

Investiture brings new beginnings, and new expectations

Divya Singh

A formal investiture ceremony was hosted at Mount Carmel College on July 22, 2023 to honor the newly elected student council. With a hush of excitement and nervousness, the student Council and association secretaries were finally ready to be formally invested with their duties in the prestigious DJB Auditorium!

Opening the ceremony with the traditional 'Lighting of the Lamp' marked new beginnings. The ceremony followed suit with the introductions of the newly elected members who were given badges to represent their power and responsibility.

Attending the event as the Chief Guest was the Commissioner of Income Tax, Ms. Vandana Ramachandra, who is notably also an alumna of the college. Her speech directed to the student council members encouraged them to have a positive influence on the larger community. Jain University and Sheshadripuram Degree College, who



Council members for the year 2023-24

were invited as guests, paid a debut to the new council with their presence.

The event continued with numerous college associations such as the Kannada Sangha, the Street Dance Association and the Western Dance Association giving spectacular performances. The event was exclusive to the newly elected leaders, the parents of the council members and third-year students from the campus. The closing remarks for the ceremony were given by Dr. George Lekha, the principal of Mount Carmel College, in a powerful speech.

Just like the badges of responsibility sealed the position of each leader, the ceremony gave the students, and faculty a chance to recognize and applaud the newly elected student council.

MCC Celebrates 77th Independence Day with Unity and Gratitude

Saranyaa Ramesh

The 77th Independence Day celebrations were held in Mount Carmel College, Bengaluru, to honor the spirit of freedom and unity. The event was held at the DJB auditorium.

The event commenced with readings of the holy scriptures, the Quran, Bhagavad Gita, Bible and Guru Granth Sahib. Lt Gen. Ramesh Kulkarni, the chief guest, was present at the event with his wife and daughter. He was awarded a token of appreciation for his service in the Indian Army. "Very happy to see life on campus, excited to see how everybody will turn out in the future" said Lt Gen. Kulkarni. He also spoke of the book he co-wrote with his daughter, Anjali Karpe - Siachen, 1987: Battle for the Frozen Frontier, a memoir of the lieutenant's time as the commander of the infantry division.

There were performances by



NCC performance on Independence day

the Western Music Association (WMA), the Kannada Sangha, and the Indian Music Association (IMA.) A piping ceremony was held to rank the NCC cadets. The program concluded with performances by NCC cadets, NSS and the Indian dance association.

Keerthi, a first-year student

shared her experience about the event. "I personally come from an army background, so it felt like home to me to see the chief guest from the army, address the students," she stated.

The celebration aimed to express gratitude to those who have fought for our freedom.

An entrepreneur's guide to the pawsome world

Saranyaa Ramesh

For Bhavana, a 21-year-old student at MCC, providing for animals has always been a cause close to her heart. She speaks to Saranyaa Ramesh about channeling her love of animals into her passion project.

Bhavana's love and enthusiasm does not go unnoticed in our Zoom call. She sits down to talk to me after having

rescued a kitten. Growing up surrounded by a variety of animals from turtles to mice, she has taken care of any animal that comes her way. After graduating from high school, she wanted to pursue veterinary science but could not due to various reasons. This, however, fuelled the desire to pursue her passion further.

In her gap years, she began dog walking and grooming her dogs - Spark and Moon. Her work attracted positive attention from onlookers and through word of mouth, she began her journey of pet grooming.



Bhavana with her dog Spark

When asked about her favorite memory, Bhavana smiled ear to ear while talking about it - the first dog that she groomed, Shiro. "The owner told me that

Shiro is very aggressive, and hates getting his nails cut. But the dog behaved so well with me, and the owners were taken aback," she said.

Bhavana believes that the pet grooming industry has a lot of potential. "I'd love to open my grooming center" she mentioned when asked about her plans. She currently works in marketing at a pet food company and wishes to start her line of pet treats.

Taking on various roles of being a college student, an entrepreneur, an animal activist and so much more, Bhavana is all set to take on the world. Kindled by her unwavering affection for animals, she has taken the first stride toward inspiring an impactful change in the world.

Justice to be served: Pol. Sci. students rally on

Archita Das, Ditika Kanungo

The Political Science department students conducted a mass protest with the Student Federation of India (SFI) at Freedom Park on July 28 to mark 10 years of undued justice for 17-year-old Soujanya.

The family members of Soujanya, whose body was found near Dharmasthala on October 9, 2012, urged the State government to reinvestigate her rape and murder case. College students who joined this cause demanded accountability from those responsible and persuaded the authorities to take swift and unbiased actions.

"Justice has been denied for the last 10 years and proper investigation has not been done. There are a lot of examples like Nirbhaya's case and the recent Manipur issue. Why is the system taking so much time to get



Protest at the Freedom Park

the culprit into custody? Is it because of political influence or money power?", says Kusuma, a student of MCC.

Not only students, but activists from across the country stand united with the victim's family and their decision to hand over the case to a special investigation team. Lalita, a social activist, said "We are not going to stop. This is only

the beginning. We are asking to reinvestigate properly, and we are going to continue this till the real culprit is not caught and punished".

The Mount Carmel students joined this protest with the aim to emphasize the need for fair and transparent investigations of unjust cases like these. With the power of collective voices, they stand united for equality.

Sign-up Drive: Student enthusiasm creates buzz

Samixa Bajaj

The sixty-plus associations and clubs of Mount Carmel College came out in full force on July 25-26 with the Association Sign-Up Drive. The rain may have delayed the drive by an hour but the rain can kill plans, never spirits.

With the rain slowing down to a drizzle, students crowded in front of the associations of their choice. The associations did their best to attract students

through various means, with both the Indian and Street Dance Associations putting on a show.

The former did an impromptu "mini workshops" to pull students. Face painting by the Journalism Association; a "venting spot" with a punching bag set up by the Dramatics Association; banners offering free hugs were some of the interactive activities set up by the associations. Engagement between associa-

tions and students was plentiful, with the latter being enthusiastic about the wide range of choices.

The first years were especially eager to explore this extravaganza of opportunity and signed up for multiple clubs on the first day itself. Prisha and Jade, first-year students from Media Studies, said that the sign-up drive was 'insane' and that they had a lot of fun signing up for multiple associations.



ONE VOTE, THREE GOVERNMENTS

If Karnataka moves forward in hope post the 2023 state elections, Mount Carmel College is not one to lag behind. Hoping on to the hope bandwagon, just with three times the intensity, Mount Carmel welcomes three new governments with hope- the state government with Congress holding the reins, the new board of directors at the crux of all college matters and the selected rather than elected student council. Albeit, all their election/selection processes broke the conventions of ordinary, hope in the first few days of governance is a privilege the people are offering their leaders.

Primarily to our students, the most important factor is the deprived vote in electing their much discussed student council. The shift from a student union to student council last year was a paradigm one. However, it went largely unnoticed because the election process still allowed for a democratic student vote. This year, the student union was created in a hushed conference room. To give credit where it's due, the mentors nominating the candidates for the selection and the thorough interviews which followed after, retained the e of the election. Even so, the democratic effort fell more on the part of the teachers and management to decide who the right leadership was for the student body. No creative campaigns, no students fighting for their seat and no say from the people they would serve remained an anthem of concern. But, mamma knows best. The selections were a silent one, the screams of realization erupted afterwards. Here, we had it, a new trend. No vote, one government. Moving up the apex, the Academic and Governing council of the college has seen a vivid change. With introductions of posts like registrar of academics, admissions and evaluation, there is yet to be a clear understanding to the students as to how responsibility is dispelled through a new hierarchy. This change comes in the response to Mount Carmel reaching forward to claim her full potential. While this is a welcome change, the promise of increased focus on academics gives rise to the biggest student concern- what happens to the cultural events that are so ingrained in the infrastructure of Mount Carmel College- the student council election being one of them. Be that as it may, the student body harbors hope for a blend of cultural and academics which will do right by their choice of college- from those that make managerial decisions for them.

The one place where our students felt like they might have a relevant vote was with the formation of a new state government. While some feel like their vote was fairly compensated with the victory of the current ruling party, some other students, especially most of them being first time voters, felt cheated at their small shot of democracy. The large part of this small group held a complaint more in terms of the quality of candidates rather than the election process. They felt the need not to vote any specific party in but to vote one specific party out. The hoped sanctity of an election held little regard for this section of students.

Snatching democracy from smaller spaces seems to have become a common trend. These little stolen pockets of democracy, when later implemented on a larger scale will not come with surprise to the general public. It will be a "oh, we told you so" moment rather than a "HOW DID WE GET HERE?!" moment. All the governments have rightfully broken stagnant, but valued, trends that preceded them even before they received the baton of power. With those changes comes the hope of a new era, the start of a fresh day without baggage from the previous one. Even so, trends might have been broken but we must look to see if breaking the fourth wall is in order too. Will the hopes of the people with one vote and three governments be catered to or will the adjustment period to these new changes stagnate real progress?

The Battle for the Ideal Nest Away from the Nest

Avni S Shetty

You spend most of your school days imagining how it feels to move out of your home and make your own choices. With the same dreams, we seek places to live after we move out of the



they come with significant commitments. Many landlords are afraid to rent their properties to bachelors due to stereotypes of them being "spoiled." Even if you do locate a property, the deposits are far too large for students to afford, and there is the obvious risk

comfort of our homes, only for them to be crushed when we consider the options available and the challenges of finding an accessible place to live off-campus. Rents in cities have risen by about 40% in the past year, making it difficult for students and other working professionals to find a place to live. While bachelors struggle to locate good residences within their budget, paying-guest housing has also experienced between a 25 to 40 percent increase in rentals. The Bengaluru bench of the 'Authority for Advance Ruling' stated they intend to impose 12 percent GST on PG and student housing for rates less than

Rs 1,000 per night.

While PGs/hostels appear as a more viable choice when you first move out, they come with their own set of constraints. When you relocate from your house to a tight space with little regard for boundaries, adapting to changes takes time and that takes a toll on your mental health. Living with roommates who have different opinions and do not share your regard for hygiene is also an inconvenience. The primary issue with PGs is the bland and repetitive meals, which lead to eating out, which just adds to student expenditure.

While apartments may appear to be a more liberating option,

that landlords and neighbors will bother you and find every reason to complain against anything that you do. In a PG, workers are assigned to clean and cook, but in an apartment, you take full responsibility for your own cleaning, cooking, washing, and so on.

Every place, whether PG or apartment, has its own set of advantages and disadvantages, but relocating to a new location is a transition that each of us must acclimate to on our own time. No location will ever meet all of your expectations when you move in, but you work with the resources you have and build a place to call as your new home.

Trigger Warning - Sexual Violence

Bodies as a site of structural violence and in turn, protest

Khushi Jaiswal, Samhita Vasisth

Women have been caught up in a relentless amount of body politics for decades, and have reached the point of unfazed composure when presented with the violence in the world against women. The question that can't help but be voiced is how much closer have we really brought women to a safer reality?

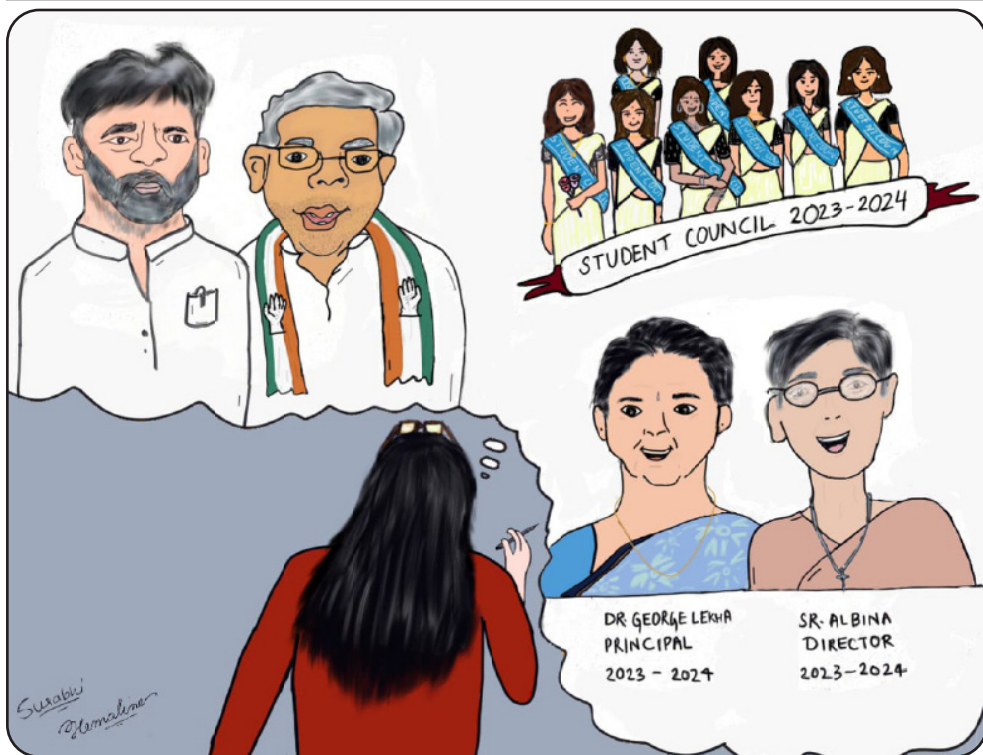
Throughout history, structural violence against women has persisted as a devastating weapon in times of war. Prominent examples, such as the 2002 Gujarat riots and the recent Manipur incident, demonstrate how sexual violence has been employed during communal/

ethnic clashes. Using women's bodies as tools to further political goals has been dismissed as mere "collateral damage," denying them the recognition and respect they rightly deserve for their unintended involvement in these conflicts. The act of rape continues to be used to control, degrade, and manipulate women. To establish their authority, men from various communities may engage in the violation of women, thus contributing to the extensive and all-encompassing prevalence of this issue. Patriarchy and entitlement of men are so deeply rooted in society that many men arrogantly believe that laying a hand upon a wom-

an lies well within their "right" as a man

The link between violence and lower caste only adds to the complexity of this issue. People have often expressed how in the social hierarchy, the men have it good, the women have it bad and the lower caste women have it worse.

Unfortunately, society and the government have both shown that they are unable to adequately protect the rights of women in the nation. In order to ensure the safety, dignity, and equality of all women, regardless of their background, it is critical for us as a culture to confront these ingrained issues.



Students Speak

I wish to bring attention to the issue of students being made to remove their abayas (burka) right in front of the college gate. Wearing the abaya is more than just an attire; it is a sign of modesty. I request the authorities to take this into consideration and move the checking to further inside the college.

Khadija Zulfi
2 BA PyJ

The washrooms pose a major problem! There's lack of privacy, sanitation, and lighting too. There is an unpleasant odor constantly, and the classes next to it have to bear the brunt.

Vidhi Sharma
3 BcomProf.

There is a response needed for the refund we were due in February for Cul-ah. Please see that it is done soon.

Renushree BS
2BSc MicBicChem



Catching Stories: Dr. George Lekha tells us all

Sravya Satpathy

Dr. George Lekha, is the ninth Principal of Mount Carmel College, Autonomous. Propelled with a need to give back, this year marks her thirty-second year being a part of the college. In this riveting conversation with Sravya Satpathy, she talks about what lies ahead in the future of MCC and what she brings to the table.

You have been a part of the college for a long time now, so what are some changes relative to MCC that have taken place in your time here?

There are a lot. Increasing in population to 8500 students now, getting autonomy, adopting the semester system, and now with NEP, the institution has definitely grown. Our college's success has also contributed to the fact that we went from 23 to 70 courses, introduced PG programs, been recognised as a research centre, and introduced sustainability as part of our daily lives. These are some of the structural changes that took place. On a personal note, I find establishing rapport with the students is more difficult now. It was easier to do so back when we had all the time in

the world. But, being a mentor has always been more important to me compared to academics.

Thirty-two years is a very long commitment to make. With your credentials, anyone would have loved to have you as a part of their institution – so why Mount Carmel?

What I am today, I owe it all to MCC. I was a different person as a 23-year old here in 1991. My confidence is credited to this college. I want to pay her back with my best with all my years before retirement. And, I have an excellent team to help with that!

Your profile in the official website of Mount Carmel mentions that one of your core driving principles is a propagation of Aristotle. How are you planning on inculcating this into a large demographic like that of Mount Carmel's?

Collaborating and working as a group is what I stress on, especially for the PG students. The college, as a whole, is definitely not going to be a walk in the park, but if any concerns are brought to me, I will make it a point to sensitize as it matters

more to me.

What would you say is your biggest hurdle turned into accomplishment?

Student encouragement and their love. My first batch of '91 was a struggle but I pushed through with my students cheering. The lack of age gap meant that they could understand my perspective quite well. I can

confidently say they are the happiest bunch I have taught and I'm still in contact with them.

Do you have a favourite campus tradition that you look forward to every year?

Obviously, Cul-ah but Freshers week is also a close favorite as we get to identify new talent.

What is the most memorable prank

pulled off by the students that made you chuckle?

I remember hostelites coming into class with hundreds of bindis on their face and carrying books in buckets.

*A quick rapid fire round -
Comfort food
Rice and sambar.
Favorite place in the world?
Shillong, Sikkim
A movie you can rewatch
Sound of Music*

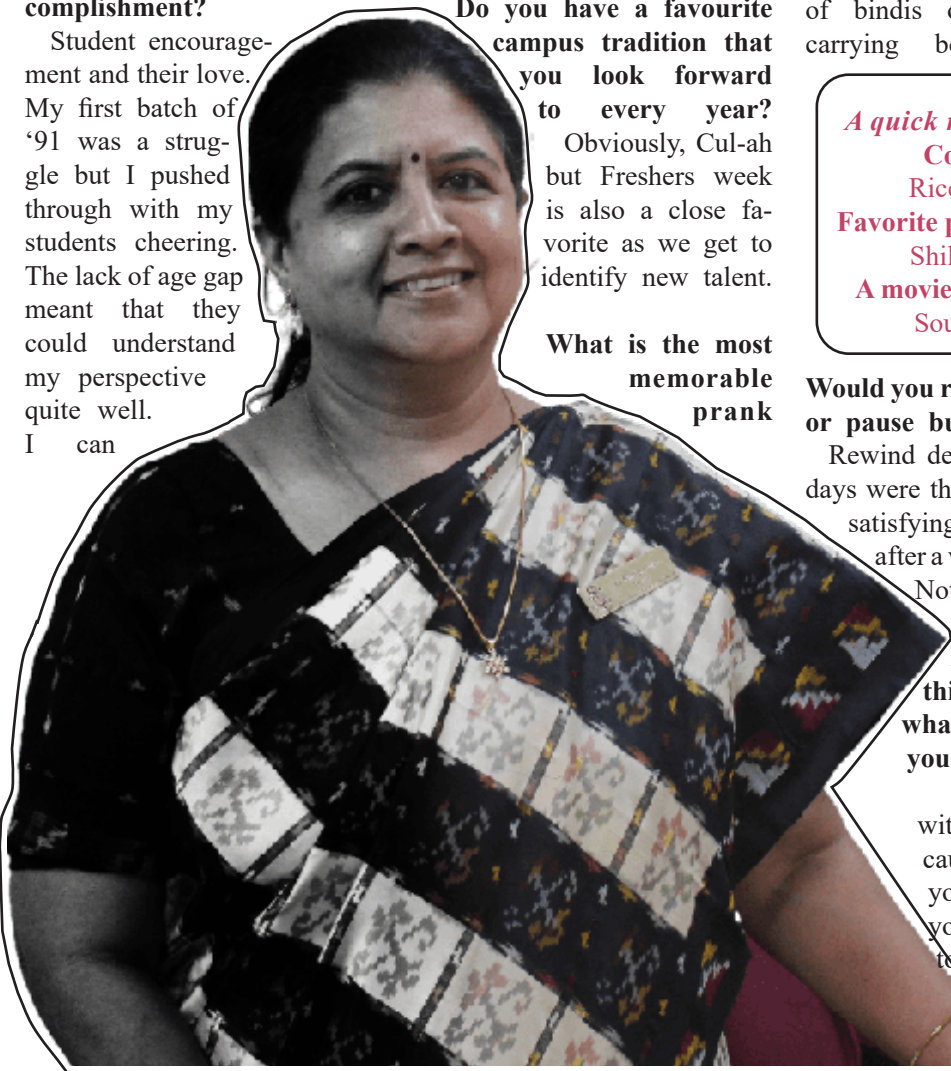
Would you rather have a rewind or pause button on your life?

Rewind definitely, the younger days were that good. There's this satisfying feeling that comes after a well prepared lecture. Nothing can top that.

If you weren't in this line of work, what career would you want to pursue?

I am very content with my profession because I feel it keeps you young. But in the younger days, I wanted to become a doctor.

Dr. George Lekha



The Roses They Sell Are Just Thorns In Their Lives

Rain or shine, they go to work, yet frequently you can tell that their faces suffer more than the petals that bear silent witness to the poisons in their lives.



Photo Story
Simran Sinha



Trapped in our mundane college life, a shiny new birthday gift we didn't ask for appeared on campus, an empty vending machine. When classes resumed, the vending machine had been loaded with goodies and was the talk of the campus. Even today, a curious crowd gathers around the vending machine, much like bees buzzing around a honeycomb. While some of them vend items, there are others who just enjoy watching people place their orders and get excited when the desired item pops out. However, for me, I am fortunate to have a lending machine friend who funds items for me. She is the chosen one, who had the patience to figure

out the app despite the jammers and network issues. 'The girl

Fresher of The Year Vending Machine

Avni S Shetty

with the yellow app' may be a people pleaser who is reluctant to ask us to pay her back, but at the end of the month, she is the one chasing us down for her money back. While for some

who can't afford it, it seems like the wretched luck of watching your friends eat ice cream when you have a cold.

The vending machine was set up as a trial item to see how it went, but given the size of the crowd, one vending machine is insufficient to serve all of the students. Us waiting for the college to fund another vending machine is like us waiting for the previous union to refund our Shaan event money. But we, the eternal optimist, still seem to hope for it. Will our friend, the lending vending machine, have company soon or will only the crumbs of its issues be left to welcome our new freshers? Let's wait and see.

Taking a firm stand: Students combat street harassment

Zobia Jamil



Student residents of Vasanth Nagar have been increasingly reporting on the disturbing incidents of auto and cab drivers masturbating in broad daylight on the streets. The harassment faced by them has caused both mental distress and discomfort.

These incidents of such lewd behavior are causing serious concerns for the safety and well-being of those new to the locality. Witnesses and affected students shared their experiences of feeling violated and vulnerable in the intimidating environment. Whatsapp messages had been shared in unofficial groups to alert peers of this activity.

The emphasis now shifts to educating everyone about the seriousness of this situation so that students can equip themselves with defensive steps to safeguard against harassment.

So what can you do if faced with this predicament?

Document the Incident: If confronted with such unacceptable behavior, prioritize your safety and do not engage with the perpetrator. Instead, secretly click a picture of the vehicle's number plate or any other identifiable details.

Raise Your Voice: Do not hesitate to speak out against such behavior. Encourage fellow students and friends to report any incidents they witness or experience. However, ensure you have a safe space to speak. Do not risk taking soft words with violent perpetrators.

Approach the Authorities: As soon as it is safe, make your way to the nearest police station to report the incident. Present the evidence you have gathered and provide a detailed description of the offender. Even informing them about the incident can help them take appropriate action against the offender.

Safety is a collective responsibility, and by uniting in solidarity, students can help create a safe environment for themselves and others in the area. If you or anyone you know experiences any form of harassment, do not hesitate to report it to the police or college authorities.

New Aromas, Old Charm: A South Indian Adventure

Dhwani Dharamshi

“Do what you love, and you’ll never have to work another day”

These are the words Prithvi Raj, the owner of the new Thindi House swears by. Previously famous to everyone as Puppy’s Gastronomy, the transformation to this unique style has seemed to welcome a whole new community to their restaurant. What started as a means to bring their travel experiences to one place and call it home has now grown to become a place of their roots.

Indian cuisine is such that people claim it to be their comfort zone, a safe haven of sorts. And, that is exactly what the Thindi House aims to be. Combining healthy and nostalgia, (a dealbreaker, might I add) they cater to a variety of the South Indian food we all know and love. Well, the plans do not stop here! Inclusivity is the trend and the restaurant

is also planning to incorporate other cuisines, such as North Indian, Chinese, and everyone’s favorites, Chats. Not restricting themselves to just serving food, Thindi

House wants to serve an experience, and so they also plan to cater chaat counters for fests, starting with IRIS, the annual

fest for MCC PU.

To improve is to change; and that’s what Thindi House constantly works towards. With the new introductions of meal plans, they want to keep in mind the proximity of the college and implement the 3H’s, healthy, homely, and hearty. Coming up with a teachers meal plan and possibly for the PG students as well, the restaurant sure is very excited for everyone to try them out! Forms are available at the front desk so if you are interested, go on and check it out.

Don’t miss out

on the opportunity to indulge in their culinary creations – a journey to create an explosion of flavours.



Prithvi Raj



Help! I keep hitting the snooze button and missing my early morning classes. Any tips to break the snooze addiction?

As a dedicated snooze-smasher myself, I know that the struggle is real. Start with setting at least five alarms back to back before the actual wake-up time. The noise will wake someone up, and they can wake you up. Of course, how they wake you up, is not this author’s responsibility.

In case you are one of those blessed souls who live entirely by themselves, invest in a rooster. If you get angry enough, you will have biriyani for dinner.

Expectations vs. realities for first years. How do you cope?

First years!
Firstly, if you were expecting “Student of the Year” vibes, you are going to feel very “Three Idiots” at the end of your first two months. That said, be prepared to hear “Oo anta vaa mama” blaring through the campus grounds at least thrice a month.
Secondly, contrary to popular belief, lunch breaks are not for relaxation. It’s Food Wars time, and tag team strategy is the way to go. Also, fledgling hostelites/ PG residents, please invest in stomach medicines.
Lastly, I strongly recommend making your seniors your allies and friends. They have walked so you can run. And we all know running is a useful skill to get to your early morning classes. (P.S. Get the WiFi password from them.)

BARBENHEIMER REVIEW

Mahi Aneja

On July 21, the world was exposed to the ‘Barbenheimer’ phenomenon, where Nolan’s ‘Oppenheimer’ and Gerwig’s ‘Barbie’, were released on the same day, following some truly inspiring marketing. This begs the question to be asked... Were they worth the hype?

Greta Gerwig’s ‘Barbie’ tried to tackle many issues in its 2 hour run time, such as sexism, patriarchy, and existential crises. Many viewers came back calling the movie “anti-man”, but the movie focuses on squashing patriarchy, rather than any particular gender. It is made clear that Barbieland doesn’t care about the Kens but that is supposed to make you recognize how silly it is to treat one gender better.

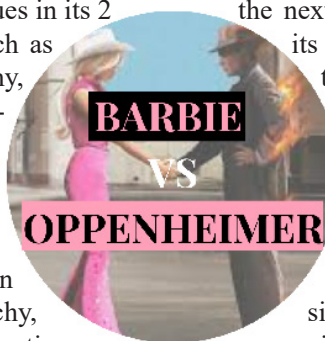
Instead of truly telling us the story of how Barbie’s existence affected the lives of many girls and women, we are given unnecessary dance sequences (with iconic songs) and feminist speeches by America Ferrera that raised goosebumps the first time around but resulted in rolled eyes the third time around.

On the other hand, we had the complete antithesis of Barbie: the famed Christopher Nolan’s

‘Oppenheimer’. When you leave your seats after ‘Oppenheimer’, you are left shocked. In awe. The movie had a disjointed timeline, which almost made one think they were looking into the mind of Oppenheimer himself, with its beautiful visuals and powerful sound effects.

It is when you think about it the next day that you see its small cracks. We think back to Florence Pugh and Emily Blunt’s characters, and how these award-winning actresses were sidelined in the movie, even though they influenced and impacted Oppenheimer’s life. Also with so much happening at the same time, in many ways, it just made the audience feel lost and dumb.

On the whole, I truly believe that both ‘Barbie’ and ‘Oppenheimer’ were amazing movies. They accomplished what they set out to do, and while there will always be some sort of criticism to give, these movies have impacted people in ways nobody could have imagined and is not something that will be forgotten anytime soon. So now the question falls upon you. Do you think they lived up to the hype?



Aries

Try to run a marathon, it doesn’t matter if you finish or not. As someone who is competitive, this is a great way to harness that energy for the better.

Cancer

You love forming deep connections, but why restrict it only to people? Try being a plant parent and you’ll be surprised at how content you feel throughout the process.

Libra

Go on a solo date! Trust me, it’s a one-of-a-kind feeling. And hey, there’s always a reason to love yourself a little more.

Capricorn

Try a music journal or a burn book this month. You tend to be hard on yourself. This is a nice reminder that there is scope to be kind, especially to yourself.

Taurus

You should try canvas painting, but with your own twist. Creativity is your biggest strength.

Leo

Go to a planetarium and see what more you can explore! You’re a star, star.

Scorpio

Stargaze. You might find your leo or just a sky full of stars that have been waiting for you to notice them.

Aquarius

Go to a karaoke club and be your spontaneous self. Sing the song, dance the dance. The spotlight doesn’t ever skip you until you choose not to give it a chance.

Gemini

Cook something that reminds you of your favourite person or a memory. Don’t you love the whiff of nostalgia?

Virgo

Try reading a book which doesn’t fall in your usual genre. Read it in a park. We know you’re a sucker for nature,

Sagittarius

Try making jewellery for yourself or someone else. Let your jewelry scream YOU. we always like to make a statement, ain’t that right?

Pisces

Go to a sunset spot with your friends. Have a picnic like no other. Have no company? Find your Libra on their solo date.

What’s a new thing you should try according to your sign?

HOROSCOPE

Get out there. Your stars are waiting. And while you do, snap it and tag us at @thecarmelbeat or send us a screenshot if you have a private account!

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