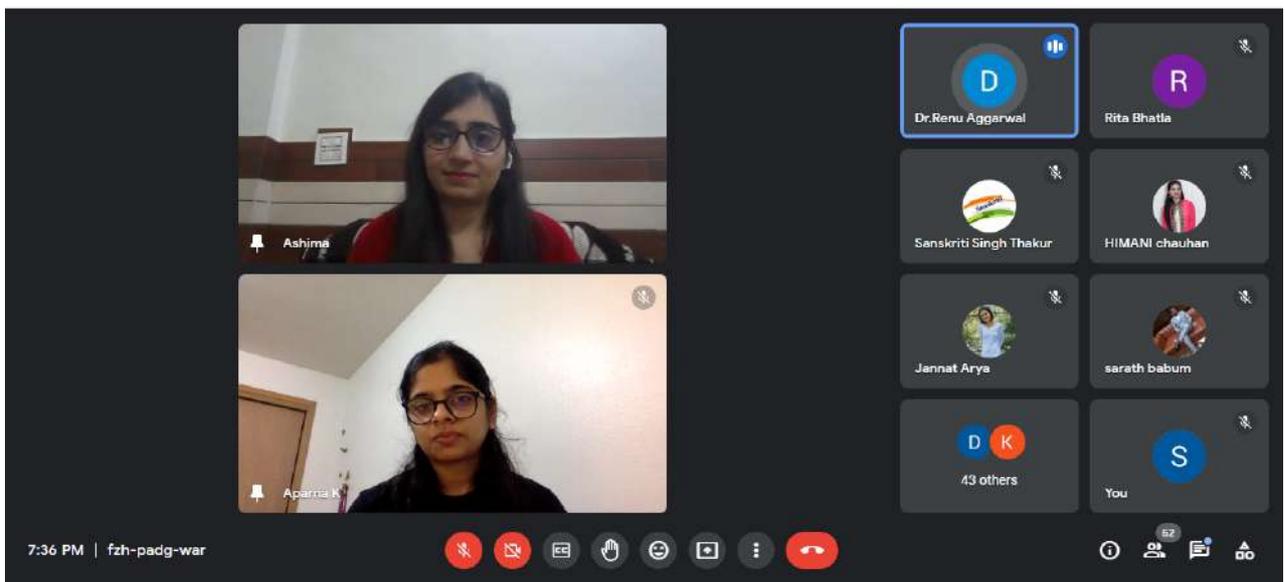
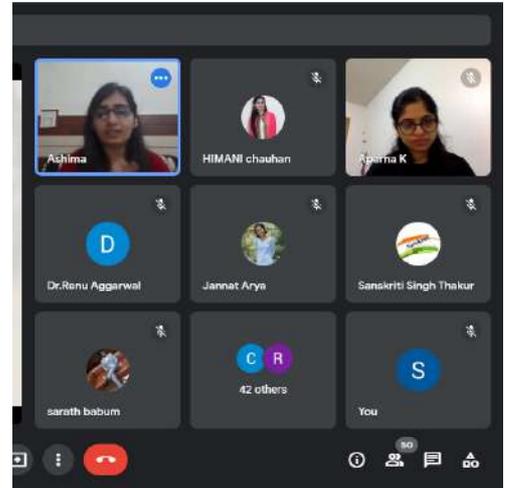
This was followed by the teachers' activity round. In this activity, teachers were blindfolded and they had to guess the food items by just tasting them. The teachers loved this activity and they played it well. This was further taken to another level by dumb charades. All the students in the first year were divided into two groups -A and B.

During this game, freshers and even the audience went crazy and did their best to guess the names. After this, the hosts of the day Iqra and Jannat announced the top three names for the title of "Miss Fresher". To decide the winner, all three of them were asked a question and on the basis of their answers, the winner was chosen. The judges finally announced "Manak" as "Miss Fresher 2023".

The event concluded with a good dance session, group photograph, and refreshments.



# Alumnae Meet



# ***Alumnae Meet***

By: Neha, II Year

***“We all take different paths in life, but no matter where we go, we take a little of each other every day”.***

***-Tim McGraw***

**Rasgandhayan**, the Chemical Society of Gargi College organized the Alumnae Meet 2023 on 28 January 2023. The objective was to let the students interact with the alumnae and get some motivation from their journeys.

The event was held online and was started by Miss Sanskriti Singh (II Year). She welcomed the alumnae Miss Ashima Mehta, a student of the University of Texas at Arlington, TX, US, and Miss K. Aparna, a student at Iowa State University. Both the alumnae talked about their college days at Gargi and they also interacted with the teachers present in the meeting.

Miss Aparna focussed on how important for a student is to follow their passion along with their studies and career. Miss Ashima, who is a Ph.D. student talked about the admission criteria for doing further studies outside India. Both of them interacted with the students and everything they mentioned regarding higher studies was quite motivating for all the students.

They even tried to answer all the queries of the audience regarding doing Masters and Ph.D.

They also talked about common issues student face while studying abroad and shared their own ideas about tackling those issues.

A discussion about various colleges and career options in India and outside India was also done by the speakers. Both of them were very calm and they answered almost every question very lovingly. They shared their secrets and source of motivation and also shared their future plans for further studies.

In the end, they didn't forget to mention, how Gargi College and its faculty helped them live a good college life and motivate them to work for their dreams.

Miss Iqra Jabi, the General Secretary of the Society thanked the guest, teachers, and all the students for being a part of the event. The event ended with a group photograph.

# Conference on Career Building with Chem Academy



# ***Conference on Career Building***

## **with Chem Academy**

By: Salini Mishra, I Year

***"A Dream doesn't become reality through magic; It takes sweat, determination, and hard work."***

***-Colin Powell***

**Rasgandhayan**, the Chemical Society of Gargi College, organized a Conference in collaboration with the **Chem Academy**, to help the students to face this expeditious world and guide them for competitive examinations in the future.

The event began with a welcome from Miss. Radhika and facilitation of the chief Speaker for the day, Mr. Pradeep Rajput, who is the Director and CEO at Chem Academy by Dr. Chandana Mukherjee.

The speaker started with various options a student has after the B.Sc. He also stressed going for further studies rather than getting jobs after the Bachelor's degree and focused on how important it is for a student to pursue further studies at a good institution.

A major focus was given on the IIT JAM examination, which is an entrance exam for pursuing Masters from several renowned colleges in India including IITs, IISc, JNCASR, etc.

Various options for pursuing Ph.D. after a Masters degree were also discussed.

He emphasized the importance of beginning the preparations for the entrance exam at the right time.

Mr. Rajput also talked about Chem Academy, an institute, which shows the best results in IIT JAM, CSIR NET, and other entrance examinations every year.

The entire discussion ended with Mr. Pradeep Rajput answering the questions and queries of the audience.

Lastly, Miss Devanshi, the General Secretary presented a vote of thanks for the fascinating talk by the speaker and the patience of the audience. The event came to an end with every student feeling motivated and dedicated to achieving their goals.

# ***Dr. C. K. Khurana Memorial Lecture***



# ***Dr. C. K. Khurana Memorial***

## ***Lecture***

### **Strategies of Computer-Aided Drug Design and Development: A New Perspective**

By: Niharika Borah, II Year

***“One of the biggest challenges to medicine is the incorporation of information technology in our practices “  
– Samuel Wilson***

With a clear vision and attempting to emphasize the above thought more, **Rasgandhayan**, the Chemical Society of Gargi College organized a lecture on the topic **“Strategies of Computer Aided Drug and Design and Development: A new perspective”** by Dr. Madhu Chopra, who happens to be a renowned professor and coordinator of the BIF facility and had received the drug discovery Hackathon Phase-I Award (DDH-2020) from innovation Cell, Ministry of Education.

The event first witnessed a moment of silence for the demise of Prof. Ashok K Prasad, followed by remembering Dr. CK Khurana and her incredible contributions to the Chemistry Department of Gargi College. This was followed shortly by Dr. Madhu Chopra addressing the students with her formal introduction at the beginning of the event and starting with the lecture.

She began her lecture with a very simple question, “What is drug designing?”

She then started the lecture by answering the same question.

The lecturer very calmly shared an efficient amount of knowledge about drug design. Dr. Madhu Chopra continued by mentioning that the procedure of drug designing has much higher failure rates than success. She also discussed the various stages of drug design and its efficacy.

Dr. Chopra also gave a brief knowledge about the various drug design approaches and accentuated more on Computer-aided drug designing by citing examples of how “Imatinib” and “Maraviroc” drugs, were made. Computer-aided drugs are again inclusive of structure-based design and ligand-based design, and the different ways by which drug designing is done include molecular dynamics and virtual screening.

The session proved to be extremely helpful for the students. The last scene of the event had a question and answer session with the lecturer followed by a serving of refreshments to the lively audience.

# ***Chemaroma***

## **Paper Presentation Competition**



# Chemaroma

## Paper Presentation Competition

By: Nikita Negi, II Year

***"If you are a true warrior, competition doesn't scare you. It makes you better."***

**- Andrew Whitworth**

Rasgandhayan, the Chemical Society of Gargi College organized its annual event Chemaroma on 22 March 2023. The event was divided into two competitions namely, the oral presentation competition and the poster presentation competition.

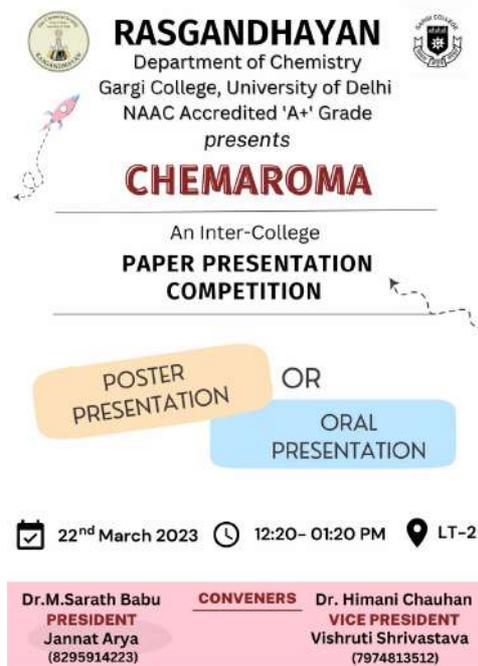
Participation was allowed for all undergraduate students enrolled in science courses from all the universities. Many students from different colleges and departments participated, out of which a few were shortlisted for the main event by the judges Dr. Sushmita Chaudhary, Superannuated teacher of the chemistry department, and Dr. Supreeti Das, Teacher-in-Charge, Physics department. The event commenced with the welcome of judges, teachers, and participants. After that, the rules were explained to the participants and then the presentation began.

All the participants gave their best which made the task more difficult for the judges. While the judges were busy deciding the winners, all the participants and the audience were involved in a short quiz.

Shortly after, the judges announced the names of the winners.

The first prize in the oral presentation competition was won by Miss Smriti (III Year, Gargi College) and Miss Ignita (III Year, Gargi College). The second prize was given to Miss Akriti (III Year, Gargi College), Miss Ritika (II Year, Gargi College), and Miss Garima (III Year, Gargi College).

For the poster presentation, Miss Ekta Gupta (II Year, Gargi College) was awarded the first prize, Miss Harshita Chaudhary (II Year, Gargi College) won the second prize, and Rajasvi (III Year, Gargi College) and Kriti (II Year, Deshbandhu College) got the third prize.



**RASGANDHAYAN**  
Department of Chemistry  
Gargi College, University of Delhi  
NAAC Accredited 'A+' Grade  
presents

**CHEMAROMA**

An Inter-College  
**PAPER PRESENTATION  
COMPETITION**

POSTER PRESENTATION OR ORAL PRESENTATION

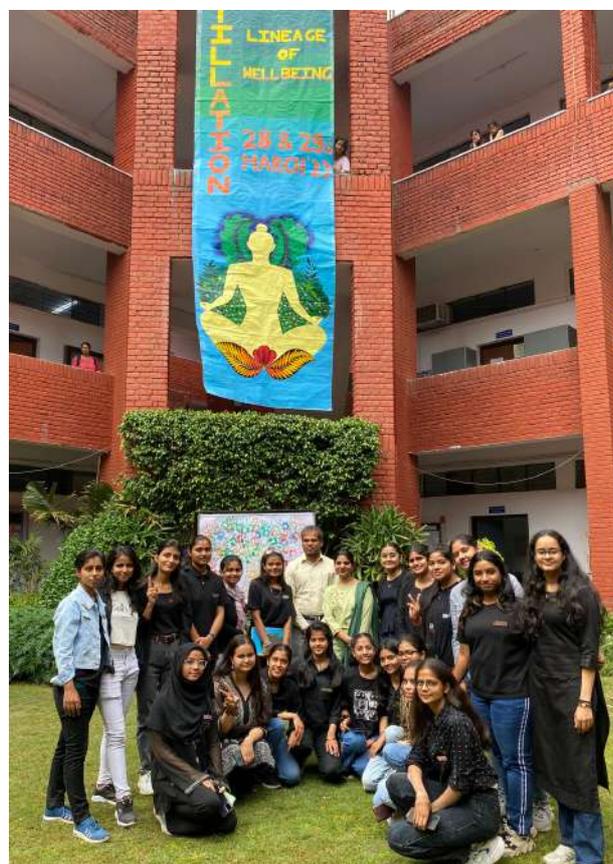
📅 22<sup>nd</sup> March 2023 ⌚ 12:20- 01:20 PM 📍 LT-2

**Dr.M.Sarath Babu**  
PRESIDENT  
Jannat Arya  
(8295914223)

**CONVENERS**

**Dr. Himani Chauhan**  
VICE PRESIDENT  
Vishruti Shrivastava  
(7974813512)

# Scintillations'23



# Scintillations'23

By: Salini Mishra, I Year

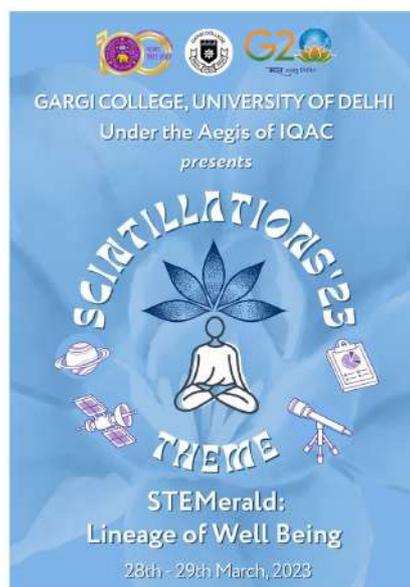
***“The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them.” - William Lawrence Bragg***

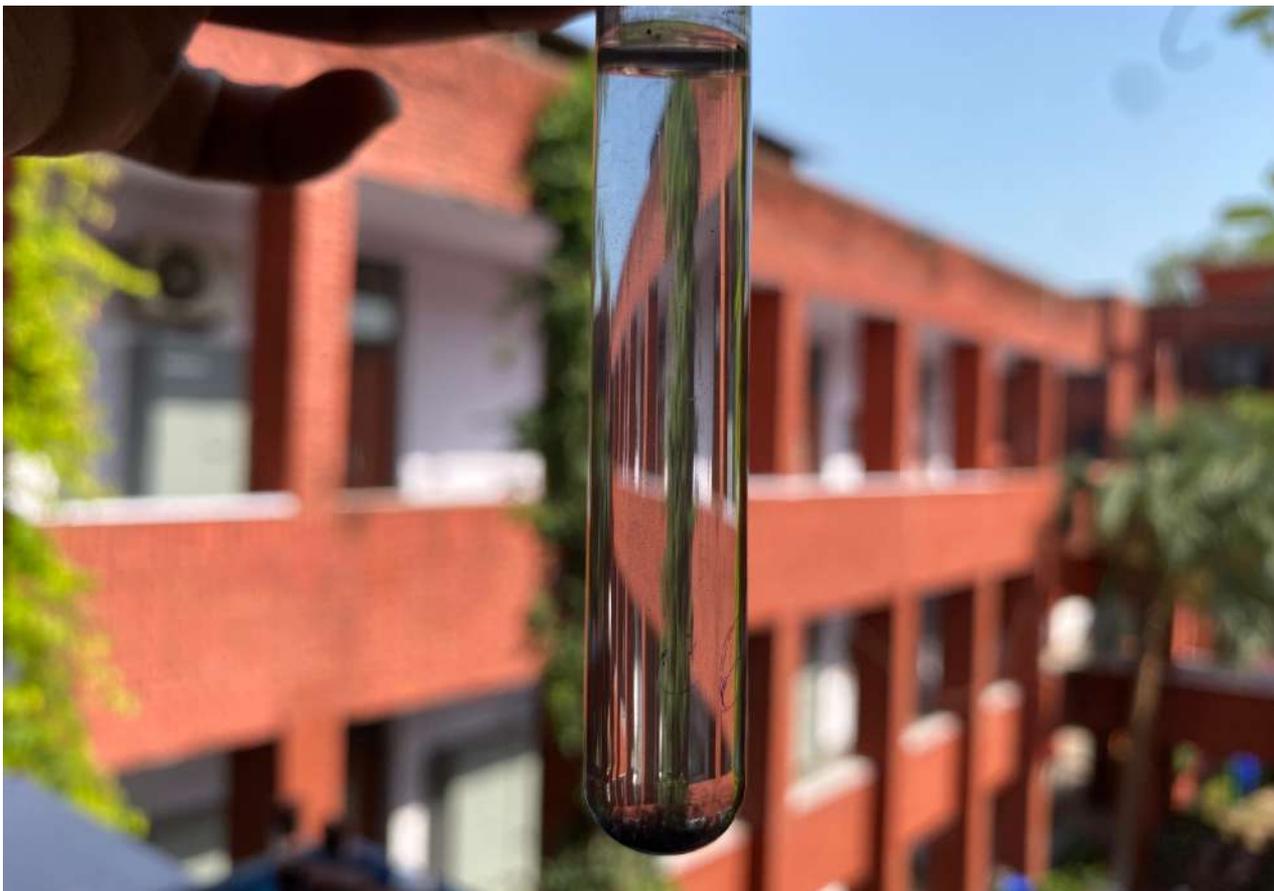
After a break of three years due to Covid-19, the Science Department of Gargi College made a comeback with its Annual Science Festival “Scintillations” on the 28th and 29th of March 2023. The purpose of the fest has always been to enjoy and celebrate science. With great spirit and enthusiasm, the entire science department under the aegis of IQAC organized Scintillations 2023. This year, the Chemistry Department had the chance to host the Fest. The theme of the fest was “STEMERALDS- The Lineage of Well-Being. After the pandemic, the most important thing we have learned is the importance of well-being. So, the theme was chosen to celebrate the hard work of people in STEM who are as precious as an emerald.

The Inaugural ceremony was graced by the presence of two eminent speakers, Professor Pawan K. Dhar from JNU who spoke about the importance of Science in all spheres of life, and Mr. Karan Ratti, the Chief Marketing Officer of Melblok, who shared quaint learning behind the science of cosmetics. Every nook and corner of the science block was transformed into an area of ideation, research, and application of different facets of science. Some stalls were also there in the art squad.

A mobile exhibition van developed by the National Council of Science Museums was also displayed on the second day. The Chemistry Department organized two inter-college competitions- “Fun in Lab” on 28th March and a Quiz Competition, “Buzz If You Can” on 29th March. Both competitions saw huge participation from Students from various departments and colleges.

The celebrations of the second day began with Presidents’ Presentations of all the Science Departments followed by the inter-college competitions. The fest was concluded with the Valedictory, where prizes were distributed to all the competition winners. Finally, the Vote of Thanks was given by Dr. M Sarath Babu, the convener of Rasgandhayan, the Chemical Society.





By Vishruti Shrivastava, III Year

# SCIENCE CORNER



# ARTICLES FACTS VIEWS



By Prachi Gola, II Year



By Prachi Gola, II Year

# CHEMISTRY BEHIND HOME REMEDIES

By Preeti Chauhan, III Year



Remember the time when a simple ginger tea helped you in a scary cold or when turmeric gave instant relief to your body pain?

Yes, exactly - those nushkhes by Daadi-Naani are magical to be said at least.

But, have you ever wondered what chemistry backs up the action of these home remedies ranging from Fenugreek to rock salt? If not, then this is the moment.

Talking about Turmeric first, it is well known if you have any kind of ache in your body, just drink turmeric boiled in milk and it works magically. This golden spice has been one of the prime ingredients for Ayurvedic medicine. Turmeric is best for treating pain – specifically, pain associated with inflammation. Curcumin found in turmeric is the one which is responsible for its wow factor.

It has antioxidant, anti-inflammatory, neuroprotective, anticancer, hepatoprotective, and cardioprotective effects. Chemically, curcumin is diferuloylmethane with a crystalline yellow-orange colour. Interestingly, this natural polyphenol is universally known as the "wonder drug of life".

So, curcumin is the factor that makes turmeric "a golden magical spice".

Moving on to ginger, yes the same ginger whose brilliant anti-inflammatory effects make it a law to try ginger in case of cold, sore throat, morning sickness, and nausea. The active ingredient of ginger root is gingerol, a substance with powerful anti-inflammatory and antioxidant properties. It is known to help digestion, supercharge immunity, and energize the body due to modulating blood sugar levels and ginger continues to hold its ground to this day

Fenugreek seeds are often used in various instances as a home remedy ranging from improving insulin function to improving milk production for breastfeeding. Fenugreek contains a number of chemical constituents including steroidal sapogenins. In our country, fresh methi ka saag (the stems and leaves of the plant) is very commonly cooked as a winter vegetable, and the seeds are used year-round as a flavoring agent for various dishes and it works wonders.

Every time you get a pimple, immediately "maa" recommends using aloe vera. It contains auxins and gibberellins. It works as a natural moisturizer and one can get rid of many skin problems using aloe vera. It is also useful in case of stretch marks and sunburns.

These are just a few examples, home remedies work wonders if used correctly, and yes, listen to your "Daadi-Naani", their advice is as precious as Sibyl's leaves.

# WOMEN IN STEM

By Prajna Bhowmik, III Year

*“I didn’t learn to be quiet when I had an opinion. The reason they knew who I was is because I told them.”*

– Ursula Burn, CEO, Xerox

For a long time in the history of mankind, women’s role was reduced to housemakers and caretakers. They would only be involved in stitching, gardening, cooking, and caring for babies and other family members. However, with time, women’s education was encouraged. And today, we have come a long way where education has become accessible, irrespective of gender. The Indian Government has also released several schemes to promote education among women. Women are now encouraged to take up their own careers and become independent.

According to Wikipedia, “Science, technology, engineering, and mathematics (STEM) is an umbrella term used to group together the distinct but related technical disciplines of science, technology, engineering, and mathematics”. The sad reality is that girls and women are systematically tracked away from science and math throughout their education, limiting their access, preparation, and opportunities to go into these fields as adults. Although the percentage of women workforce in medicine, business, and law has seen an improvement over the decades, progress in the field of Science and Technology is still poor. As per resources, women make up only 28% of the STEM workforce. Even for instance, if we take the case of JEE examinations, female candidates take up only 30% of total candidates. This shows that not only do fewer women opt for STEM education and careers but are also more likely to leave and get paid less. Considering the fact that there is a huge emphasis on gender equality throughout the globe, a lack of women in STEM does not make much sense.

However, throughout history, we have examples of many women, who broke societal boundaries and made extraordinary contributions in the field of Science and Technology.

## Lady Ada Lovelace(1815-1852)

Although the IT sector today has become a man’s club, the first computer programmer was Lady Ada Lovelace (1815-1852). She is also known for her work on Charles Babbage’s proposed mechanical computer, the Analytical Engine. In fact, she was the first to recognize that the machine could perform functions, beyond calculations.



### **Grace Hopper(1906-1992)**



Even today, women are discouraged to take up careers in the military. Grace Hopper (1906-1992), known as the “Queen of Code” was a military leader, mathematician, and computer programmer. She served her country during World War II by developing Mark I, one of the earliest known computers. Later, she also developed Mark II and Mark III. She was the oldest serving officer in the U.S. armed forces when she retired from the Navy in 1986.

### **Marie Curie(1867-1934)**

Born in Poland, Marie Curie (1867-1934) was the first woman and the only one to get Nobel prizes in two different fields of Science (Physics and Chemistry). She is known for her contributions to radioactivity. Along with her husband, Marie successfully isolated two different radioactive metals, Radium and Polonium.



### **Margaret Hamilton(1936-present)**

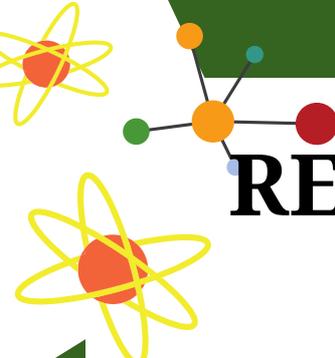
Margaret Hamilton (1936-present), known as the “Mother of Software” was one of the pioneering figures in the Apollo Space Program. She led the team at MIT in charge of onboard flight software on the Apollo computers. She did all this with only an undergraduate degree and while raising a toddler.



### **Sheryl Sandberg(1969-present)**

Sheryl Sandberg(1969-present) served as the Chief Operating Officer of Meta platforms from 2008 to 2022. In June 2012, she was elected to Facebook’s board of directors, becoming the first woman to serve on its board.





# RECENT INNOVATIONS IN CHEMISTRY

By Salini Mishra, I Year

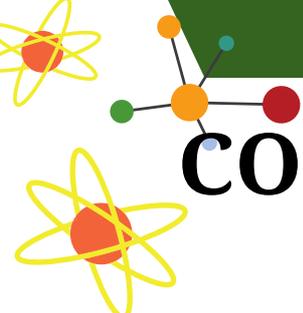
Chemistry is a constantly evolving field that has brought about many innovations in recent years. These innovations have ranged from new materials to advanced drug delivery systems and beyond. There has been a number of developments and innovations taking place in every other lab in our world.

Earlier, Scientific Innovation was regarded as a process started based on curiosity which resulted in giving a new concept and understanding to the public. These innovations and developments dominate the rising modern society and inquisitive humans.

Here are some of the most exciting recent innovations in chemistry.

- **Aerogels** are among the lightest solid materials known to manhood. This translucent material is considered one of the finest insulation materials. Aerogels provide very effective insulation because they are extremely porous and the pores are in the nanometer range. The nanopores aren't visible to the human eye.
- One of the most significant recent innovations in chemistry is the development of **CRISPR-Cas9** gene editing technology. This breakthrough has the potential to revolutionize medicine, as it allows scientists to manipulate DNA in ways that were previously impossible. With CRISPR, researchers can target and edit specific genes to cure genetic diseases, create new treatments for cancer, and much more.
- Another exciting development in chemistry is the rise of **3D printing technology**. With 3D printing, researchers can create structures and materials with unprecedented precision, opening up new possibilities for drug delivery systems, tissue engineering, and more. By combining 3D printing with biocompatible materials, researchers have already developed printable organs, prosthetics, and even living tissue.
- **Fiber batteries** are millimeter-thin batteries based on fibers that can be woven into items of clothing and are used to create highly flexible, wearable electronics. They act as the core component of wearable electronics with superior flexibility, mechanical stress, and adaptability to deformation.
- **Nanozymes** are nanomaterials with intrinsic enzyme-like properties that are capable to address the limitations of natural enzymes such as low stability, high cost, and difficult storage. Along with the rapid development of nanoscience and nanotechnology, enzymes promise to substitute traditional enzymes by engineering the active centers of natural enzymes.
- **Nanotechnology** is another field of chemistry that has seen significant advances in recent years. Nanoparticles, which are tiny particles of size less than 100nm, have unique physical and chemical properties which can be used to create advanced drug delivery systems, sensors for detecting diseases, and even new forms of energy storage.
- In the area of **sustainable use of chemical energy**, researchers are introducing new ways to reduce harmful impacts on the environment. This includes developing new, more efficient chemical reactions as well as exploring alternative sources of energy.
- In the field of **materials science**, researchers have developed new types of materials with unique properties. For example, graphene, a two-dimensional material made of carbon atoms, is incredibly strong, flexible, and conductive. Researchers are exploring its potential in a variety of applications, from electronics to energy storage.

Such Innovations are made keeping in view the profits and new avenues for the present and future generations. Technological Innovations create new opportunities for people to find new organizations and establish a technologically sound world. It is a refreshing reminder that development comes from knowledge, that cannot be brought from the outside except the inner self.



# COMMON DISEASES AMONG WOMEN

By Prajna Bhowmik, III Year

9 to 5 job, unhealthy eating habits, disturbed sleep schedule, sedentary lifestyle- all these have become a common part of every urban lifestyle. As a result of an unhealthy lifestyle, both men and women have become prone to a number of diseases that were not as common earlier. However, women's bodies are more prone to hormones, and some diseases are exclusively common among women.

## **Endometriosis**

It is a disorder in which tissue similar to the lining of your uterus grows outside of your uterine cavity. It can grow in ovaries, bowel, and tissues lining your pelvis. It's rare for endometrial-like tissue to spread beyond your pelvic region, but it's not impossible. Endometrial-like tissue growing outside of your uterus is known as an endometrial implant. The most common symptoms include painful periods, cramps for 1 or 2 weeks around menstruation, heavy menstrual bleeding or bleeding between periods, and infertility.

## **Uterine fibroids**

Uterine fibroids are non-cancerous growths of the uterus that often appear during the childbearing years. However, they aren't associated with an increased risk of uterine cancer and almost never develop into cancer. Many women who have fibroids don't have any symptoms. In those that do, symptoms can be influenced by the location, size, and number of fibroids. Symptoms include Heavy or painful periods or bleeding between periods, feeling "full" in the lower abdomen, urinating often, lower back pain, and reproductive problems, such as infertility, multiple miscarriages, or early labour.

## **Gynecologic cancer**

Gynecologic cancer is any cancer that starts in a woman's reproductive organs. Gynecologic cancers begin in different places within a woman's pelvis, which is the area below the stomach and in between the hip bones. Some of the most common are cervical, ovarian, uterine, vaginal, and vulvar.

## **Breast Cancer**

Cancer forms in the cells of the breasts. Breast cancer can occur in women and rarely in men. Symptoms of breast cancer include a lump in the breast, bloody discharge from the nipple, and changes in the shape or texture of the nipple or breast.

## **Interstitial cystitis (IC)**

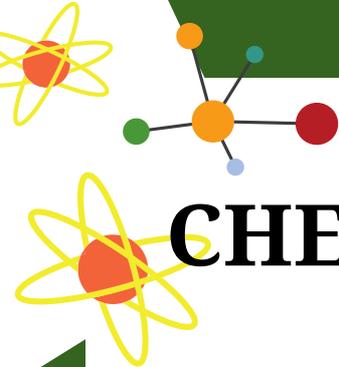
It is a chronic bladder condition resulting in recurring discomfort or pain in the bladder or surrounding pelvic region. People with IC usually have inflamed or irritated bladder walls that can cause scarring and stiffening of the bladder. IC can affect anyone; however, it is more common in women than men. Some people have some or none of the following symptoms: Abdominal or pelvic mild discomfort, frequent urination, a feeling of urgency to urinate, feeling of abdominal or pelvic pressure, tenderness, intense pain in the bladder or pelvic region, severe lower abdominal pain that intensifies as the urinary bladder fills or empties.

## **Polycystic ovary syndrome**

This happens when a woman's ovaries or adrenal glands produce more male hormones than normal. One result is that cysts (fluid-filled sacs) develop on the ovaries. Women who are obese are more likely to have PCOS. Women with PCOS are at increased risk of developing diabetes and heart disease. Symptoms may include - infertility, pelvic pain, excess hair growth on the face, chest, stomach, thumbs, or toes, baldness or thinning hair, acne, oily skin, or dandruff, and patches of thickened dark brown or black skin.

## **Urinary tract infections**

Urinary tract infections (UTIs) occur when germs get into the urethra and start to multiply. They are particularly common in women, as they have a shorter urethra than a man does. This decreases the length bacteria have to travel in order to reach the bladder. Symptoms of a UTI include frequent urination, pain or burning when urinating, and cloudy urine.



# CHEMISTRY IN HUMAN BODY

By Nidhi Jha, II Year

Every creation on this earth is wonderful. The human body is still one of the most complex yet amazing creations of the almighty. Since I mentioned about the wonders of the human body, have you ever thought how the human body is completely related to chemistry? We all are living examples of complex chemical structures with several chemical reactions going on within us.

Let's begin with the different elements present inside the human body. Roughly, about 96 percent of the mass of the human body constitutes only four elements- Carbon, Oxygen, Nitrogen, and Hydrogen. Several other elements of the periodic table constitute the remaining 4 percent.

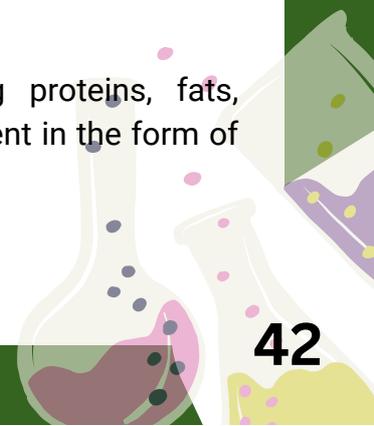
The following table shows the composition of different elements present in the human body:

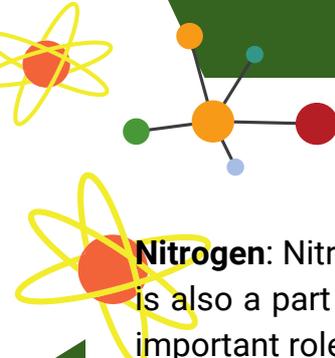
Element	Percent by Mass	Element	Percent by Mass
Oxygen	65	Chlorine	0.2
Carbon	18	Potassium	0.2
Hydrogen	10	Sulphur	0.2
Nitrogen	3	Sodium	0.1
Calcium	1.5	Magnesium	0.05
Phosphorus	1.2		

A few elements like Iron, Cobalt, Copper, Zinc, Iodine, Selenium, and Fluorine are also present but in very minute amounts.

**Carbon:** Carbon is majorly present in the structures of proteins, fats, and carbohydrates. The primary source of energy in the human body is the breaking of carbon bonds.

**Oxygen:** Oxygen is present in every important biomolecule including proteins, fats, carbohydrates, and nucleic acids. Oxygen along with hydrogen is also present in the form of water.





**Nitrogen:** Nitrogen is majorly present in amino acids, the basic units of proteins. Nitrogen is also a part of DNA (Deoxyribonucleic acids) and RNA (Ribonucleic acids), which plays important role in hereditary and genetics.

**Hydrogen:** Hydrogen is present in almost all body fluids. Hydrogen is also a part of DNA, hence, it is present in every single cell of the human body.

These were the major elements present in the human body. Other than these four, there are many other elements present in the body in very small amounts as mentioned above in the table. Even though their composition is insignificant, they play very crucial roles in the proper functioning of the human body.

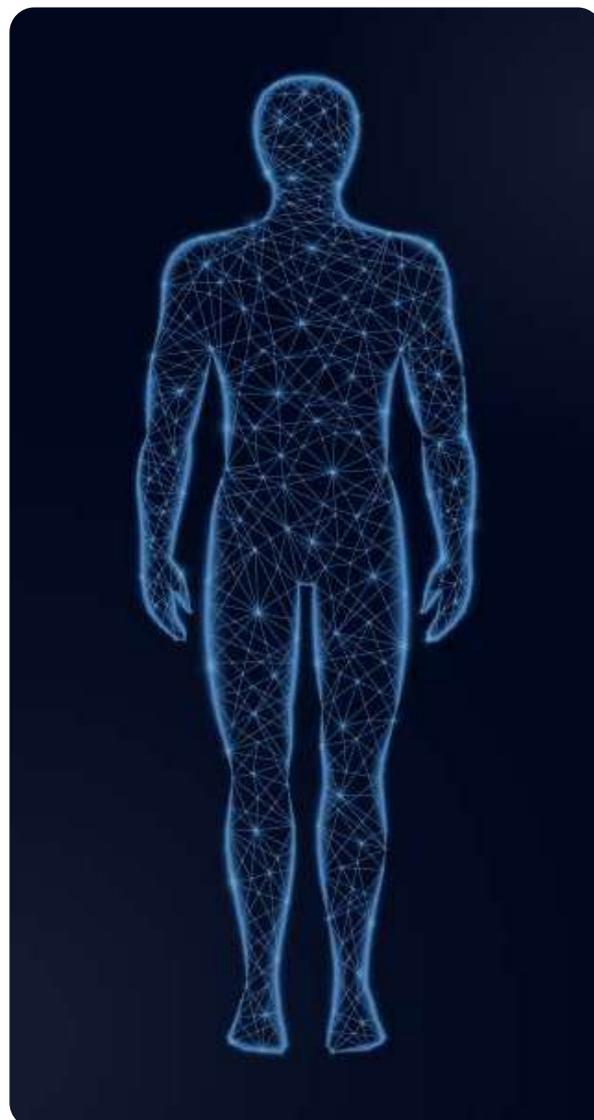
**Calcium:** Calcium is a constituent of bones and teeth. It is also responsible for muscle contractions and blood clotting in the human body.

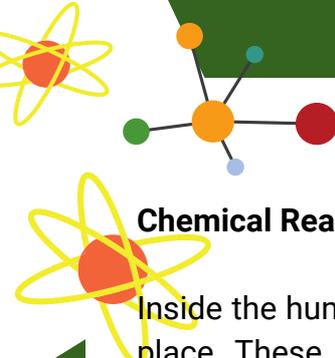
**Phosphorus:** Phosphorus in form of calcium phosphate is present in the skeletal system of the human body. Also, it is present in the form of the energy molecule ATP (Adenosine triphosphate) which is responsible for the release of energy to perform different activities.

**Potassium:** Potassium is present in Red Blood Cells (RBCs), an important constituent of blood. It helps to maintain body fluids at the normal level.

**Sodium:** Sodium is responsible for the transmission of nerve impulses, muscle contraction and relaxation, and regulating the amount of water and minerals in the body.

Other than these important elements, the human body possesses a few other elements as well which play small yet important roles inside the body.





## Chemical Reactions in the Human Body

Inside the human body, several kinds of elementary and complex biochemical reactions take place. These reactions are important for different reasons and are responsible for various life processes.

Metabolic reactions are multi-step reactions involving two major processes- Catabolism and Anabolism. Both these processes together as metabolism are very important in maintaining the living conditions of human cells.

Catabolism, a kind of decomposition reaction, is responsible for breaking large complex molecules into smaller ones to facilitate absorption while anabolism, a kind of combination reaction, is responsible for the formation of large molecules required for different life processes by assembling the smaller ones.

These two together termed metabolic reactions are basically responsible for the conversion of food into energy during the process of cellular respiration.

The reaction which neutralizes the acidic food that comes from the stomach to the intestine can also be categorized as a double displacement reaction.

What we conclude from all the above information is that the human body is not so easy to be understood completely. Imagine, what if all this is just the things humankind is known to, there can be many different and wonderful things we are not yet known to.



By Vishruti Shrivastava, III Year



By Vishruti Shrivastava, III Year



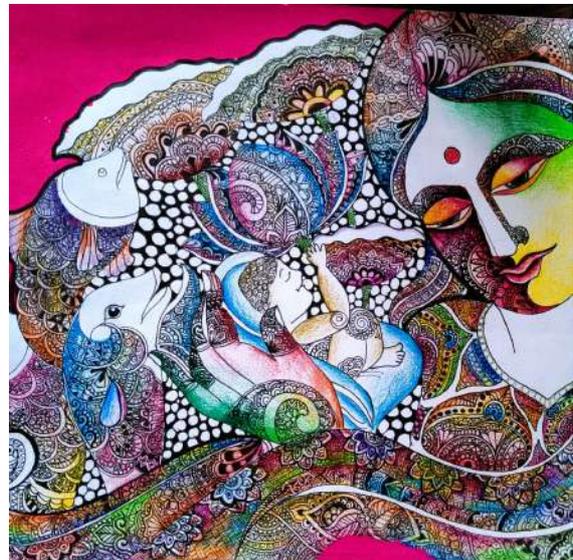
By Arju Yadav, II Year

# CREATIVE CORNER

- ARTICLES
- POETRY
- ART



By Arju Yadav, II Year



By Kanak Gupta, I Year

# Impact of Indian Culture on Fashion

By Vishruti Shrivastava, III Year

A land of rich diversity, culture, and heritage, India, has the best culture in the world. With 29 states, having equally varied traditions and practices, the growth of our heritage is unstoppable. But what makes India so different to stand out in the fashion industry? Its diversity - colors and styles. Sir Isaac Newton never knew how the spectrum would have such myriad variations in Indian fashion and its industry.

Talking about India there is no particular style. We have woven a thread of various styles to create this humungous variety of fashion widespread in the world.

*"Indian culture is the most complex and colorful culture on the planet. The way people look, their language, their food, their way of dressing, their music and dance, everything changes every fifty or hundred kilometers in this country." – Sadhguru*



By Jigmet Tseskit, II Year



By Sanskriti Singh, II Year

When fashion comes into the picture, culture is an integral part of it, and India's culture has always been a stimulant in the fashion industry. Long ago, the silk route manifested India's influence on world fashion, and not so long time ago, the British fell in love with cotton and indigo since the British colonization of India, cultural exchange is gained momentum in unprecedented terms. The Indo-Western Cultural look is one of the most demanded garments in the world and hence the Indian clothing trend continues to evolve.

The amount of influence Indian fashion has on the industry is colossal. Top brands like Dior, Gucci, and Burberry use Indian prints in a modernized way, carving their way into globalization, not to talk about denim, a fabric that rules the world and is dominated by India. Not forgetting about indigo and folk arts, which play a large role in Indian Fashion Industry.

Now let us dive into some of the Indian styles people adore worldwide.

### **Indian Jewellery – Memory studded jewels**

As a stunning Indian accessory, mangteeka, is not only used as bridal jewelry but is also seen to be gaining interest as a fashion accessory that goes well not only with Indian but also with Western wear. The practice of nose piercing is commonly found in Indian culture and is going on for ages. Brides wear nose pins at their weddings, it is a tradition in India. According to Ayurveda, having a nose piercing near a node which is near the nostril reduces the pain during childbirth. This practice was not originated in India but Indian women wear it every day. Also called nath, this accessory was seen worn by a few models in the Jean Paul Gaultier Haute Couture Fall/Winter 2017-2018 show, held in Paris.

### **Saree – An Essence of Indian-ness**

The Indian Saree is one of the oldest forms of garment which over the years has become a huge fashion influence. A saree is an unstitched drape that varies from 4.5 to 9 meters in length and 600 to 1,200 millimeters in breadth. This garment is best suited for a climate like India – warm, humid, and tropical. Ancient Tamil and Sanskrit poetry often talked about the beauty of a female draped in a saree.

Talking about the religious context, Lord Brahma is shown to be seated on a lotus, which sprouted from Lord Vishnu's navel. This is the reason why the navel area is seen exposed when a saree is draped.

*Draupadi*- a prominent female character from the epic Hindu mythology, Mahabharata, had an important association with the saree.

Sarees are mostly geographical indicators and are specific to locations viz. Banarasi, Kanchipuram, Kota, Tussar, Chanderi, Sambalpuri, etc.

India is a colorfully cultural country and every region here has its own unique saree draping styles ranging in fabric, draping, weaving styles, printing, and colors! Depending on how it is worn, a saree can be the most revealing and the most conservative dress!

### **Embroidery – A Silent Storyteller**

Embroidery is the art of enhancing fabrics with beads, abstract patterns, pearls, stitches, etc. Not only does the needle decorate the fabric, but it also weaves stories and folklore emerging from the surrounding region and its community. Indian embroidery inspires studded stones, lacework, and delicate threadwork. The skill and perfectionism of Indian embroider are no joke. Their handwork, and art is the only reason India is the hub of embroidery and its richness.

Handmade items are always close to the heart and often represent personification and luxury. These ancient Indian embroidery styles are being popularised over time and getting the spotlight they deserve. The patterns have always been simple yet complex, historical, floral, geometric, and religious. Each pattern has its own history and narrates its own story!

Gara, Kashida, Phulkari, Shisha, Gota, and Chikankari are a few embroidery techniques in India.

### **Conclusion**

The love for Indian culture and tradition in the fashion industry is evident. India, as a proud country, has made notable contributions to global fashion. And the world has successfully embraced our fashion and trends along with our heritage and traditions. Along with globalization, it has also led to a massive export in the fashion industry.

*'Sometimes it is impossible to know where you are headed without reflecting on where you came from. Understanding your heritage, your roots, and your ancestry is an important part of carving out your future.'*

Let us take pride in being Indians, with an unmatched heritage and culture. India is not only heaven in disguise but also an epitome of love and grace.

# Suicide Is Not the Solution, It Can Never Be

By Nidhi Jha, II Year

Life is a gift, a very precious gift. It is our life, and we have every right over it but you know who has the right on us more than we have on ourselves? The people who gave us birth, the people who nurtured us, the people who sacrificed their comfort for us, the people who love us more than we love ourselves.

Life is an everlasting struggle. Every day we are supposed to fight for the next day. It's very easy to lose hope and accept defeat, but what's not easy is to fight and win. If life gives you a hundred reasons to lose hope, it also gives you a thousand reasons to smile again. What you need to do is to understand the sign, and accept life with both your arms open for all the happiness in the world.

When life gets surrounded by darkness, negativities, and failures, only one ray of hope is enough to motivate you to come out of the darkness and walk towards the light. And these days, that ray of hope is getting disappeared in the glare of fake things we all think we want in life.

On one side where Gen Z is strong enough to fight the world, on the other side they are not able to fight their own disappointments. The problem is everyone thinks they are alone in this world. Yes, it's true to some extent, we all came alone, and we'll die alone but living alone is not the way. We all have some people who can do anything for our happiness, we all have some people who'll always place us before themselves, and we all have some people who love us more than they love themselves. If because of any reason in the world, you are choosing to stop struggling or to stop fighting, it's not you who is failing, it's them who are failing because of you.

I know mental health is real, depression is real, and that urge to quit living is real but I also know that the pain your loved ones will feel after that is more real than any other thing in the world. It's not easy to get out of depression, but at least it's possible. But for them, coping with that pain and trauma becomes as impossible as living without oxygen.

I am not a mental health expert, but I can at least say that in case something is making you restless or anxious, do something else. The world is full of things, find what makes you happy. And whenever you feel you don't have any reason to survive, think of your parents, your family, and your loved ones, you may find many reasons to not just survive but to live life.

In the end, I'll just say that you can have many problems but suicide is not the solution, it can never be! In case you feel like it, remember **we don't only have the "full-stops" but the "commas" as well. "Take a break, but don't quit".**



By Taniya Sharma, III Year

# Change

## The Unchanging Concept

By Ridhi Setia, II Year

Here in this life  
You will feel many things  
You will laugh and you will let go  
You will gather stories,  
And you will grieve  
You will be interrupted by life's light  
You will find gold in little things  
You will have questions that will lead to answers  
And you will find questions  
You sit for years.  
You will long for days to come  
And you will learn to find joy right here.  
You will find old things drift away  
And you will see new things take shape.  
You will look back on old years in awe  
Of all the things, you've changed.  
And over and over, Things will change  
And you might feel afraid  
And you will also find there is grace  
and there is space  
to take this day by day  
Take heart, here in the change.  
You will bloom day by day  
(Even when it doesn't seem that way)  
Everything will change  
And you will change too  
Exactly in the way,  
You were always meant to.



By Sanskriti Singh, II Year



By Vishruti Shrivastava, III Year

## नया शहर

By Nidhi Jha, II Year

किसी के लिए ये सिर्फ शहर हो सकता है,  
पर किसी के लिए  
ये शहर से कुछ ज्यादा है।  
किसी के लिए नई शुरुआत है,  
किसी के लिए परिवार से किया वादा है।  
कुछ सपने देखने आये है यहाँ,  
कुछ सपने लेकर आये है,  
किसी के दिल में  
कुछ अलग कर जाने का,  
नाम कमाने का,  
पक्का इरादा है।  
कुछ सपनों से लड़कर आये हैं,  
कुछ अपनों से लड़कर आये हैं,  
कुछ हार मानकर यहाँ पहुँचे हैं,  
कुछ खुद को आजमाने आये हैं।  
कुछ तो ऐसे हैं  
जो खुश है अपनी उड़ान के लिये,  
घर से अलग नई पहचान के लिए  
पर कुछ ऐसे भी हैं जो घबराये हैं,  
पहली बार घर से दूर नए शहर आये है।  
थोड़ा वक़्त लगेगा  
पर ये शहर तुम्हें अपनायेगा या तुम  
शहर को अपनाओगे,  
या कुछ ही दिनों में,  
तुम और शहर  
एक दूजे के हो जाओगे।  
हाँ घर से थोड़ा दूर है, पर घर जैसा है,  
कुछ वक़्त बिताओ,  
ये भी तुम्हारे शहर जैसा है।  
सर्दी की धूप वाली दोपहर जैसा है,  
और कभी कभी  
अंधेरी रात के बाद होने वाली सहर जैसा है।

# The Land of Sports- North-East India

By Niharika Borah, II Year

The North-Eastern states in India have produced some of India's most recognized international players. The list is too long, which includes M.C. Mary Kom - 2012 Olympics bronze medallist and a five-time world amateur-boxing champion; footballer Baichung Bhutia; boxer L. Sarita Devi, silver medallist at the 2014 Glasgow Commonwealth Games; Jayanta Talukdar, Gold Medalist and Arjuna Award winner; weightlifter K. Sanjita Chanu, who won gold at the 2014 Glasgow Commonwealth Games, etc.



Northeast states of India constitute only about 3.7% of the total Indian population, the youth out there are well-known for their inclination toward sports, especially Manipur. Out of the entire 2016 Rio Olympics contingent, 6.72% of them belonged to the NE. From Judo to Boxing and Archery to Hockey, several Indian athletes hailing from Northeast India have represented India at different international sports events. Some of these players are discussed here.



**Tarundeep Rai** is a member of the Indian men's archery team. He hails from Namchi in Sikkim and took part in the Olympics for the first time back in 2004. He has an immense amount of experience with several World Championship and Asian Games medals under his belt. He is conferred with the honour of Padma Shri, in 2021, by the Government of India, for his contribution to Sports. Earlier, in 2018, he was awarded the Khel Ratan Award.

The welterweight boxer **Lovlina Borgohain** hails from the Golaghat district of Assam and has won bronze medals at the 2018 and 2019 AIBA Boxing Championships as well as the Asian Championships. She won a bronze medal at the Tokyo 2020 in the women's welterweight event, becoming only the third Indian boxer to win a medal at the Olympics.

The six-time World Champion boxer **Mary Kom** needs no introduction. will be vying for another Olympic Medal in Tokyo this year. She hails from the district of Churachandpur in Manipur.

**Lalremsiami Hmarzote** from the town of Kolasib located north of Aizwal in Mizoram is an Indian professional field hockey player who plays as a forward and occasionally as a halfback for the Indian national team. At the club level, she plays for the Sports Authority of India. Hmarzote was a part of the 18-member squad that represented India at the 2018 World Cup. She played in Tokyo Olympics 2020.

**Sushila Likmabam**, the 5th Olympian from the state of Manipur is an Indian judoka. She competes in the 48kg weight class and has previously won silver at the Glasgow Commonwealth Games. She provisionally qualified for the Olympics by claiming a continental quota place a few weeks back. This was based on her position on the Asian list of Judoka with Asians having 10 slots and Sushila attaining rank 7. She became the first Indian judoka to book a berth at the Tokyo Olympics.

Another Hockey star **Shanglakpam Nilakanta** from Manipur has established himself in the team over the years. The midfielder hails from the East Imphal district and first made his national debut back in 2014 for the junior team at the Sultan of Johor Hockey Cup. He was selected for the 2016 men's Junior Hockey World Cup team that went on to be the victors of the tournament.

The Weightlifting star **Saikhom Mirabai Chanu** from the Imphal East district in Manipur won a Gold Medal at the Commonwealth Games in 2018, silver at Glasgow in 2014, and Gold at the World Championships in 2017. All of these were in the 48 kg category that she competes in. She has been awarded the Padma Shri and Rajiv Gandhi Khel Ratna Awards for her performances in the National and International weightlifting forums.

The list is too long. North East is becoming the sports hub of India. Ashmita Chaliha (Badminton), Pramila Daimary (Archery), Kabita Devi (Fencing), Rodali Baruah (Taekwondo), Hima Das (Athletics), and Olympian Shiva Thapa from Assam have participated in Asian Game 2018. Hima Das holds the current Indian national record in 400 meters with a timing of 50.79 seconds that she clocked at the 2018 Asian Games in Jakarta, Indonesia. She is the first Indian athlete to win a gold medal in a track event at the IAAF World U20 Championships.

The extrapolation of the present situation shows a bright time for Indian sports, particularly with the contribution from players in North East.

# Be(you)tiful

By Vishruti Shrivastava, III Year

There must be days when you would want to restlessly check the weighing machine. Or you stand in front of the mirror and feel disappointed. Stop right there, and take a deep breath. You are not alone. The study says, there are more than 45% of men and 70% of women, are dissatisfied with their bodies. Realize that feeling this way is totally okay.

Fact check- You cannot immediately feel positive about your body, it is a long process, and it takes care, time, and effort. There are days when you feel so disappointed that you forget all things your body does for you. Digesting, walking, breathing, smiling, there are so beautiful things that we do daily, but the thought of disappointment masks the positive feeling as a whole. Your body is not there to look nice. It is a machine, your vehicle to experience a beautiful journey which in the end is called life.

Constant disappointment and dissatisfaction eventually turn toxic, so it is really important to practice body positivity.

## What is Body positivity?

It is an idea that every person in this sphere deserves to be positive about their body image, and appreciate themselves, regardless of the tags put on by society. This movement literates that there is no such ideal size, shape, sexuality, or appearance. Nor gender, disability, race, or color.

*It is for accepting who you are, and not what you should be.*

Here are a few tips handpicked out of the golden box to make you realize that your bodies are gemstones, not curses.

## Do Yourself a Favor, Stop Comparing.

She is beautiful, and I am too. This is how it should be, right? There is no one way to be beautiful, everyone has little perfections and imperfections. So, stop comparing yourself. You are you, you should not try to be them. So, love yourself for being you. Comparing will only snatch away your happiness, confidence, and comfort, it does nothing good to you. So have a big glass of water, and work for a better relationship with yourself.

## Being Skin is not the Answer – Talk Healthy

Do not aim to be slim. In other words, not all slim people are happy. Your main goal is to be happy in your skin, and that is what you will do. Being physically healthy makes you mentally fit too. So, throw away the idea of going on severe diets and workouts. Get rid of the scales and focus on yourself. Start slow, it is a very delicate process, be careful. After all, get those nutrients, have a balanced diet, and exercise. Remember not to strain yourself, it is a slow process, a type of healing.

## Practice Affirmations

The most basic and effective way is to practice positive affirmations. Take self-love seriously, say it out loud, speak it often, realize your body, and be grateful. Try sticking notes and writing cute affirmations on the walls and mirrors. These little encouragements and mantras will therefore make you love yourself a little more.

Progress!

## Discover and Focus on Your Goods

Surround yourself with positivity. Be it your favorite podcast or playlist of upbeat songs, feel positive and happy. Observe yourself and list down what you like. Try summing up these qualities and appreciating them. You will then see yourself in a different light. Forget the distractions and do not dare to overlook your goods. You are a God's sculpture; you are bound to be beautiful.

In addition, practice self-care! Above all, give yourself small rewards to make you feel good about yourself. After that, have a tiny walk or a warm bubble bath.

Realize that the true beauty lies within, outward is just appearance.

## Put an End to Negative Self-Talk

Treat yourself well. If you do not say something to your friends, then do not say it to yourself too. Too much negative self-talk is harmful. Take time, find your positives, and feel good about it. Similarly, you do not deserve verbal abuse. Change your way of thinking, and try to twist negatives into positives. The result will be happy. Grow into accepting compliments! Do not shy away, you deserve them!

Remember not to torture yourself. Do not pile up clothes and loathe how you cannot fit into them. Donate them and buy the ones you are comfortable with. It is a process of accepting yourself, you should not compromise. Be comfortable and choose the best fit for your body.

## Take a Step, Forgive Yourself

*Size does not matter.*

In conclusion, do not waste your time worrying about what you should be. Learn to accept yourself. You deserve all the love, appreciation, and respect. And it all starts with yourself.

Therefore, treat yourself the way everyone should be, you are a precious soul too. And remember that feeling good about your appearance and body is not easy. So, feel free to reach out.

Step up for yourself and spread all the love!

# Drug Addiction

## An Evil Among Youth

By Salini Mishra, I Year

Drug abuse and addiction disorder are self-destructive habits of attracting stress and other health problems. These days, youth has been seriously engaged in drug addiction, causing a threat to future generations. Millions of people have contaminated their bodies with various kinds of drugs such as alcohol, and cigarettes, and some with high intensities such as Heroin, Oxycodone, Morphine, and many others. There has been a rising curve of drug use over decades.

As per recent studies, many doctors and psychiatrists consider drug overdose or addiction as a psychological disorder since one may know that the drugs are polluting the body, but one cannot control the urge to consume more and more drugs. The addiction may start with feeding small quantities, but gradually it increases with time. It harms important parts of the body including the brain, throat, lungs, stomach, pancreas, liver, heart, and nervous system. It also comes with health problems such as nausea, heart problem, damaged liver, stroke, lung disease, weight loss, and even cancer. Not only physical health but also hampers a person's psychomotor skills.

Drug abuse can have several long-term effects on future generations, including Genetic and Epigenetic changes. It causes changes in an individual's genes which can be passed down to their offspring, affecting the epigenome which modifies gene expressions without changing the DNA. This results in mental health problems and addiction in future generations. Prenatal exposure to drugs can also cause birth defects in newborns, through delays in growth and development of the body and behavioral problems that can last a lifetime.

Prevention and treatment are crucial in breaking the cycle of drug abuse and its impact on future generations. Early intervention covering screening for drug use in schools and healthcare settings can avoid chronic health issues in future life.

Treatment should be addressed in accordance with the individual's needs and should include behavioral therapies, medication-assisted treatment, and support groups. People who get addicted to drugs end up ruining their life and also causing a lot of suffering to their loved ones.

Emotional support and determination from family and friends can really help to overcome the hill.

There's a saying by Theodore Roosevelt, "*Believe you can and you're halfway there.*"



# How to Learn a New Language on Your Own

By Vishruti Shrivastava, III Year

Learning a new language all by yourself is a tough call. It requires constant motivation and a never-ending urge to learn more. Question yourself, and find out your 'why'.

Why do you want to learn this language?

The reason itself will be your motivation. It will also tell whether or not you are ready for this.

## Make up Your Mind

Now that you have found out the 'why', it is now time to make up your mind. Language learning is a tough and long process that requires consistency and commitment. Do not expect fast results. Be patient, work hard, and then get ready to learn further.

## Start with the Basics

- The first step should be learning the basics. If your target language has a different alphabet, then learn that first, and master it. And then move forward to learning the basics. The basics include common conversations, greetings, introductions, and questions.
- Try getting fluent in the basics and then proceed with the process.

## Immerse Yourself

- One of the most important steps is surrounding yourself with the language or its culture. Watch movies, dramas, and YouTube, and listen to podcasts and music in your target language. You will be habituated to the language and its phonetics.
- You can also watch videos with subtitles in your target language for practice.

## Go Native

- The best way to learn a new language is to learn it from a native. If not learn, then communicate with a native. Social media comes to the rescue. Make native friends over the internet and create rooms or forums where you can practice and converse. Do not shy away from making mistakes, you will learn this way.
- Not only you will get the perfect guidance, but you will also become fluent in no time.

## Process

- To get better at the language game, make sure to follow the PPR rule.
- Patience, Practice, and Repetition.
- Make sure to set up daily and timely goals and practice every day, make it a habit.

Take your time to speak, repeat, practice, and pronounce. Set a daily target for vocabulary and grammar. Do not miss a day, make the best of your time.

## Next Step

- Now once you are semi-fluid in the language, be it the basics, get to the switch mode. Switch some applications to the target language and try decoding and learning.
- Start journaling in the target language. Let it be small or broken sentences and phrases but be consistent.
- Pick up children's story books in the language and start reading. You can also go for easy structure books.

## Toolkit

So, what should your basic language toolkit comprise?

- Google
- Language learning apps
- Storybooks
- Vocabulary and Grammar/Rule book
- YouTube
- A Study Group

## Apps for Learning Language

- HelloTalk – Connects with natives across the world
- Duolingo – Overall learning toolbox
- Anki – Flashcard learning
- LingQ – for Vocabulary
- Forvo – Native pronunciation assistance
- Polyglot Club – Community for language exchange
- Discord – Create/Join rooms/servers with people and natives with similar goals

# National Education Policy (NEP 2020)

By Preeti Chauhan, III Year

This policy would aim to ensure universal access at all levels of schooling from pre-primary school to Grade 12 which is extremely important as well as a pre-requisite condition for making for fulfilling the sustainable development goal 4 i.e. quality education.

It is often said that budgetary allocations for the education sector should be increased by at least 5 to 6 percent of GDP this is the MINIMUM and should be done at the earliest and the same is envisioned in the NEP, 2020

*Being connected to your roots is one of the great ways to lead life,* keeping these words as the inspiration, there is an emphasis on promoting multilingualism and Indian languages; the medium of instruction until at least Grade 5, but preferably till Grade 8 and beyond, will be the mother tongue. This step would surely imbibe a sense of pride for our culture in the young minds of children.

Multiple mechanisms would be fitted into the place with checks and balances to combat and stop the commercialization of higher education. Commercialization of education leads to a blot on its sanctity and piousness which is obviously not good.

Many similar changes have been talked about in this policy but its implementation remains to be seen.

Obviously, there are flaws in the policy that should be addressed as soon as possible and the corrective measures should be incorporated.

It can be said with surety that this policy would prove to be a boon for the Indian education system if implemented properly.

## CHANGE

By Prachi Gupta, III year

"Change", I've always been reluctant to this word itself. I am someone who needs much time to absorb changes- be they small or big. But during this past 1 year, I've somewhat experienced and felt that changes aren't always disturbing, they're just different.

Different from what you've been doing as you did before; different in a way that it adds more dimensions to what you see/think is right; different in a way that your favorite color has been the same for the past these many years but now, with time, you start liking other colors too. Different that you start thinking of stepping out of your shell as difficult to the point that you think it isn't worth trying, but then, you end up taking a chance and making it go well. Different in a sense that different it is!

So, just in case you're feeling an inertia to write/text/paint/communicate/sing/explore/read/create/record/call/meditate/think/sort out/prioritize/plan/do anything; just try and ask yourself to embrace that change and explore it this time!!



By Prajna Bhowmik, III Year

# Listen to the Water Trickle

By Vishruti Shrivastava, III Year

Listen to the water trickle,  
hear the darkness splash the ground.  
As night time falls ever quickly and total silence does surround.  
Here in this silence you can feel it,  
the cold and familiar grasping of its embrace.  
How the cool chill of winter slowly licks upon your face.  
The soft crunch and crumble of autumn leaves,  
A reminder all things must die.  
The thought of its raw and subtle beauty brings a tear to my eye.  
It is there that tear slowly climbs down my cheek and down onto my chin.  
Followed surely by another tear that takes the same path again.  
And I smell it, an odor familiar,  
Wood burning not too far from me.  
My soul is gently lifted and my feet swiftly start to flee.  
Into the night it's hard to see but the smoke is wrapped into the sky.  
Just like that,  
I feel thoughts strike me,  
nature's light weight fist upon my head.  
A gentle snowflake has found me but it hit me like a ball of lead.  
I dig my hands into the dirt,  
There's nothing and No one else around.  
I lie there motionless in disbelief with my face dug in the ground.  
Then suddenly the snow comes harshly,  
I feel it forming around my silhouette.  
The light casted from the moon shown a shadow I won't forget.  
Surely it was my shadow that I now looked at nose to nose.  
And the sight of that poor creature delivered one of my life's greatest blows.  
He looked unto me so confident,  
Beckoned me to take to my feet.  
I did so and he mirrored me,  
Not even from myself do I accept defeat.  
Just there I felt his lifeless hands embrace my bare left shoulder.  
Though this me was made of air it was heavy as a boulder.  
"I've ran it tired," the shadow said to me,  
looking at my eye to eye,  
"you already know what it is like sister, what it means to truly die."  
Now a bright light flashed before me,  
I awoke nearly frozen to dead grass.  
I realized in that moment, this weakness too shall pass.  
I left out of that river bed,  
unsure still but in a sense enlightened.  
For the confidence I thought I lost returned and my resolve was heightened.

# Gargi- A Roller-Coaster Ride Experience

By Prachi Gupta, III Year

Dear Time, why are you so intrigued?

It feels like yesterday when we came here at Gargi (yes, the batch of 2023- technically would've come here in 2020, but yeah, 2022 it was).

From becoming fascinated by the beauty of Gargi while in the online year to actually coming here in real; to getting mesmerized by the greenery of the campus and symmetry of the main arch; to rushing through the corridors and the labs from 8:40 to 5:05; to getting zoned out during 6 hours-theory-Wednesday; to a short and quick Saturday, we've definitely come a long way!

Looking back at all of this sometimes feels like, "Really, has it all passed!?" or wait, no! How could it be a whole complete year!?"

'Cause wasn't it a yesterday we came at Gargi



By Vishruti Shrivastava, III Year



By Vishruti Shrivastava, III Year

Swinging back and forth between thinking of attending a week-day-fest maybe and then, coming to the reality of not going for it in the first place,

"as of course, we have our lab till 5", little did we know that the lab will resonate like a home someday and professors, batchmates, lab staff, a family.

Now, this might make one realize, it wasn't yesterday we came to Gargi but I don't want to not think that "it wasn't yesterday we came to Gargi"

Maybe, the science quad would stay the same, or maybe the taste of that iced tea from Nescafe would not change, but this time, would, and, and, it is changing!!

It doesn't matter if it was yesterday or not when we came to Gargi, what actually matters is that we felt all of it!

# Thoughts Farewell Brings to Your Mind

By Manya Baweja, III Year

***"It may be hard for a while, but eventually you are going to find the good in goodbye"***

Crossing away all the hurdles and surviving the struggles, finally, the stage has come where everything is slipping out of your hands. All the worries and stresses are coming to an end and you should be happy right? And you are smiling too from the outside but that secret fear that is going on whether you are really happy or not? Imagining a life without these people that were once strangers have now become so important that it really gives goosebumps to imagine your life without them.

Realizing the coffee has become cold that you just brought from the kitchen, similarly, this journey of 3 long years which didn't seem so long has come to an end. From giving farewell to our seniors to selecting our sarees for our own farewell we have all grown up. And now those teenagers that had so many dreams and aspirations while coming to college have now become adults and certainly more wiser and mature than before. Surviving all the deadlines somehow, sitting till late nights to complete the practicals, and pushing each other just a little more we have all come a long way. Between these assignments and projects, a special bond developed and nurtured with time which has no words to be described but it is still unique, and certainly that fear and hesitation of talking to someone has taken a back seat.

The secret battle that has been going on between the mind and heart is where your mind is ready to finish this phase and go on to the merry future which is welcoming you with open arms but your heart is not ready to just move ahead and leave all the things behind.

And slowly sipping your coffee that is so delicious that you don't want it to finish so you are taking as small sips as possible as you are trying to enjoy these college days to the fullest so that you have many memories to get through an entire lifetime. But this is life right, something that has started is going to finish too like this coffee, and supposedly everyone has to move forward and you can't hold on to anything.

Eventually, the coffee finished, just as in all those carefree days when you had so much work to finish but still saw those laughing faces all that seemed to erase out and you also joined them and laughed for hours sometimes without any reason.

Breaking away from all those thoughts you remembered that you have important work to finish and slowly moving away from the window where you were enjoying your coffee, you realized that everything will move at its own pace and time will not stop so the best way is to enjoy every moment to such an extent that you don't have any regret further.

To conclude, you should know that eventually this phase will also pass and no one can bring back this time so try to collect all that you can. Because in the long run, all these days will become memories that you can laugh and cry at and moreover cherish for all the years to come.



## एक शाम

By Preeti Chauhan , III Year

"एक शाम कुछ अनमनी सी थी  
सूरज की लालिमा मद्धिम धुंधली सी थी  
हवा का मिजाज़ ही कुछ जुदा था  
जैसे खुदा भी इंसानी कौम से कुछ खफा सा था  
मैं भी मस्तमौला चले जा रहा था  
आने वाली ज़िंदगी के उतार चढ़ावों को तोल आगे बढ़ा जा रहा था  
अचानक मेरे ख्यालों में एक बचकानी सी सयानी सी आवाज़ से खलल पड़ा  
मैं मुड़ा तो दृश्य ही कुछ और था  
मैं चौंक उठा  
कुछ अचंभे में पड़ा  
आखिर यह क्या मसला है  
छुपन - छुपाई खेलने की उमर में  
ये बालक कंगन बेचने में जुटा है  
"क्या रे छोटे, ये क्या नौटंकी है?"  
"बाबूजी हर ठेली वाला बच्चा छोटे नहीं होता,  
हरी नाम है मेरा  
आज नहीं तो कल  
दुनिया जानेगी और मानेगी हरी को  
और आपको लगने वाली नौटंकी मेरे घर का चूल्हा सुलगती है  
इसलिए ये नौटंकी करना मेरा शौक है, जुनून है"  
मैं नि : शब्द हो गया  
कुछ देर उसे टुकुर टुकुर निहारने के बाद हिम्मत जुटाकर बोला  
"और तुम्हारी शिक्षा का क्या,  
पढ़ने लिखने की उमर है तुम्हारी तो"  
"बाबूजी, आप अमीरों की शिक्षा किताबों तक सीमित होगी  
हमारे तो ज़िंदगी ही रोज़ इस्तेहान लेती है"  
दिल को झकझोर गई उसकी बातें  
कुछ सवाल आए अंत : मन में  
आगे बढ़ने की होड़ में  
क्या हम गलत राह पर बढ़ चले??  
मैं तेज़ कदमों से अपनी घर की ओर चल पड़ा था  
हवा का मिजाज़ ही कुछ जुदा था  
जैसे खुदा भी इंसानी कौम से कुछ खफा सा था

## आज़ादी...

By Preeti Chauhan , III Year

शोलों से जलना सीखा है  
हर तूफान से लड़ना सीखा है  
दुर्गम से दुर्गम पहाड़ों को भी  
हमने फतेह करना सीखा है  
भारतीय है हम

वतन पर मर मिटना तो  
हमने भगत सिंह से सीखा है  
जिस आज़ादी को आज हम  
सिर माथे पर सजाते है  
जिस शान से हम

खुद को भारतीय कह जाते हैं  
इस आज़ादी का मोल  
जाने कितनो ने चुकाया है  
तब जाकर कही

हमारा तिरंगा विश्वपटल पर लहराया है  
कितनो ने सीने पर प्रहार सहे  
कितनो ने लाठियों के वार सहे  
पर फिर भी लक्ष्य पर वह रहे डटे  
कितने हंसते हंसते झूल गए  
और हमे कर्जदार बना गए  
कितनो ने अपने अपनों को गवाया है  
तब जाकर कही

हमारा तिरंगा विश्वपटल पर लहराया है  
विश्वगुरु, सोने की चिड़िया जम्बूद्वीप  
यह कहलाया है

पूरे विश्व के जन-मानस तक  
अनेकता में एकता का अद्भुत उदाहरण  
केवल भारत ने पहुंचाया है  
हां कुछ चुनौतियां आज भी है  
पर मुश्किलों से डरना  
कब हमने सीखा है  
भारतीय है हम  
जान की बाजी लगाकर  
अंत तक लड़ना

तो हमने भारत के वीर सपूतों से सीखा है



By Arju Yadav, II Year

# CATCHING UP WITH THE ALUMNI

*Miss. Riya Rakheja  
M.Sc Chemistry from IIT Roorkee*



*Gargi was the beginning point of a proper adult life. I remember coming to the first day of college and realizing that it was going to be a different ride. As a kid, I used to think that college life is the one just as shown in KJo's movies, but for a chemist like us, it was all about labs. Gargi not only provided me with the academic knowledge but knowledge needed to survive the outside world. It was a safe place. I remember all the laughter, tears(from laughing only), joy, sadness, the fun in lecture halls, the bunks, and finding spots for eating lunch(which was quite a struggle, because the canteen was always a crowded place). The red walls were my home for me for 3 years (though 3 semesters were gone in Covid). The fests be it Zistatva or Reverie were always fun. The music, the dance, the stalls, meeting new people, the games, the fashion shows everything was amazing and I feel lucky to be able to enjoy it. But the core memory I have of Gargi was my travel to the college. It took me 2 hours to travel from my home to college. And I have to do it for like 3 semesters and later covid saved me somehow. But it was also a kind of experience. I will always cherish the friendships I made here, the love I got from the teachers, and all the memories which are going to be there with me for a lifetime.*

# CATCHING UP WITH THE ALUMNI

*Miss Akshita Jain*  
*Preparing for UPSC CSE*



*The whole 3-year journey with Gargi has been Euphoric! Starting from the anxious orientation day to graduating with several experiences and confidence. This journey was filled with breaks and surprises especially when all of a sudden COVID hit us with that came a break in our studies for a few months but then we resumed almost everything in the new online mode. I have to say I miss those red walls, LT halls all the giggles, serious lab work, and those vibrant bottles of chemicals. And to say there is more to college than just studying your field, I was privileged as the then convenors entrusted me with the responsibility of being president, ultimately making me what I'm today. All the things I have been part of or did have a significant impact on me as a person be it taking lectures or working for Rashgandhayan or drafting review papers or working with NGOs or for that matter interacting with people from villages and understanding their problems, every bit of these experiences taught me something new. This piece of article would be incomplete without the mention of all of our supporting professors, they have always fostered a very healthy environment where we could talk not only about chemistry but anything we might be going through. They carved us as not just a chemist but also as humans with values like empathy, compassion, honesty, and coordination. If only I have to sum it up it was as exciting as a roller coaster ride, full of twists and turns, ups and downs, and full of surprises.*

# CATCHING UP WITH THE ALUMNI

## INTERVIEW WITH MISS SHRIDHARA MATHUR



**1. How do you feel about being an alumna of Gargi College?**

*I'm glad to have been part of Gargi. The college opened up a gateway of diverse opportunities for me and contributed to a holistic learning curve. I owe my personal and professional growth to Gargi, and I'm extremely grateful to my alma mater for all the memories and learnings.*

**2. What do you miss the most about your college life?**

*I miss the freedom of expression. Gargi has always been a safe space where we could be ourselves without worrying about the world outside. I miss the supportive environment that college offered me. Apart from that, I really miss Nescafe's iced tea :)*

**3. How would you differentiate yourself before you were in college and after you passed out?**

*As mentioned in my previous answer, the college opened up a wide variety of learning and growth opportunities for me. Three years of college resulted in tremendous academic, personal, professional, and emotional growth. Gargi has shaped my personality and helped me become who I am today.*

**4. What do you think makes Gargi College different from other colleges?**

*Gargi is a safe space that allows students to discover their identities. A supportive, non-judgemental environment is what differentiates Gargi.*

**5. What do you miss more - Attending classes or bunking classes?**

*The freedom of being able to bunk classes is definitely missed more than the lectures :))*

**7. What's your favourite college memory?**

*Sipping on iced tea from Nescafe while sitting quietly/reading in the botanical garden. Nothing's more peaceful :)*

**8. What are you currently doing and how satisfied are you with your life?**

*I'm currently associated with an MNC and am working in HR. I owe my placement to Gargi (shoutout to the placement cell and all their hard work in bringing in the best opportunities for us).*

**9. How college life can help in shaping the personality of a person?**

*College is a crucial life stage where we pave the way for our personal and professional growth. The college lays the foundation of our professional journey, and it is extremely important to find our real interests and passion during our college years.*

**10. A message you would like to give to the students studying in college right now?**

*I'd advise all students to engage in extracurricular activities/additional courses/internships as it is important to understand where one's interest lies. Hence, apart from academics, it is important to explore.*

# CATCHING UP WITH THE ALUMNI

Miss Priyanka Garg  
M.Sc. Chemistry from JNCASR



## Gargi is Love

"Gargi is love" is what comes from my heart whenever I think of my B.Sc. When I entered Gargi, I was nothing, I knew nothing. But 3 years at Gargi helped me to discover an amazing version of myself. I was so nervous and scared at the joining time as I step out of my house for the 1st time and ultimately Gargi became my 2nd home. The love, affection, and care I got from my teachers made my 3-year journey memorable. And if you have some good friends at Gargi, which you will always find here, it will give you the best memory of life. I was the lucky charm to have all this. All the scolding, extra classes, assignments, and internals feel tiring, but after stepping out of Gargi, it's all this only that makes me smile. I can't even forget how scared I used to be in Bhaan Ma'am's and Ultra Ma'am's classes and how excited I used to be for Vaijayanti Ma'am, Tripti Ma'am, and Neha Ma'am's classes. That excitement before the cosmetic practical class (although it was online) to learn something different was amazing. That satisfaction after Geeta Ma'am and all the other teachers' classes is unforgettable. I do not have words to express my gratitude to all my teachers. Our batch had an experience with both online and offline modes of education. Teachers worked hard to make sure everyone could receive education during the lockdown. Luckily, we had such supportive and caring teachers. Apart from this, Gargi gave me all opportunities to develop myself from being Editor-In-Chief to the President of the department. I inculcated so many skills in myself that will certainly lend a helping hand in the future.

I just want to convey a small message to all the juniors that you are going to have the best time here. So, do hard work, learn every day, make friends, and enjoy these 3 years of life. You have friends like teachers whom you can approach anytime and share anything.

Thank you Rasgandhayan and Gargi for being my best place.  
All the best to the juniors.

# CATCHING UP WITH THE ALUMNI

Miss Shraddha R. Bhat

M.Sc. Chemistry, IISER Thiruvananthapuram



*Journey at my version of Hogwarts*

*Gargi. It's not just any name. A thousand memories come rushing whenever I come across this word. A place that made me what I am today, how can I ever even express how grateful I am? Surely everyone would've had their own experiences, and each of those would have been unique & extraordinary, and today I'll share about the marvelous years that I had, here, at Gargi. My journey clearly started during admissions itself, where I met our dear Tripti Ma'am. Little did I know at that point how that single person was about to impact my college life to the maximum extent. The way she has taken care of me since day one is something I cherish the most. I remember other senior teachers being there in the teachers' room during admissions & asking why I wanted Gargi only. Well, for one, it was pretty famous & two, my house was within a walking distance from Gargi. Looking back, no matter how silly the second reason sounded at that time, it was one of the best decisions I ever took in my life. Starting with the orientation program, I remember feeling ecstatic to see the performances of the amazing societies; only to be disheartened when they started taking auditions & rejected us one by one. Tired of the rejections, I went for the interviews of Rasgandhayan, fully prepared to face another rejection. But that turned out to be a decision in life that I am so grateful for, as that society has been the predominant source of my personality development. From learning how society functions to learning how to tackle problems to actually help in running a society, the two-year journey of Rasgardhayan taught me things I never thought I could handle or excel at. Well, isn't that the beauty of Gargi, to bring out new & amazing aspects of ourselves that we never knew existed? From sitting in the two-hour theory class eagerly waiting for it to get over, to dreading the day when all of that would be no more; from finding 4 hour lab sessions in the first year difficult to bear to doing 8 hour fun mixture labs in the final year without having any sense of time; somewhere in between I fell deeper in love with chemistry. Was it the subject that made me fall for it or the professors who framed in me a whole new picture of chemistry, I could never really decipher. Maybe that is the quality of Gargi- it never lets you realize how and when you fall for it & its people. The positive environment that Gargi had, is something I'll forever cherish. Although half of our college life went online, it didn't make us feel any less grateful for what Gargi had done for us. Transitioning from offline to online suddenly, as big a headache was for us, so was for the professors.*

*Continued*



But, after struggling for 1.5-2 years, we came out stronger than before, growing in a way we never knew we could. Without letting that teacher-student bond be damaged, connecting with professors online was certainly different but never difficult. The process was easy because of the fact that we had super awesome professors & amazing seniors and juniors. Having the kind of Seniors that we had, it was truly a magical bond that we shared. They felt less like seniors and more like sisters. Maybe that is the thing with Gargi - the support from everyone helps you become a much stronger & confident version of yourself. Practicals with Sushma ma'am, Chandhana ma'am, Uttara ma'am, Renu ma'am, Geeta ma'am, Keya ma'am, Anita ma'am, Tripti ma'am, VJ ma'am, Neha ma'am, Aching ma'am, Manju ma'am, Taruna ma'am - sab yaad rakhungi mein jab tak hai jaan, jab tak hai jaan, jab tak hai jaan. Anita ma'am's infinite care, Aching ma'am's constant upliftment, Beena ma'am's small motivational talks, Chandhana ma'am's affection, Geeta ma'am's dedication & determination, Himani ma'am's cute and lovely nature, Keya ma'am & Rita ma'am's dedicated concern about our understanding, Neha ma'am's inspiring stories, Niyati ma'am's enthusiasm and chillness, Manisha ma'am's Manju ma'am's guidance and deep talks about future, Beena ma'am's subtle pieces of advice, Renu ma'am's sweet nature, Sushma ma'am's words of high motivation and strive for perfection, Sushmita ma'am's enchanting warmth, affection, and astounding depth of the subject, Taruna ma'am's friendliness, Tripti ma'am's truly unconditional love, guidance and concern, Uttara ma'am's life lessons and concerns, VJ ma'am's determination and hard work lessons and one of its kind of support and love from all of the lab staff- everything was just extraordinarily special and made us feel like we belonged there. Maybe that is what makes Gargi so unique - the influence of the best professors that we could have asked for, the people who put their heart & soul literally into everything that they do and inspire us to do the same. From being excited at seeing various colors in the lab, to feeling a sense of belonging at seeing the colors in the lab, we grew too much in a very short span. From worrying about practical file submissions to worrying about Msc admissions, we never realized how fast we grew up. And suddenly, one day, it was time to bid farewell. A goodbye to the place we had started loving so dearly, a goodbye to our escape from the harsh outer world, a goodbye to the only place when everyone wanted the other to grow and so better, a goodbye to our only heaven - our second home. Abhi toh aaye hi the yaar, itni jaldi kyu jane ko bol rahe ho? Knowing that we won't be roaming carelessly inside those red walls or blaming Dilli ki garmi & sardi for making our life difficult, that we would no longer be standing in those long lines at free Nescafe & canteen counters, that we will never be able to experience for one more time the winter wali dhoop and chit chats, the hours spent during fests or just on random days. Maybe that is the thing about Gargi - it gives birth to one of the hardest goodbyes.





# In Conversation with Union Members

## Experiences and Learnings

### Vishakha

This society is a place for introvert students who can make themselves an extrovert. Here we got a chance to get new skills. In this society, I got little more leadership quality. Interactive society it was. Got to know about different things. It was teamwork.

### Ananya Sisodia

Being the Cultural Secretary of the chemical society, Rasgandhayan. I have learnt how to manage and organize events. It enhanced my creative abilities and has given me a vast understanding of management.

### Sanskriti Singh

I had a great experience working on teams with seniors as well as juniors. I gathered that arranging any small to major events builds up efficiency and development. Had a great time, working and learning new things.

### Akshita Gupta

I worked as a Creative Team Member in our society. This designation taught me how to manage events, decorations, and everything else. It was a great pleasure working with all the members. I will really miss this.

### Disha Aggarwal

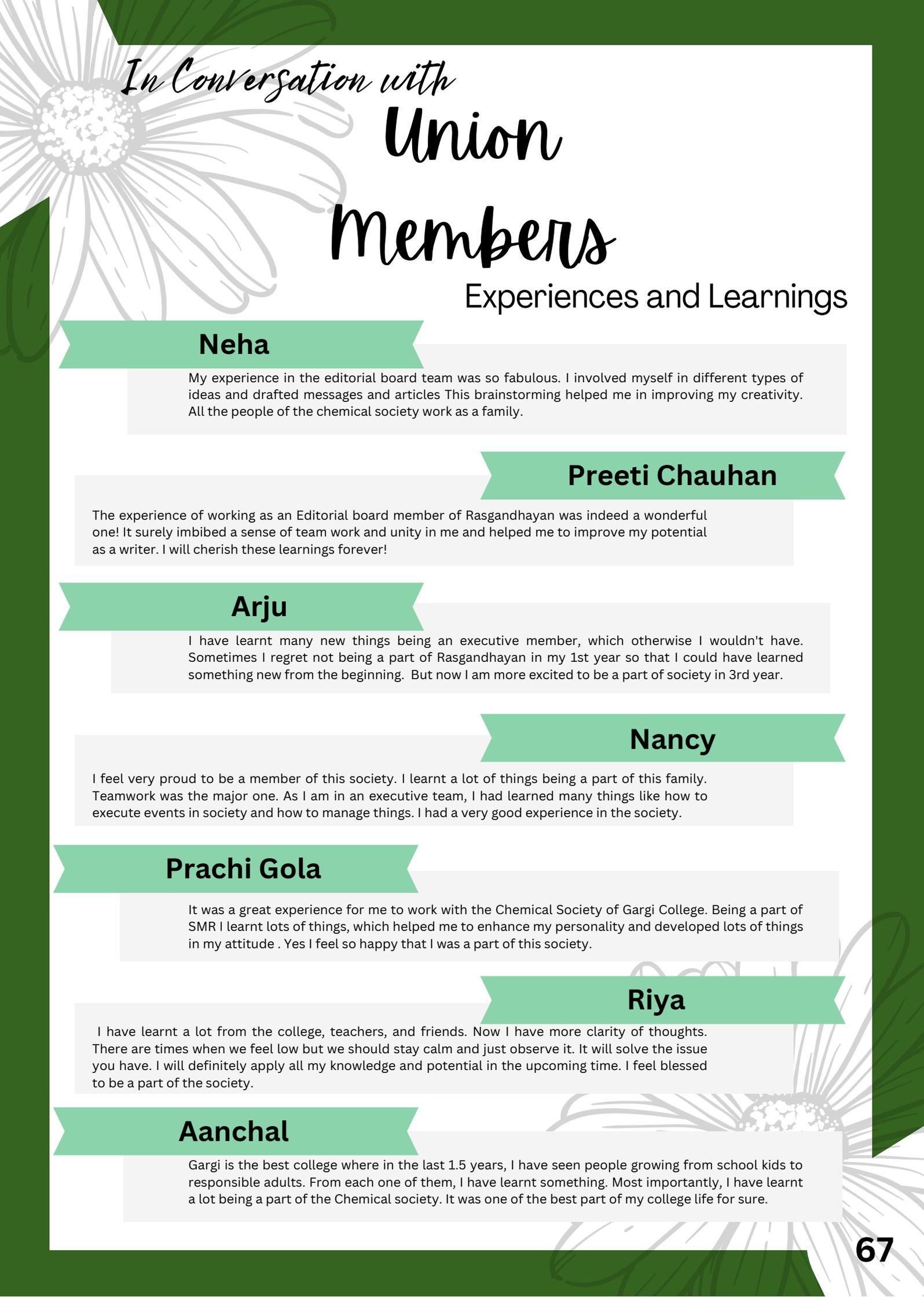
Being elected as the Cultural Secretary, this year, has been a great opportunity and I would like to thank you all for the same. Working as CS and leading the creative team has been an incredible journey, brainstorming new and creative ideas together has been fun.

### Ritika

Through the position of an SMR, I got to know about the various uses of Canva. Yes, there were ups and downs but learning is something that didn't stop. Also, we are Gen Z, how can we be far from social media? Social media has become the heart of this generation, so being a part of the social media team was really good.

### Anjali Kumari

Being a member of the chemical society, I got a chance to learn a lot during this one year. One of them that we have learned and seen coming true is "Sabka sath sabka vikas". By working together with the team, everything seems possible. We learnt and felt these things and I feel that these things will be very useful in our future life.



# In Conversation with Union Members

## Experiences and Learnings

### Neha

My experience in the editorial board team was so fabulous. I involved myself in different types of ideas and drafted messages and articles. This brainstorming helped me in improving my creativity. All the people of the chemical society work as a family.

### Preeti Chauhan

The experience of working as an Editorial board member of Rasgandhayan was indeed a wonderful one! It surely imbibed a sense of team work and unity in me and helped me to improve my potential as a writer. I will cherish these learnings forever!

### Arju

I have learnt many new things being an executive member, which otherwise I wouldn't have. Sometimes I regret not being a part of Rasgandhayan in my 1st year so that I could have learned something new from the beginning. But now I am more excited to be a part of society in 3rd year.

### Nancy

I feel very proud to be a member of this society. I learnt a lot of things being a part of this family. Teamwork was the major one. As I am in an executive team, I had learned many things like how to execute events in society and how to manage things. I had a very good experience in the society.

### Prachi Gola

It was a great experience for me to work with the Chemical Society of Gargi College. Being a part of SMR I learnt lots of things, which helped me to enhance my personality and developed lots of things in my attitude. Yes I feel so happy that I was a part of this society.

### Riya

I have learnt a lot from the college, teachers, and friends. Now I have more clarity of thoughts. There are times when we feel low but we should stay calm and just observe it. It will solve the issue you have. I will definitely apply all my knowledge and potential in the upcoming time. I feel blessed to be a part of the society.

### Aanchal

Gargi is the best college where in the last 1.5 years, I have seen people growing from school kids to responsible adults. From each one of them, I have learnt something. Most importantly, I have learnt a lot being a part of the Chemical society. It was one of the best part of my college life for sure.



# In Conversation with Union Members

## Experiences and Learnings

### Niharika Borah

I have been working as the editor of Rasgandhayan for over a year now and it gives me immense pleasure and satisfaction, having known that I served society by writing creative articles and organizing events. I joined the society with the hope of learning teamwork and managing events. Society had given me a platform to showcase my literary talent. The editorial board also taught me how to extract the best out of all events and jot it down in the form of summaries and reports for the annual magazine report. Being a part of society has also built my ability to manage various curricular along with my academics. The year 2020-21 was also about competitions, where students from different departments had shown active involvement. Within a span of a year, I have witnessed a lot of growth within me and I wholeheartedly thank Rasgandhayan for letting me be a part of this wholesome journey.

### Iqra Jabi

Being in the chemical society is a wonderful experience. If you're reading this as a member here's a quick note, you'll disagree with your mates on a lot of things, and conversations will not be good even with the closest ones but it'll all be worth it when the event turns out to be a success. So give it your best. Though we have a small society your ideas matter. Don't ever think that this isn't that big, or this doesn't matter because it does matter. Your efforts count. And a successful event is possible with each member's sincere contribution.

### Devanshi Ahluwalia

Being a part of society as general secretary actually brought a lot of learning. The last-minute thrill before the event is amazing. Different members and their points of view diversify your way of thinking. I've learned a lot from each one of them like how the creative team helps you to be unique, the editorial team gives you the opportunity to actually express your visions, the social media team gives you a happy memory & last but not least the core team which brings all of this together.

### Shubhangi Nagar

Being a part of Rasgandhayan consecutively for 3 years was definitely a great experience, which is really difficult to explain in a few words. I am so grateful to these people who made me a part of this union and were always there to motivate and encourage me during the times I wasn't confident about myself. A shift from online to offline: It was quite difficult to understand how everything works in offline mode, but somehow we were able to pull off everything quite well. As a team, we worked so hard to make every event an amazing one, and that feeling of satisfaction after the event is what made us work even harder. Not just a particular task, but I have learned so many things that I wouldn't have been able to know about if I weren't a part of society. I can surely say that I have literally worked a lot more than I thought I would, and the time-to-time appreciation that you get is what makes you even happier. It is hard to believe that we won't be able to organize events together, but I am sure Rasgandhayan will keep on shining bright with new talents taking on responsibilities with each passing year.



# What Next After B.Sc.?

Done with the 12th? Let's do B.Sc. and then we'll think about what to do next. This is what many of you may have thought before enrolling in a B.Sc. course. But now that you are in B.Sc. the same question comes again- What next?

There are many options to do after B.Sc. like MBA, M.Sc, B.Ed, LLM, etc. And that's also a huge problem. Why? Because many options mean more confusion. And you know what, you may find many people who will guide you about these mainstream options, but none will be there to guide you in case you want to do something different.

There might be a time when there were limited options to pursue after B.Sc., but now, it's not like that. A Bachelor of Science degree in Chemistry also opens various career opportunities in India. I'll try to give a brief about some of them.

## Master's Degree in Chemistry

One of the most popular options for B.Sc Chemistry graduates is to pursue a master's degree in Chemistry. This can provide them with advanced knowledge and skills in the subject and can lead to various research opportunities. Some universities also offer integrated M.Sc programs that combine undergraduate and postgraduate studies. And this is the most common option to go for after completing the bachelors.

## Career in Teaching

Another popular option for B.Sc Chemistry graduates is to pursue a career in teaching. They can opt for a Bachelor of Education (B.Ed) degree and become a chemistry teacher at the school or college level. Many universities offer B.Ed courses, which are typically one-year programs. And if you want to earn a lot through teaching, you can go for M.Sc. and join some institute as a teacher. Believe me when I say that teaching in a coaching center is one of the most demanded jobs today as well as in the coming future.

## Chemical Industry

B.Sc Chemistry graduates can also opt for a career in the chemical industry. India has a vast chemical industry, and there is a high demand for skilled professionals in this sector. Graduates can work in research and development, quality control, or production. Some of the top companies in the chemical industry in India include Reliance Industries, Tata Chemicals, and Hindustan Unilever.

In conclusion, B.Sc Chemistry graduates have various career opportunities in India. They can pursue a master's degree in Chemistry, become a teacher or lecturer, work in the chemical or pharmaceutical industry, or apply for a government job. It is essential to explore the options and choose a career path that aligns with one's interests and strengths. Graduates can also consider taking up additional courses or certifications to enhance their skills and increase their chances of getting a job.

## Pharmaceutical Industry

Another option for B.Sc Chemistry graduates is to pursue a career in the pharmaceutical industry. India is one of the leading producers of generic drugs in the world, and the pharmaceutical industry is a major contributor to the country's economy. Graduates can work in research and development, quality control, or production in this sector. Some of the top pharmaceutical companies in India include Sun Pharma, Cipla, and Dr. Reddy's Laboratories.

## Government Sector

B.Sc Chemistry graduates can also consider a career in the government sector. They can apply for various government jobs, such as in the Indian Oil Corporation, Bharat Petroleum, the Indian Space Research Organization, and the Ministry of Environment and Forests. These jobs typically require candidates to clear competitive exams conducted by the government.

## Forensic Research

Chemistry graduates also have the option to take up Forensic research as a career. Forensic science uses scientific methods to provide evidence or investigate crimes. Forensic science comprises a diverse array of disciplines, from fingerprint and DNA analysis to anthropology and wildlife forensics.



# ACHIEVEMENTS & AWARDS

## Competitions by Rasgandhayan 2022-23

### Poster- Making & Best-Out-of-Waste

(16th September 2022)

1. Varnika Vashishth, III Year, B.Sc (hons.) Zoology



### Khoobiyaa -Talent Hunt

(14th October 2022)

1. Simran, III Year, B.Sc (H) Chemistry
2. Preeti Chauhan, III Year, B.Sc. (H) Chemistry
3. Nidhi Jha, II Year, B.Sc. (H) Chemistry



### Chemaroma- Oral Presentation

(22nd March 2023)

1. Smriti, III Year, B.Sc. (H) Zoology, Gargi College  
Ignita, III Year, B.Sc. (H) Microbiology, Gargi College
2. Akriti, I Year, B.Sc. (H) Zoology, Gargi College  
Ritika, II Year, B.Sc. (H) Chemistry, Gargi College  
Garima, III Year, B.Sc. (H) Microbiology, Gargi College



### Chemaroma- Poster Presentation

(22nd March 2023)

1. Ekta, I Year, B.Sc. Life Sciences, Gargi College
2. Harshita, II Year, B.Sc. Life Sciences, Gargi College
3. Rajasvi, III Year, B.Sc. Life Sciences, Gargi College  
Kriti, II Year, B.Sc. Life Sciences, Deshbandhu College



# ACHIEVEMENTS & AWARDS

## Competitions under Scintillations'23

### Fun In Lab

(28th March 2023)

1. Vishruti Shrivastava, III Year, B.Sc (H)Chemistry, Gargi College
2. Nidhi Jha, II Year, B.Sc (H)Chemistry, Gargi College
3. Iqra Jabi, III Year, B.Sc (H)Chemistry, Gargi College



### Buzz if You Can- Quiz Competition

(29th March 2023)

Winners:-

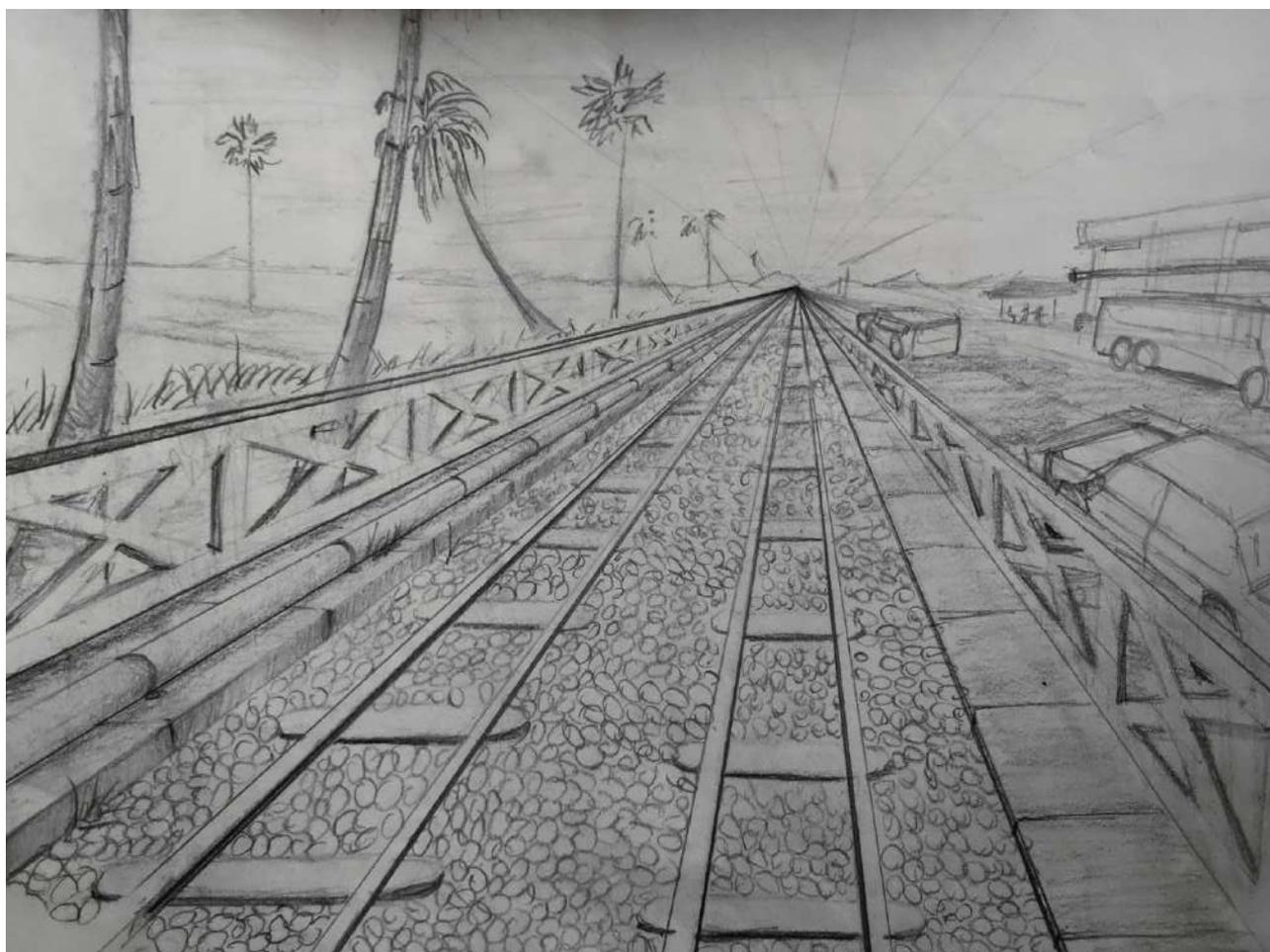
Ermina Reyaz, I Year, B.Sc. (H) Microbiology, Gargi College  
Sakshi Srivastava, I Year, B.Sc (H) Physics, Gargi College

Runner-ups:-

Preeti Chauhan, III Year, B.Sc. (H) Chemistry, Gargi College  
Priyamvada, I year, B.Sc. (H) Zoology, Gargi College

# SCHOLARSHIPS

S. No.	Name	Year	Scholarship	Amount
1	Niharika Borah	2nd Year	Inspire	Rs. 60,000 per year
2	Nidhi Maurya	2nd Year	Inspire	Rs. 60,000 per year
3	Priyanka	2nd Year	Pose	Rs. 4,000 per month
4	Soniya	2nd Year	Student Welfare Fund	Rs. 5,000 per year
5	Akshita Gupta	3rd Year	Inspire	Rs. 60,000 per year



By Arju Yadav, II Year

# Individual Achievements of the Year 2022

---

## First Years

### Kanak Gupta

- Got 100% in boards in fine arts

### Salini Mishra

- Got 100% in Chemistry in 12th Boards
- Literary Champion and Creative Writing

## Second Years

### Arju

- 2nd position in aerobics intercollege competition in Kalindi College (DU)
- Currently doing an internship with shanti Shiksha samiti NGO
- Did Pathfinder project
- 3rd position in Atma ram Sanatan Dharma college (DU) in Crystals Making Competition

### Niharika Borah

- 1st in Acapella competition in Deshbandhu College, DU
- 1st in Acapella competition in IIT delhi
- 1st in Acapella competition in Aurobindo College
- 3rd in Acapala Competition in Delhi Technological University
- An awardee of INSPIRE scholarship
- 2nd in Acapella competition at Lady Shir Ram College
- 2nd in Acapella competition at Ram Lal Anand College

# Individual Achievements of the Year 2022

## **Nidhi Jha**

- My poems got published in Amar Ujala
- Completed an internship as Vice President in "Eat My News"
- Got 3rd position in the "Talent Hunt Competition"
- Did an internship with "Vigyan Prasar"
- Won 2nd prize in "Fun in Lab" held under Scintillations

## **Nikita Negi**

- Currently working with Shanti Shiksha Samiti (NGO)
- Selected as an intern in Byjus for business development associate

## **Devanshi Ahluwalia**

- Did anchoring for Scintillations'23 and I cherish all those small moments
- Did work for NSS- got the post for NGO Coordinator and saw smiles of many students who actually are different but unique and chirpy in their own way
- The purest thing I achieved in the past 2 years was that I met new people and those people impacted me in a very good way. Those different people brought innovation to my thoughts, made me creative & brought smiles to my face. The peace and satisfaction I got by doing all this was the most precious achievement for me.

## **Ananya Sisodia**

- Cultural Secretary of Rasgandhayan
- Completed a Hands-on workshop on python.
- Secured 9.27 CGPA in first year

## **Kunika Yadav**

- Secured 9.27 CGPA in first year.

# Individual Achievements of the Year 2022

## Nikita Giri

- Secured 9.14 CGPA in the first year.

## Third Years

### Akshita Gupta

- Got the Inspire Scholarship

### Pranshu Jain

- Awarded the Gargi college Award for excellence

### Taniya Sharma

- Worked with Girls Up for a year
- Had been a part of Rasgandhayan chemical society of Gargi College as an editor
- Did a Python programming workshop
- Did a workshop on healing to wellbeing



By Sanskriti Singh, II Year



By Sanskriti Singh, II Year

# CLASS OF 2023

**Aakasha Choudhary**



If you believe in yourself, everything is possible

**Akshita Gupta**



What you are hating about college is what you'll miss while leaving. So, find love in little things and smile!

**Anchal**



Every moment is precious. Be happy and enjoy your college life. Participate as much as you can. All the best juniors!

**Anjali Kumari**



Victories teach you to be humble, but mistakes make you more skillful. So just do your best!

**Anshu Rani**



Everyday you wait for another day but today won't come again. Go work for what you want so that you can sing HAKUNA MATATA tomorrow.

**Ayodhika Chauhan**



You are born to reach the heights that these small minds can't even think of

**Ayushi**



Compete with yourself and not with others. Think like a proton; stay positive.

**Dipanshi Kharka**



Never give up. Today is hard, tomorrow will be worse but the day after tomorrow will be sunshine.

**Disha Aggarwal**



Always remember to be yourself and do whatever you love to. Life is short, try to experience everything that comes your way.. :D

**Gazal Chawari**



Everything you're going through is a matter of time. Endings are meant to be beautiful.

**Harshita Mahar**



Girlboss.. Gatekeep.. Gaslight

**Iqra Jabi**



Be Kind. Protect Your Peace. Love yourself

# CLASS OF 2023

Isha Singh



Today is your opportunity to build the tomorrow you want. Challenge yourself to do better each time your goals will be met if you put out your best efforts. Stay happy and enjoy each moment.

Jannat



The power you hold within yourself can make anything possible. No one can take that away from you!

Kalpna



Gargi is a beautiful place to be. Participate in all the events. Be a part of elections and competitions, make memories and have fun! Don't just get riddled among your books and labs :)

Karuna



Welcome to the real world. It sucks. You're gonna love it. Love you guys! You have been the best juniors one could ask for. Pretty people enjoy ♥

Komal



It's always the journey and not the race that takes us towards our destination. Race is just the motion but it's the journey that makes us progress. So my charming juniors, never mix race with the journey. Enjoy every moment not because it's good but because it will not come again. Lots of love to you people just rock it! ☺

Manya Baweja



Not much to say, just would like to say these years will pass in the blink of an eye so enjoy every moment as it comes so that you don't have any regret for the future.

Muskan



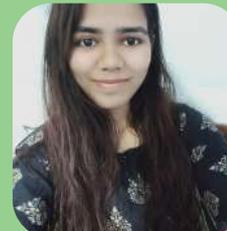
Don't compare your life to others because there is no comparison between the sun and the moon, they shine when it's their time. And just believe in yourself not in others because believing in yourself is the best way to learn and enjoy .

Nancy Mittal



"CHEM IS TRY" So always look for how much progress can be made rather than perfection. Best wishes for you

Poonam



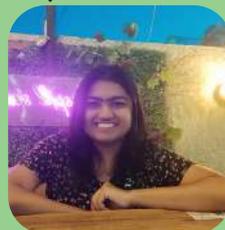
Trust the wait, embrace the uncertainty, enjoy the beauty of Becoming. When nothing is certain, Everything is possible.

Prachi Gupta



Quoting Andy Bernard when he said, "I wish there was a way to know you're in the good old days before you've actually left them". So, till the time you're actually in these good days (which haven't turned old yet), make the utmost beautiful memories, gain new experiences and explore who you are!

Prajna Bhowmik



Believe in yourself. You are capable of more than you can imagine.

Pranshu Jain



Sometime college life can be monotonous, but you need to find joy in little things!! Stay positive :)

# CLASS OF 2023

Preeti Chauhan



खुद का सबसे बेहतरीन स्वरूप हो तुम, खुद की सबसे बड़ी उम्मीद हो तुम! Love you all

Ritika



College life is a blessing. We create various beautiful memories and friends here. Along with academics, we also learn various other things and get exposure to the world by exploring Delhi. The canteen is the best place for the foodies like me. Every corner of the college is a spot for photoshoots. So, enjoy the best of college life. Along with it don't forget your academics. laugh, dance, eat, explore and enjoy!!

Riya



One thing I want to convey to my juniors is, to do what you are good at & have an interest, in because it's a long journey and u have to survive with such cutthroat competition, Don't take anything as a burden enjoy your work and truly u will enjoy it.

Sakshi Sharma



Dear juniors, It's been a remarkable journey with you all. Always struggle to be the best, whatever you do. May you be blessed with victory and magnificence. Wishing you the very best for your future.

Shubhangi Nagar



Beginning with one thing that I surely didn't follow is not to worry too much. This one year will fly by so quickly, and all you'll be left with are some precious memories, so make the most of it. Explore everything you can, and most importantly, keep your faces bright with that enchanted smile.

Simran



College is not just about studies, do everything you have ever wished to do. Don't limit yourself and enjoy.

Simran Bidhuri



"Your time is very precious ,so don't waste it in living someone's else life .Be the best version of yourself ♥

Suchita



Never shy away from the challenges. Never give up on chasing your dreams. Believe in yourself and the world will be yours . Wishing u very best for future

Tanisha Panwar



Enjoyment doesn't go hand in hand with Chemistry Honors. So please take off both at your own pace. Never compare yourself with others because, in the end, it's all about you. Believe present and make a better tomorrow.. Atlast love it!! It's going to end one day :)

Vishakha



Gargi is a place for beautiful girls. Those who are able to get into Gargi are smart and beautiful ☺☺ Really a good campus for learners. In Gargi college, we got admitted as learners and leaving as leaders.

Vishruti Shrivastava



Enjoy while you can, it may seem like you're lacking in every walk of life, but that's not the case. Have some good food, and back to living!

Taniya Sharma



Enjoy as much as u can, and push yourself a bit. There is nothing wrong with bunking and having some fun. Study hard. Lots of Love

# Contact Details

## Batch 2023

S. No.	Name	Contact No.	Email id
1.	Aakansha Choudhary	8960647554	<a href="mailto:aakanshachoudhary565@gmail.com">aakanshachoudhary565@gmail.com</a>
2	Akshita Gupta	9571930911	<a href="mailto:akshitagupta9571@gmail.com">akshitagupta9571@gmail.com</a>
3	Anchal	85029 81883	<a href="mailto:Rajyoganc11@gmail.com">Rajyoganc11@gmail.com</a>
4	Anjali Kumari	9546355626	<a href="mailto:anjaliBeg01@gmail.com">anjaliBeg01@gmail.com</a>
5	Anshu Rani	9667532426	<a href="mailto:anshurani2426@gmail.com">anshurani2426@gmail.com</a>
6	Ayodhika Chauhan	8929567005	<a href="mailto:ayodhikachauhan@gmail.com">ayodhikachauhan@gmail.com</a>
7	Ayushi	9310279772	<a href="mailto:ayushivashist1502@gmail.com">ayushivashist1502@gmail.com</a>
8	Dipanshi Kharka	7252856454	<a href="mailto:dipanshikharka@gmail.com">dipanshikharka@gmail.com</a>
9	Disha Aggarwal	9891550095	<a href="mailto:dishaaggarwal308@gmail.com">dishaaggarwal308@gmail.com</a>
10	Gazal Chhawri	9667011297	<a href="mailto:gazalchhawri@gmail.com">gazalchhawri@gmail.com</a>
11	Harshita Mahar	8178464502	<a href="mailto:maharharshi@gmail.com">maharharshi@gmail.com</a>
12	Iqra Jabi	9871232133	<a href="mailto:igrajabi2020@gmail.com">igrajabi2020@gmail.com</a>
13	Isha Singh	7838670063	<a href="mailto:ishasingh0254@gmail.com">ishasingh0254@gmail.com</a>
14	Jannat	8295914223	<a href="mailto:jannat8935@gmail.com">jannat8935@gmail.com</a>
15	Kalpna	9315657502	<a href="mailto:kalpnayadav7693@gmail.com">kalpnayadav7693@gmail.com</a>

16	Karuna	7015609247	<a href="mailto:sainikaruna23@gmail.com">sainikaruna23@gmail.com</a>
17	Komal	8398990449	<a href="mailto:pk9617837@gmail.com">pk9617837@gmail.com</a>
18	Manya Baweja	9310641447	<a href="mailto:bawejamanya0609@gmail.com">bawejamanya0609@gmail.com</a>
19	Muskan	8307421934	<a href="mailto:muskankhoshya2002@gmail.com">muskankhoshya2002@gmail.com</a>
20	Nancy Mittal	8882418399	<a href="mailto:nancymittal2002@gmail.com">nancymittal2002@gmail.com</a>
21	Poonam Naranware	8889856781	<a href="mailto:poonamn2001@gmail.com">poonamn2001@gmail.com</a>
22	Prachi Gupta	63976 50339	<a href="mailto:guptaprachibly@gmail.com">guptaprachibly@gmail.com</a>
23	Prajna Bhowmik	82579 96905	<a href="mailto:prajnah21@gmail.com">prajnah21@gmail.com</a>
24	Pranshu Jain	96606 16626	<a href="mailto:bhavyajainpj003@gmail.com">bhavyajainpj003@gmail.com</a>
25	Preeti Chauhan	87007 57182	<a href="mailto:preeti1112002@gmail.com">preeti1112002@gmail.com</a>
26	Ritika	93114 10116	<a href="mailto:ritikabhadana16@gmail.com">ritikabhadana16@gmail.com</a>
27	Riya	80007 42900	<a href="mailto:riyakumari7112003@gmail.com">riyakumari7112003@gmail.com</a>
28	Sakshi Sharma	62642 91745	<a href="mailto:saksheesharma4@gmail.com">saksheesharma4@gmail.com</a>
29	Shubhangi Nagar	80762 01965	<a href="mailto:shubhanginagar0@gmail.com">shubhanginagar0@gmail.com</a>
30	Simran	88022 10005	<a href="mailto:ssanduja10@gmail.com">ssanduja10@gmail.com</a>
31	Simran Bidhuri	9354031833	<a href="mailto:simranbidhuri001@gmail.com">simranbidhuri001@gmail.com</a>
32	Suchita	9728980617	<a href="mailto:suchitasheoran02@gmail.com">suchitasheoran02@gmail.com</a>
33	Tanisha Panwar	74049 09932	<a href="mailto:tanishapanwarx@gmail.com">tanishapanwarx@gmail.com</a>
34	Vishakha	8708651448	<a href="mailto:chinutanwaraaa@gmail.com">chinutanwaraaa@gmail.com</a>
35	Vishruti Shrivastava	7974813512	<a href="mailto:in.vshrutishrivastava@gmail.com">in.vshrutishrivastava@gmail.com</a>
36	Taniya Sharma	9682574921	<a href="mailto:taniyasharmaktl@gmail.com">taniyasharmaktl@gmail.com</a>

# Photo Gallery



## Batch of 2023

**Left to Right -**

**Top row:** Dipanshi, Riya, Kalpana, Manya, Prajna, Pranshu, Prachi, Akshita, Gazal, Ayodhika, Harshita

**Second row:** Anjali, Taniya, Preeti, Poonam, Vishakha, Tanisha, Komal, Suchita, Isha, Simran, Karuna, Ritika

**Bottom row:** Ayushi, Muskan, Disha, Nancy, Iqra, Jannat, Shubhangi, Anshu, Simran, Anchal, Vishruti



## Second Year

**Left to Right -**

**Top row:** Diksha, Nancy, Neha, Vandana, Sanskriti, Ridhi, Niharika, Jigmet

**Second row:** Riya, Anjali, Nidhi Maurya, Nikita Giri, Ananya, Jyoti, Arju, Anjali Tete

**Bottom row:** Priyanka, Sonia Meena, Soniya, Nikita Negi, Kunika, Prachi, Nidhi, Devanshi



## First Year

**Left to Right -**

**Top row:** Anushka S Ramteke, Salini, Prapti, Shweta, Chanchal, Manal, Radhika, Tahoor, Navya

**Second row:** Kanika, Inshu, Kanak, Bhavna, Arya, Ritu, Aditi, Aashika, Ayushi Mishra, Harshita, Divyanshu

**Bottom row:** Saumya, Srishti, Anshika, Rekha, Anushka Ravi, Ayushi, Shivani, Parul

# *Yearly Planner*

*January*

*February*

*March*

*April*

*May*

*June*

*July*

*August*

*September*

*October*

*November*

*December*



# AMALGAM 2022-23

## **CONTACT DETAILS**

Siri Fort Rd, Siri Fort Institutional Area, Siri Fort, New Delhi, Delhi 110049

Phone no.- 011- 26491490, 011-26494544

E-mail- gargicollege7 gmail.com