

# COLLEGE COMMUNIQUE

Hey Bennett students! Did you know that one of our own faculty members, Seema Srivastava, is not only an inspiring educator but also a dedicated environmentalist? Her unwavering commitment to protecting Mother Earth and her love for all living beings make her a role model for sustainable living.

## **\*\*An Advocate for Nature and Animals\*\***

Seema Srivastava's connection with the environment runs deep. She believes in taking actionable steps to create a better world for future generations. Her work extends beyond teaching, as she actively participates in initiatives to safeguard nature and raise awareness about sustainability.

One of her most heartfelt missions is her work with animals. She organizes vaccination drives for stray animals, ensuring their health and safety while spreading awareness about the importance of animal welfare. Her compassion for the planet and its creatures reminds us that even small acts of kindness can make a significant impact.



## **\*\*Be the Change\*\***

Seema Srivastava's journey reminds us that protecting the environment doesn't require grand gestures—it starts with small, consistent efforts. Her dedication to sustainability and animal welfare inspires us to reflect on our choices and make conscious decisions that benefit the planet.

**\*\*Every action counts, no matter how small. Let's make a difference—today and every day.\*\***

## **Inspiring Change: Seema Srivastava's Passion for the Environment**

### **\*\*How You Can Contribute to Protecting the Environment\*\***

Inspired by her efforts, here are some simple ways we can all do our part to take care of Mother Earth:

#### **1. \*\*Say No to Single-Use Plastics\*\***

Replace disposable plastic items with reusable or biodegradable alternatives. From water bottles to shopping bags, every choice matters.

#### **2. \*\*Adopt Sustainable Habits\*\***

Reduce, reuse, and recycle. Practice mindful consumption by purchasing only what you need and finding ways to repurpose items.

#### **3. \*\*Conserve Resources\*\***

Turn off lights, save water, and use energy-efficient appliances. Small changes in your daily routine can lead to big results.

#### **4. \*\*Support Local and Eco-Friendly Products\*\***

Opt for items made from natural or sustainable materials. By doing so, you contribute to reducing environmental harm.

#### **5. \*\*Plant Trees and Protect Green Spaces\*\***

Participate in tree-planting drives or maintain greenery around your home. Trees not only beautify spaces but also help combat climate change.

#### **6. \*\*Advocate for Animal Welfare\*\***

Support vaccination drives, feed stray animals, or volunteer at shelters. A compassionate approach to animals contributes to a more harmonious world.

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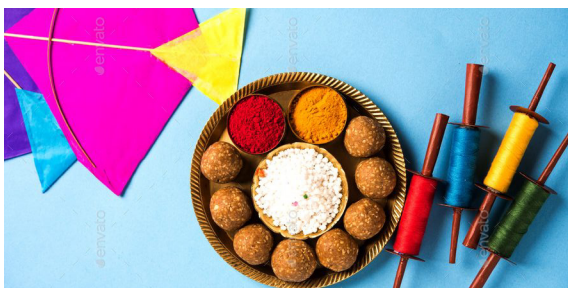
As the winter winds mellow and the sun's journey shifts, India welcomes **Makar Sankranti**, a festival that symbolizes the transition of seasons, gratitude for the harvest, and the beginning of brighter days. Celebrated nationwide with unique traditions, Makar Sankranti carries a universal message of harmony, unity, and renewal.

## **Understanding Makar Sankranti**

Makar Sankranti marks the Sun's movement into **Makara Rashi (Capricorn)**, signaling the end of long, cold nights and the arrival of longer, warmer days. Across India, it is celebrated with diverse regional customs—be it **Pongal** in Tamil Nadu, **Uttarayan** in Gujarat, or **Magh Bihu** in Assam—but the shared essence lies in expressing gratitude for nature's bounty and fostering human connections.

## **The Role of Til-Gul in the Celebrations**

One of the most endearing customs associated with Makar Sankranti is the preparation and sharing of **til-gul laddoos**, made from sesame seeds (til) and jaggery (gul). This tradition holds deep cultural and emotional value. The Marathi saying, **"Til-gul ghya, ani goad-goad bola"** translates to "Take these sweets and speak sweetly," encouraging kindness, positivity, and reconciliation.



Here at Bennett University, let's bring the festive spirit alive by celebrating together. Participate in the kite-flying events, share til-gul with friends, and take a moment to cherish the bonds that make our campus community special.

## **Makar Sankranti: A Festival of Warmth, Sweetness, and New Beginnings**

### **Health Benefits of Til-Gul**

Beyond their cultural significance, til-gul laddoos are a powerhouse of nutrition, particularly beneficial during the winter months:

- **Rich in Nutrients**: Sesame seeds are abundant in calcium, iron, and healthy fats that enhance bone strength and overall well-being.
- **Natural Immunity Booster**: Jaggery's antioxidant properties and sesame's rich mineral content together fortify the immune system.
- **Winter Warmth**: Both ingredients generate natural warmth in the body, making them ideal for cold weather.
- **Aids Digestion**: Sesame seeds are high in fiber, while jaggery contains enzymes that support better digestion.

### **Why Til-Gul Matters Today**

In today's fast-paced lives, the tradition of exchanging til-gul laddoos reminds us to pause, appreciate, and connect with those around us. This small gesture embodies the spirit of giving, gratitude, and spreading joy—values that remain timeless and universal.

Let's welcome this season of new beginnings with warmth, sweetness, and togetherness. Happy Makar Sankranti!